

Sugar Smart for Life

Diabetes Prevention To Go



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Powered by West Kendall Baptist Hospital



West Kendall Baptist Hospital

- Opened in 2011 as first new, non-replacement hospital in county in 35 years
- 133-bed acute care teaching hospital
- Part of Baptist Health South Florida
- Launched Healthy West Kendall in 2013
- Engaged LifeWallet as technology partner in 2015



VISION

Become the healthiest community in Florida

MISSION

Educate, inspire and promote well-being.
Make healthy living easy and attainable.
Create an active and vibrant community.

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The Healthy Hub



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Healthy Hub Stats

- 10.7% - Healthy Hub visitors with diabetes
- 3.7% - Healthy Hub visitors with elevated blood glucose
- 4th most prevalent significant finding

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Hospital Inpatient Stats

- 4.6% - Inpatients with diabetes
- \$14.1m - Total charges, primary or secondary diagnosis of diabetes

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THE PROBLEM

- The Diabetes Tsunami - higher cost, lower quality of life
- Increasing consumerism in health care
- Desire for mobile options - younger demographic
- Declining reimbursements - risk-based contracting

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The Solution

- Technology-based behavioral intervention delivered via the Healthy Hub to delay or prevent onset of diabetes



Sugar Smart for Life

Diabetes Prevention Program

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GE HealthyCities Leadership Academy

- Year-long training and technical assistance program with nationally renowned population health experts
- Engaged businesses in improving health
- Nine collaboratives from around the U.S.
- \$25,000 cash award

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Our Team

- BHSF Center for Research & Grants
- BHSF Center for Prevention and Wellness
- BHSF Community Health
- BHMG Family Medicine Center
- Florida Department of Health in Miami-Dade County
- Health Council of South Florida
- Health Foundation of South Florida
- LifeWallet, Inc.
- Robert Stempel College of Public Health & Social Work, FIU
- West Kendall Baptist Hospital

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Target Population

- At risk for diabetes but not currently in a disease state
- Non-pregnant adults ages 18-69 with a BMI greater than 27 kg/m²
- Motivated to change and have the ability to use a smartphone
- Resident of our ZIP codes: 33175, 33177, 33186, 33183, 33185, 33193, 33196

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The Intervention

- 6-month, free, technology-based program combining Healthy Hub screening, healthy lifestyle education, goal-setting, home monitoring and remote messaging
- Recruitment of eligible participants from Healthy Hub visitors and the Family Medicine Center
- Goal: 50 participants

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Program Design

- Assessment: Healthy Hub screening at baseline, 3, 6, 12 months with additional screening for HbA1c and Lipids
- Education: Healthy Hub nurse, pre-diabetes workshop, mindfulness workshop
- Goal Setting: Daily, weekly or monthly tasks on glucose monitoring, diet, physical activity
- Home Monitoring: Blood glucose, meal photos, weight, physical activity
- Messaging: Reminders, reinforcement, resources and recognition messages that help participants stay on track

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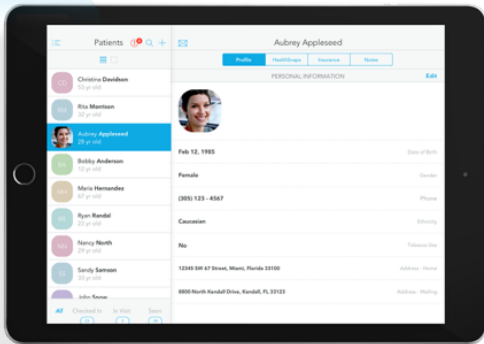
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Tools



Engage



HealthBook



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Wellness Plans

People +

Search

Recently Seen

- Eva Lopez
30 yrs
- Ryan Randal
23 yrs
- Bobby Barron
12 yrs
- Maria Mendez
67 yrs
- Nancy North
29 yrs
- Sandy Samson
33 yrs
- John Jacobos
81 yrs
- Peter Parrish
45 yrs

< Plans
Sugar Smart for Life
Edit Plan

PLAN DURATION

Dec 12, 2017 - Dec 12, 2018
37 Days Remaining

PLAN GOALS (1)

Maintain - Blood Glucose - 70.0 - 139.0 - mg/dL
Baseline Reading: 156 mg/dL ON TRACK ⓘ

TASKS (6)

Measure - Weight - 1 Times 71% ⓘ
Weekly | Importance: 3

Measure - Blood Glucose - 2 Times 87% ⓘ
Daily | Times per day (2) | Importance: 2

Activity - Moderate - 90 min 49% ⓘ
Weekly | Importance: 2

MONITORING (2)

Last Week

Blood Glucose (mg/dL)	104	↑ 111 ↓ 75	...
Weight (lbs)	127	↑ 129 ↓ 124	...

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Home Monitoring

[Back](#)

Survey | Food Photo | 1 | Times | Daily

03 ▾ 30 ▾ 2017 ▾ | 04 ▾ 24 ▾ 2017 ▾ [View Total](#)



Date	Status	Result
Apr 24	Complete - 8:15pm	View Photo
Apr 23	Incomplete	
Apr 22	Complete	
Apr 21	Complete	
Apr 20	Complete	
Apr 19	Complete	
Apr 18	Incomplete	N/A
Apr 17	Incomplete	N/A
Apr 16	Complete - 10:22pm	View Photo
Apr 15	Complete - 8:29pm	View Photo
Apr 14	Complete - 3:34pm	View Photo
Apr 13	Complete - 1:29pm	View Photo
Apr 12	Complete - 6:47pm	View Photo


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Messaging

 **People** 

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12 yrs
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67 yrs
-  **Nancy North**
29 yrs
-  **Sandy Samson**
33 yrs 
-  **John Jacobos**
81 yrs
-  **Peter Parrish**
45 yrs

 **Chats** **Sugar Smart for Life - Plan Chat** 

Hey Eva, Samantha here, can I help you with any fitness related questions on your plan? I want to focus on getting the compliance up for exercise so let me know if you prefer a different options for a task like swimming or biking instead of walking. Thanks!



Sun, Jan 12, 4:44 PM

 I think I'm ok with the tasks given, I can do a better job of compliance.

Alright, looking forward to seeing that!

Alert "Blood Glucose - Below - 80 mg/dL"

Hey Eva, you feeling okay? Maybe drink an orange juice?

 Add a message 

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Desired Change

- Decrease in HbA1c
- 7% decrease in body weight
- Increase in HDL, decrease in triglycerides and LDL
- Achievement of 50% of behavioral goals
- Increase in diabetes knowledge (pre-post, midterm)
- Increase in healthy behaviors knowledge (pre-post, midterm)
- Movement between tiers on the LS7 scale

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Pilot Phase I Outcomes

- Statistically significant improvements:
 - Prediabetes knowledge
 - Healthy eating
 - Waist circumference
 - Systolic blood pressure
 - LDL cholesterol
 - Blood glucose
 - Life's Simple 7[©] score

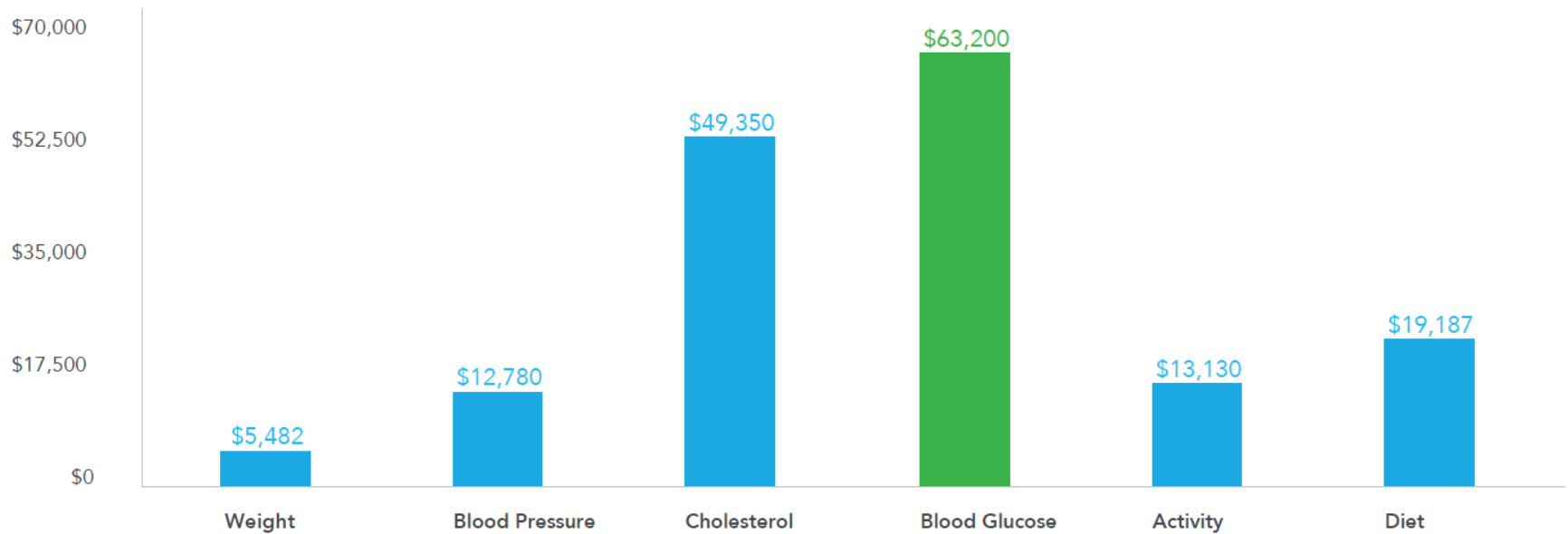


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Cost Savings

- \$163,129 in yearly savings - completed program



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Challenges

- Blending work team cultures
- Clinical needs technology / technology isn't everything
- Pre-condition state / Readiness to change
- Capacity
- Demographics
- Sustainability



Opportunities

- Employ AI to better mine data, improve intervention outcomes
- Create continuum of health interventions across life span, range of conditions
- Meet people where they are
- Promising Practice designation
- Position for reimbursement of mobile DPP
- Scale across larger populations



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Questions?



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