

Diabetes

North Dakota

The North Dakota Diabetes Prevention and Control Program (DPCP) partners with Blue Cross Blue Shield (BCBS) to develop a Diabetes Management and Quality Improvement Initiative.

Diabetes is a significant public health burden for North Dakota. More than 29,000 people in North Dakota have diabetes, resulting in more than 9,400 hospitalizations and 665 deaths each year. In 1999, the North Dakota DPCP contracted with BCBS of North Dakota to develop a Diabetes Management and Quality Improvement Initiative. As part of this initiative, quarterly Provider Reports were sent to almost 600 physicians detailing their adherence to diabetes standards of care for each of their patients. Since the initiation of the Diabetes Care Provider Report, the percentage of providers who documented that their patients received all five preventive care measures has increased from 13% to 45%.

As a result of the success of the Diabetes Management and Quality Improvement Initiative, BCBS expanded the program to include other chronic diseases, conducting a chronic disease management pilot at one of the largest clinics in the state.

Significant findings included the following:

- A 24% decrease in emergency department visits.
- Up to a 15% improvement on ambulatory care measures, including A1C, lipid, and microalbumin tests, and eye exams.
- A cost savings of about \$530/patient.

In 2009, the DPCP will partner with BCBS to expand this program statewide, including all primary care physicians who are able to provide a similar Medical Home system of care. The project will be called MediQhome and will include all patients cared for by the participating providers—not just those insured by BCBS. The expanded project is projected to cover up to 80% of all patients in the state. This is an excellent example of a DPCP working with partners to achieve statewide impact on the care provided for people with diabetes and other chronic diseases.