



Diabetes Prevention and Control Program

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a healthy dose of information



Diabetes is serious, common, costly, controllable and may be prevented.

Take Five Small Steps To Prevent Diabetes

Diabetes now affects nearly 1.3 million Washington residents:

- Over 270,000 people in Washington have diagnosed diabetes.
- Over 101,400 people have undiagnosed diabetes.
- Over 900,000 people have pre-diabetes.

The [Health of Washington State](#) report provides more information about diabetes in our state.

The Diabetes Prevention and Control Program's Mission:

To provide leadership in implementing diabetes prevention and control strategies in Washington State.

Washington State Diabetes Plan – On March 22, 2005, the Washington State Diabetes Plan was launched at an event attended by more than 240 people from across Washington's many sectors involved in preventing and treating diabetes. Want to get involved in implementing the goals and objectives of this 5 year plan? [Download a copy of the State Plan](#), or email Sara Eve Sarliker at sara.sarliker@doh.wa.gov to be added to an email list for updates.

Diabetes Prevention and Control Program Activities:

Surveillance –Multiple data sources are monitored to track the burden of diabetes within Washington, measure progress towards both state and national objectives, and guide program development. County-specific data from [2000](#), [2001](#) and [2002](#) are now available.

Washington State Collaboratives – Primary care practices participate in a systematic approach to healthcare quality improvement sponsored by the DPCP, Qualis Health, and Improving Chronic Illness Care. This evidence-based Collaborative provides the mechanism for changing the healthcare delivery system from the acute care model to the chronic care model. Practice teams focus on a condition such as diabetes, testing and measuring practice innovations which improve outcomes. 105 organizations have participated in one or more of the four Collaboratives offered. Washington State Collaborative 5 is currently enrolling teams. For more information, [click here](#).

Chronic Disease Electronic Management System (CDEMS) - A primary care focused registry, tracking and reporting system has been developed to prompt preventive care practices following national diabetes guidelines of care. CDEMS allows primary care practices to track multiple chronic conditions including cardiovascular disease, asthma, and depression. This registry is used by over 100 practices in the state and can be viewed and downloaded for free here: CDEMS.com.

National Diabetes Education Program (NDEP) – Media awareness campaigns utilizing messages and materials from the National Diabetes Education Program promote awareness of primary prevention, screening and/or control of diabetes with people in groups at high risk of developing diabetes and the complications of diabetes, including: the Tri-Cities NDEP community coalition, Healthy Communities Moses Lake and Mt. Vernon, Colville Confederated Tribes/STEPS and Seattle/King County REACH. [Find out about Washington state NDEP activities and partners.](#)

Chronic Disease Self-Management Support Network- People who have diabetes need skills to manage their diabetes as well as to help

them stay active in their lives. The Chronic Disease Self-Management Program (CDSMP) is a workshop given once a week for six weeks, in community settings for people with chronic health problems. Trained leaders lead these highly participative classes, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. The Diabetes Control Program assists and links the more than 50 workshop leaders across the state. Twenty CDSMP leaders are also trained in the Spanish language form of CDSMP. Visit the [Stanford Chronic Disease Self-Management \(Kate Lorig\) Site](#). [Find a CDSMP leader in your area](#).

Medicaid Reimbursement for Diabetes Education - Clinics and hospitals statewide which have diabetes education programs may apply for reimbursement from Medicaid. This is a joint project between the Diabetes Control Program and Medicaid. Technical assistance with the application process is available from the Diabetes Control Program. [Application for Medicaid Reimbursement for Diabetes Education](#).

Partnerships – Many of the activities carried out through the program are in partnership with other major state and national programs, all working towards reducing the burden of diabetes and other chronic diseases. Examples of these partnerships include: Diabetes Prevention Media Awareness Campaigns, planned in collaboration with Healthy Communities and STEPS to a Healthier Washington, the Washington State Collaborative and emerging issues in worksite health and productivity.

Some files on this page require free readers. [Download a reader](#).

For more information about the Diabetes Prevention and Control Program, please contact:

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Comments or questions regarding this web site? [Send mail to Bill Ranes](#)

Documents posted in .pdf version on the Department of Health Web site will be made available in an alternative format on request to users who are unable to download or view .pdf files on the Web. To request an alternative format, contact: Jeanne Harmon email: jeanne.harmon@doh.wa.gov

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