

Presenting

 MISS KALEY BERTUCCI
 OUR PEER TO PEER EDUCATOR

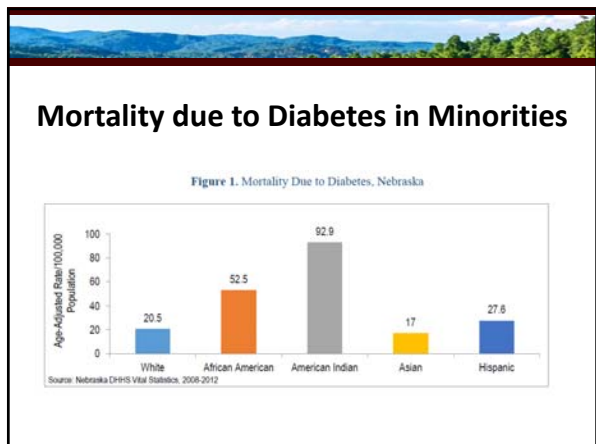


Minority Population of Nebraska

Table 1. Nebraska Population Change, 2000-2010

| Race/Ethnicity | Population (April 1, 2000) | % Population | Population (July 1, 2010) | % Population | Change (00-10) | % Change (00-10) |
|---------------------|----------------------------|--------------|---------------------------|--------------|----------------|------------------|
| Nebraska Total | 1,711,263 | 100.0 | 1,826,341 | 100.0 | 115,078 | 6.7 |
| White | 1,533,261 | 89.6 | 1,572,838 | 86.1 | 39,577 | 2.6 |
| African American | 68,541 | 4.0 | 82,885 | 4.5 | 14,344 | 20.9 |
| American Indian | 14,896 | 0.9 | 18,427 | 1.0 | 3,531 | 23.7 |
| Asian | 21,931 | 1.3 | 32,293 | 1.8 | 10,362 | 47.2 |
| NHPI** | 836 | - | 1,279 | 0.1 | 443 | 53.0 |
| Hispanic | 94,425 | 5.5 | 167,405 | 9.2 | 72,980 | 77.3 |
| White, Non-Hispanic | 1,494,494 | 87.3 | 1,499,753 | 82.1 | 5,259 | 0.4 |
| Minority Population | 216,769 | 12.7 | 326,588 | 17.9 | 109,819 | 50.7 |

Source: U. S. Census Bureau, 2010 population estimates, 2000 census estimates base. 2000 Population Estimates have reflect changes to the Census 2000 population from the Census Question Resolution program and geographic program revisions.
** NHPI: Native Hawaiian and Other Pacific Islander.
Minority Population = Total Population - White, Non-Hispanic Population.



Diabetes Disparities among Minorities in Nebraska

Table 2. Leading Causes of Death, Nebraska

| American Indian/Alaska Native | | White | |
|-------------------------------|-------------|---------------------------|-------------|
| Cause of Death | Percentage | Cause of Death | Percentage |
| Cancer | 15.2% | Heart disease | 23.3% |
| Heart disease | 14.1% | Cancer | 22.4% |
| Unintentional injury | 8.5% | Chronic lower respiratory | 6.4% |
| Diabetes | 8.4% | Stroke | 6.0% |
| Cirrhosis | 7.9% | Unintentional injury | 4.6% |
| Chronic lower respiratory | 4.9% | Alzheimer's disease | 3.6% |
| Stroke | 3.5% | Diabetes | 2.8% |
| Nephritis | 2.7% | Pneumonia | 2.2% |
| Suicide | 2.7% | Nephritis | 1.7% |
| All others | 29.5% | All others | 25.8% |
| Total | 100% | Total | 100% |

Source: National Vital Statistics System, 2003-2012 (Nebraska data)

Diabetes Disparities Specific to Thurston County

Table 3. Nebraska's Top 10 Counties with Highest Prevalence of Diagnosed Diabetes*

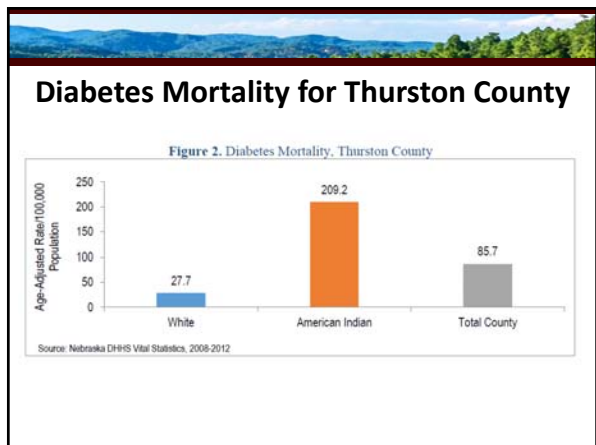
| County | Percentage |
|-----------------|--------------|
| Thurston | 11.2% |
| Kimball | 10.4% |
| Brown | 9.4% |
| Antelope | 9.2% |
| Greeley | 8.8% |
| Scotts Bluff | 8.8% |
| Franklin | 8.7% |
| Rock | 8.7% |
| Dakota | 8.4% |
| Thayer | 8.4% |

Source: National Center for Chronic Disease Prevention and Health Promotion, Division of Diabetes Translation, 2005-2011
*Adults with A1c > 9%

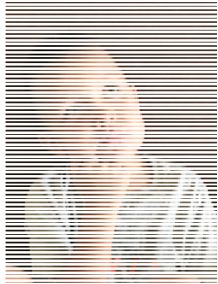
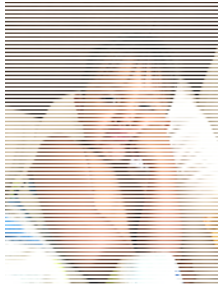
Leading Cause of Death in Thurston County

| American Indian/Alaska Native | | White | |
|-------------------------------|--------------|----------------------|-------------|
| Cause of Death | Percentage | Cause of Death | Percentage |
| Diabetes | 13.7% | Heart disease | 26.7% |
| Cancer | 13.7% | Cancer | 24.4% |
| Heart disease | 10.3% | Stroke | 8.0% |
| Stroke | 5.5% | Chronic Lung Disease | 5.1% |
| Unintentional injury | 5.5% | Alzheimer's disease | 4.0% |
| Chronic Lung Disease | 4.1% | Diabetes | 4.0% |
| All others | 47.2% | All others | 27.8% |
| Total | 100% | Total | 100% |

Source: Nebraska DHHS Vital Statistics, 2008-2012



What should we do with this information?

HERE COMES NEBRASKA MINORITY HEALTH

- JESSIE PEREZ AMONG OTHERS ARE PRESENT IN OUR LIVES

PEER TO PEER EDUCATORS: AN IDEA FROM CAMBODIA: MOPOTSYO.ORG





WEHNONA STABLER, OMAHA INDIAN



Omaha Tribe: Current Pump Statistics

- 40 insulin pump users on the Omaha Indian Reservation
- 37 participants had baseline HBA1c >9.0%
 - 29 currently have had a significant reduction in A1c
 - 4 pump users are recent pump starts
 - No post data yet, downloads look promising
- 3 participants had baseline HBA1c between 7.0%-8.9%
 - All 3 participants have shown reduction in A1c

Omaha Tribe: Current Pump Statistics

| BASLINE A1C | A1C | BASLINE A1C | A1C |
|-------------------|------------------|--------------------|------------------|
| 02/29/16 - 10.8% | 06/09/17 - 9.7% | 06/10/16 - 8.8% | 04/04/17 - 7.9% |
| 04/12/16 - 7.1% | 06/29/17 - 6.6% | 06/06/16 - 9.7% | 06/27/17 - 8.8% |
| 04/07/16 - 11.0% | 6/25/17 - 9.0% | 01/11/17 - 11.7% | 06/23/17 - 12.8% |
| 06/02/16 - 10.2% | 07/23/17 - 9.8% | 01/03/17 - 9.8% | 01/03/17 - 9.8% |
| 03/01/16 - 8.6% | 06/21/17 - 8.3% | 02/01/17 - 14.0% | 07/21/17 - 14.0% |
| 06/12/16 - 12.8% | 06/12/17 - 6.5% | 01/01/17 - 12.1% | 06/21/17 - 10.7% |
| 02/04/16 - 11.5% | 06/09/17 - 8.3% | 06/30/16 - 14.0% | 06/29/17 - 13.6% |
| 11/13/15 - 11.1% | 06/14/17 - 7.7% | 01/11/17 - 10.8% | 02/16/17 - 10.4% |
| 03/28/16 - 9.5% | 06/02/17 - 8.2 | 10/06/15 - 9.1% | 01/26/17 - 7.1% |
| 08/15/16 - 11.7% | 06/23/17 - 6.9% | 12/20/16 - 11.8% | 04/13/17 - 10.9% |
| 05/03/16 - 10.2% | 06/02/17 - 9.2% | 06/10/17 - 8.7% | 06/11/17 - 9.6% |
| 04/01/16 - 10.8% | 07/18/17 - 8.3% | 06/12/17 - 11.3% | 05/24/17 - 8.5% |
| 08/12/16 - 13.1% | 06/12/17 - 10.8% | 06/12/17 - 8.9% | 05/24/17 - 7.0% |
| 05/03/16 - 10.2% | 05/12/17 - 7.8% | 04/28/17 9.8% | 06/22/17 - 8.9% |
| 06/21/16 - 9.1% | 06/26/17 - 8.0% | 04/12/17 - 9.1% | 04/25/17 - 8.7% |
| 8/15/2016 - 11.3% | 07/18/17 - 7.7% | 04/28/17 - 9.4% | 05/24/17 - 7.9% |
| | 12/23/16 - 7.0% | | NO POST DATA |
| 10/18/16 - 9.1% | 06/21/17 - 10.4% | 02/18/17 - 11.6% | 05/24/17 - 10.5% |
| 07/21/16 - 11.1% | 01/24/17 - 10.4% | 06/26/17 - 8.9% | 06/26/17 - 8.9% |
| 06/02/16 - 8.1% | 04/09/17 - 13.4% | 06/26/17 - 8.4% | 06/26/17 - 7.9% |
| 06/02/16 - 8.1% | 04/09/17 - 7.0% | 03/17/17 - 7.5% | 03/17/17 - 7.5% |
| | | 06/12/17 - 11.4% | NO POST DATA |
| | | 06/04/17 - 14.0% | NO POST DATA |
| | | 06/03/2017 - 14.2% | NO POST DATA |

What Have We Learned...

1. Clinical evidence shows that pump therapy is superior to MDI in patients with type 2 diabetes who have intensified MDI treatment^{1, 2}
2. Pump therapy can be simplified for patients with limited technical skills^{1, 2}
3. Pump therapy is safe – can result in lower A1C with reduced insulin doses and no significantly increased risk of hypoglycemia²
4. How to use the wisdom of the Indians to look after the health of the Indians?

Relationships
Gratitude
Humility
Sacrifice

[http://dx.doi.org/10.1016/S0140-6736\(14\)61937](http://dx.doi.org/10.1016/S0140-6736(14)61937)



OBJECTIVES:

- Integrating Care and Education at Carl T. Curtis Health Education Center
- State of Nebraska Statistics
- Supplementary programming
- Diabetes Self-Management Education program
- Standards of Care
- Diabetes Incentive Program
- New technology for insulin delivery
- Vision and goals

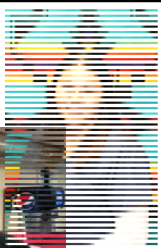
Living Encyclopedia of the Omaha



**BEST OF THE BEST
NURSE EDUCATORS**



ASHLEEN BLACKBIRD & MICHELE SMITH



**EXCELLENT TECHNICAL HELP AND FRIENDSHIP
NURSE EDUCATORS**



CONNECTIONS DONE TOGETHER...




**OFTEN THE BETTER
HALF IS PRESENT**



PEOPLE OF THE RED EARTH

IT IS THE FOOD THAT MADE US SICK



“YA - SPIEG - ZA
A MESQUAKE, GIBB”

OMAHA RESERVATION


AHA 25 SEPT 2017

NEAREST SUPERMARKET 30 Miles


- Association Between Living in Food Deserts and Cardiovascular Risk
- Conclusions—Although living in FD is associated with a higher burden of cardiovascular risk factors and preclinical indices of CVD, these associations are mainly driven by area income and individual income rather than access to healthy food.

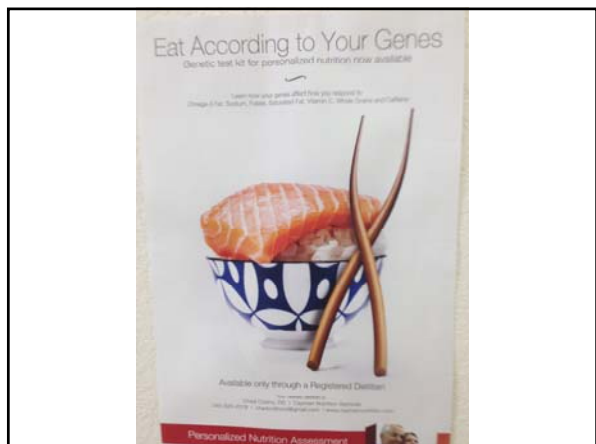


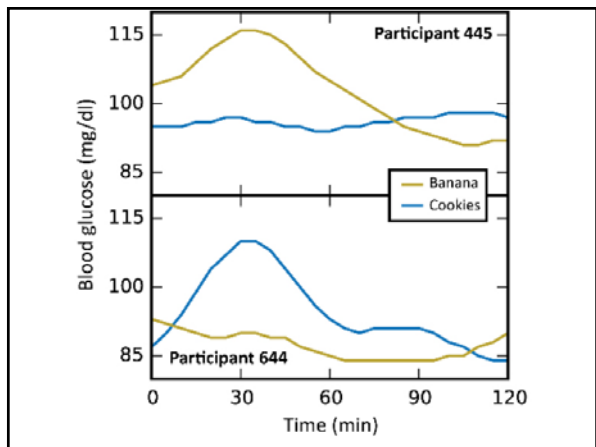
“HEALTH DISPARITY FOR US IS NOT ACCESS TO HEALTH CARE. IT IS THE LACK OF ACCESS TO FOOD”
...SAID AN INDIAN IN NORTH EAST NEBRASKA, USA

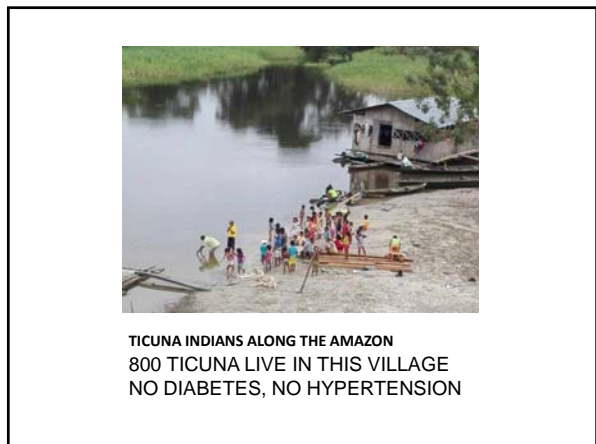


• 1 liter Water=\$3.19
• 1 liter Coke=\$1







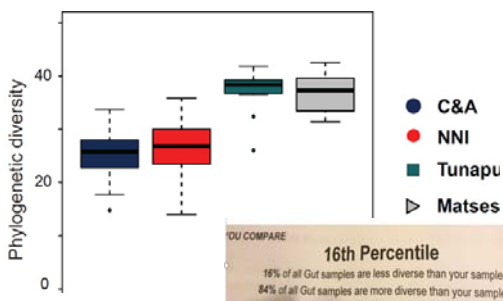


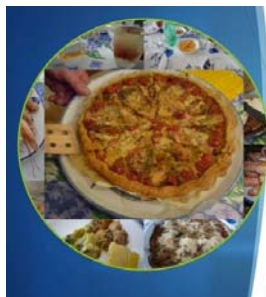
BRAZIL REVOKES DECREE OPENING AMAZON RESERVE MONDAY SEPT 25, 2017



• Significantly higher and diverse levels of microbiome than anyone else in the world.

HOW DOES AMERICAN INDIAN MICROBIOME COMPARE TO THEIR RELATIVES IN SOUTH AMERICA?





Quality of Food

EAT FOOD AND NOT CHEMICALS
EAT WITH FRIENDS
FOOD DOES NOT COME THROUGH YOUR CAR WINDOW
ENJOY EATING/SLOWLY/ SAVOUR IT
MAKE THE FOOD YOUR OWN

Merci Beaucoup Pour Votre Attention



