

New Mexico Health Care Takes on Diabetes

Measures of diabetes care (HEDIS) demonstrate that many New Mexicans with diabetes are not receiving all the care they need, based on national guidelines. At the same time, physicians and other professionals are overwhelmed with “too many” guidelines and need a central source of credible yet practical information and practice guidelines.

In 1999, the New Mexico Health Care Takes on Diabetes was formed under the national Taking on Diabetes initiative of the American Association of Health Plans (AAHP) and the American Diabetes Association. Prior to NMHCTOD, no organization had a mission to specifically support health care practitioners to deliver evidence-based diabetes care.

The Mission of NMHCTOD is to serve as a public-private coalition that improves the health of New Mexicans who have diabetes and reduces the economic toll of the diabetes epidemic by:

1. coordinating and integrating the activities of public and private diabetes organizations;
2. maintaining a statewide diabetes practice guideline;
3. serving as a statewide developer, distributor, and fulfillment center for current, practice resources related to the education, detection, treatment, and ultimately prevention of diabetes in New Mexico; and
4. providing measurement of the status of New Mexico diabetes care and outcomes.

Through NMHCTOD, the state of New Mexico has a single diabetes guideline called **The New Mexico Adult Diabetes Practice Guideline**. The guideline is reviewed by local and national experts, including the Vice President for Clinical Affairs of the American Diabetes Association office. Practitioners can be confident that by meeting the statewide diabetes guidelines, they are in concert with the intent of New Mexico’s Health Plans and diabetes organizations. The New Mexico Adult Diabetes Practice Guideline is supported by many health organizations including the New Mexico Dietetic Association. To read the Practice Guidelines go to: <http://nmtod.com/NMGuideline.html> There is also a Lay Guideline for people who have diabetes. It can be found at <http://nmtod.com/pdfs/Layguideline2004final.pdf> Although the link lists 2004, the Lay Guideline was updated in 2009.

NMHCTOD’s expert contributors and advisors have created **Diabetes Resources**. These provide the most current information in the most practical format for practitioners. Topics covered in Diabetes Resources are:

- Diabetes ABCs
- Newly Diagnosed
- Diet and Exercise
- Foot Care
- Retinal Exams and Oral Health
- Kidney and Heart
- Smoking and Immunization

For a complete list and access to all of the Diabetes Resources go to:

<http://nmtod.com/diabetesresources.html>

Working with the NM Department of Health, the New Mexico Medical Review Association and the Indian Health Service, NMHCTOD produces an annual comprehensive view of the state of diabetes care for persons who are commercially or governmentally insured. This report **“New Mexico Diabetes Indicators Baseline and Remeasurement 2001-2008”** is available at <http://nmtod.com/pdfs/hedis.pdf>

NMHCTOD has assumed leadership of the **Prescription Trails Project**. The Albuquerque Prescription Trails Pilot Program provides prescriptions for walking and wheelchair rolling and a walking guide that suggests routes in our community. This guide will help you find some of the best park and trail walking paths in Albuquerque and Bernalillo County’s South Valley.

Go to: <http://www.cabq.gov/parks/prescription-trails>

NMHCTOD offers continuing education for health professionals including RDs. In October NMHCTOD sponsored a workshop “Diabetes: Setting the Stage for Multidisciplinary Care”. It was approved by the Commission on Dietetic Registration for 3 CEU’s.

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