

Evidence-Based DIABETES MANAGEMENT[™]

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ABOUT THIS SPECIAL ISSUE



PAYER PERSPECTIVE

New physical activity guidelines from the American Diabetes Association reflect growing evidence that employers should promote physical activity. A 2016 agreement between Aetna and Apple made the Apple Watch available to the payer's employees at a reduced cost, and the program may expand to select Aetna customers to promote movement during the work day. SP131.

PAYING FOR "NUDGES"

As digital health expands, healthcare must figure out how to pay for the ongoing support it provides. Bundled payments are a possibility, and so are models based on other industries. SP132.

IN THE TRENCHES

Results of a community-based diabetes management program in Mount Airy, North Carolina, show what comes from listening to patients and taking cultural cues. SP134.

YOGA, MINDFULNESS, AND MANAGED CARE

As the evidence accumulates that these practices reduce stress, and improve health, can yoga and mindfulness adapt to healthcare payment models? Or should managed care adapt instead? SP137.

BEHAVIORAL EVIDENCE

Diabetes: An Opportunity to Have a Lasting Impact on Health Through Lifestyle Modification

Anna N. Patel, MD; Andrew M. Freeman, MD, FACC; and Jim A. Williams, MD, FACC

TYPE 2 DIABETES (T2D) is a costly chronic illness that is increasing in prevalence and associated with significant health problems, including cardiovascular disease (CVD).¹ In fact, CVD is listed as the cause of death in nearly 60% of individuals with diabetes.²

Historically, T2D was labeled a "coronary artery disease equivalent" in light of the 7-year risk of myocardial infarction (MI) equating that of a person without diabetes who is post-MI³ in the prestatin-treatment era and the marked improvement in adverse cardiac events with statin therapy.⁴ Given this grave prognosis, and with longstanding work showing diabetes remission from lifestyle interventions as far back as the 1940s,⁵ there is no better and more economical way to treat this epidemic.



EVIDENCE IS ACCUMULATING THAT BEHAVIOR CHANGE LEADS TO THE DEVELOPMENT OF DIABETES, CORRELATED WITH A 5-DEGREE INCREASE IN THE PREVALENCE OF DIABETES WITH AN ADDITIONAL INCREASE IN THE RISK OF CVD, WITH A 10-DEGREE INCREASE IN THE RISK OF CVD.

Diabetes and CVD share multiple modifiable lifestyle risk factors, such as obesity and physical inactivity, that tend to congregate for many adults, adding to the threat of severe adverse effects already present from a genetic predisposition and other acquired risk factors.^{6,7} In the United States, diabetes affects at least 29.1 million individuals, the equivalent of 9.3% of the entire population and 12.3% of the adult population.⁸ Depending on the cohort surveyed and the definition used, another 5.4 million are estimated to have undiagnosed diabetes.⁹

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ORIGINAL RESEARCH

Differential Weight Loss Effects on Type 2 Diabetes Remission Among Adults

Vinodh Kumar, PhD; William Eckman, PhD; Anna Chutkan; and Kishor Thakur

Introduction

Generally, type 2 diabetes (T2D) has been viewed as a chronic, progressive, and controllable, but irreversible, disease.¹ Interventions that occur soon after diagnosis reduce the risk of macro- and microvascular disease and can slow disease progression.² However, plasma glucose continues to increase regardless of the intensity of diabetes control or treatment type.³ Nevertheless, a number of clinical trials and case-control studies have, over time, reported a remission in T2D with bariatric weight loss surgery or with intensive lifestyle management.⁴⁻¹¹

Recently, a retrospective study using a cohort of adults with T2D identified with administrative data from Kaiser Permanente, Northern California, suggested that T2D remissions do occur without bariatric surgery, but are rare.¹² The study found that the cumulative incidences of partial and prolonged diabetes remission over a period of 7 years were 1.5% and 0.007%, respectively.

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DIGITAL HEALTH

Reaching Beyond the Exam Room: How Technology-backed Lifestyle Intervention Is Improving Health Outcomes for Diabetes and Hypertension Management

Andrew Michaelides, PhD, and Ed Pinskiwicz, MS

IN 2009, SUSAN L. NORRIS, MD, MPH, a researcher at McMaster University, Ohio State University, and the CDC Center for Diabetes Translation, and her colleagues sought an operational definition of chronic disease management. Based on their review

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Evidencebased Diabetes

Karin Nielsen-Saines



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