

Wisconsin Diabetes Weekly

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In the News

Certified Medical Homes Tied to Better Diabetes Outcomes

Primary care practices certified as medical homes have more practice systems and higher performance on diabetes care versus uncertified practices, according to a recently published study. Researchers compared diabetes outcomes for 416 adult primary care practices either certified or uncertified as medical homes in 2017. The presence of medical home practice systems for diabetes care and six standardized measures of diabetes care were assessed. [Read more.](#)

Metformin Add-On Ameliorates Weight Gain, Lowers Insulin Need in T1D

Chinese adults with type 1 diabetes (T1D) can avoid insulin-related weight gain and use less insulin by adding metformin to treatment regimens, according to study findings. This is the first study to explore the current status and efficacy of additional metformin therapy in patients with T1D under real-life conditions in China. [Read more.](#)

More Steps-Per-Day Linked to Significant Reductions in Diabetes and High Blood Pressure

Middle-aged adults who walked the most steps-per-day had a 43% lower risk of diabetes and a 31% lower risk of high blood pressure, compared to people of similar age who accumulated the lowest number of daily steps. Among women, every additional 1,000 steps were associated with a 13% lower risk of becoming obese. [Read more.](#)

Important News

Wisconsin DHS Responds to COVID-19

On March 12 Gov. Tony Evers declared a public health emergency in response to COVID-19, directing the Department of Health Services (DHS) to use all the resources necessary to respond to and contain the outbreak. We encourage frequent monitoring of the [DHS website for updates](#), and to follow @DHSWI on [Facebook](#) and [Twitter](#), or dhs.wi on [Instagram](#). A [CDC website](#) offers additional information.



Pregnancy Complications More Frequent with Undiagnosed T2D

Missing a type 2 diabetes (T2D) diagnosis before pregnancy may lead to complications during pregnancy and delivery for mothers and their children, according to a recently published study. Researchers assessed the frequency of preeclampsia, cesarean section, shoulder dystocia, perinatal mortality, preterm delivery, neonatal ICU visitation, respiratory distress syndrome, small for gestational age, large for gestational age, congenital anomalies, hyperbilirubinemia and neonatal hypoglycemia during the pregnancies of women with undiagnosed type 2 diabetes, women with gestational diabetes alone, women with diagnosed preexisting diabetes, and women without diabetes of any kind. Women who had gestational diabetes and then developed diabetes in the year after pregnancy were considered to have undiagnosed type 2 diabetes. [Read more.](#)

Conference, Educational, and Grant Opportunities

Iowa ADCES Annual Meeting

Des Moines, IA • April 30 • 8 a.m. to 5 p.m. • **online option**

The **agenda** for the Iowa Association of Diabetes Care & Education Specialists' (ADCES) continuing education event at the end of April features presentations on diabetes and nephropathy, managing heart failure risk in type 2 diabetes, team-based care and chronic care management, and continuous glucose monitoring. Registration is \$40 for ADCES members and \$50 for nonmembers for both in-person and online options. Late registration after April 29 is \$75. [Learn more.](#)



Beyond the 50%: Accurate Blood Pressure Measurement 2.0 Online Self-Study Program • 1.0 contact hour of nursing education

The Wisconsin Nurses Association offers a free evidence-based self-study program for blood pressure management. Participants will:

1. Understand the “M.A.P. Framework” as an evidence-based approach to prevention and control of hypertension developed by the American Medical Association (AMA) and Johns Hopkins Medicine.
2. Learn the importance of accurate measurement and how to avoid common errors.
3. Explore how to partner with patients and engage their participation in accurate self-measurement.

This program was developed in collaboration with the Wisconsin Division of Public Health; MetaStar, Inc.; and, the Wisconsin Nurses Association utilizing resources from the AMA. [Learn more.](#) **Contact hour offering expires April 30, 2020.**



Resources in this newsletter are compiled by the Wisconsin Chronic Disease Prevention Program.

Journal Articles and Reports of Interest

Burden and Consequences of Financial Hardship from Medical Bills Among Nonelderly Adults with Diabetes Mellitus in the United States. Caraballo C, et al. *Circ Cardiovasc Qual Outcomes*. 2020 Feb;13(2):e006139. doi: 10.1161/CIRCOUTCOMES.119.006139.

A Self-management Approach for Dietary Sodium Restriction in Patients with CKD: A Randomized Controlled Trial. Humalda JK, et al. *Am J Kidney Dis*. 2020 Jan 16. pii: S0272-6386(19)31126-6. doi: 10.1053/j.ajkd.2019.10.012. [Epub ahead of print]

Learn More About Wisconsin's COVID-19 Response



For More Information

If you received the *Wisconsin Diabetes Weekly* as a forward, [sign up](#) to receive the publication directly from the listserv.

For more about our program, check out www.preventdiabeteswi.org.