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DMF HEALTHY DOSE NEWSLETTER

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HEALTH

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FOUNDATION

DMF Launches Diabetes Prevention Initiative

In the summer of 2003, DMF assembled a work group of local diabetes experts to develop an initiative to prevent or reduce the incidence of diabetes in our region. Work group members include **Dr. Joel Haugen** (family practice physician), **Kathy Heitkamp, RN** (diabetes educator), **Dr. Bill Newman** (UND School of Medicine physician), **Mark Johnson** (diabetes patient), and **Dr. Jon Rice** (Blue Cross Blue Shield of North Dakota). The work group issued a request for proposals to implement a comprehensive, community-wide diabetes prevention program in DMF's service area. Among the proposals submitted, two were selected: **City-County Health in Valley City, ND**, proposing to implement a community-wide type II diabetes prevention program and, **Altru Health, Grand Forks, ND**, whose goal is to work with their patient population and the community to prevent the onset of type II diabetes, with a special emphasis on women with gestational diabetes.

In October, 2004, both organizations received a \$50,000 grant over one year for project planning and partial implementation.

Each grant partner has implemented a screening process to identify persons at-risk to develop type II diabetes. The nationally proven Diabetes Prevention Program (DPP) will provide the intervention model and curriculum for both sites. The DPP curriculum seeks to prevent the onset of type II diabetes through weight reduction, increased physical activity and improved nutrition habits.

Both projects are off to an impressive start. The Valley City pilot has implemented a wide spread media and screening campaign and is working with large local employer groups to kick-off their project. Altru identified twelve at-risk persons from their patient population who immediately began participating in the intervention program. Participants have already shown improvements in several health areas including weight loss and improved nutritional habits, fasting glucose, and blood pressure rates. Altru is also moving out into the community to identify additional persons at-risk for the onset of diabetes.

City-County Health and Altru will present final reports to the work group in August 2005 and outline a proposed plan to continue their project. The work group will review project results and plans to determine which organization will receive continuation funding.

Dakota Medical Foundation is confident this initiative will provide a template for other healthcare facilities and communities to begin diabetes prevention projects. Preventing the onset of diabetes will significantly improve the health of persons in our region.

Swanson Health Products Supports Red River Valley Dental Access Project

Swanson Health Products, an independently owned and operated company based in Fargo, ND, was founded in 1969 as a mail-order business dedicated to providing quality nutritional supplements at affordable prices. Today, the company has become one of America's largest privately held mail-order and internet marketers of dietary supplements, with sales and distribution channels reaching around the globe.

Over the last three years, Swanson Health Products has been the major business/individual contributor to Red River Valley Dental Access' Education/Prevention Program and this year to the Volunteer Dentists – Urgent Care Walk-in Dental Clinic. As part of DMF's match grant program, **Swanson Health Products contributed \$10,000** to support the Urgent Care Clinic! With DMF's dollar for dollar match, a total of \$20,000 was contributed to the Urgent Care Clinic.



Pictured is Doug Anderson, CFO of Swanson Health Products, and Gina Nolte, Executive Director of the RRVDAP

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Highlights from DMF's Annual Meeting

At the annual meeting in January, DMF recognized several organizations and individuals for their outstanding achievements and commitment to measurably improving the health of our region.

Star Awards

This year DMF established a new award to recognize outstanding grant partner achievements. The purpose of the Star Award is to honor nonprofit organizations DMF partners with that not only reach, but exceed their goals to address outcomes, capacity building, efficiency and effectiveness that ultimately impact the health of the people of our region. This year's recipients are: South Central Adult Service's Prescription Assistance Program, RiverView Diabetes Center, and Valley Community Health Centers of Northwood and Larimore, ND.

South Central Adult Service's Prescription Assistance Program, with locations in Fargo and Valley City, is providing assistance to nearly 1,500 individuals to complete application forms for free or reduced cost medications from pharmaceutical companies. In 2004, the approximate value of medications obtained for North Dakotans was \$1 million. DMF has invested nearly \$350,000 in this program.

The **RiverView Diabetes Center**, Crookston, Minnesota, has initiated an American Diabetes Association (ADA) recognized diabetes education program that is designed to improve diabetes management. ADA recognition allows treatment reimbursement, the income from which will sustain the program. Since the program's implementation, they have seen a 70% increase in the number of patients served, 100% of the participating patients received insurance reimbursement, the Center's revenue increased by 230% and the average patient A1C value has decreased 1.2%!

Northwood Deaconess Health Center, Northwood, ND, secured DMF funding to hire a grantwriter to complete an application to the Bureau of Primary Health Care to obtain "federally qualified healthcare" status for their healthcare facility. The application was successful and as a result, **Valley Community Health Centers** of Northwood and Larimore, received a three-year \$1.6 million federal grant and designation as a community health center. This status allows the clinic to receive greater reimbursement and provides better healthcare access to underserved individuals.



Pictured from left to right: Sharon Ericson, Pete Antonson, Desire'e Larson, and Cindy Flannery

Lifesaver Awards

Since 2003, Dakota Medical Foundation has invested nearly \$715,000 to place 244 Automated External Defibrillator (AED) units in various public facilities, police squad cars, and emergency first responder vehicles in Fargo-Moorhead and in rural locations within DMF's service area. In addition, the Foundation funded AED training for over 1,300 persons affiliated with the placement facilities. To date, **thirteen lives have been saved** due to the immediate availability of this equipment.

At this year's annual meeting, four individuals were recognized for their outstanding lifesaving efforts. Lifesaver Award recipients included: **Officer Sherry Nelson** of the Fargo Police Department, **Justin Schaub**, lifeguard at the YMCA, **Holly Scott** of Fargo Cass Public Health, and **Chief Chris Magnus** of the Fargo Police Department.



Pictured above: Officer Sherry Nelson and John Bertel

In the fall of 2004, Officer Sherry Nelson and Justin Schaub were instrumental in saving the life of Darold Peterson of Fargo, who collapsed and went into cardiac arrest after playing racquetball at the YMCA. Officer Nelson and Mr. Schaub administered the AED on Mr. Peterson within minutes of going into cardiac arrest. A video clip of this save can be viewed through DMF's website at: www.dakmed.org/grantmaking/initiative/current-initiatives.asp.

Holly Scott is Fargo Cass Public Health's AED Initiative Coordinator and is responsible for overseeing the coordination of the AED Initiative to assure continued training, proper data collection and project outcome evaluation. Chief Chris Magnus has supported and encouraged the placement of AEDs in Fargo Police squad cars as well as the training of its patrol officers.

DMF Board Chair Retires, New Chair Appointed

After serving four years as the DMF Board Chair, **John Bertel** has stepped down. During his tenure as Chair, John logged more than 2,000 hours of service to the Foundation. He was a driving force in the development of the operations plan which provides a written measurable strategy for the Foundation. John's leadership and insight of adding value, demonstrating a return on investments and attracting additional resources have led to a significant transformation of the Foundation.

The newly appointed Board Chair is **Walter Johnson, M.D.** Prior to his appointment as Board Chair, Dr. Johnson served as Vice Chair for four years. He has been a member of DMF since 1987 and has served as a Board member since 1997. Dr. Johnson is an internal medicine physician with Dakota Clinic, Fargo, ND.



Pictured above: John Bertel and Pat Traynor

Foundation Welcomes New Board Members

DMF's membership elected three new members to the Board of Directors. New members are **Jay Eisenbeis, Jon Wanzek, and Deb Magnuson, R.N.** Their terms began in January 2005 and run through January 2008. Jay is the Comptroller at Smurfit-Stone Container Corporation in Fargo. He joined DMF in 2003. Jon Wanzek is the Executive Vice-President of Wanzek Construction, Inc. in Fargo. Jon became a member of DMF in 2002. Deb Magnuson is the Executive Director of the Waterford at Harwood Groves. Deb has been a DMF member since 1984. The Board and staff look forward to working with the new directors.



Pictured from left to right: John Bertel, Thomas Kempf, Pat Traynor, Mark Andrews, Pete Haug, and David Clutter.

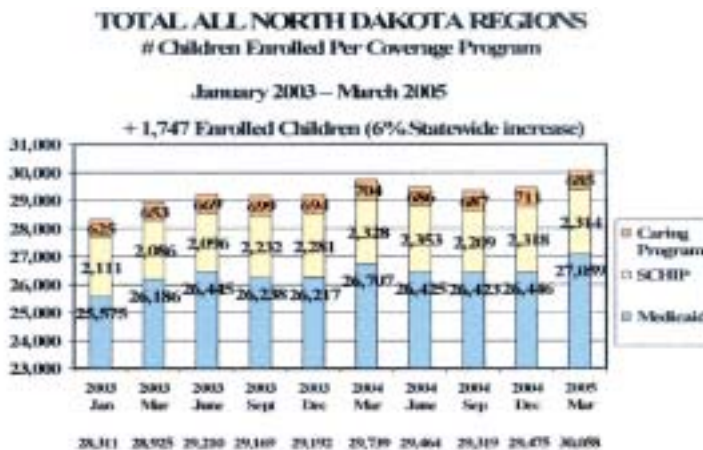
Outgoing Board Members

Four members of DMF's Board of Directors completed their terms of service this year. All four members served on the Board from November 1995 through January 2005. The four out-going members are **Senator Mark Andrews, David Clutter, M.D., Peter Haug, and Thomas Kempf, M.D.** DMF truly appreciates the time, talent, and leadership these members committed to the Foundation. Their dedication and unwavering efforts have truly enhanced our programs and positively impacted the health of the people in our region.

North Dakota Covering Kids & Families Initiative

Since January 2003, *ND Covering Kids & Families* has collaborated with others across the state to help families learn about and apply for existing low-cost/free health coverage. Through statewide outreach including media coverage, events, presentations, flyers, newsletters, billboards, ads and the distribution of brochures, thousands of individuals have been educated about programs and resources such as the 1-877 KIDS NOW toll-free Help-Line.

Thus far, over 1,600 families and volunteers have contacted the Help-Line for assistance. 1-877 KIDS NOW (1-877-543-7669) offers callers information, screening, and applications for all three low-cost/free health coverage programs offered in North Dakota including Caring for Children, Healthy Steps/SCHIP, and Medicaid. Due to the collaborative effort of many partners, an additional 1,747 North Dakota children have been connected to health coverage programs.



ENROLLMENT INCREASES January 2003 to March 2005

Caring for Children
additional 60 children enrolled

SCHIP/Healthy Steps
additional 203 children enrolled

Medicaid
additional 1,484 children enrolled

March 2005
Total # enrolled kids
All three programs 30,058

Dakota Communities Access Program - Improving Access to Healthcare

Now in its second year, DMF's Dakota Communities Access Program (DCAP), a \$2.6 million federal grant, has made significant strides in improving healthcare access for North Dakota's uninsured and underinsured individuals. Through its fifteen Community Resource Coordinators (CRCs), DCAP has helped 1,597 people without insurance successfully enroll in low-income health coverage programs. These enrollments have brought \$4,472,825 in reimbursement into local hospitals and clinics.

Through DCAP's unique Diabetes Voucher Program, CRCs have helped low-income people with diabetes access free supplies needed to test their blood sugar and keep themselves healthy. DCAP's Dental 1/90 program has improved dental access by providing over \$28,953 of preventive and restorative dental care to people without insurance. CRCs have also helped people in their communities receive \$1,979,881 worth of free or reduced-cost prescription drugs through pharmaceutical companies' prescription assistance programs.

DCAP Highlights - February 2004 to May 2005

Referrals to Health Coverage Programs	3,273
Enrollments in Health Coverage Programs	1,597
Income to Facilities from Health Program Enrollments	\$4,472,825
Patients Enrolled in Prescription Assistance	1,984
Prescription Assistance Savings to Patients	\$1,979,881
Referrals to Other Assistance Programs*	4,672
Enrollments in Other Assistance Programs	3,036

*Including heating assistance, food stamps, transportation services and other assistance programs.

To learn more about DCAP or locate a Community Resource Coordinator in your community, visit our webpage at <http://www.dakmed.org/community-access/>



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