

Fiscal Year 2019 (First Quarter: July 1, 2018 - September 30, 2018)

Mercy Hospital St. Louis Community Benefit Report

The Diabetes Prevention Program



The Diabetes Prevention Program is a national program headed by the CDC to promote prevention of Type II diabetes, the most prevalent type of diabetes in the United States.

The program follows a year-long, evidence-based curriculum developed by the CDC. The participants meet intensively every week for the first four months to learn the foundations of healthy eating and engaging in physical activities geared towards preventing type II diabetes. Topics from the program include: eating to prevent Type II Diabetes, adding physical activity into everyday living, how to maintain healthful habits while away from home and dealing with stress to maintain a healthy lifestyle. In-person meetings taper as the program progresses.

Six community members and teachers from the Normandy School Collaborative (NSC) began the first Diabetes Prevention Program session in North County in November.

Several participants were referred by their physicians because of their pre-diabetes diagnosis, some signed up for the class because they have a strong family history of type II diabetes, all are motivated to make lifestyle changes to prevent Type II diabetes. "My doctor told me that my HbA1C was in the pre-diabetic range. I tried changing my diet and losing weight but my numbers did not improve much. I was

disappointed but I wanted to give this another try before going on medications," said Cheryl White, program participant and librarian from NSC. A cornerstone of the program is setting and tracking goals. Each participant of the program is working toward two main goals: weight loss of 5-7% by the first six months and maintaining 150 minutes of moderately intensive activities each week. Studies have shown that successfully achieving these two goals will help program participants reduce their risk of developing type II diabetes by 58%.

However, participants also set individual and smaller goals each week that will help them achieve these two goals. Participants record these goals and action items in their Action Plan journal and share their progress, challenges and successes at each meeting with the group.

"Having the Action Plan journal really puts the goals in the forefront of my mind. My day is so busy so I often forget or not able to achieve my action items. But writing the goals down definitely makes me more motivated to do them," said Rethel Chappelle, program participant and full-time caregiver.

The Diabetes Prevention Program at the NSC is one way that Mercy collaborates with community partners to bring valuable health services to the community.

Total Community Benefit
\$12,725,971

Charity Care

Includes the actual cost of providing free or discounted care to persons who cannot afford to pay and who are not eligible for public programs. Charity care does not include bad debt.

Benefit: \$4,050,855

Community Outreach Services

Includes activities carried out to improve community health and services that are subsidized because they are needed in the community. Examples: education, support groups, health screenings, and immunizations.

Benefit: \$474,000

Health Professionals

Education and Research

Includes the cost of providing clinical placement for physicians, nurses and other health professionals plus the costs of the nursing anesthesia, EMS and radiology schools.

Benefit: \$1,548,081

Cash, In-Kind Donations, Workforce Enhancement and Fundraising

Includes cash, in-kind donations, fundraising costs, food & supplies to shelters, use of Mercy rooms and facilities, donated office space and recruitment of health professionals in medically underserved areas.

Benefit: \$129,000

Medicaid Subsidies

Includes the actual unpaid cost of providing care to Medicaid patients and represents the shortfall between cost of care and the payments received by the government.

Benefit: \$6,524,413.