

## **PLANNING FOR EFFECTIVE DIABETES POLICY AND PROGRAMS**

*Policy team assistance gets key stakeholders moving on increasing screening and education for pre-diabetes*

### **Public Health Problem**

- State diabetes programs traditionally focus on secondary prevention, reducing the complications of diabetes rather than primary prevention of the condition itself.
- Washington is one of five states participating in the newer Centers for Disease Control and Prevention Diabetes Primary Prevention Initiative to implement public health interventions that prevent the development of diabetes in people with a condition called prediabetes.
- One in three Washington adults has pre-diabetes requiring the development of policy, systems and environmental changes to impact this growing problem.

### **Program**

- The Centers for Disease Control and Prevention determined that state diabetes programs had limited experience in developing policy agendas and funded technical assistance for program staff and partners.
- The National Association of Chronic Disease Directors created the Policy State Technical Assistance Team with this funding to provide support to a demonstration project in two states.
- Recognizing their own knowledge and skill gap related to policy development, the Washington diabetes program received approval from agency leadership to apply and was chosen as one of only two states to receive technical assistance from this initiative, called PSTAT for short.
- PSTAT facilitated two days of training for key stakeholders and partners on drafting an advocacy plan to assure insurance coverage for pre-diabetes education and screening.

### **Impact**

- Key stakeholders, partners, and program staff reached important consensus on an advocacy plan under the guidance of the National Association of Chronic Disease Directors Policy State Technical Assistance Team.
- State agency leaders now see policy development more clearly as a legitimate function of government.
- The agency presents a united front when working with health plans on policies related to many chronic diseases, not just diabetes.
- Participants in this process are more confident that they can actually make change happen and a better understanding of their responsibility to take action on policy.
- An advocacy committee was created under the structure of the state diabetes network leadership team to oversee the implementation of the advocacy plan over the next five years.

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