Diabetes Resources

Practical Information for New Mexico Health Care Professionals

A quarterly publication for clinicians caring for people with diabetes - Vol. 9 No. 4, 2008

Cholesterol: The Final Link to the ABCs

The Issue:

- Lipid disorders such as elevated LDL-Cholesterol (LDL) can be life threatening to people with diabetes.¹
- The National Cholesterol Education Program considers diabetes to be a coronary vascular disease risk equivalent.²
- Diabetes is a major, independent risk factor for coronary heart disease and other forms of cardiovascular disease. Reducing cholesterol levels in people with diabetes reduces risk for coronary heart disease.²
- In New Mexico, only 50.8% of people with diabetes have documented LDL levels below 130 mg/dl. Since the current recommendation is to maintain LDL under 100 mg/dl, even fewer people are likely to have the recommended level.³
- There is strong evidence that lowering LDL, lowering triglycerides, and raising HDL through a combination of nutrition, exercise, and the use of medications will lower the risk of developing cardiovascular disease.¹²

What is the risk of coronary heart disease for people with diabetes based on their lipoprotein levels?

<table>
<thead>
<tr>
<th>Risk</th>
<th>LDL</th>
<th>HDL</th>
<th>Triglycerides</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>&gt;130</td>
<td>&lt;40</td>
<td>&gt;400</td>
</tr>
<tr>
<td>Borderline</td>
<td>100-129</td>
<td>40-59</td>
<td>150-399</td>
</tr>
<tr>
<td>Low</td>
<td>&lt;100</td>
<td>≥60</td>
<td>&lt;150</td>
</tr>
</tbody>
</table>

The Current Clinical Recommendation:

The New Mexico Health Care Takes On Diabetes Practice Guideline 2008 recommends that all people with diabetes have a lipid profile once a year or more frequently if not well controlled. The goals are LDL <100 mg/dl, HDL >40 mg/dl in men and >50 mg/dl in women, triglycerides <150 mg/dl.

New Mexico’s Numbers:

<table>
<thead>
<tr>
<th></th>
<th>Commercial</th>
<th>Medicaid</th>
<th>Medicare</th>
<th>Indian Health Service (Albuquerque Area)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>37.6%</td>
<td>20.2%</td>
<td>52.4%</td>
<td>30.6%</td>
</tr>
<tr>
<td>National Average</td>
<td>43.0%</td>
<td>30.6%</td>
<td>46.8%</td>
<td>20.8%</td>
</tr>
</tbody>
</table>

Note: HEDIS® changed the LDL-C level of “good control” from less than 130 to less than 100 in 2007. This rate is not comparable to past years.

2. www.nhlbi.nih.gov
3. Data reported using nationally validated HEDIS methodology. Rates derived from meeting continuous enrollment requirements. HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).
5. HEDIS 2007 data for CY 2006 provided by BCBSNM, Molina Healthcare of New Mexico, Lovelace Health System and Presbyterian Health Plan.
6. Indian Health Service data provided for the Albuquerque Area and based on Government Performance and Results Act (GPRA) indicators from 2006 fiscal year.
7. National average data provided by Centers for Medicare & Medicaid Services (CMS) for CY 2006 and Quality Compass for CY 2006.
Resources for Clinicians

The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at www.nmto.com. For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.

Kitchen Creations: A Patient Resource—A meal plan comprised of healthy foods is one of the cornerstones of diabetes self-management. Research has clearly proven that the risk for complications caused by diabetes that can alter quality of life can be decreased when blood glucose values are maintained at levels that mimic “normal” values. Kitchen Creations, a Cooking School for People with Diabetes and Their Families, is conducted at county extension services. These FREE classes provide information and hands-on training which include developing and following a meal plan, and a cookbook containing New Mexican traditional food recipes prepared in healthy ways. Kitchen Creations is jointly sponsored by the New Mexico Department of Health Diabetes Prevention and Control Program (DPCP) and the New Mexico State University Cooperative Extension Service. For more information on cooking classes and locations in your area, contact your local County Extension Service Agent or log on to www.diabetesnm.com then click on DPCP programs, then Kitchen Creations.

Make the Link! Publications—Many people with diabetes also have high blood pressure and high cholesterol, so make the link:

Make the Link! Cholesterol, Triglycerides, and Diabetes: A Patient Handout—This patient education tool created by the American Diabetes Association and the American College of Cardiology clarifies why managing cholesterol is so important, particularly for those who have diabetes. Written at a low literacy level, this handout describes the impact that high cholesterol has on patients with diabetes and suggests ways to lower their cholesterol levels. Additionally it provides space for patients to record their cholesterol and triglyceride levels and develop an action plan. There are no copyright restrictions. This form is also available in Spanish and can be found on the American Diabetes Association website at www.diabetes.org/makethelink or call 1.800.DIABETES (342.2383).

Make the Link! High Blood Pressure and Diabetes: A Patient Handout—This patient education tool created by the American Diabetes Association and the American College of Cardiology clarifies for patients why managing their blood pressure is so important, particularly for those who have diabetes. Written at a low literacy level, this handout describes the impact that high blood pressure has on patients with diabetes and suggests ways to lower their pressure. It also has space for patients to record their pressures and develop an action plan. There are no copyright restrictions. This form can be found on The American Diabetes Association website at www.diabetes.org/makethelink or call 1.800.DIABETES (342.2383).

Websites—The editorial committee has identified a select number of websites about cholesterol that you may find informative:

- National Heart, Lung and Blood Institute Cholesterol Education Program: www.nhlbi.nih.gov/about/ncp
- American Heart Association: www.americanheart.org
- American Diabetes Education Program: www.ndep.nih.gov
- American Diabetes Association: www.diabetes.org

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website.*

*Please note that these websites do not necessarily represent the views of New Mexico Health Care Takes On Diabetes. They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.