

Grant Outcomes Report

Certified Diabetes Educators in New York: An Analysis of the Workforce

The Problem:

Diabetes prevalence in New York State has doubled since 1994 and is expected to grow; 1.8 million New Yorkers suffer from diabetes and 4.2 million others have prediabetes. Annual disease-related costs for the State are estimated to be \$12.9 billion.¹ The epidemic affects individuals' health and also takes a toll on health care institutions, health plans, and the State's budget.

To address this crisis, the New York State Health Foundation (NYSHealth) invested in a \$35 million diabetes campaign with the goal of reversing the epidemic. The New York State Diabetes Campaign started in 2008 and focuses on improving clinical care and patient outcomes; mobilizing communities to prevent diabetes and support diabetes self-management; and promoting policies that sustain comprehensive and effective care for people with diabetes.

People living with diabetes need support in learning how to manage the disease in order to prevent complications. Diabetes self-management education is proven to help people set and achieve goals to manage their condition. Certified diabetes educators (CDEs) are trained clinicians who work with people with diabetes to help them become proficient in self-managing their health. In 2009, the New York State Department of Health's Office of Health Insurance Programs began providing reimbursement for CDE services. However, little is known about the CDE workforce in New York State and whether the new reimbursement mechanism would enable more people to access diabetes self-management programs. To address this information gap, NYSHealth awarded a grant to the Center for

KEY INFORMATION:

GRANTEE

Health Research, Inc. (dba Center for Health Workforce Studies)

GRANT TITLE

Assessment of Certified Diabetes Educators in New York State

DATES

Phase 1: 2008-2010

GRANT AMOUNT

Phase 1: \$124,236

FUNDING

Diabetes Campaign-Solicited

¹ New York State Department of Health, "The State of Diabetes in New York State: A Surveillance Report," New York State Department of Health Web site, http://www.health.ny.gov/statistics/diseases/conditions/diabetes/docs/1997-2004_surveillance_report.pdf, accessed May 2012; Full Accounting of Diabetes and Pre-Diabetes in the U.S. population in 1988-1994 and 2005-2006. Cowie, C. et al. Diabetes Care, 2008 Feb; 32(2): 287-294; *The Estimated Prevalence and Cost of Diabetes in New York*, American Diabetes Association, <http://www.diabetesarchive.net/advocacy-and-legalresources/cost-of-diabetes-results.jsp?state=New+York&district=0&DistName=New+York+%28Entire+State%29>, accessed May 2012.

Health Workforce Studies (CHWS) to conduct a market analysis of the CDE workforce, the results of which would help inform the broader clinical and policy goals of the Campaign. The analysis examined both the supply and demand for CDEs, identified effective models of diabetes education, and made recommendations for policies and programs to increase access to services.

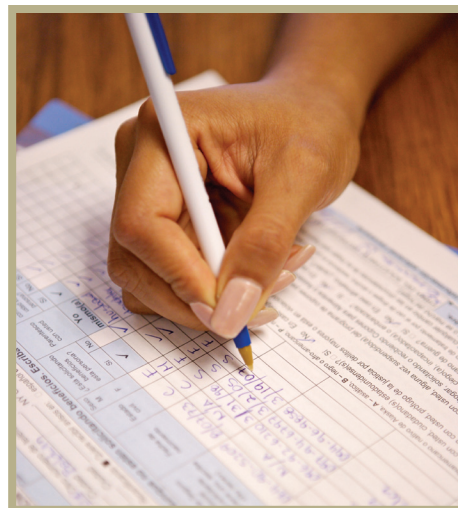
Grant Activities and Outcomes:

CHWS undertook four primary activities to complete its assessment of the CDE workforce:

- **A LITERATURE REVIEW** was conducted to understand the contributions of CDEs and diabetes self-management education, and their relation to positive health outcomes for patients with diabetes.
- **IN DEPTH INTERVIEWS** were held with CDEs representing a number of health professions, employers of CDEs, diabetes services program directors, health insurers, and government stakeholders.
- **A SURVEY OF CDES** was conducted from June 2009–September 2009. The survey asked questions about demographics, education, previous health careers, the certification process, current employment, patients served, models used for providing diabetes education services to patients, and barriers to patients' access to diabetes self-management education.
- **A SURVEY OF PROVIDERS OF DIABETES EDUCATION** was fielded in late 2009. The survey asked questions about the types of health care organizations providing diabetes education services, the types of clinical and educational services provided on an inpatient and outpatient basis, use of interdisciplinary teams, employer preferences when hiring CDEs, and more.

NYSHealth and CHWS released a brief summarizing the results of this research in November 2009 titled, "A Market Analysis of Certified Diabetes Educators in New York: Initial Findings." NYSHealth disseminated this brief electronically to stakeholders.²

NYSHealth and CHWS also produced a summary report based on this research in February 2010 titled, "Certified Diabetes Educators in New York: Findings From a Statewide



² Available at:

<http://nyshealthfoundation.org/resources-and-reports/resource/market-analysis-of-certified-diabetes-educators-in-new-york>

Market Analysis and Recommendations for Improving Access to Diabetes Self-Management Education Services.”³ This report was introduced at a press conference at the New York State Legislative Office Building on March 4, 2010. As a result of this press conference, several stakeholder groups contacted NYSHealth to discuss next steps.

The Future:

This project was a time limited market analysis and therefore will not continue. However, the many recommendations from the study have helped generate further action from its key audiences. The report was used within the New York State Department of Health’s Office of Health Insurance Programs to justify expanding the reimbursement of certified diabetes education services to include the American Diabetes Association and the American Association of Diabetes Educators’s (AADE’s) Diabetes Centers of Excellence. Expanding the reimbursement to include the diabetes centers will increase access to diabetes self-management services.

The report was also used by the Healthcare Association of New York State to increase the number of AADE Diabetes Centers of Excellence. HANYS helped 15 new diabetes education centers become accredited by AADE and helped educate 80 CDE candidates from 42 sites across the State.

³ Available at:

<http://nyshealthfoundation.org/resources-and-reports/resource/improving-access-diabetes-self-management-education-services>

BACKGROUND INFORMATION:

ABOUT THE GRANTEE

Established in 1996, the Center for Health Workforce Studies (CHWS) is a nonprofit research organization dedicated to the collection, analysis, and distribution of health workforce data. The Center's work assists health, professional, and educational organizations; policymakers; and the public to help them understand issues related to the supply, demand, distribution, and use of health workers.

The Center has established itself as a national leader in the field of health workforce studies and has conducted studies on the physician workforce, graduate medical education, nursing, allied health, as well as the hospital, nursing home, and home health care workforces, among others.

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