

## **Northwell Health's Diabetes Wellness Program: Making Strides with Project 3.c.i**

In 2015, Northwell Health launched its Diabetes Wellness Program under its care management organization, Northwell Health Solutions. The Program is accredited by the American Diabetes Association of Diabetes Educators, and is tailored to satisfy the requirements of Project 3.c.i—implementing activities that will increase patient self-efficacy and confidence in self-management of diabetes.

Currently available at ten Northwell locations across Nassau, Suffolk and Queens counties, the Program teaches individuals living with diabetes how to self-manage their diabetes and maintain a healthy lifestyle. Through the Program, participants learn how to eat healthy, be active, reduce risks, cope with diabetes, problem-solve, monitor sugar levels, and take medications.

The Program begins with a one-on-one, in-person appointment with one of Northwell's certified diabetes educators, followed by three two-hour group classes. Additionally, the Program provides community education to target populations at churches, schools, and community centers.

Northwell continues to see a rise in patient participation in the Program, and is planning to expand to an eleventh practice located in Queens in 2017. This year, the Program saw an end of third quarter volume of 1,279 appointments—an increase of 272 appointments compared to 2015.

"Expansion of our program helps ensure that we are capturing our value-based patients, which includes supporting the Medicaid population," said Marie Fazzitta, Senior Director Chronic Disease Management, Northwell Health Solutions. "We keep in mind the diversity of the communities we serve, and make certain that we provide participants with culturally and linguistically appropriate education."