

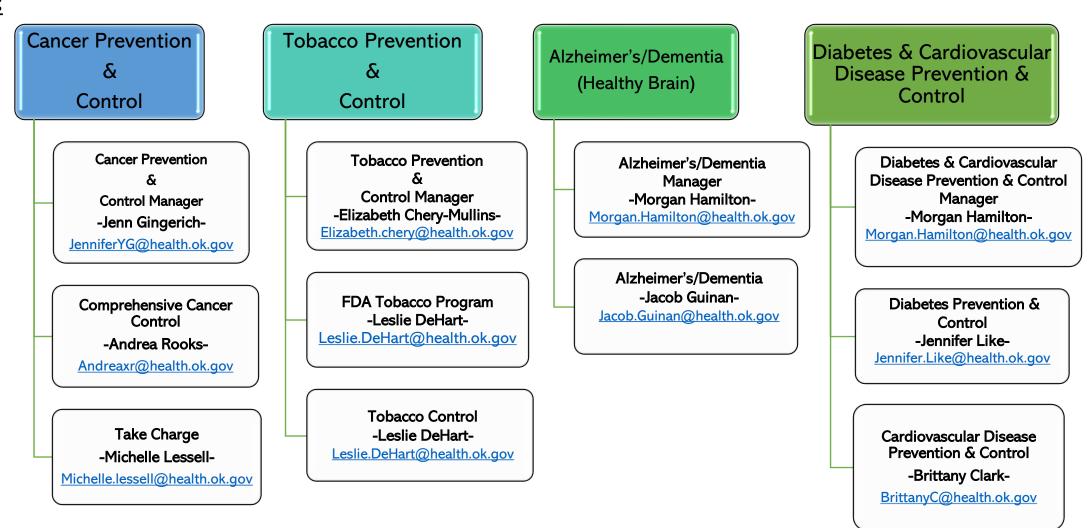
## Chronic Disease Prevention Service

An Overview of Programs and Services

-2024-

# **Chronic Disease Prevention Service - (CDPS)**

**Programs:** 



Contact any of these individuals for more information on their programs

# Diabetes & Cardiovascular Disease Prevention & Control

June 30, 2023, was the beginning of a new 5-year cooperative agreement with the CDC to conduct activities in the following areas:

### **Diabetes Prevention & Management**

- Identify people living with pre-diabetes and diabetes
- Increase participation in DPP & DSMES programs
- Increase pharmacy involvement for MTM and DSMES education

### Cardiovascular Disease Prevention & Management

- Identify, track, and manage patient with hypertension and elevated cholesterol
- Support referrals for MTM, BPSM, and lifestyle change programs
- Connect priority populations living with heart disease to social services and support resources

## Diabetes Resources

- Diabetes Prevention Program
  - Year long prevention program
  - Focuses on lifestyle change
- Diabetes Self Management, Education and Support Program
  - Conversation Maps
    - 4-week Diabetes Self Management Program
    - For people living with Type 1 or Type 2 Diabetes
- Diabetes (oklahoma.gov)
- OSU-Cooperative Extension
  - Lifestyle Programming

## **DPP and DSMES Maps**

~

National Diabetes Prevention Programs in Oklahoma

### National Diabetes Prevention Programs in Oklahoma



Map Instructions

Use the interactive map on the right to learn more about a National Diabetes Prevention Programs across the state. Hover over the dots for more information regarding each program such as address, delivery mode and class type.



Combination

Table Instructions: Use the filters below to select the delivery mode and/or counties of interest to narrow down your search on the table.

Diabetes Self-Management and Education Support Programs in Oklahoma

### **Diabetes Self-Management Education and Support in Oklahoma**



Map Instructions

Use the interactive map on the right to learn more about Diabetes Self-Mangement Education and Support programs across the state. Hover over the dots for more information regarding each program such as address and phone number.

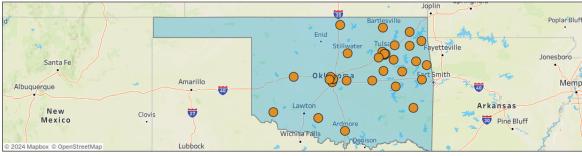


Table Instructions: Use the filters below to select the counties and/or cities of interest to narrow down your search on the table

| City   |          |
|--------|----------|
| (All)  | <b>T</b> |
| County |          |
| (All)  | •        |

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## Cardiovascular Resources

- Healthy Heart Ambassador- Self-Monitoring Blood Pressure Program
  - 4-month program with biweekly check-ins
  - Monthly Nutrition Education seminars
- American Heart Association
- OSU-Cooperative Extension
  - Lifestyle Programming

# Healthy Brain-Alzheimer's and Dementia

- Dementia Friendly Oklahoma Recognition Program
- Educational Opportunities
- Collateral Materials
- Technical Assistance
  - Education
  - Resource finding



### Who can become a part of the Dementia Friendly Oklahoma efforts?





Host an Educational Presentation today to begin your journey to becoming more Dementia Friendly! Scan the QR code to sign up for a presentation.

## **Collateral Materials Available**





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## Collateral Materials Available Cont'd



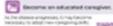
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democratia, it's time to talk Often, conversations with family about demantia and their changing baharies ran be challenging and anormfortable.

Common difficult convenientions are about going to the doctor, deciding when to ato driving, making legat and Financial plans.

#### Be Prepared.

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FDA-APPROVED TREATMENTS FOR SHMPTOHS Currently, there is no cure for Altheimer's but non-drug the Emerica

and made places may have with memory, thinking and behavioral symptoms for a period of time. It's important tortals about treatments with your darket starting with non-sing

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- of new concentration, for iteration that point physical advices. this may physical solarly to walk phased availed by a solar to a second solar physical base may be to all or interviews, expensely percentration.

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Insta-fanity to communicate-concerns and quantities to the abotton. statil seluctare, try-using a "manapeutic filo"

Here are serve tips for breaking the lost

with your family so you can reduce the stress that accompanies the disease and get the support you and your family need.

Deciding when to stop driving

Express your concars about specific changes woundedad. Appeal to the person's cense-of-respondbilly and sonoam for others.

incorporate the volce of an extentional professional and have emperity.

· Exclusion that these are standard place that



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Other anamate plans for transportation.

Making legal and financial plans

Begin by explaining that you are in this length with

Brask the conversation into parts, and by different time and locations.

- Inchestifiers at needed

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Visit your doctor regularly. Taker inter to get regular checks priced pay sciencism to any exhaustion, sines, shephranes or changes in appeids or behavior, growing symptomic can cause your object and mental headfinic decime.

Manage your level of stress.

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behavior, high pour programs and discuss with a discuss of handled

Accept changes as they accur.

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Know you're doing your best.

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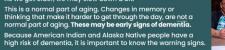
record to has require an our got obtain

Earlis addroj questions and gathering documents.

# **Collateral Materials Available Cont'd**







### Do you have any of these 10 signs? If so, talk to your doctor.

American Indian and

Alaska Native people

Big changes in memory or thinking that make it

hard to get through the

People with one or more

of these 10 signs should

talk to their doctor to

find the cause. It is not

diagnosis gives you a chance to get care and

AMERICAN INDIAN

and ALASKA NATIVE

Oklahoma Healthy Brain Initiative

Oklahoma gov/health/ohbi

HealthyBrain@health.ok.gov

always dementia.

**Early dementia** 

plan your future.

To learn more, visit

day are not a normal

part of aging.

<u>AYA</u>

have a high risk of

dementio

- Memory loss that affects your daily life. You may: 01 Forget events or important dates Repeat yourself
- Rely more often on lists or sticky notes to remember Trouble planning or solving problems. You may 02 nave a harder time:
- Paying bills
   Cooking recipes you have used for years Get confused about the time, date, or where 03 vou are.
- Daily tasks are getting harder, including: 04 Driving Making a grocery list or going shopping
- Trouble with how your eyesight and thinking work together that gets worse. This includes: Tripping, falls, or problems with your balance
- Spilling or dropping thinas more New trouble talking or writing. You may have a harder time finding the words you want to say. For example, you may say "that thing on your wrist that tells time" instead of "watch.
- Lose and cannot find things. For example, you: Can't find the coffee pot that you use every day Might put your car keys in the freezer
- Notice changes in mood or personality,
- 08 such as beina Easily mad or sad in everyday situations More fearful (scared) or suspicious (not trusting)
- Act different and make poor choices. You may: Spend money you do not have or be a scam victim
- Stop washing up regularly or pay less attention to how you look Forget to take care of your pet Pull away from friends and family because it is
- harder to keep up. You may not want to do things you used to enjoy, like sporting events, church, music, or sex.

nan Services (HHS) as part of a financial assistance award total d by CDC/HHS. The contents are those of the author(s) and do no il views of, nor an endorsement, by CDC/HHS, or the U.S. Government



### MY NATIVE PLATE

A balanced diet full of nutritious foods help to keep your brain and body healthy. My Native Plate can help you achieve those goals

| Fill half your plate with | Foods like whole wheat                                |
|---------------------------|---|
| vegetables like wild      | breads, rice, corn tortillas,                         |
| greens, tomatoes,         | root vegetables, corn,                                |
| or summer squash          | and winter squash are all<br>a grain/starch. Proteins |
| Fresh, frozen, and        | include wild game,                                    |
| canned all make           | bison, eggs, beans, nuts,                             |
| great choices.            | and cheese.   |

Add fruit (like berries, Fill the other half cherries, or pears) as with a grain/starch a snack, side, or a & protein dessert



Pictured here: Peaches, salad, beef and vegetable stew, combread, water



Food is the one thing that centers all of us. It's the one thing that we all have in common, no matter who we are Sean Sherman (Oglala Lakota) 99

www.iasquared.org



Making small changes in what and how you eat can make you feel better and stay healthier longer Healthy food choices may be good for your brain, energy, mood, and health.

### Little changes that make a big difference

- Start today! Write down what, when, and how much you eat for
- three days
- Set SMART goals (Specific, Measurable, Attainable, Relevant & Timebound), like: "I will eat one piece of fruit at breakfast three times this week
- Wake just 1 or 2 changes at a time until they become a habit
- Focus more on eating healthy food versus not eating unhealthy food
- Make a game plan for the times you get tempted to eat unhealthy foods
- Involve the whole family in setting goals
- Name your main reason to eat healthier and feel better, like "More energy to go to church and tribal cultural events."

#### TALK TO YOUR DOCTOR ABOUT HEALTHIER EATING TO MAKE YOU FEEL BETTER AND STAY

HEALTHIER LONGER aa When it comes to traditional foods, for me it's

something more than just food, it's my heritage Cissimarie Juan (Tohono O'odham Nation)

Making small, practical changes can help you achieve your health goals.

www.iasquared.org



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## **HEALTHY FOOD**

Everyone slows down as they get older, both in body and mind. Eating healthier food can help your overall health, including brain health. It may also reduce your risk for memory loss and problems thinking.

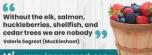
### Healthier steps to protect your brain

- Eat more vegetables, fruits, whole grains, and lower-fat milk
- Solution Use less salt and added sugar
- Zeat more fish, chicken, turkey, beans, and nuts
- Cut down on bad saturated fats, trans fats, cholesterol, and red meat
- Buy fresh, not packaged food when you can
- Limit how much alcohol you drink Learn your daily calorie needs for your body size
- Take care of your mental and spiritual health to support your physical and brain health

### Small changes can make a big difference for better brain health.

### TALK TO YOUR DOCTOR ABOUT MORE STEPS

TO HEALTHIER FOOD CHOICES





# Collateral Materials Available Cont'd

### Notes to take to a doctor's appointment



Date:

 How would you describe the overall mental state of your loved one? About the same as the last visit? Better? Worse?

### Things to consider:

- Can your loved one perform the tasks of daily living such as: bathing or showering without help and maintaining personal cleanliness; getting to the bathroom without having an accident; dressing, walking and eating without assistance?
- Does your loved one remember where everyday items are kept in the house?
- Does your loved one know what day it is?
- · Can your loved one use a computer or cell phone?
- Does your loved one have trouble finding words when speaking?
- · If your loved one went for a walk in your neighborhood, would he/she get lost?

#### How would you describe the overall physical health of your loved one? About the same as the last visit? Better? Worse?

Things to consider:

- Does your loved one exercise? How? How often?
- Has your loved one lost weight? How is his/her appetite?
- Has your loved one been to Urgent Care or the ER since the last visit?

#### 3. Does your loved one feel connected to the outside world?

#### Things to consider:

- Is your loved one interested in what is happening in the world? Do they watch the news with interest? Do they read books, magazines or a newspaper?
- · Does your loved one remember the names of close friends and family members?
- · Can your loved one communicate in writing (handwritten, text or email)?
- Does your loved one get anxious when in new surroundings or with people he/she doesn't know?

### 4. Is your loved one still driving?

#### Things to consider:

- Has the ability of your loved one to drive changed?
- Has your loved one ever gotten lost while driving?
- Do you consider your loved one a safe driver?
- Have you noticed new dents, scrapes, etc. on the vehicle they drive?

### 5. Does your loved one seem happy?

#### 6. Do you ever fear physical harm from your loved one?





Funding was made possible by the CDC-PFA-DP-23-0010 BOLD Public Health Programs to Address Athemars Disease and Nelated Demantias Crant, provided for Chronic Disease Service, Oklahoma State Department of Health. This publication was issued by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. I(DO copies were printed by OMES Central Printing at a cost of 4550. A digital file has been deposited with the Publications' Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-14 of Title 65. of the Oklahoma Statutes and is available for download at documents objour. I Issued Petrumy 2024.



### \*Available in Spanish

Healthy Brain-Alzheimer's and Dementia Resources





800.272.3900 | alz.org<sup>°</sup>

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OKLAHOMA HEALTHY AGING INITIATIVE



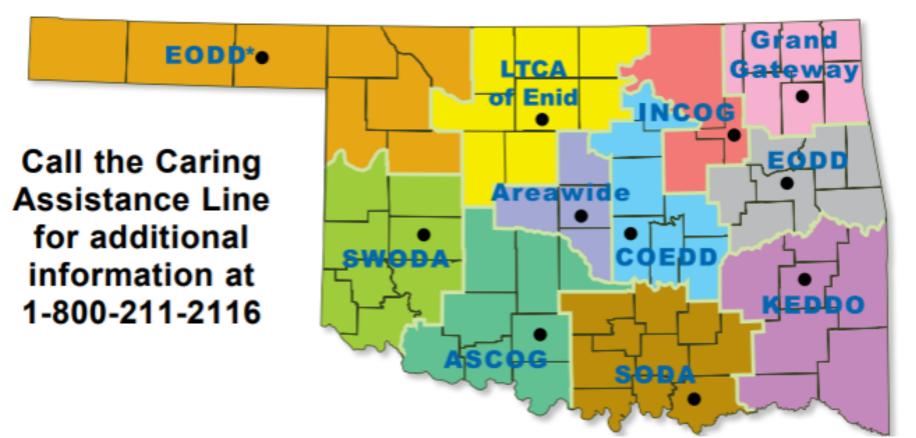


**OKLAHOMA COOPERATIVE EXTENSION SERVICE** 



## **Oklahoma Area Agencies on Aging**

### **Planning and Service Areas**

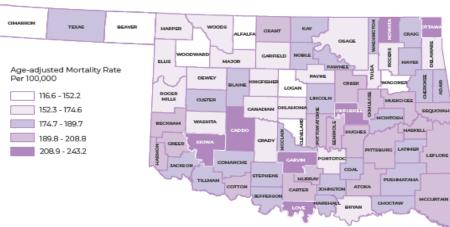


OVERALL CANCER INCIDENCE, 2016-2020



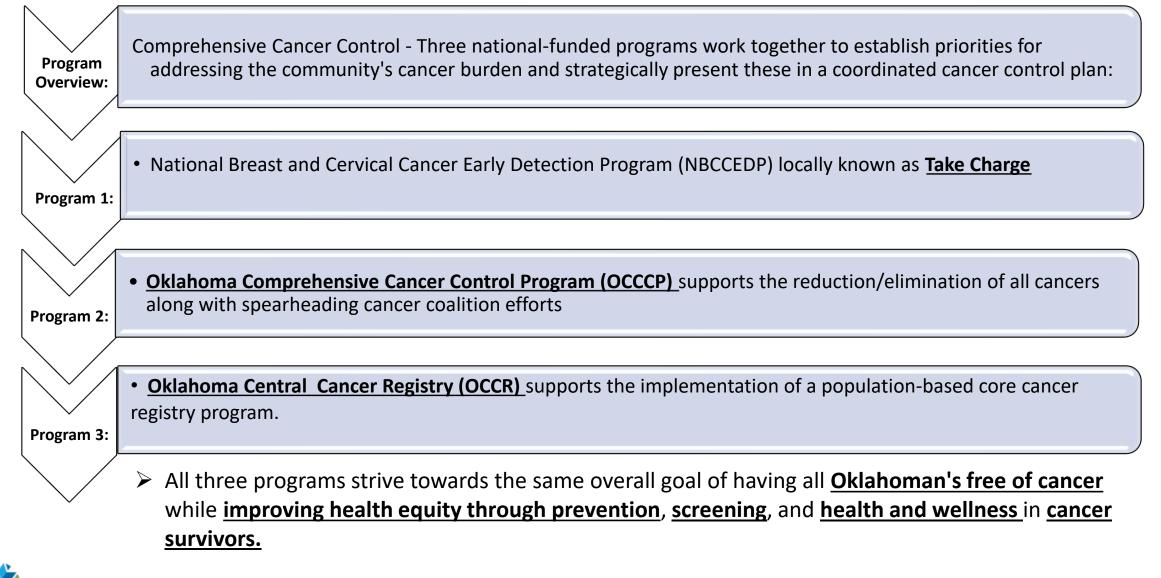
## Cancer Prevention and Control

OVERALL CANCER MORTALITY, 2016-2020



Source for maps above: Oklahoma State Department of Health (OSDH), Center for Health Statistics, Oklahoma Central Cancer Registry (OCCR) 2016 to 2020, on Oklahoma Statistics on Health Available for Everyone (OK2SHARE).

# Comprehensive Cancer Control



# **Comprehensive Cancer Control Programs:**

1-Go NAPSACC (Nutrition and Physical Activity Self-Assessment for Childcare) with OSDH CAL. Go NAPSACC is an online tool to assist childcare providers with coordinating best practices for cultivating healthy habits among children in daily activities; for more information visit <u>https://gonapsacc.org</u>

and/or email OKGoNAPSACC@health.ok.gov;

Comprehensive Cancer Control Program currently has the following community projects/partnerships

2-Junior Master Gardener program (JMG) with the Oklahoma State University (OSU) Oklahoma County Extension is a youth gardening program of the university cooperative extension network. The Oklahoma State University (OSU) JMG engages children in hands-on group and individual learning experiences that provide a love of gardening, develop an appreciation for the environment, and cultivate the mind. The goal of OSU's JMG is to increase the knowledge of healthy eating habits and the availability of fresh vegetables and other products grown in school-based gardens and the importance of sun-safety. For more information visit <u>https://extension.okstate.edu/oklahoma</u>

or call 405-713-1125



## Cancer Resources

### TAKE CHARGE Oklahoma's Breast & Cervical Cancer Early Detection Program



Early Detection Saves Lives

> OKLAHOMA State Department of Health

Free services for those who qualify.

Oklahoma.gov/Health/TakeCharge

# Take Charge Program Overview:

serving low-income, uninsured, and underinsured women



The mission of Take Charge is to provide Oklahoma residents with information and access to screening services to reduce **morbidity** and **mortality** from breast and cervical cancer by facilitating early screening, ensuring prompt diagnosis, and improving access to treatment

•Uninsured

•Underinsured

Eligibility

(unmet deductible of \$150.00 or more)

### •185% of Federal Poverty Level

Those identifying as femaleNon-legal residents of the United States/Undocumented Individuals



### Procedures Ages 21 to 39:

clinical breast exam



pap test
pelvic exam
HPV test (Human Papillomavirus)
<u>Age 40 to 64:</u>

(under 50 must have tubal ligation or hysterectomy)
clinical breast exam
screening mammogram
pap test
pelvic exam
HPV test

\*Eligible patients with signs/symptoms of cancer (breast or cervical) can receive needed diagnostic tests regardless of age

Oklahoma State De



Take Charge cannot screen those who are Cis-Male

Patient Navigation/Eligibility 1-888-669-5934

or CancerPCP@health.ok.gov

19



 Take Charge Is Oklahoma's National Breast & Cervical Cancer Early Detection Program (NBCCEDP). NBCCEDP grantees receive grant funding through the Centers for Disease Control and Prevention (CDC), along with state required match. Take Charge works on ensuring Oklahomans receive breast and cervical cancer screening regardless of barriers to care such as location and transportation. Oklahomans who qualify are eligible for free breast and cervical cancer screenings.

- Take Charge work closely with contracted partner/providers and community organizations actively working to help all Oklahomans acquire breast and cervical cancer screening. Take Charge currently has 32 partnering/providers located throughout Oklahoma; these individuals offer clinical breast and cervical cancer screening, diagnostic procedures and surgical consultations.
  - Funded by CDC Cooperative Agreement DP22- 2202



# BCC Oklahoma Cares: 1-866-550-5585

### **Breast and Cervical Cancer Treatment Program:**

Oklahoma Cares is a partnership of the Oklahoma State Department of Health (OSDH), the Oklahoma Health Care Authority (OHCA), the Cherokee Nation, the Kaw Nation of Oklahoma, and the Oklahoma Department of Human Services (DHS). This program provides treatment for breast and cervical cancer and pre-cancerous conditions to eligible women.

### Services:

•Breast and cervical cancer and pre-cancer diagnosis and treatment;

•SoonerCare coverage that includes the full range of services (not only cancer treatment);

•SoonerCare eligibility may be continued until the woman is either financially ineligible or no longer needs treatment.



## BCC Oklahoma Cares: 1-866-550-5585

### **<u>Eligibility</u>:** To qualify, an individual must;

- Be screened under the Breast and Cervical Cancer Early Detection Program (NBCCEDP) and have an abnormal screen, requiring further diagnosis and/or treatment services;
- Have qualifying low income and not otherwise be eligible for SoonerCare;
- Have no other insurance covering Breast and Cervical Cancer (BCC) diagnosis or treatment (Note: medical care programs of the Indian Health Services (IHS) or tribal organizations are not considered creditable insurance);
- Be under the age of 65;
- Declare a Social Security number;
- Assign rights to Third Party Liability.

### How to Apply:

Check with your doctor to see if they are a certified screener. If your doctor is not a certified screener, ask them to contact the at the Oklahoma Cares line at Oklahoma State Department of Health 1-866-550-5585 for more information.

