

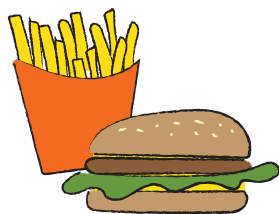
LIVING LONGER & HEALTHIER WITH DIABETES AND MENTAL HEALTH ISSUES

A Story of Integrated Healthcare

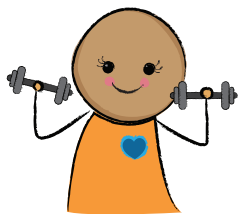
WE KNOW...

Individuals with a mental health concern die, on average 25 years earlier, than those without mental health concerns.

MAINLY DUE TO PREVENTABLE CONDITIONS SUCH AS:



Poor Diet



Lack of
Physical Activity



Smoking



Sleep
Issues



Substance
Abuse

DIABETES AND MENTAL HEALTH:

Individuals with a mental health concern:

2 TIMES

more likely to
have diabetes

Suffer from
more severe
consequences
from diabetes

3 TIMES

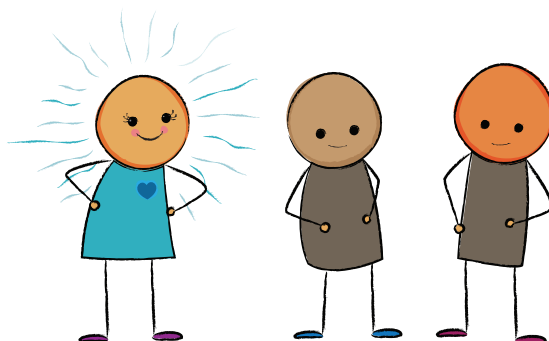
more likely
to die from
diabetes

Than those without a mental health concern.

Yet, only

1/3

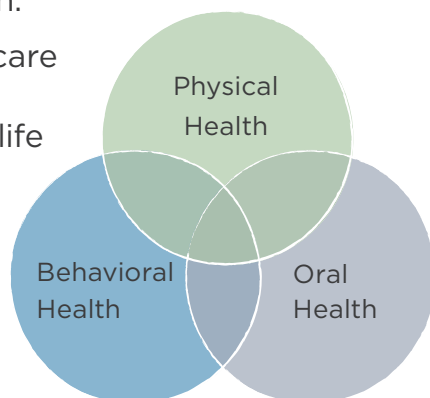
of this populaton
receives treatment
for diabetes.



THE SOLUTION:

Integrated Healthcare can:

- Increase access to care
- Enhance quality of care and quality of life
- Contain costs



Living with Diabetes



- Self-management
- Intervention is whole health care

LIVING WITH DIABETES = INTEGRATED HEALTHCARE

THE EVIDENCE:

Cascadia Behavioral Healthcare Living with Diabetes Pilot

31



Clients engaged in Living with Diabetes self-management program

PHYSICAL HEALTH:



Follow-up rate of HbA1c testing

BEHAVIORAL HEALTH PROVIDERS:



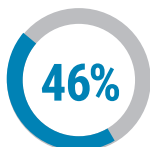
Felt that their client(s) was engaged in the program



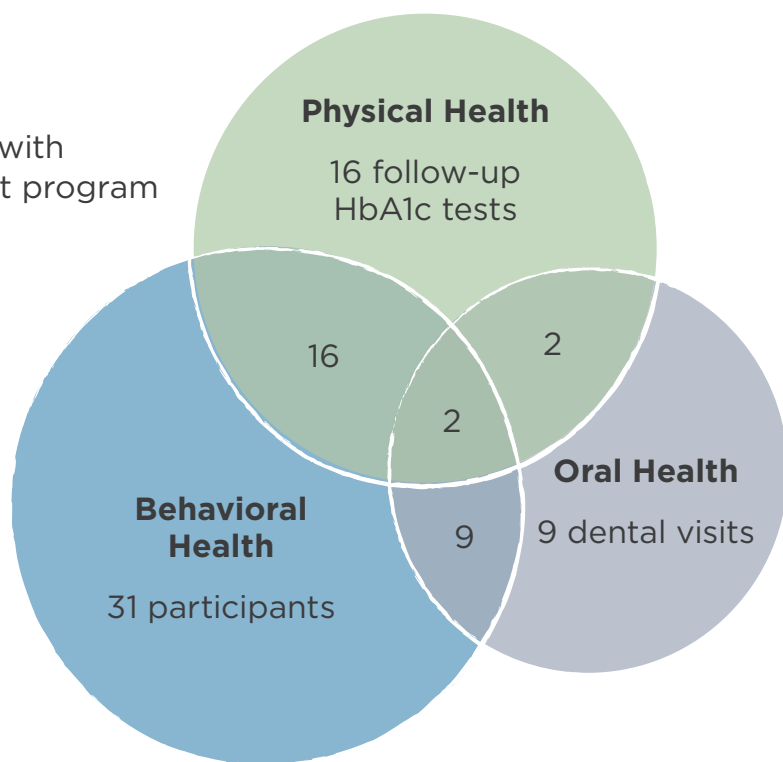
Reported that their clients had a positive attitude about the program



Asked clients about their experiences in the program



Clients initiated conversations with their counselor about the program.



ORAL HEALTH CLIENTS:



Reported visiting a dentist in the past year **pre-intervention**



Completed or scheduled an appointment **post-intervention**