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DFSC at 5 Years
November 14, 2025

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Keynote Speaker:

Silvio Inzucchi, MD

Professor of Medicine, Yale School of Medicine

Director, Yale Medicine Diabetes Center

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Diabetes Free SC, the first 5 Years

Vision

Winning the fight against diabetes

Mission

To align and advocate for actions against diabetes - engaging South Carolinians to lead healthier lives

Diabetes Free SC, Guiding Principles

- Alignment (Connections, Communications)
- Health equity
- Data/outcome analysis
- Sustainability
- Early intervention (early in life; early in disease)
- Statewide reach (‘Scale’)

Diabetes Free SC, Strategic Directions

To improve pregnancy outcomes and the health of women with or at risk for diabetes

To reduce lifelong risk of diabetes in children

To prevent diabetes and its complications in adults

Diabetes Free SC, Strategic Directions

To improve pregnancy outcomes and the health of women with or at risk for diabetes

SCMOMs
Diabetes care for a healthy pregnancy

Women's Health Initiative

To reduce lifelong risk of diabetes in children

ALLIANCE FOR A HEALTHIER GENERATION

musc Children's Health
Medical University of South Carolina

To prevent diabetes and its complications in adults

FOODSHARE veggieRx
a fresh produce prescription program.

FOODSHARESC CELEBRATING 10 YEARS 2015-2025

SHIELD PROGRAM
Spiritual Health Initiative for Eliminating and Lowering Diabetes

GROW FOOD CAROLINA

Dental/Diabetes Screening

Surgical Quality Collaborative Diabetes Initiative

Community Health Worker Program

SHIELD PROGRAM

Spiritual Health Initiative for Eliminating and Lowering Diabetes

L to R:
Candace Jones, DNP
Jackie Betancourt, CHW
Cindye Richburg-Cotton, PhD**
Ankoma Anderson, MDiv, PhD*
Carolina Rodriguez-Cook, MD
Maria Morales-Arnold, CHW

*Program Lead; **Program Co-Lead

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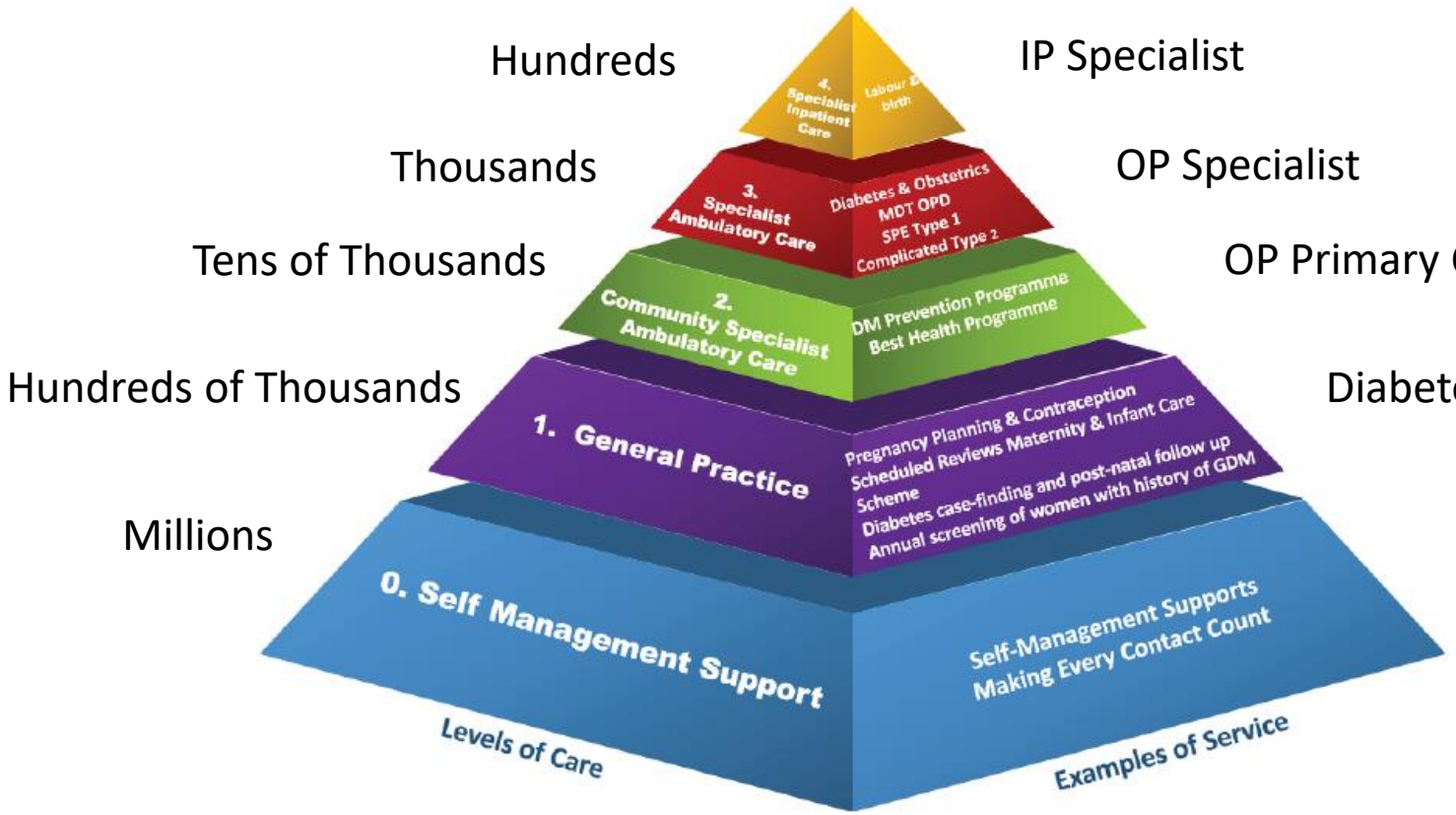
Alignment: Why we're here today!

- Within DFSC Programs (and between locations)
- Between DFSC Programs
- Beyond DFSC Programs: Partnerships to enable scale
- Multidisciplinary Care (enhancing clinical skills, patient & provider education)
- Pyramid of care, from community action to specialized care

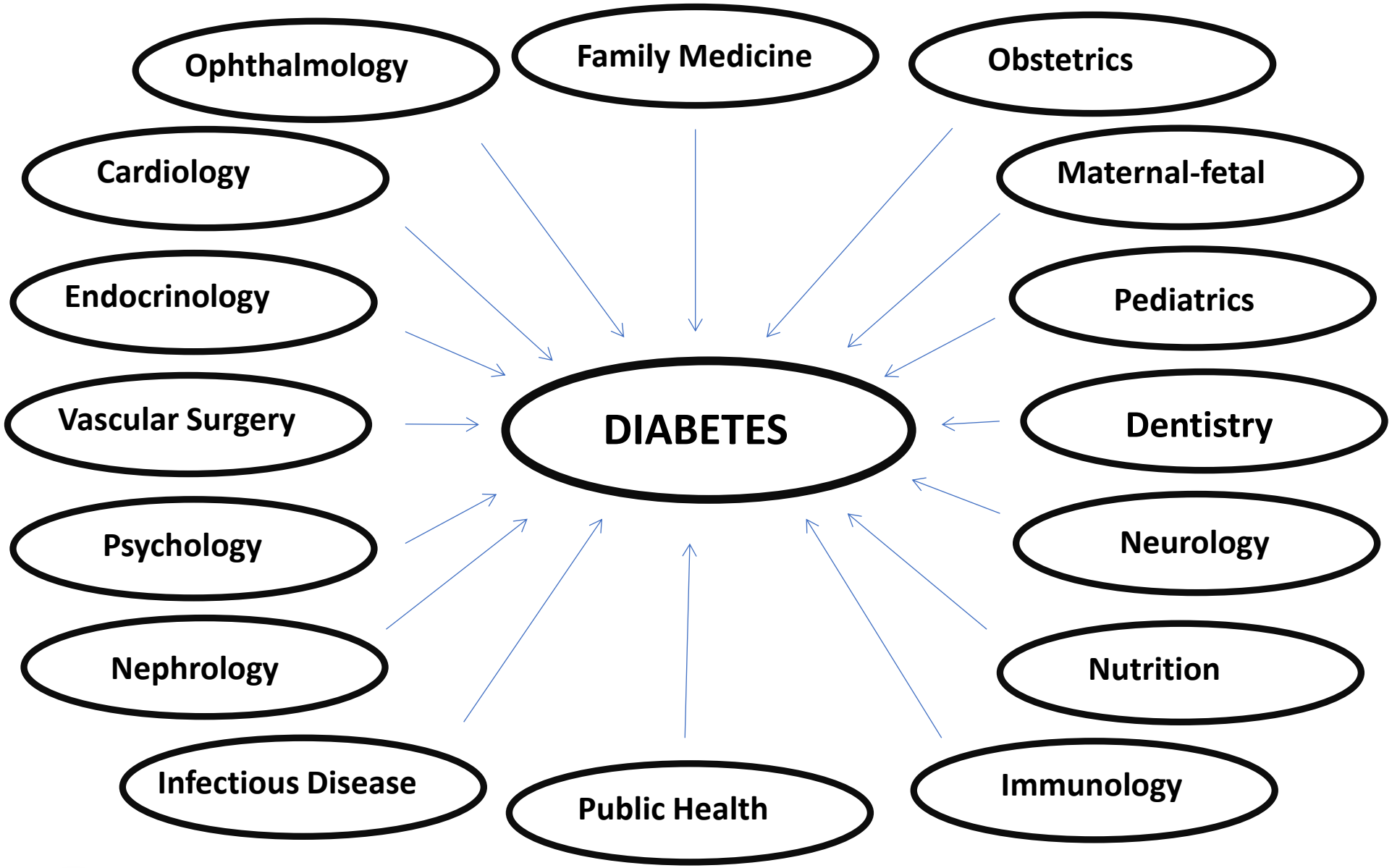
Alignment: Establishing the "Pyramid of Care"

Every level works to top of skills



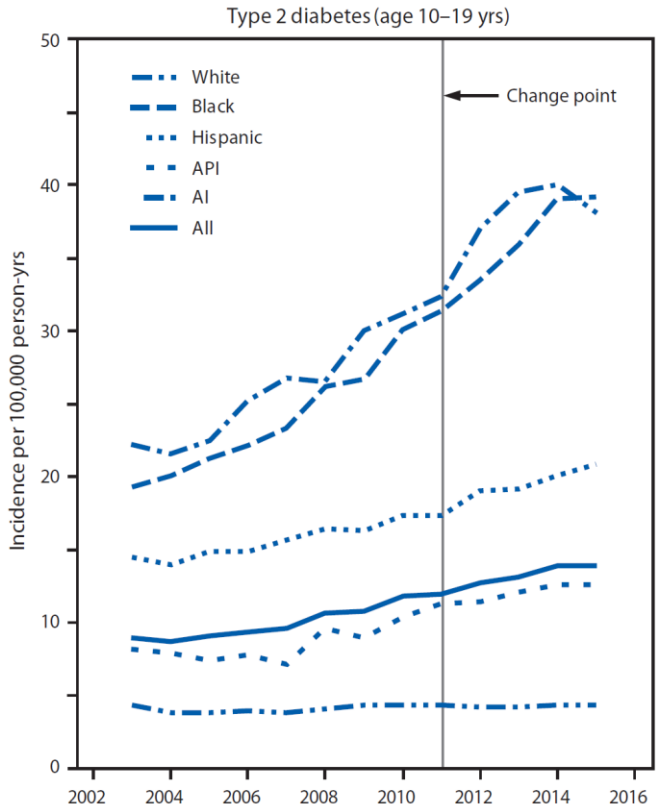
Community:

- **Knowledge**
- **Education**
- **Screening**
- **Detection**
- **Prevention**


Ophthalmology
Family Medicine
Obstetrics
Cardiology
Maternal-fetal
Endocrinology
Pediatrics
Vascular Surgery
DIABETES
Dentistry
Psychology
Neurology
Nephrology
Nutrition
Infectious Disease
Public Health
Immunology
Community, Policy, Education, Equity and Disparities, Teamwork

Equity, Early Intervention, Statewide Reach - 1

Type 2 diabetes has risen dramatically among Black, American Indian and Hispanic teenagers



SEARCH Study. Divers et al. MMWR 69:161-165, 2020

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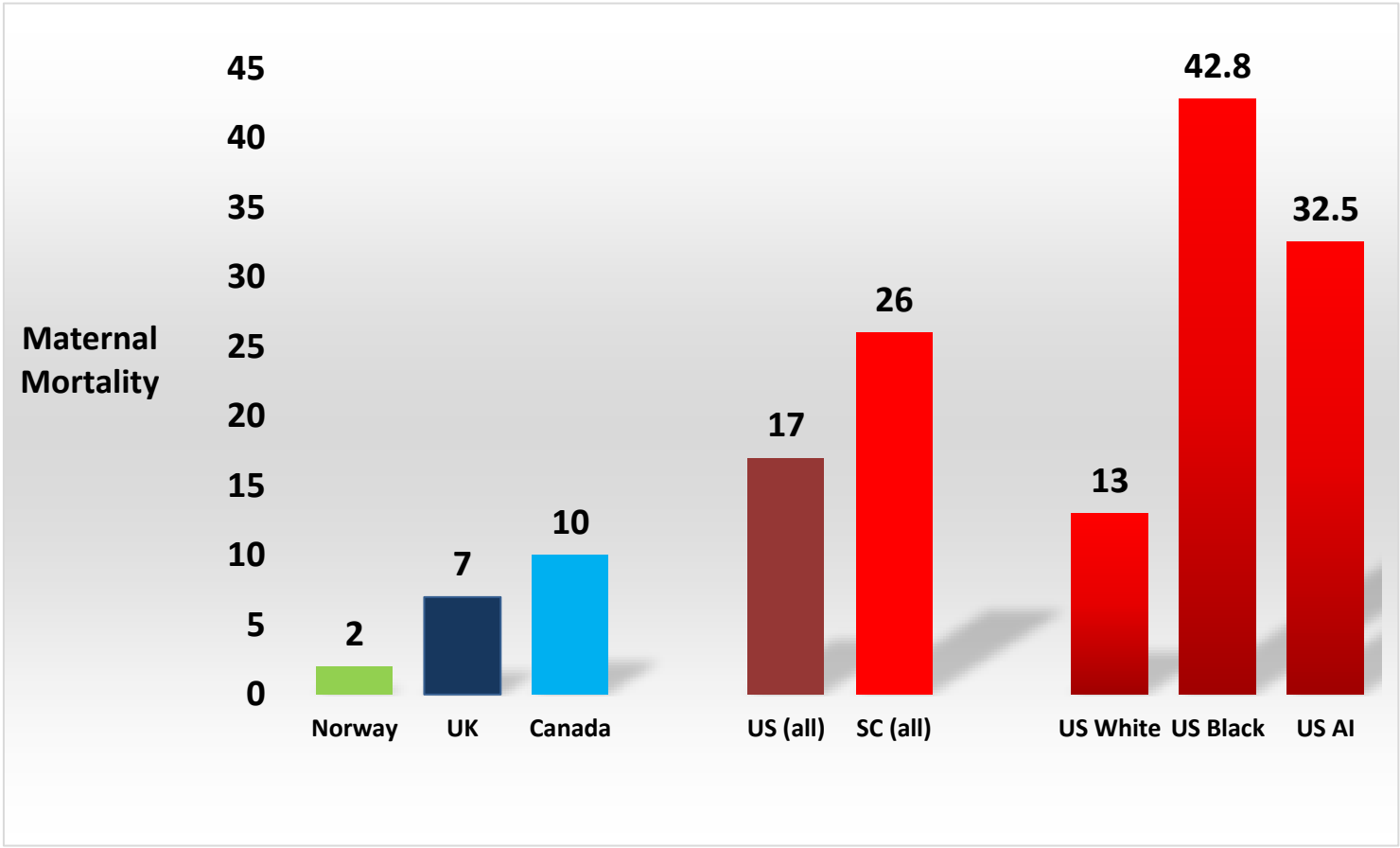
Equity, Early Intervention, Statewide Reach - 2

Maternal Diabetes Doubles or Triples the Risk of All Adverse Birth Outcomes

The human and financial consequences persist for decades for baby, mother, family, society



Scale and Sustainability

The BIG Challenges:

- Over 50% of SC adults currently have elevated sugar
- Need for intervention over generational time-frame
- Achieve permanent, population-wide change
- Don’t settle for ‘flash in the pan’ programs

DFSC: the first 5 Years, accomplishments

- A network of committed people, dispersed by discipline and by geography - established and growing
- Coordinated, coherent multi-center data collection enables analysis of large datasets
- Multiple programs maturing; sufficient participants to demonstrate significant effects
- Accumulating experience to guide next steps: what works, what doesn't
- Presentation at national and international meetings has already begun
- Publishable data in hand, multiple manuscripts in preparation to disseminate findings and experience

DFSC: what's next – some examples?

Continue existing Strategic Directions: they are fundamental

Pregnancy:

- Data-driven policy changes: save lives and money.
- Extend SC MOMs to enhance access in rural areas statewide – 'pyramid of care'

Children's Health:
Maintain focus on school-based work: reaches all children

Women's Health:

- Improve integration of care from pregnancy to first year post-partum
- Implement a population-wide effort to improve preparation for pregnancy

Faith-based:
Extend SHIELD; explore HBCU and rural community initiatives

Publish findings