

SOWING SEEDS OF *change*

DIABETES FREE SC **2023** IMPACT REPORT

DIABETES IS NOT OUR DESTINY.

WE'RE SOWING THE SEEDS OF CHANGE TO
MAKE SOUTH CAROLINA DIABETES FREE.



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About Diabetes Free SC

Diabetes Free SC (DFSC) is a long-term, statewide initiative that aims to transform the health of South Carolinians. Our emphasis is on promoting equity and reducing disparities in access and quality of diabetes prevention, education and care.

Our Mission

To advocate for and align actions against diabetes, engaging South Carolinians to live healthier lives



MESSAGE FROM DFSC LEADERSHIP

"I felt very secure in my management of diabetes. If my numbers were high, I received suggestions on how to improve my numbers as opposed to just increasing a medicine."

MOMs in Control of Diabetes in Pregnancy Program patient

As we prepare to close the door on another year, it's important to examine our progress before we move forward. As you review this report, you'll see how DFSC is advancing its efforts to reverse diabetes trends in South Carolina.

We're excited about the gains we've made, but in the year ahead, there is much more to be accomplished!

The challenges before us are enormous:

- Diabetes remains an epidemic and a leading cause of death in South Carolina. One in 7 adults have been diagnosed with the disease.
- Prediabetes affects 1 in 3 adults. Most are not aware they have the condition.
- Racial disparities exist. One in 5 Black adults in South Carolina have been diagnosed with diabetes, compared to 1 in 8 white adults. Black South Carolinians are more than twice as likely to die from diabetes than others.
- Diabetes comes with a staggering price tag in our state. The estimated cost of care for those diagnosed is \$6 billion each year.

With such a grim situation, the call for continued action is clear. The challenge is great, but it is not insurmountable.

We will win the fight against diabetes by continuing our focus on these strategic directions:

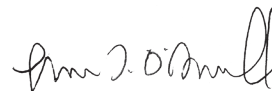
- Improvement of women's health and pregnancy outcomes
- Reduction of lifelong risk of diabetes in children
- Prevention of diabetes and its complications in adults

With funding from the BlueCross® BlueShield® of South Carolina Foundation, DFSC is sowing seeds of change. Together, we'll stamp out diabetes to provide a brighter future for South Carolinians.



Timothy J. Lyons, M.D.

Executive Medical Director, Diabetes Free SC



Noreen O'Donnell, MSW

Program Director, Diabetes Free SC

STRATEGIC DIRECTION ONE

Improvement of Women's Health and Pregnancy Outcomes

Women living with diabetes face unique challenges. They have a greater risk of heart disease than men with diabetes. Blood sugar levels can be difficult to manage due to fluctuating hormones. Diabetes increases the risk of poor birth outcomes. There are long-term adverse health effects for mother and baby if diabetes during pregnancy is not controlled.

Research shows a strong correlation between women's health and the health of children and families in communities. With this in mind, DFSC is working to address women's health and pregnancy outcomes through two initiatives:

- Women's Health Initiative
- Management of Maternal (MOMs) Diabetes Program

Both initiatives focus on diabetes prevention. They also provide much-needed support for women with the disease before, during and after pregnancy.



"Guess what — I'm no longer prediabetic. I lost 22 pounds!"

Women's Health Initiative participant

STRATEGIC DIRECTION ONE



“Your team is always friendly and caring. Being in the program, I’ve become more aware of my diabetes. I’m incredibly grateful for all of you.”

Women’s Health Initiative participant

Women’s Health Initiative

Women living with diabetes, or those who are at risk for the disease, have a new ally in South Carolina. Our five Women’s Health Initiative programs are working to empower women to take control of their health.

DFSC provides funding for these programs:

- Women Against Diabetes through Empowerment (WADE) — Medical University of South Carolina (MUSC), Charleston
- Regional Integrated Life-Cycle Diabetes Program for Women (Manage Together) — Clemson Rural Health of Clemson University, Orangeburg
- Rural Health Services Women’s Diabetes Program — Rural Health Services Inc., Aiken
- Wellness and Empowerment for All Women (WOW) — Prisma Health Upstate, Greenville
- Women in Control of Diabetes (WICO) — Prisma Health Midlands, Columbia and Sumter

Participants in the programs receive education on diabetes management, prevention of complications and ways to recognize diabetes risks. They also receive screenings.



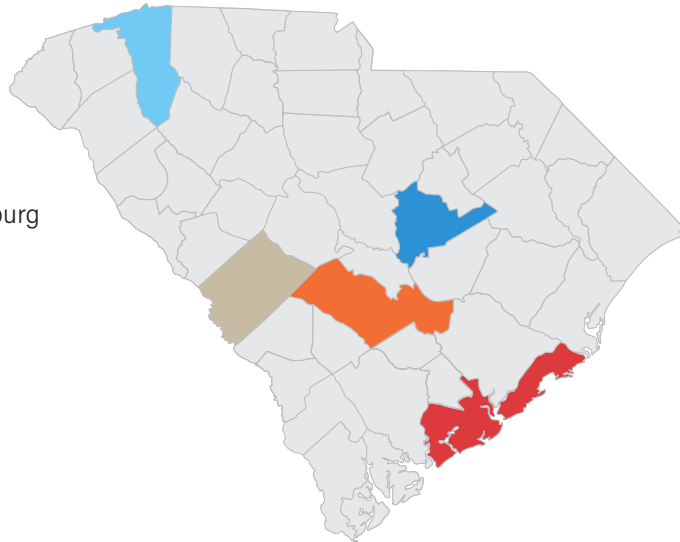
A primary focus of the programs is to address disparities that affect access to care. The program also focuses on preparing women for healthy pregnancies and improving postpartum care.

Women who participate receive the knowledge and tools they need to become positive agents of change in their families and communities.

STRATEGIC DIRECTION ONE

Women's Health Initiative

- Regional Medical Center — Orangeburg
- MUSC — Charleston
- Prisma Midlands — Sumter
- Prisma Upstate — Greenville
- Rural Health Services — Aiken



The Harvest: Women's Health Initiative Results to Date

Participant Snapshot

The chart shows the combined number of women, diabetes type and program category of enrollment in the five Women's Health Initiative programs.

"The best experience for me was that they taught me to control my glucose. I learned that, with a good diet and exercise, I can control diabetes despite the fact that it isn't curable. I can lead a healthy lifestyle."

MOMs in Control of Diabetes in Pregnancy Program patient

Preconception			Postpartum			General Women's Care			Total
Type 1	Type 2	At risk for diabetes mellitus	Type 1	Type 2	At risk for diabetes mellitus	Type 1	Type 2	At risk for diabetes mellitus	
8	33	38	27	76	194	28	403	170	977

STRATEGIC DIRECTION ONE

"I've never been excited to go to the doctor before. To have four people come into the room to make sure I'm OK makes all the difference. I don't know if I was meant to have gestational diabetes, but you all were sent by angels. I want to avoid the diabetes that runs strong on my mother's side of the family."

MOMs in Control of Diabetes in Pregnancy Program patient

MOMs Diabetes Program

Life in the womb provides the foundation for a baby's lifelong health. Diabetes places mothers and babies at risk for serious health issues.

Four in 5 pregnant women with diabetes struggle to maintain healthy blood sugar levels. High blood sugar increases a baby's risk of birth defects, stillbirth and preterm birth. There is a critical need for improved pregnancy outcomes for women with diabetes.

Renewing its initial three-year initiative, DFSC is providing funding for two prenatal programs:

- Prisma Health Upstate (Greenville)
- Prisma Health Midlands and Carolina Diabetes and Kidney Center (Columbia and Sumter)

The programs use innovative technology and a team-based approach to reduce disparities and provide high-quality care for women with diabetes. Patient care teams include maternal-fetal medicine specialists, endocrinologists, nutritionists, diabetes educators and a behavioral health specialist. Participants receive meal plans, blood sugar monitoring, medication and postpartum support. The programs offer a telemedicine option for women in rural and under-resourced communities.



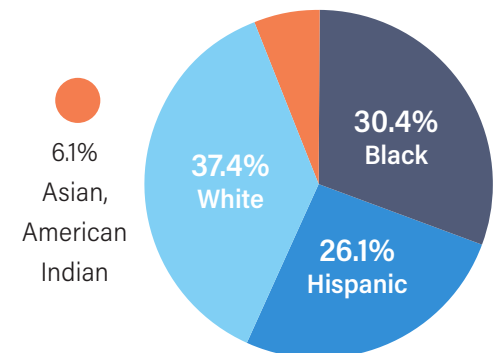
The Harvest: MOMs Diabetes Program Results to Date

Patients Served

During the past three years, MOMs served more than **1,500 patients**.

MOMs Services and Care	Year 1	Year 3
Retinal Screenings Performed (% of all patients)	7%	65%
Mental Health Screens Performed (% of all patients)	64%	97%
Postpartum Care Established (% of all patients)	58%	81%
FoodShare Boxes Distributed	25 per month	84 per month
Continuous Glucose Monitors Used by Patients (% of all patients)	5%	72%

MOMs Population Distribution



A photograph of three children playing outdoors in a grassy field. In the foreground, a young girl with long dark hair and bangs, wearing a red and white checkered shirt under blue denim overalls, is smiling and holding a red rope. Behind her, another girl with a large, curly afro hairstyle is also smiling. To the left, a third child is partially visible, looking towards the camera. The background is a soft-focus green field with trees.

ONLY THOSE WHO SOW SEEDS OF CHANGE
CAN HOPE TO GROW AND REAP A HARVEST.

Andrea Goeglein

STRATEGIC DIRECTION TWO



Reducing Lifelong Risk of Diabetes in Children

Our children are our greatest treasure. We want to ensure they grow up to become healthy adults. In South Carolina, children have a higher lifelong risk for developing diabetes. Forty percent of the children in our state are obese.

The number of children diagnosed with Type 2 diabetes is increasing, especially among Black teenagers.

More than 100,000 children in South Carolina live with food insecurity. This increases the risk of diabetes.

Early intervention is needed to address the diabetes epidemic in our state.

DFSC is working to reduce the risk of diabetes in children through three initiatives:

- Head Start Nutrition Education and Produce Access
- School Wellness
- Kids in Parks



STRATEGIC DIRECTION TWO

Head Start Nutrition Education and Produce Access

DFSC provides funding to GrowFood Carolina to address food insecurity in our state.

GrowFood currently works with 12 Head Start programs in Charleston County. The programs support families with nutrition education and fresh, locally grown produce.

Head Start families participate in Cooking Matters. This six-week program is part of the Lowcountry Food Bank's nutrition initiatives. Courses use evidence-based curricula and are taught by volunteers, including culinary instructors and nutrition educators.

Adults and children learn cooking skills, how to read nutrition labels and how to shop for healthy foods on a budget.

The Harvest: Head Start Nutrition Education and Produce Access Results to Date

Participant Gains

More than **1,000 Head Start families** received **16,000 food boxes**.

This program resulted in a return of **\$200,000** to local partner farmers.

School Wellness

Children spend more time at school than in any other environment away from home. Because of this, schools are able to provide opportunities for partnerships that promote child health and wellness.

DFSC is supporting two organizations that focus on school-based wellness:

- Alliance for a Healthier Generation
- MUSC Boeing Center for Children's Wellness (BCCW)

The goal of these organizations is to reduce the risk of diabetes and other chronic diseases through physical activity and healthy eating. They engage with schools to create healthy learning environments.

Alliance for a Healthier Generation works with more than 1,000 schools across South Carolina. The organization is the recipient of the National Healthy Schools Award in recognition of their efforts.

The MUSC BCCW provides targeted wellness initiatives to school districts across the state. The initiatives work to improve nutrition, increase physical activity and enhance social emotional wellness for students and staff.



"Walking in the morning is nice. It gets your blood flowing and brain going."

Madison, Battery Creek High School senior

STRATEGIC DIRECTION TWO

The Harvest: School Wellness Results to Date

DFSC Reach

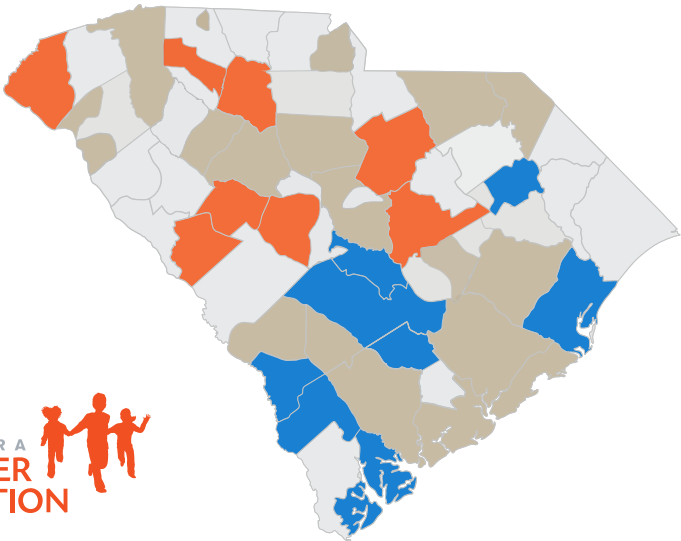
From 2022 to 2023, **198 schools across 16 districts** worked toward healthier environments for **126,112 students**.



“The walking group has been beneficial for our students. It has had a positive impact on mental health and productivity.”

Justine H., Battery Creek High School health science teacher

- BCCW
- AHG
- Existing Reach (2018 – current)



Standards Met

2022 – 2023 Shared Measures
Schools met **1,490 individual standards**, with an average of **7.5 out of 14 standards** per school.

	Nutrition	Physical Activity	Staff Wellness
% Standards Met	56%	56%	41%
Number of Standards	4	6	3
Average per School	2.2	3.4	1.2

STRATEGIC DIRECTION TWO

Kids in Parks

To address the challenge of childhood obesity, DFSC provides support for the statewide expansion of Kids in Parks.



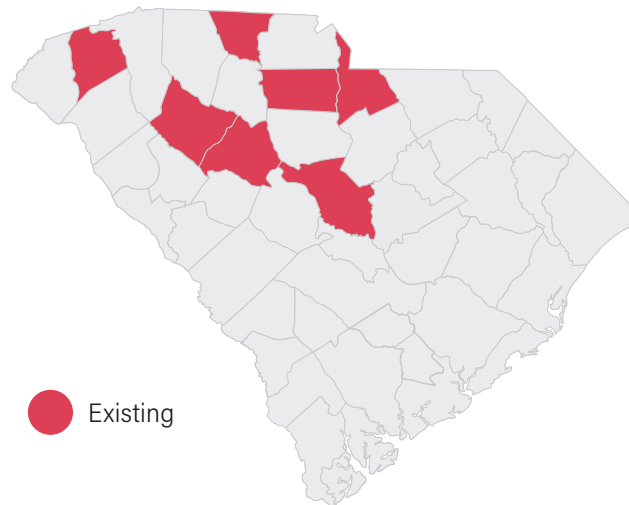
Kids in Parks is an award-winning program of the Blue Ridge Parkway Foundation. It encourages children to unplug, go outside and be active.

The program offers a network of family-friendly outdoor adventures called TRACK Trails. The trails include free, self-guided challenges to make hiking a more engaging experience for children. Kids in Parks is working to convert existing trails into additional TRACK Trails.

DFSC funding supports:

- Installation of one new TRACK Trail and two TRACK Trail mini sites in each county in South Carolina.
- Development of a mobile app to enable families to engage with the program during any physical activity.

Kids in Parks is also developing a network of pediatricians who participate in TRACK Rx, a physical activity prescription program. The program encourages even the youngest patients to get outdoors and be active.



"I had lots of fun hiking the trail and looking for trees and the stages of the tree life cycle."

Table Rock State Park TRACK Trail participant

STRATEGIC DIRECTION TWO

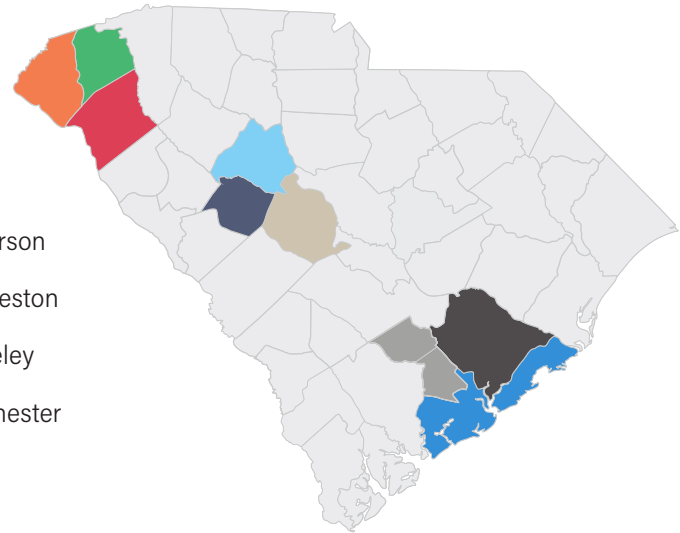
The Harvest: Kids in Parks Results to Date

Community Engagement

We have strong community engagement in these counties.

- Newberry
- Saluda
- Lexington
- Oconee
- Pickens

- Anderson
- Charleston
- Berkeley
- Dorchester



"The best part was walking in nature with my friends and our tour guides, Mike and Dawn. We got to see a blue heron."

Battle of Musgrove Mill
State Historic Site TRACK
Trail participant

TRACK Trail and TRACK Rx Expansion



Site selection was completed for 10 TRACK Trails and 11 TRACK Trail mini sites.



Three grand opening celebrations took place for new TRACK Trails sites.



The first TRACK Rx site was launched at Lovelace Family Medicine in Newberry.



WE CANNOT SOW SEEDS WITH CLENCHED
FISTS. TO SOW, WE MUST OPEN OUR HANDS.

Adolfo Perez Esquivel



Preventing Diabetes and Its Complications in Adults

South Carolina has the sixth-highest prevalence of diabetes among adults in the nation.

In our state:

- More than 1.9 million adults have diabetes or prediabetes.
- One in 4 adults over the age of 65 have diabetes.
- More than two-thirds of adults are overweight or obese.
- The majority of adults with diabetes struggle with other health issues, such as high blood pressure.

Drastic measures are needed to change the course of diabetes in our state.

DFSC is currently focusing on five initiatives to address the needs in South Carolina:

- FoodShare SC
- Produce Prescription
- Food is Medicine South Carolina
- South Carolina Surgical Quality Collaborative Diabetes Initiative
- Community Health Workers

STRATEGIC DIRECTION THREE

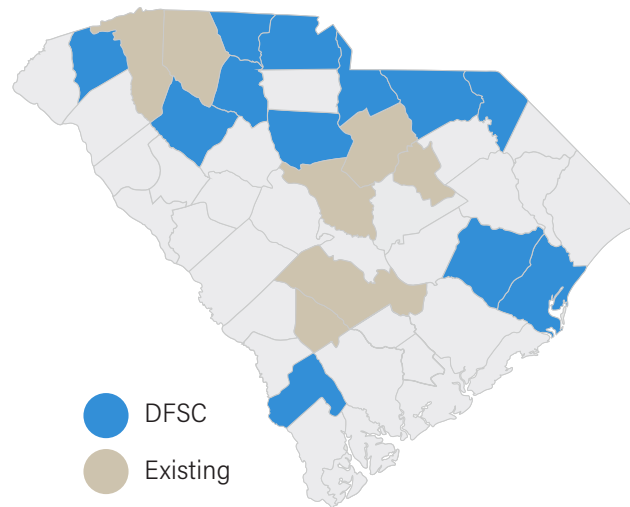
FoodShare SC

While good nutrition is essential for the prevention and management of diabetes, food insecurity is a widespread issue in our state. Adults without access to healthy foods have a 50 percent higher risk of developing diabetes or complications related to the disease.

DFSC is addressing food insecurity by providing five years of funding to FoodShare SC. FoodShare SC works with a network of hubs to expand access to fresh fruits and vegetables in South Carolina.

FoodShare SC provides additional food to adults who participate in the Supplemental Nutrition Assistance Program (SNAP). More than 50 percent of South Carolinians are income-eligible to participate in SNAP. Participants in this program use SNAP benefits to purchase produce from approved vendors.

FoodShare SC is working to expand its program to more rural and under-resourced communities.



STRATEGIC DIRECTION THREE

“The VeggieRx program benefited us in many ways. We were introduced to new vegetables and fruits. The recipes we received are amazing. The best part was meeting Kim, the program manager. She truly is a blessing.”

VeggieRx participants

The Harvest: FoodShare SC Results to Date **Program Expansion and Food Distribution**

- With DFSC support, FoodShare SC has **expanded from seven to 22 hub sites**.
- To date in 2023, almost **65,000** fresh produce boxes have been distributed to South Carolinians.
- The Columbia hub, through DFSC's support, has moved to a new space that includes a teaching kitchen for nutrition education events.

Produce Prescription

A healthy diet is essential for preventing Type 2 diabetes and managing blood sugar levels. DFSC supports two programs that provide prescription-based access to fresh produce:

- **VeggieRx**. operates through FoodShare SC.

DFSC supports five partnerships between local clinics and FoodShare hubs across the state.

Participants receive a prescription they can fill for fresh produce provided free of charge.

- **Grocery Rx** is operated by Lowcountry Street Grocery (LSG), a mobile farmers market based in Charleston.

DFSC supports LSG's partnership with Fetter Health Care Network to provide produce prescriptions for residents in Berkeley, Charleston, Colleton and Dorchester counties.

The Harvest: Produce Prescription Results to Date **Participation**

More than 300 patients have participated in a DFSC-supported produce prescription program.

Initial results show participation in a produce prescription program leads to increased food security and improved overall health. Additional data analysis is underway.

STRATEGIC DIRECTION THREE

Food is Medicine South Carolina

Food is Medicine South Carolina is a committee of the South Carolina Food Policy Council. This committee works to improve healthy eating initiatives in health care settings across our state. Its members represent South Carolina government, nonprofit organizations, higher education and health systems.

In alignment with the work of the committee, DFSC has supported:

- A statewide assessment to determine interventions needed to increase access to healthy foods. The SNAP-Ed team at the University of South Carolina Arnold School of Public Health also participates in this project.
- An evaluation of the effects of produce prescriptions on food security and health outcomes.

The purpose of these projects is to better understand the impact of interventions that address food insecurity in South Carolina.

The Harvest: Food is Medicine South Carolina Results to Date

Food is Medicine Landscape Assessment

Sixty-seven health care organizations completed a landscape assessment survey. Out of the survey respondents, 11 participated in a follow-up interview.

The purpose of this assessment was to:

- Determine where food insecurity screenings and referrals, produce prescription programs, and health care system interventions focused on improving food access are taking place.
- Identify specific tools, systems and processes being used within these interventions.
- Understand capacity for future sustainability of interventions.
- Identify funding mechanisms to support these programs.

"I love my experience here. Y'all make me feel so comfortable. Y'all spend more time with me, and I don't feel like my appointments are rushed. If I could have every appointment here, I would."

MOMs in Control of Diabetes
in Pregnancy Program patient

STRATEGIC DIRECTION THREE



South Carolina Surgical Quality Collaborative Diabetes Initiative

Adults with diabetes are more likely to need surgery than people who don't have diabetes. They face higher risks during surgery and have nearly double the rate of complications.


With DFSC funding, the South Carolina Surgical Quality Collaborative Diabetes Initiative (SCSQC) is working to ensure positive surgery outcomes for patients with diabetes.

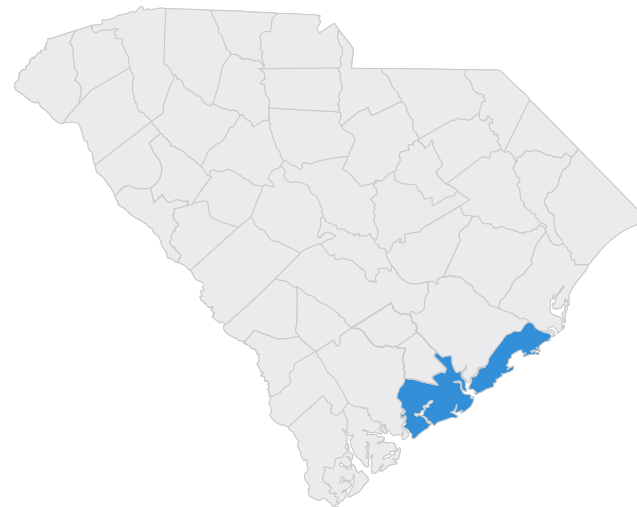


The SCSQC initiative provides prehabilitation services to reduce complications, lower costs and help patients maintain the best possible health.

The SCSQC program is based at the MUSC Health University Medical Center in Charleston.

The program engages with surgery patients before, during and after hospital admission. A patient care team manages the prehabilitation process. The team includes a nurse practitioner or physician assistant, a surgeon, an endocrinologist, and a diabetes educator.

 MUSC — Charleston



STRATEGIC DIRECTION THREE

Community Health Workers

Maintaining good health while living with diabetes requires strong social support and access to health resources.

Community health workers (CHWs) make this possible by connecting communities with health care systems.



DFSC is providing funding for Federally Qualified Health Centers (FQHCs) to integrate CHWs into their patient care teams.

The goal of this initiative is to reinforce prevention efforts and improve health outcomes by closing gaps in patient care.

Five FQHCs are participating in the program:

- Affinity Health Center (York County)
- Beaufort-Jasper-Hampton Comprehensive Health Services
- CareSouth Carolina Inc. (Dillon and Lee counties)
- HopeHealth Inc. (Florence County)
- Tandem Health (Sumter County)

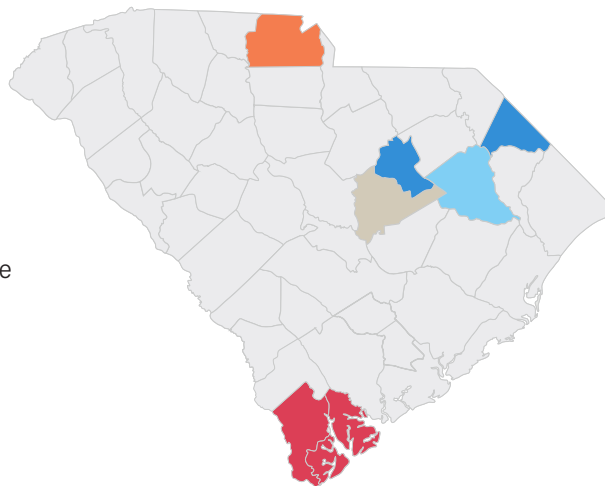
As part of this initiative, the Community Health Worker Institute at the University of South Carolina has developed a diabetes prevention and management curriculum for CHWs.

"My CHW helped me with a lot of hard truths about what I eat and how it affects my body."

Patient in the CHWs program

Community Health Worker Initiative

- Affinity Health Center — York
- Beaufort-Jasper-Hampton Comprehensive Health Services
- CareSouth Carolina — Dillon and Lee
- HopeHealth — Florence
- Tandem Health — Sumter



STRATEGIC DIRECTION THREE

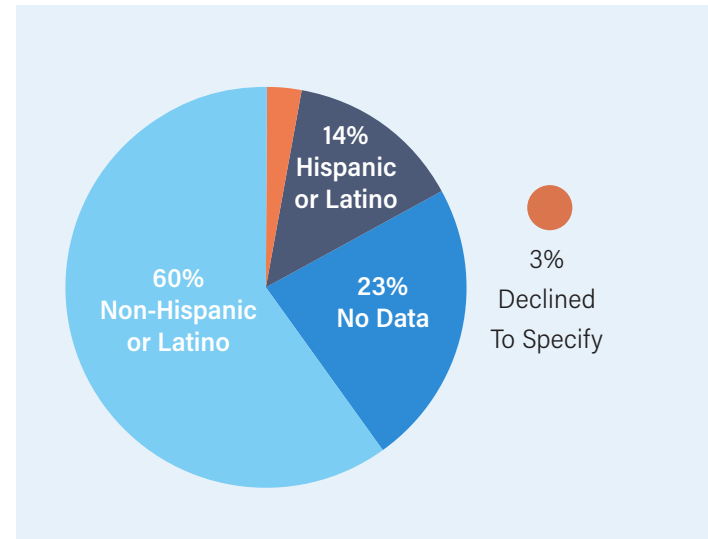
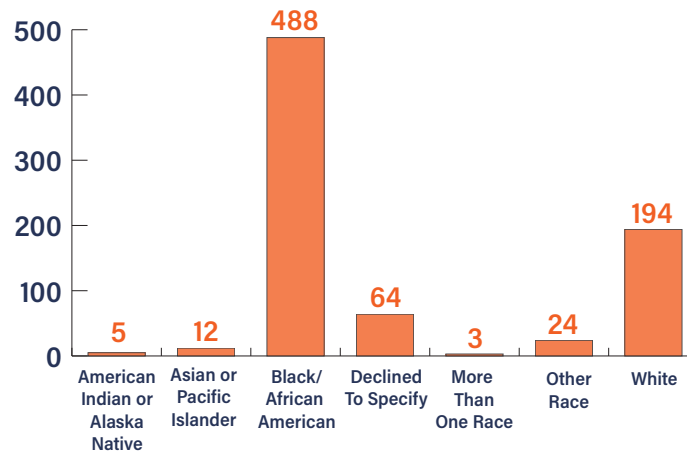


"My CHW gave me more motivation to take control of my health by doing something about it."

Patient in the CHWs program

The Harvest: Community Health Workers Results to Date Patients Served

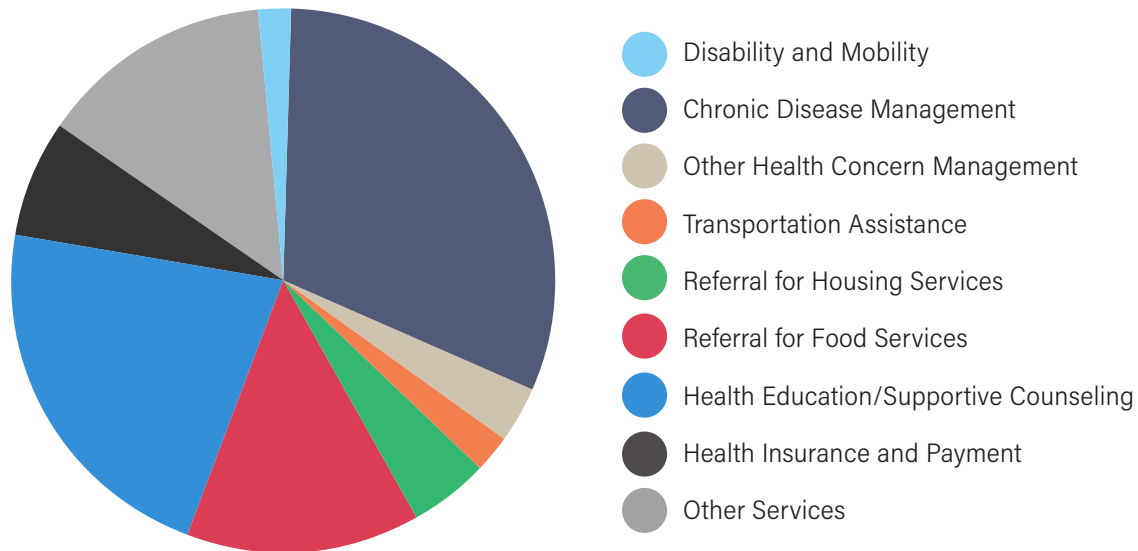
Patient Demographics



STRATEGIC DIRECTION THREE

Services Provided

CHW Activities During Patient Encounters



"[The CHW] was great. We talked about all the things I need to implement into my lifestyle. We bounced ideas off each other to improve my health through food and exercise."

Patient in the CHWs program



Impact on A1C

After CHW intervention at all five sites, patients with uncontrolled diabetes had lower hemoglobin A1C levels.



Alliance for a Healthier South Carolina

The **Alliance for a Healthier South Carolina (Alliance)** is a coalition of more than 50 executive leaders from diverse organizations. Members work to reduce costs of care and ensure that all South Carolinians have the opportunity for healthier lives and communities.

DFSC works with many of the Alliance organizations to leverage resources, avoid duplication of efforts and ensure maximum reach in communities.

Diabetes Initiative of South Carolina

The **Diabetes Initiative of South Carolina (DSC)** coordinates statewide efforts to identify and manage diabetes. Signed into law by the governor of South Carolina in July 1994, the DSC provides diabetes management tools and educational programs. The DSC goal is to reduce complications and costs for South Carolinians who suffer from this incurable chronic disease.

DFSC and DSC are working together to promote sustainable and equitable improvements in the prevention and management of diabetes statewide.

LOOKING AHEAD

Diabetes doesn't have to be South Carolina's destiny. As we look ahead, we can see it: a future where South Carolinians are free from the burdens of this terrible disease.

Diabetes Free SC is sowing seeds of change that will work to stop the diabetes epidemic in our state. We must work together, though. Our efforts must be sustained if we are to succeed.



CITATIONS

1. South Carolina Department of Health and Environmental Control
www.scdhec.gov/sites/default/files/media/document/DISC%20Diabetes%20Impact%202020.pdf
2. American Diabetes Association
www.professional.diabetes.org/content/fast-facts-data-and-statistics-about-diabetes
3. Centers for Disease Control and Prevention
www.cdc.gov/diabetes/library/factsheets.html



SUCCESS IS KNOWING YOUR PURPOSE IN LIFE,
GROWING TO REACH YOUR MAXIMUM POTENTIAL
AND SOWING SEEDS THAT BENEFIT OTHERS.

John C. Maxwell



diabetes*free*sc

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