



My Diabetes Tutor Advisory Committee Performance Summary

Reported during the 2/13/21 Advisory Committee meeting. Summary report prepared 2/15/21 by
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Mission

My Diabetes Tutor seeks to improve the quality of life for adults with diabetes by increasing access to person-centered, comprehensive diabetes education and support through our online platform, accessible wherever is most convenient for the participant, which is especially important in reaching those in rural areas who may not otherwise be able to participate.

Goals

1. Launch the online My Diabetes Tutor program and reach at least 100 people with diabetes or prediabetes and their families in the first year to achieve and maintain good health and minimize complications.
2. Review and revise curriculum with an interdisciplinary team at least annually to keep materials up-to-date with evidenced-based practice, emphasizing an interactive approach that includes resources for ongoing support.
3. Do outreach to rural areas by networking with at least 10 providers in underserved areas.
4. Implement a program evaluation survey that measures satisfaction with diabetes education delivery and participant quality of life.
5. Establish baseline data on completion and attrition rate.

Population Served

Currently, our program has over 300 patients enrolled. About 75% of those patients are actively attending sessions and about 18% of the patients completed all 5 sessions to date.

Outcomes

We collect several data points to assess our performance beyond what is required to maintain national recognition status with the Association of Diabetes Care and Education Specialists. These include clinical metrics, behavior goal achievement, and process outcomes (pt. satisfaction). Due to Covid, we launched in August. Data below is from August 2020 to January 2021.

Clinical			Behavior goals (focused on healthy eating)	Process (patient satisfaction)
Average	Pre-Program	Post-Program	Target: of those who chose healthy eating will achieve their goal by at least 60%. Outcome: Met target with 70-100% improving from baseline data of 40-69%.	Target: of those who complete MyDiabetesTutor Evaluation, 80% will mark "Good" or "Very Good". Outcome: 100% marked "Very Good".
A1C	7.25	6.83		
LDL	84.53	72.95		
Triglyceride	148.55	146.26		
HDL	43.1	41.74		
Microalbumin	Negative	Negative		
EGFR	48	56.55		

