

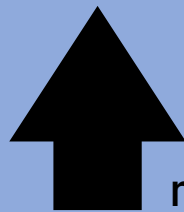
HIV and Diabetes

People living with Human Immunodeficiency Virus (HIV) are more likely to have diabetes. Diabetes can negatively impact health outcomes and decrease quality of life. To address the prevalence gap of undiagnosed diabetes in people living with HIV, the Michigan Department of Health and Human Services' (MDHHS) Diabetes Prevention and Control Program tested a pilot program, "Investigate, Practice, and Engage" (IPE). The program information is available on the next page.

For more information, please contact Owen Hunter (Hunter02@michigan.gov).

1 Million

People in Michigan have diabetes.



People living with HIV have an increased risk of diabetes.

1 in 10

People living with HIV have diabetes.



As life expectancy increases in people living with HIV, their risk of diabetes also increases.

Screen for prediabetes and diabetes with a fasting plasma glucose test before starting antiretroviral therapy (ART).

IPE Program Results

Diagnosing diabetes or prediabetes and informing a person about their condition is a crucial step in getting people to act and seek care. MDHHS's Diabetes Prevention and Control Program worked with clinics to pilot the IPE program to address the prevalence gap of undiagnosed diabetes and prediabetes in people living with HIV.

32%

Improved diagnosis.

The IPE program improved diagnosis of diabetes cases by 32%.*

*Electronic Health Record Data. 10.7% (2019) versus 14.1% (2022).

291%

Improved diagnosis.

The IPE program improved diagnosis of prediabetes cases by 291%.*

*Electronic Health Record Data. 3.5% (2019) versus 13.7% (2022).

Recommendations

MDHHS's Diabetes Prevention and Control Program recommends Ryan White HIV/AIDS Program funded clinics and community partners engage in the IPE program to improve diabetes diagnosis and management. For assistance in implementing IPE, please contact Ouen Hunter (Hunter02@michigan.gov).

1 Investigate

| Test | Diagnose | Address |
|--|--|--|
| How many clients have an annual blood glucose test? Are clients retested as indicated by lab results? | If labs are in diabetes range, how many clients have a diagnosis in their health record? | How many clients have taken actions to address their diabetes? How many clients have the support they need? |

Resources: [Ryan White Standards of Care](#) and [ADA Diagnostic Best Practices](#).

2 Practice/Action Plan

| Foundation | Implement |
|--|---|
| Establish testing plan. Use clinical decision-making tools. | Develop alerts in Electronic Health Records (EHR). Connect clients to a provider to manage diabetes. Make referrals to support services such as nutrition management and Diabetes Self-Management Education and Support programs (DSMES). |

Resources: [Ryan White Standards of Care](#), [ADA Diagnostic Best Practices](#), [Diabetes Self-Management Education](#), [DSMES Locator](#), and [Healthy Coping](#).

3 Engagement

Cross Collaboration

Use multidisciplinary approach to enhance communication.

Identify and promote client engagement with community to encourage positive health outcomes. This includes support groups or walking groups, community navigators, local park events or community gardens.

Resource: [Walk With Ease](#).

Resources

American Diabetes Association - Diagnostic Best Practices:

<https://diabetes.org/about-diabetes/diagnosis>.

American Diabetes Association - Standards of Care:

<https://professional.diabetes.org/standards-of-care>.

Prediabetes Risk Test:

https://www.cdc.gov/prediabetes/risktest/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fdiabetes%2Frisktest%2Findex.html.

Diabetes Self-Management Education and Support - Background and Benefits:

<https://www.cdc.gov/diabetes-toolkit/php/about-dsmes/background-dsmes.html>.

Diabetes Self-Management Education and Support - Referral Process:

<https://www.cdc.gov/diabetes-toolkit/php/patient-referral-process/referral-process.html>.

Healthy Coping:

https://www.adces.org/docs/default-source/handouts/adces7/handout_pwd_adces7_healthy coping.pdf?sfvrsn=b63f6359_15.

National LGBTQIA+ Health Education Center - HIV and Diabetes Mellitus:

<https://www.lgbtqihealtheducation.org/wp-content/uploads/2021/08/HIV-and-Diabetes-fact-sheet.pdf>.

Ryan White HIV/AIDS Program:

<https://ryanwhite.hrsa.gov/>.

Ryan White HIV/AIDS Program (including CAREWare):

<https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/hivsti/resources/ryan-white-hiv-aids-program-including-careware>.

Walk With Ease (Free Walking Program for Michigan Residents):

<https://startwalkwithease.org/Welcome/mi>.

You can find this resource page on:

<https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/diabetes/health-provider-resources>.



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