

California Department of Public Health Heart Disease and Diabetes Prevention Unit

FACT SHEET

Mission

Reduce premature death and disability from heart disease, diabetes, and stroke.

Program Background

In July 2013, CDPH was awarded funding from the CDC for “State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health.” This initiative is referenced in California as “Prevention First: Advancing Synergy for Health” (Prevention First), and represents a new approach that promotes coordination and collaboration among state and local programs to promote health and prevent and control cardiovascular disease (CVD), diabetes, and their risk factors. CDPH has integrated these activities into the Heart Disease and Diabetes Prevention Unit (HDDP), which aims to reduce premature death and disability from CVD and diabetes. Critical to the success of these efforts are partnerships with local public health departments, voluntary associations, non-profits, health care systems, health associations and foundations, and other state agencies.

Prevention First includes specific evidence-based strategies and goals that address diabetes prevention and management including the following:

- Prevent the onset of diabetes among those with prediabetes by:
 - Promoting awareness of prediabetes among people at risk so that they may take action.
 - Promoting the use of, and increased access to (via reimbursement), lifestyle intervention programs in community settings modeled after CDC’s National Diabetes Prevention Program (NDPP) that can prevent or delay the onset of type 2 diabetes among people with prediabetes.

- Prevent or delay the onset of complications among people diagnosed with type 2 diabetes by:
 - Promoting participation in and availability of American Diabetes Association (ADA) recognized, American Association of Diabetes Educators (AADE)-accredited, state accredited/certified, and/or Stanford licensed diabetes self-management education (DSME) programs.
 - Working with health care systems to promote adoption of protocols to refer patients with diabetes to DSME programs.
 - Increasing access to DSME programs via reimbursement.
 - Managing the condition with healthful eating, regular physical activity, weight loss, self- management training, tobacco cessation, and medications to lower blood glucose levels.

Statistics

In California, thirty-eight percent of residents live with at least one chronic condition, placing them at risk for greater risk or other chronic conditions. Despite advances in treatment, death rates resulting from preventable chronic disease and injury have remained high. Specifically:

- Fourteen million Californians are living with Chronic Disease.

- Heart disease and stroke are the first and third leading causes of death.

- Over 2.3 million California adults report having been diagnosed with diabetes, representing one out of every 12 adult Californians. The vast majority of diabetes cases in California are type 2, representing 1.9 million adults.

- Diabetes is the 7th leading cause of death in California, and determined to be the underlying cause of death in almost 8,000 people each year. Diabetes is a contributing factor to many deaths from heart disease and stroke.

Funding

Funding is provided by the Centers for Disease Control and Prevention State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk factors and Promote School Health (RFA-DP 13-1305).

Key Partners

American Association of Diabetes Educators
American Heart Association
American Diabetes Association
California Conference of Local Health Officers
California Department of Healthcare Services

Diabetes Coalition of California
The California Endowment
County Healthy Executive Association of California

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For further information and resources please visit the [Heart Disease and Diabetes Prevention](#)