



PASO DEL NORTE

Institute for  
Healthy Living

# PASO DEL NORTE REGION DIABETES ASSET SCAN 2017

**Prepared by the Paso del Norte Institute for Healthy Living**

Written by Leah Whigham, Sarah Ruiz, Cassandra Urrutia, and Vianay Lopez. Published in  
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HEALTHY EATING & ACTIVE LIVING

## **SUMMARY OF BEST PRACTICES AND RELATED RESOURCES**

### **American Diabetes Association**

The ADA produces an annual Standards of Medical Care in Diabetes. The guideline focuses on screening, diagnosis, and treatment plans to provide better health outcomes for children, adolescents, adults, and older individuals with type 1, type 2, and gestational diabetes. They also focus on the improvement of preventing and delaying type 2 diabetes. Areas updated annually include lifestyle interventions, risk assessments, pharmacologic approaches, complication prevention, psychosocial care, and reducing disparities in populations. The guidelines can be accessed here <https://professional.diabetes.org/content/clinical-practice-recommendations> and are included in Appendix A.

### **American Association of Diabetes Educators**

The AADE provides support to educators and organizations to ensure that they have the tools to follow the best evidence-based practices. Combined with the ADA and the Academy of Nutrition and Dietetics the AADE has developed Algorithms of Care and Action Steps. These algorithms focus on four components: diagnosis, annual assessments, new complicating factors, and transitions in care and is included in Appendix B.

### **Standards of Medical Care in Diabetes 2017 Gaps in Care**

- Out-of-pocket expenses for diabetes self-management services (DSMT) are preventing individuals from seeking and attaining care. A suggestion for the removal of the 20% copay for DSMT classes has been recommended.
- Additional hours are being recommended for DSMT services; currently 10 in a lifetime. More hours should be provided when changes in diabetes status occur (e.g. changes in A1C)
- CMS reports that not all providers are referring to DSMT services because providers are not aware these services are available to their patients or believe they have received them before.
- Decreased numbers of patient referrals as led to site closures: 219 AADE certified programs have closed in the last 2 years.
- Most accredited programs are hospital-based due to certification requirement. Per patient reporting, transportation is one the main issues keeping them from classes.

### **Potential Suggestions for the Paso del Norte Region**

- Target patients who are continuously being admitted to the hospital for diabetes related complications, to ensure that they are receiving adequate education prior to their discharge and the next immediate steps to managing their condition are clearly explained. Also, making sure that they meet with a diabetes educator prior to leaving and are followed-up with after discharge.

- Establish community-based programs that target at-risk individuals such as those who are obese or are in the stages of pre-diabetes versus grouping them altogether with patients with diabetes or excluding them. (YMCA programs currently target individuals with pre-diabetes)
- Provide telehealth or virtual methods to communicate with patients who are in rural areas and may not be able to get to locations where classes are being held.
- Fill in education gaps by providing reasonably priced diabetes education classes for patients who have already received their 10 hours of DSMT.
- Growth of support groups for children, teens, and adults (there is currently not a support group that helps children with diabetes and their parents; most are teen or elderly focused).
- Establish Primary Care Provider training and support to educate PCPs on the resources and DSMT programs available to their patients that bill through their insurance.
- Establish a collaborative diabetes coalition that mirrors the efforts of the Texas Diabetes Council to:
  - Advance local public policy affecting diabetes
  - Evaluate the impact of diabetes in the Paso del Norte Region
  - Promote comprehensive programs for the prevention of Diabetes
  - Increase public awareness and promote community outreach/ education
  - Improve diabetes care and prevention of complications by health care professionals.

Organization Name	Address	Phone	Point of Contact	Provider(s)	Services	Certified Program	Region Served	Website
<b>Primary and Secondary Clinical Care/ FQHCs</b>								
Centro San Vicente	1208 Myrtle Ave. 13017 Perico Dr.	(915)351-8972 (915)851-0999			Patients are referred to UMC though the clinic does provide education classes (insulin and glucose education).		El Paso County	<a href="https://www.sanvicente.org/">https://www.sanvicente.org/</a>
Centro de Salud Familiar La Fe	700 S. Ochoa St. 1314 E. Yandell Dr 200 Lisbon St.	(915)545-4550 (915)532-9639 (915)778-9200			Patients are referred to UMC though clinic does provide nutrition classes.		El Paso County	<a href="https://lafe-cp.org/">https://lafe-cp.org/</a>
Project Vida	3612 Pera Ave, El Paso, TX 79905	(915) 533-7057 (915) 533-7057 ext 373 or 113	Aida Ponce Linda Moreno- lindam.pvhc@gmail.com		Diabetes Self-Management Education Program, which consists of a 2-hr weekly class for 6 weeks. Participants who complete the course are given a free glucose meter. Classes are held at 4 different locations throughout the city.		El Paso County	<a href="https://www.pvida.net/">https://www.pvida.net/</a>
Project Vida Health Clinic	561 Knox Ave. Ft. Hancock, TX 79839	(915)769-1079			Diabetic and hypertension diagnosis, care, and follow-up.		Hudspeth County	<a href="https://www.pvida.net/clinics/">https://www.pvida.net/clinics/</a>
La Clinica de Familia	880 Anthony Dr #8, Anthony, NM 88021 510 E Lisa Dr, Chaparral, NM 88081 8600 Bataan Memorial, Las Cruces, NM 88011 18420 NM-28, La Mesa, NM 88044	(575)201-5136 (575)824-0820 (575)373-9202 (575)233-3830			Diabetes health education performed in house. Full blood panels performed as routine screening on patients. A1c follow-ups.		Doña Ana County	<a href="http://www.lcdfnm.org/">http://www.lcdfnm.org/</a>
Ben Archer	1600 Thorpe Rd, Las Cruces, NM 88012	(575)382-9292			Home visitation program for individuals diagnosed with chronic disease, persons at risk of developing diabetes, vulnerable seniors, and hard to reach residents. The program uses nurse health educators and community health workers to bridge the gap between patients and medical providers and offers services like medication management, disease management, preventive care, home safety assessment, and general health education.		Doña Ana County	<a href="https://bahcnm.org/site/education.htm">https://bahcnm.org/site/education.htm</a>
Alamogordo Family Health Center Presbyterian Medical Services	1501 East 10th Street, Alamogordo, NM 88310	(575)434-2960		Charlyn Rogers, Diabetes Counselor	Partners with a diabetic counselor to educate patients and provide consult notes from meetings with the patient to patient primary care provider to help guide treatment plan.		Otero County	<a href="http://www.pmsnm.org/locations/alamogordo-family-health-center">http://www.pmsnm.org/locations/alamogordo-family-health-center</a>

Ben Archer-Alamogordo	2150 Hwy 54 S., Alamogordo, NM 88310	(575)443-8133		Perry, NP	Annual CBC panels are done as part of yearly checkups for all patients, which is used to monitor blood glucose levels. Patients deemed “at risk” have their A1C’s drawn and are given diabetes education to either prevent or manage their condition. Education is done in-house by nurse practitioners and medical assistants (topics include self-care and dietary recommendations). Referred to local Diabetic counselor if more assistance needed.		Otero County	
Ben Archer-Deming	125 Chaparral, Deming, NM 88030	(575) 544-4578	Maria Pacheco mpacheco@bahc nm.org	Cheryl Granillo, CNP Randy Lenhart, CNP Beatrice Paredes, CNP Pamela Amparano, CNP	Provides free or low-cost health education and nutrition services. Accepts: uninsured, underinsured, private insurance, Medicare, and Medicaid. One-on-one counseling services and meal planning assistance. Offers 4 different types of classes using Conversational Mapping: How diabetes affects the body, Healthy Eating, Highs and Lows of Symptoms, and Complications. Patients are referred from different providers in the community. Provides Just for Kids program within the schools, focusing on healthy eating and obesity prevention.		Luna County	
<b>Public Hospitals and Clinics</b>								
UMC Diabetes Managment	4824 Alberta, El Paso, TX 79905	(915)521-7861			Diabetes management includes 4 classes related to medical aspects and lifestyle changes. Classes include the description of both types of diabetes, complications, behavior change (importance in making lifestyle changes), and ways of managing diabetes. Nutrition classes include carb counting education, meal plans, and portion control. Medical components include learning to read lab values (kidney levels), insulin injection education, directed medication, and the overall pathology of diabetes. Remedies for management of diabetes are provided including management of stress. Patients are encouraged to be learn more about proper dental, skin, and foot care when living with diabetes.		El Paso County	<a href="https://www.umcelpaso.org/medical-services/diabetes-management">https://www.umcelpaso.org/medical-services/diabetes-management</a>
Texas Tech	4801 Alberta Ave., El Paso, TX 79905	(915)215-5200		Tamis Bright, MD, Endocrinologist Michael Maldonado, OD	The Diabetes Education Program is provided by an interdisciplinary team of professionals, including a Certified Diabetes Educator. The aim is to provide education to patients to gain a better understanding of diabetes and the skills you need to live a healthy and productive life. Diabetes classes are offered during the daytime and evening. Individualized attention is given to teach how to: Prevent high and low blood sugars; Care for feet, skin and eyes; Use a glucometer and know what the numbers mean; Plan meals, grocery shop and eating out options; Cope and handle stressful situations; and Prevent complications.	ADA recognized	El Paso County	<a href="https://www.ttuhsc.edu/on/combest/diabetes.asp">https://www.ttuhsc.edu/on/combest/diabetes.asp</a> x

El Paso Children's Hospital	4845 Alameda Ave., El Paso, TX 79905	(915)298-5444	Bethany Mata, RD Education Coordinator	Josephine Kenny, RN, BSN, CDE Hector Granados, MD Krishnaswamy Rao, MD	Inpatient and outpatient services provided to children with both types 1 and 2		El Paso County	<a href="https://elpasochildrens.org/patientsfamilies/services/endocrinology/">https://elpasochildrens.org/patientsfamilies/services/endocrinology/</a>
Memorial Medical Center Family Medicine Center	2450 South Telshor Blvd, Building F, Las Cruces, NM 88011	(575)521-5370			Partners with local Nuestra Vida (diabetes education and management program). Also provides diabetes education in-house, blood glucose testing, and A1C.		Doña Ana County	<a href="http://www.mmclc.org">http://www.mmclc.org</a>
Mimbres Memorial Hospital	1020 S 8th St B, Deming, NM 88030	(575)546-5448			Offer nutritional services		Luna County	<a href="https://www.thehospitalsofprovidence.com/our-services/wound-care/diseases-conditions">https://www.thehospitalsofprovidence.com/our-services/wound-care/diseases-conditions</a>
Culberson Hospital	Eisenhower & FM 2185 Van Horn, TX 79855	(432)283-2760	Mehdy Osorio, DON				Hudspeth County	<a href="http://www.culbersonhospital.org/services.php">http://www.culbersonhospital.org/services.php</a>
Presbyterian Health Services (PMS)	300 S Diamond Ave, Deming, NM 88030	(575) 546-4663	Rene Salgado, Clinic Administrator rene.salgado@pmsnm.org	Gene Mbassim, MD Angie Hagan, MD	Provider educates the patient on self-management and care. A1c screenings and glucose monitoring done in house. Accepts Medicare, Medicaid, and private health insurance. Refers patients to Ben Archer for additional education. Asks patient to follow-up every 3 to 6 months.		Luna County	<a href="http://www.pmsnm.org/">http://www.pmsnm.org/</a>
Van Horn Rural Health Clinic	Eisenhower & FM 2185 Van Horn, TX 79855	(432)283-1020	Maria Gomez, Clinic Manager	Ed Garner, DO Gilda Morales, NP Kathleen Christian, NP Rodett Osorio, PA	Provides A1c checks, and limited education given by the provider if the lab results are abnormal.		Hudspeth County	<a href="http://www.culbersonhospital.org/">http://www.culbersonhospital.org/</a>
Instituto Mexicano del Seguro Social (IMSS)	Unidad de Medicina Familiar #46 Henry Dunant #610, Col. Pronaf	(656) 613-3095			A program called PREVENIMSS with a department dedicated to the timely detection of diabetes. All patients who over 20 years of age or who are going to have a medical or administrative procedure are sent to the Unidad de Medicina Familiar Department of Preventive Medicine to perform a glucose test. If abnormal, the patients are sent to the family doctor for follow-up. Two patient management options: 1) Comprehensive care of patient with family doctor (the patients must go to their doctor every month for consultation and treatment) and 2) DIABETIMSS: program for diabetic patients with less than 10 years of diagnosis and who do not present any medical complications; in this program, the patients must go to an educational session on the diabetes once a month. All patients must have laboratory tests every 3 months.		Cd. Juárez, Chihuahua	

<p>Instituto de Seguridad y Servicios Sociales de los Trabajadores del Estado (ISSSTE)</p>	<p>Envolvente Conjunto Pronaf #4, Col. Ana Elena Auza, CP 32310 Yepomera#10160 entre Haciendas del Retiro y Hacienda del Paraíso, Fracc. Haciendas de las Torres Universidad</p>	<p>(656) 613-0081 (656) 232-8584 (656) 232-8786</p>			<p>The ISSSTE provides medical care in the Hospital General Cd. Juárez and Clínica de Medicina Familiar del ISSSTE Cd. Juárez. The early detection of diabetes is provided to all patients over 25 years of age through a questionnaire. If they score higher than 10, they perform a glucose test. If the result is abnormal, the patient is asked to repeat the test. If the result is still abnormal, the patient is sent to the doctor to start treatment. There is no follow-up program for the management of the patient, it is at the discretion of the attending physician, but the patient must go to a consultation once a month.</p>		<p>Cd. Juárez, Chihuahua</p>	
<p>Seguro Popular</p>	<p>Ave. Paseo Triunfo de la Republica #2401, CP 32300 Ave. Paseo Triunfo de la Republica s/n, Col. Partido Romero, CP 32330 Ave. Vicente Guerrero Esquina con Arizona S/N, Fracc. Los Parques, CP 32440</p>	<p>(656) 611-2108 (656) 611-6068 (656) 625-8211 (656) 610-1841</p>			<p>Hospital General de Juárez, Hospital de la Mujer, Hospital Infantil de Especialidades and 6 Centros de Salud provide medical care to the public, but mainly to affiliates of Seguro Popular. The services described are those provided in the Centros de Salud, which include primary care to patients with diabetes; hospitals only receive them if complications develop. All patients older than 18 complete a questionnaire, and the personnel in the department of Preventive Medicine measure their weight and height, calculate BMI, and take a glucose test. If the result is moderate risk, patient is sent with the nutritionist for diabetes prevention; but if result is abnormal, patient is sent to the doctor for treatment in conjunction with the nutritionist for dietary therapy. They do not have a diabetes management program, it is at the discretion of the attending physician, but the patients must have glucose tests every month and glycosylated hemoglobin test every 3 months.</p>		<p>Cd. Juárez, Chihuahua</p>	
<p>Asociación Mexicana de Diabetes (AMD)</p>	<p>Del Mar Oriente #7504, Fracc. Fuentes del Valle, CP 32000</p>	<p>(656) 616-1639</p>			<p>Focus on educating the population about diabetes, raising public awareness, and performing early detection (when a person comes to ask for information, at that time a glucose test is performed, and on special days such as the World Diabetes Day). To help prevent progression of prediabetes to diabetes, they offer talks in the maquiladoras, social groups, and companies. On the second Saturday of every month throughout the year, a free talk is offered to the public. The association does not intervene in the medical management of diabetes, but if it helps patients with counseling about the disease, sessions with nutritionists, appointments with doctors, laboratory tests at a lower price, and donations of needles, syringes and lancets.</p>		<p>Cd. Juárez, Chihuahua</p>	
<p>Private Hospitals and Clinics</p>								

Hospitals of Providence	Memorial Campus: 2001 N. Oregon, El Paso, TX 79902 1527 Brown St., Bldg C, El Paso, TX 79902 1516 Lomaland Dr., El Paso, TX 79935 1516 Lomaland Dr., El Paso, TX 79935	(915)577-6019 (915)533-5200 (915)593-2600 (915)593-2600		Melissa S. Bobadilla, MD, Endocrinologist Benito A. Marranzini, MD Sergio F. Rovner, MD	Diabetes education includes Survival skills, "What is diabetes?", meal planning (carb counting), and glucose reading education.		El Paso County Hudspeth County	<a href="https://www.providencechildrenshospital.com/our-services/endocrinology">https://www.providencechildrenshospital.com/our-services/endocrinology</a>
Las Palmas Del Sol Healthcare Diabetes Treatment Center	10555 Vista Del Sol Dr. Suite 100, El Paso, TX 79925 3333 N. Mesa St, El Paso, TX 79902	(915)595-1645 (915)521-2176			Outpatient diabetes education classes. Instruction on external insulin pump and CGMS (continuous glucose monitoring system). Free blood sugar screens on Wednesday from 2-4 pm. The program is designed for persons with Type 1 Diabetes, Type 2 Diabetes and Gestational Diabetes. Education programs are available for newly diagnosed and previously diagnosed patients with diabetes. Topics include: meal planning, medication (including insulin), self-blood glucose monitoring, exercising with diabetes, signs and symptoms of diabetes, how to prevent complications. Del Sol Medical Center offers a free monthly Diabetes Support Group facilitated by a Registered Nurse who is a certified diabetes educator and licensed social worker. The group of men and women with diabetes discusses day-to-day issues and shares concerns and successes. Topics include: Meal planning/understanding food labels and exercise regime (as prescribed by physician), prevention and detection of chronic complications, proper foot care, pathophysiology of diabetes, sick-day rules, and 12 weeks of exercise (with completion of comprehensive program).	ADA recognized	El Paso County & surrounding areas	<a href="https://laspalmasdelsolhealthcare.secure.chc.com/service/diabetes">https://laspalmasdelsolhealthcare.secure.chc.com/service/diabetes</a>
El Paso Specialty Hospital-Advance treatment	1755 Curie Drive, Suite A., El Paso, TX 79902	(915)544-3636			Treatment of open sores.		El Paso County & surrounding areas	<a href="https://elpasospecialtyhospital.com/?s=diabetes">https://elpasospecialtyhospital.com/?s=diabetes</a>
Mountainview Medical Center	4311 E. Lohman Ave., Las Cruces, NM 88011	(575)556-6895		Thomas Hanson, MD, Endocrinologist	Diabetes Self-Management Education Program	ADA recognized	Doña Ana County	<a href="http://www.mountainviewregional.com/">http://www.mountainviewregional.com/</a>
Advanced Care Hospital of SNM	4441 E Lohman Ave, Las Cruces, NM 88011	(575)521-6400			Has Registered Dietitians on staff that provide health education and diabetes management.		Doña Ana County	<a href="http://achsnm.ernesthealth.com">http://achsnm.ernesthealth.com</a>
Rehabilitation Hospital of Southern NM	4442 E Lohman Ave, Las Cruces, NM 88011	(575)521-6401			Has Registered Dietitians on staff that provide health education and diabetes management.		Doña Ana County	<a href="http://rhnsm.ernesthealth.com/services-2/">http://rhnsm.ernesthealth.com/services-2/</a>



Gerald Champion Regional Medical Center	2669 N. Scenic Dr., Alamogordo, New Mexico 88310	(575)493-6100			Provides the Diabetes Self-Management Training, an accredited diabetes education program. Patients work with a diabetes educator to manage their disease through healthy eating, physical activity, regular monitoring, medication, and the reduction of risk for diabetes related complications.		Otero County	<a href="http://www.gcrmc.org/Search/?sid=1&amp;q=diabetes">http://www.gcrmc.org/Search/?sid=1&amp;q=diabetes</a>
Eyes of the Southwest	2810 N. Telshor Blvd. Las Cruces, NM	(575) 523-2020		Edward Hernandez, MD Neal Apple, MD Carla Wendler, OD Elisabeth Hottel, OD Summer Lara, OD	Provides specialized services for Cataracts, Glaucoma, and Diabetic Retinopathy			<a href="http://eyesofthesouthwest.com/?s=diabetes">http://eyesofthesouthwest.com/?s=diabetes</a>
Centro Médico de Especialidades	Av. De las Américas #201, Col. Margaritas, CP 32300	(656) 686-0400 (656)613-6960, room 104 (656)289-1270, room 410 (656)611-2808, room 113 (656)611-2321, room 202 (656)613-1905, room 106 (656)611-5151, room 302		Dr. Ignacio Camargo Nassar, Internal Medicine Dr. Gabriel Ramos Acosta, Internal Medicine Dr. Mauel Ruíz Ramírez, Internal Medicine Dr. Pedro Báez López, Internal Medicine Dr. Manuel Matus Molina, Internal Medicine Dra. Nora Ivonne Araujo Martínez, Internal Medicine	The patient can choose from several doctors. The hospital does not have a program to detect or control the disease, it is at the discretion of the attending physician.		Cd. Juarez, Chihuahua	<a href="https://www.doctoralia.com.mx/centro-medico/centro+medico+de+especialidades+de+cd+juarez-1155176">https://www.doctoralia.com.mx/centro-medico/centro+medico+de+especialidades+de+cd+juarez-1155176</a>

<p>Poliplaza Medica</p>	<p>Av. Pedro Rosales de León #7510, Fracc. Fuentes del Valle, CP 32500</p>	<p>(656) 617-3200  (656)623-9674, room 118  (656)324-2861, room 207  (656)617-2729, room 404  (656)623-9192, room 212  (656)618-3033, room 211  (656)687-8424, room 114  (656)618-8376, room 205</p>	<p>Dra. Abril Hinojos Ubiña, Endocrinologist  Dra. Mildred Macedo Neida, Endocrinologist  Dr. Oscar Aguilar Arcadio, Internal Medicine  Dr. Ignacio Arroniz Medina, Internal Medicine  Dr. José Alonso Criollo, Internal Medicine  Dr. Sergio de Gante Martínez, Internal Medicine  Dr. David González Mocken, Internal Medicine</p>	<p>The patient can choose from several doctors. The hospital does not have a program to detect or control the disease, it is at the discretion of the attending physician.</p>		<p>Cd. Juarez, Chihuahua</p>	
<p>Hospital Ángeles</p>	<p>Av. Campos Eliseos #9371, Fracc. Campos Eliseos, CP 32420</p>	<p>(656)227-1400  (656)227-1941, room 425  (656)227-1955, room 530  (656)227-1950, room 505  (656)227-1925, room 300  (656)227-1972, room 665  (656)227-1981, room 740</p>	<p>Dra. Priscylla Rojas Pardo, Endocrinologist  Dr. Mario Alberto Castillo Torres, Internal Medicine  Dr. Rodolfo Domínguez Barrera, Internal Medicine  Dr. Arturo Hollin Martínez, Internal Medicine  Dr. Nelson Lechuga Varela, Internal Medicine  Dr. Limberth Machado Villaroel, Internal Medicine  Dr. Luis Raúl Estrada, Internal Medicine</p>	<p>The patient can choose from several doctors. The hospital does not have a program to detect or control the disease, it is at the discretion of the attending physician.</p>		<p>Cd. Juarez, Chihuahua</p>	<p><a href="https://hospitalesangeles.com/ciudadjuarez/dirmedico/nombres.php?esp=SS2350&amp;act=1">https://hospitalesangeles.com/ciudadjuarez/dirmedico/nombres.php?esp=SS2350&amp;act=1</a></p>

Hospital Star Medica	Av. Paseo de la Victoria #4370, Col. Partido Iglesias, CP 32618	(656)227-5700		Dr. Gerardo Hernández Garcia, Diabetologist Dr. Carlos Alberto Bacerra Laguna, Internal Medicine Dr. Roberto Gerardo Narro Gil, Internal Medicine	The patient can choose from several doctors. The hospital does not have a program to detect or control the disease, it is at the discretion of the attending physician.		Cd. Juarez, Chihuahua	<a href="https://www.starmedica.com/home/es/micro-sitio/ciudad-juarez/secInformacion">https://www.starmedica.com/home/es/micro-sitio/ciudad-juarez/secInformacion</a>
<b>Diabetes Community/ Government Advocates (Including NFPs)</b>								
Project Bravo	Administrative Office: 2000 Texas Ave. El Paso, TX 79901 Upper Valley Office: 70000 5th St. Canutillo, TX 79835 Eastside Office: 14901 Whitetail Deer Dr. El Paso, TX 79938 Northeast Office: 8815 Dyer, El Paso, TX 79904 Central Office: 2000 Texas Ave, El Paso, TX 79901 Ysleta Office: 8908 Old County Rd. El Paso, TX 79907	(915)562-4100 ext 103 (915)877-7625 (915)565-1377 (915)757-0199 (915)307-4951 (915)629-7664	Marisela Montenegro, Community Services Manager Daniel Gonzalez, Supervisor Ema Marciscano, Supervisor Jose Manuel Macias, Supervisor Daniel Gonzalez, Supervisor Armida Patino, Supervisor		Partners with El Paso Diabetes Association to provide diabetes screenings, presentations, specialized classes related to diabetes and weight control. Other: children's camps for teens (ages 13-18) & children (ages 6-12). Fees: No charge for 60+, \$40.00 for under 60 years old; glucose screening \$5; A1C \$25.00; Cholesterol \$25.00		El Paso County & surrounding areas	<a href="http://www.projectbravo.org/language/english/directory/el-paso-diabetes-association">http://www.projectbravo.org/language/english/directory/el-paso-diabetes-association</a>
El Paso Diabetes Association	2101 N. Oregon St., El Paso, TX 79902	(915)532-6280	Sandra Gonzalez sgonzalez@epdiabetes.org	Martha Gonzalez, Registered Dietitian Terry Sanchez, RN	Self-management of diabetes education, gestational diabetes management, insulin injection, glucometer training, cooking classes, and meal planning. Hosts annual Diabetes Camp for Kids for youth 5-12 years of age who have diabetes or are at risk. Provides health education classes at local schools and various locations throughout El Paso County. Health Educators, RN, and Registered Dietitian provide the education within the community. Healthcare providers refer their patients to EPDA for health education. Insurance Accepted: Etna, Cigna, Humana, BCBS, Medicare, UnitedHealth.		El Paso County	<a href="http://epdiabetes.org">http://epdiabetes.org</a>

Education Service Center- Region 19	6611 Boeing Dr, El Paso, TX 79925	(915)780-1919			A school health program, serves the educational communities of El Paso and Hudspeth Counties. Provides in-service training, workshops, and technical assistance to school districts on a wide variety of health topics in each component area of Coordinated School Health, including Diabetes education.		Hudspeth County	
Health and Human Services Division	815 N Motel Drive, Las Cruces, NM 88001	(575)525-5860			Provides a free diabetes prevention and management program in 4 remote communities throughout Dona Ana County (i.e. Vado, Organ, Chaparral, and Radium Springs). The program partners with Memorial Medical Center's Family Practice residency program to provide free pre and post blood panels to participants. Medical residents rotate and work with the health promotion staff to develop culturally appropriate presentations, and aim to improve the participants' self-efficacy to communicate with their medical provider about their condition. Program also has components on physical activity and nutrition.		Dona Ana County	<a href="https://hhs.texas.gov/sites/search?search_api_views_fulltext=diabetes+care">https://hhs.texas.gov/sites/search?search_api_views_fulltext=diabetes+care</a>
New Mexico Health Department - Las Cruces	Las Cruces Central Location: 170 N Solano Dr., Las Cruces, NM 88001	(575)528-5001			Diabetes Self Care Management Education		Dona Ana County	<a href="https://nmhealth.org/about/phd/cdb/dpcp/">https://nmhealth.org/about/phd/cdb/dpcp/</a>
Southern New Mexico Diabetes Outreach	1240 Augustine Ave., Las Cruces, NM 88001	(575)522-0289	June Donahue		Emphasis on community outreach (screening, prevention, referrals, and education). Holds classes taught by a Certified Diabetes Educator 3x/week for prediabetes and diabetes. Also provides support groups for children and adults. Works closely with local FQHC's, BCBS of NM, and Memorial Medical Center to provide community screenings. Sponsors the annual Diabetes Conference in Las Cruces.		Dona Ana County	<a href="http://snmdo.org">http://snmdo.org</a>
NMSU Cooperative Extension Service		(575)646-1957	Karim Martinez		Hosts the "Kitchen Creations" cooking school for people who have been diagnosed with diabetes. A 3-hr class teaching participants food safety, meal planning, portion control, reading food labels, balancing carbohydrates, and other useful tips. Participants also prepare and sample a variety of recipes each class.		Dona Ana County	<a href="http://efcs.nmsu.edu/diabetes-online.html">http://efcs.nmsu.edu/diabetes-online.html</a>
Children's Medical Services	215 S. Silver Ave., Deming, NM 88030	(575)546-9605			Part of the Family Health Bureau of the Dept. of Health. Provides screening and diagnostic services for children from birth to age 21 years; nutrition and diabetes education (by referral to private providers). Blood glucose testing provided by appointment.		Luna County	<a href="https://nmhealth.org/about/phd/cdb/dpcp/">https://nmhealth.org/about/phd/cdb/dpcp/</a>
Deming Senior Center	800 South Granite St. Deming, NM, 88030	(575) 546-8823	Julie Bolton, Executive Director	Angela Gills, DPM (Podiatrist) Hsiao Yu, DPM (Podiatrist)	Collaborates with local entities to provide educational presentations to community members on a variety of diabetes friendly topics, such as nutrition, healthy cooking, reading labels. Blood sugar, blood pressure, and oxygen tests done the first Wednesday of the month from 9-11am. Provides podiatry services to community members at the center.		Luna County	<a href="http://www.demingseniors.org/#programs">http://www.demingseniors.org/#programs</a>

New Mexico Health Department - Alamogordo	1207 8th Street, Alamogordo, NM 88310				Does not provide health services for diabetes.		Otero County	
Yselta del Sur Pueblo		(915) 860-6131 (915) 860-6121 (915) 860-6128 (Optometry clinic)	Ana Lopez Karla Estrada		Currently the Diabetes Program is managed by the Health Education Coordinator who, in collaboration with two Case Managers, works to apply best practices and improve patient outcomes. The diabetes program participates in numerous tribal community events. Sugar, blood pressure, and BMI screenings are provided throughout the year. Program provides: individual patient education, diabetic care, blood glucose monitoring, blood pressure management, BMI screenings, medical supplies for self-management, referral services for specialized care or durable medical equipment such as diabetic shoes. Optometry Department provides Diabetic Retinopathy, Glaucoma, and Cataract screenings.		Tigua Reservation	<a href="http://www.ysletadelsurpueblo.org/html_pages.sste?id=77&amp;sub1=177&amp;sub2=153">http://www.ysletadelsurpueblo.org/html_pages.sste?id=77&amp;sub1=177&amp;sub2=153</a>
<b>Health Insurers</b>								
Aetna		1-855-335-1407			Case management services: Comorbid condition management program and Disease management		Texas	<a href="https://www.aetnamedicare.com/en/live-well/managing-health.html">https://www.aetnamedicare.com/en/live-well/managing-health.html</a>
El Paso Health (used to be El Paso First Health Plans Inc.)	1145 Westmoreland Drive El Paso, TX 79925-5615	(915)532-3778	Adriana Cadena and Crystal Arrieta		Benefits include primary care services such as physician office visits, in-network specialist care office-based labs and xrays.		Texas	<a href="http://www.elpasohealth.com/">http://www.elpasohealth.com/</a>
Blue Cross & Blue Shield TX		(915)496-6600			BCBSTX offers blood glucose meters to members with diabetes at no additional charge to help manage condition. Members with BCBSTX prescription drug coverage check the drug list to see which test strips for the meter offered are listed as preferred brands. Launching \$10-million statewide initiative to help fight chronic diabetic kidney disease and chronic obstructive pulmonary disease.		Texas	<a href="https://www.bcbstx.com/">https://www.bcbstx.com/</a>
Superior HealthPlan		(915)778-5824			Work with disease management company, to provide disease management services. (Diabetes: Children and Adults)		Texas	<a href="https://www.superiorhealthplan.com/">https://www.superiorhealthplan.com/</a>
United Healthcare		(915)777-3041			Plan design that provides members a rich set of diabetes-related benefits and an integrated set of digital engagement and clinical support capabilities.		Texas	<a href="https://www.uhc.com/">https://www.uhc.com/</a>
AARP Medicare Complete Choice from United Health Care					Disease management program is designed to help members with their chronic conditions. Offers health education and resources to support optimal health of people who are currently being treated for a chronic condition.		New Mexico	<a href="https://www.aarpmedicareplans.com/health-plans/medicare-advantage-plans/resources-plan-material/health-care-management.html">https://www.aarpmedicareplans.com/health-plans/medicare-advantage-plans/resources-plan-material/health-care-management.html</a>

Blue Cross Blue Shield NM		(505)816-4105			<p>Care Van Program: Provides the program at no cost to support the outreach efforts of partnering organizations. Regularly does work with Southern New Mexico Diabetes Outreach to provide the supplies for screenings at events. The New Mexico Department of Health (DOH), the University of New Mexico, and Walgreens are among BCBSNM's other partners that use the Care Van to improve outreach to underserved rural communities throughout the state. These services help reduce long-term health care costs for all New Mexicans. BCBS's Condition Management program offers education, coaching and help in monitoring a chronic condition. Blue Care Advisors help identify unhealthy behaviors, set wellness goals, adopt healthier habits, and learn to manage medical conditions more effectively. WELL ONTARGET provides online tools like health-assessments, interactive tools and educational information and tips, as well as a points reward program. Fitness program provides access to more than 8,000 fitness facilities and well-being providers across the nation including massage therapists, personal trainers, and nutrition counselors.</p>		New Mexico	<a href="https://www.bcbsnm.com/">https://www.bcbsnm.com/</a>
Humana Health Insurance					<p>Case management and chronic care programs are offered to patients needing support for chronic medical conditions, like Diabetes. Care manager collaborate with physicians and other health care providers to help members continue to live at home safely while addressing their physical, behavioral, cognitive, social and financial needs. Services include: monitoring medication adherence, arranging access to transportation to appointments, assisting members in obtaining home health and durable medical equipment, referring members to meal-delivery programs, and assessment of daily living activities.</p>		New Mexico	<a href="https://www.humana.com/">https://www.humana.com/</a>
Molina Health Care (Centennial Care)		(866) 891-2320			<p>Molina Healthy Living with Diabetes Program: offered at no cost and teaches participants about diabetes self-care (meal planning, exercise tips, medications, etc.) How to work with their PCP, how to work with other members of their healthcare team. Participants may receive educational materials, help with services such as transportation and appointment scheduling, important diabetes care tips, referrals to community resources, a newsletter.</p>		New Mexico	<a href="http://www.molinahealthcare.com/members/nm/en-US/Pages/home.aspx">http://www.molinahealthcare.com/members/nm/en-US/Pages/home.aspx</a>
New Mexico Health Connections		(844)691-9984			<p>Disease Management Program: helps members to better understand their diabetes and how to control their blood sugar levels with the right medications and a healthy diet. How to avoid complications and emergencies, and become more active in their own healthcare. Provided at no additional cost.</p>		New Mexico	<a href="http://www.mynmhc.org/disease-management-services.aspx">http://www.mynmhc.org/disease-management-services.aspx</a>

Presbyterian Health Insurance	The Cooper Center 9521 San Mateo Blvd. NE, Albuquerque, NM 87113	(505)923-6980 Insurance Company (505)923-6060 Senior Care & Medicare (505)923-5200 Medicaid Plan			Focused on the prevention, diagnosis, and treatment of adult disease.		New Mexico	<a href="https://www.phs.org/health-plans/individual-and-family/Pages/default.aspx">https://www.phs.org/health-plans/individual-and-family/Pages/default.aspx</a>
United Healthcare		(800)291-2634 (888)702-2202			Offers education and resources to support optimal health of people who are currently being treated for chronic conditions, like diabetes. Members receive case management and can attend workshops on how to manage their condition with confidence.		New Mexico	<a href="https://www.uhcprovider.com/en/health-plans-by-state/new-mexico-health-plans/nm-medicare-plans/nm-aarp-medicarecomplete-plans.html">https://www.uhcprovider.com/en/health-plans-by-state/new-mexico-health-plans/nm-medicare-plans/nm-aarp-medicarecomplete-plans.html</a>
<b>Faith-Based Community Leaders (i.e. Health Ministries)</b>								
Catholic Diocese Health Ministry	499 St Matthews St, El Paso, TX 79907	(915)433-6186	Mariaelena Bencomo nenabl@yahoo.com		Provides the Diabetes Empowerment Education Program (DEEPTM) to empower the patients in diabetes self-management efficacy. The DEEPTM program is not designed to provide formal diabetes education nor develop an individualized medical plan. Taught by certified health educators and promotoras, in community settings. Objectives: To reduce diabetes risk factors, including obesity and hypertension; To increase knowledge of diabetes and its risk factors (including obesity and hypertension); To increase self-management skills (starting with self-monitoring); To manage psychosocial issues; facilitate short- and long-term behavioral change. Classes are offered once a week/6 weeks lasting 2 hrs. each.		El Paso County	<a href="http://www.elpasodiocese.org/">http://www.elpasodiocese.org/</a>

Baptist Church	816 S. Florence St. El Paso, Texas 79901	(915) 532-5398	Sylvia Weakley, RN epbclinic@gmail.com	Non-profit; no government or federal funding; funded with donations. Serves uninsured and underserved communities in El Paso. This clinic provides one-on-one counseling with dietitian and volunteer RN weekly. Only open Saturdays. All physicians are volunteers. Patients are seen depending on what they are there for and the type of specialty of the physician that is there that day. Patients have often already been diagnosed with diabetes and the physician will follow-up with care and necessary medications. If a patient is at-risk for diabetes, the physician can order labs that are done in-house. Staff connects patients with other programs to help them pay for medications or services, e.g. the Support for Health program or the discount program through UMC to pay for insulin. Medical students from Texas Tech Paul Foster School of Medicine provide presentations to patients on various topics about disease progression, management and treatment, and best practices for care from the NIC and ADA. A small dentistry ministry comes once a month to provide extraction services to patients with diabetes. Does not provide any preventative services at this point due to lack of resources and staff. Partners with local Ophthalmologist and Podiatrist to provide services. Two of their biggest barriers to providing care are funding and compliance.		El Paso County	<a href="http://elpasobaptistclinic.org">http://elpasobaptistclinic.org</a>
<b>Online Resources</b>							
The Texas Diabetes Council Tool Kit				The Texas Diabetes Council's Diabetes Tool Kit was prepared by an interdisciplinary team of certified diabetes educators (CDEs) and professional staff of the Texas Department of State Health Services Diabetes Prevention and Control Program to be of service to Texas practitioners and diabetes educators working with patients who have diabetes.		Texas	<a href="https://www.dshs.texas.gov/TDCtoolkit.asp">https://www.dshs.texas.gov/TDCtoolkit.asp</a>