

# HEALTHCARE REFERRALS TO CHRONIC DISEASE PROGRAMS IN SOUTH DAKOTA

## DID YOU KNOW?

Evidence-based programs are available in South Dakota to help you meet quality measures.

## CHRONIC CONDITIONS



HEART DISEASE



DIABETES



CHRONIC LUNG DISEASE



STROKE



ALZHEIMER'S DISEASE



CANCER



CHRONIC KIDNEY DISEASE



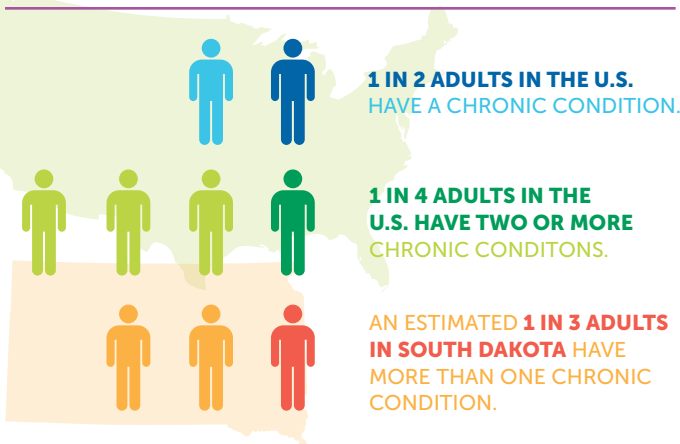
MENTAL HEALTH



CHRONIC PAIN

Chronic conditions are the leading causes of death and disability in the United States. They are also leading drivers of the nation's **\$3.3 trillion** in annual health care costs.

**\$3.3**  
TRILLION



## MOST CHRONIC CONDITIONS ARE CAUSED BY A SHORT LIST OF RISK BEHAVIORS



Tobacco use and exposure to secondhand smoke



Poor nutrition, including diets low in fruits and vegetables and high in sodium and saturated fats



Lack of physical activity



Excessive alcohol use

Patients are **more likely to participate** in a chronic disease program when their **healthcare team recommends it**.

## The healthcare team is vital in preventing and controlling chronic diseases. In South Dakota that includes:

- Referring tobacco-using patients to the SD QuitLine
- Providing general health related information to patients
- Ensuring screenings for various chronic diseases takes place
- Using health information technology to ensure overall quality of care
- Linking patients to other community health and education resources

To find more information and referral forms visit:  
**[goodandhealthysd.org/healthcare](http://goodandhealthysd.org/healthcare)**

The following programs are provided at no-cost.



### **Better Choices, Better Health® SD suite of workshops for adults and caregivers**

**1-888-484-3800**

**Diabetes** - prediabetes, Type 2 Diabetes

**Chronic Pain** - adults with chronic pain and caregivers

**Chronic Disease** - any physical and/or mental health condition(s)



### **SD QuitLine**

**1-866-SDQUITS**

Options for fax and e-referrals available



### **Park Rx**

**1-605-882-5140**

Prescribe physical activity to your patients.

Patients take the Rx to any State park and enjoy a free day in the park or a discounted annual pass.



### **All Women Count!**

**1-800-738-2301**

Refer women age 30-64 who need breast or cervical cancer screenings.



### **South Dakota Opioid Resource Hotline**

**1-800-920-4343**

Hotline is available 24/7 and will be answered by trained crisis workers to assist in finding local resources.

To learn about cost and coverage for the following programs, patients should check with their insurance provider or the program.



### **National Diabetes Prevention Program (NDPP)**

**1-855-648-9951**

A year-long lifestyle change program for patients with prediabetes or at risk for Type 2 Diabetes.

### **Diabetes Self-Management Education and Support Program (DSMES)**

**1-855-648-9951**

Refer patients with diabetes at diagnosis, annually, when complicating factors occur, and during transitions in care.