

SCRIPPS WHITTIER DIABETES INSTITUTE

REPORT TO OUR COMMUNITY

FISCAL YEAR 2009



THANK YOU

FOR YOUR SUPPORT



Dear Friends,

When Scripps Whittier Diabetes Institute was formed in 1981, our mission was to bring focus to a rapidly growing disease; serve as a resource to physicians and hospitals in our community; and bring excellence to diabetes research, education and care. Through the years, with the commitment and passion of many, we have continuously achieved our goals.

In the past 10 years the diabetes epidemic has rapidly escalated. The percentage of people entering hospitals with diabetes is rising, the number of children developing diabetes is growing, and more people are experiencing diabetes complications such as renal failure and heart disease. To effectively address these issues, it has become increasingly important to integrate our diabetes-specific programs with the hospitals and health programs at Scripps Health.

Now, fully integrated with Scripps Health since 2008, we are providing tremendous value and opportunity for optimizing diabetes care and broadening our reach to all Scripps patients, the San Diego community and the nation. Collaboration with Scripps employee wellness, Scripps clinical research services, and the future Scripps Cardiovascular Institute are just some of the many opportunities for growth. This secures our programs, research and education far into the future and ensures thoughtful growth and integration into inpatient and outpatient care. Such a relationship also provides business benefits, including improved ability to achieve strategic alliances and the security of being a valued part of a greater health care continuum.

Additionally, as health care reform becomes a reality, the need to deliver the most efficient and effective care becomes ever more imperative. We have been testing models of care for diabetes that meet these criteria for several years now, often in collaboration with Scripps Health and community health care organizations. These models have been founded on research and outcomes studies conducted with our own patient populations, and some have proven to be the new model of care for the health care environment of the future.

In 1924, the same year Scripps Health had its beginning, the first dose of insulin was delivered by syringe. Eight decades later, thanks to work done by Scripps Whittier Diabetes Institute and other experts around the world, we have a greater understanding of the disease and the care necessary to help those with diabetes live healthier and happier lives. You help make progress possible.

Thank you for your continued support, as it is incredibly valuable to our mission.

Sincerely,

A handwritten signature in cursive script that reads "Athena Philis-Tsimikas".

Athena Philis-Tsimikas, MD
Corporate Vice President
Scripps Whittier Diabetes Institute

A handwritten signature in cursive script that reads "Yvonne Polatchek".

Yvonne Polatchek
Chair, Community Advisory Committee
Scripps Whittier Diabetes Institute



RENOWNED EXPERTISE

Groundbreaking Study Evaluates Integrated Glucose Management System

Carrying out our mission to improve the quality of life for individuals with diabetes, Scripps Whittier Diabetes Institute participates in nearly 15 clinical research trials each year. One of our current trials, STAR 3 sponsored by Medtronic, is examining the effectiveness of the MiniMed Paradigm REAL-Time system, an integrated glucose management system that combines an insulin pump, continuous glucose monitoring and therapy management software, and is the only integrated system to receive FDA approval.

Scripps Whittier Diabetes Institute is one of 30 clinical diabetes centers across the United States and Canada currently participating in the clinical research trial.

The MiniMed Paradigm REAL-Time system transmits real-time glucose measurements to the insulin pump every five minutes, allowing users to view their current blood glucose values, as well as their glucose patterns, during a 24-hour period. Additionally, data can be downloaded from the monitor to a personal computer, so that both patient and physician can see a complete picture of glucose trends over time.

“Being part of the study and being able to use the pump for a year and a half helped me tremendously,”

says Zack White, 24, who participated in the STAR 3 clinical trial. “I was able to monitor my blood sugar more easily, and I kept it under control with the pump much better than without.”

Trials such as this one offer people living with diabetes the opportunity to access new therapies and resources for treatment and an improved quality of life.

For more information, please call 858-626-5678 or visit www.scripps.org/services/diabetes/clinical-trials.



JoAnn Shartel, RN, discusses glucose measurement data with George Dailey, MD, Scripps Whittier Diabetes Institute medical director and principal investigator of the STAR 3 study.

Knowledge is Power: Professional Education and Training Programs

Given the rapidly growing number of people with diabetes, along with nutrition recommendation changes and advancements in diabetes-related medications and devices, there is a great need to enhance clinical practice skills. Scripps Whittier Diabetes Institute’s professional education teams provide comprehensive education and training for health care professionals, helping them to better understand the new and complex clinical treatment options for Type 1, Type 2 and gestational diabetes.

Led by a team of experts that includes endocrinologists, nurses, dietitians, psychologists, and other diabetes specialists, we train practicing health care professionals to deliver the best care possible for their patients with diabetes. Our experienced, multi-disciplinary team also offers training and technical assistance to organizations interested in improving the health of their patients with chronic

diseases and expanding the reach of their services to patients with, or at risk, for diabetes in their service areas. Last year, our team held 39 educational classes, training more than 1,000 participants who can significantly impact the health of people living with diabetes.

Beyond enhancing diabetes education in San Diego, we are making a difference from coast to coast. For example, we went to Trenton, New Jersey, at the request of the New Jersey Hospital Association, and trained 26 nurses, registered dietitians and exercise physiologists. And, in Jackson, Tennessee, our team presented the same training to 13 nurses, registered dietitians and a group of professors from Lane College.

For more information, please call 858-626-5669 or visit www.scripps.org/services/diabetes/professional-education.

SERVING THE NEEDS OF OUR COMMUNITY

Partners in Research

With a goal to reduce health disparities, Scripps Whittier Diabetes Institute serves as the community engagement arm of Scripps Translational Science Institute's federally-funded Clinical and Translational Science Award to bridge the gap between research and treatments for patients. As partners in research, Scripps Whittier serves as the liaison between Scripps Translational Science Institute researchers and community health providers. In order to create effective change in reducing chronic epidemics like diabetes, it is essential to engage the community throughout the entire research process, from the initial formulation of the research question to dissemination of findings.

Fostering principals of community-based participatory research, Scripps Whittier is developing a community engagement strategic advisory group that will include San Diego residents who have expertise in public health, program design and evaluation, and community collaboration. Members must also represent academic

or public health organizations, community-based organizations and community health clinics to participate.

As stakeholders of community health, the strategic advisory group will identify the most urgent health needs of our community. The group will also help leverage funding and direct research that address these chronic health issues.

During the last year, community-based research programs included:

- diabetic retinal eye screenings in underserved populations, utilizing trained technicians and remote wireless grading systems.
- peer education program in diverse ethnic communities, demonstrating superior clinical effectiveness compared to the standard care .
- culturally appropriate group education program for high-risk Latinas with a history of gestational diabetes.

For more information, please call 858-626-7248 or visit www.scripps.org/services/diabetes/project-dulce.

Peer to Peer Support

Scripps Mercy Hospital Chula Vista Peer Coordination Project

Thanks to support from the Paradise Valley Hospital Community Fund, our Scripps Mercy Hospital Chula Vista peer coordination project is linking patients who have newly diagnosed or out-of-control diabetes with diabetes care and education. We anticipate our program will positively impact nearly 400 patients during the next two years.

Many of the target patients lack insurance and access to a primary care physician or may not be successfully managing their disease. As a result, they are often readmitted to the hospital or receive treatment in the emergency department. With support from peer educators, our project aims to increase patient knowledge, preventative care and wellness and reduce frequent hospitalizations.

Peer educators are connecting with patients, helping to engaging them in care through our local Project Dulce sites and classes. They will also refer patients to Medi-Cal or other benefit programs and provide home visits if necessary. Project Dulce also is training community health workers at the Chula Vista Community Collaborative to partner in this innovative initiative.





Ricardo Hernandez (left) credits ophthalmologist Paul Tornambe, MD, and Scripps Whittier Diabetes Institute with saving his eyesight. Ricardo lost some vision in both eyes due to complications from diabetes.

An Eye-Opening Experience

For nearly seven years, Ricardo Hernandez endured significant deterioration in his eyesight as a result of his diabetes. Deeply concerned that he would permanently lose his vision, the National City resident learned about a free retinal screening program offered at a nearby community clinic, supported by Scripps Whittier Diabetes Institute.

When ophthalmologist Paul Tornambe, MD, and George Hayes, manager of Scripps Whittier's mobile medical unit, met Ricardo, they recognized the urgency of his situation. Ricardo had severe retinopathy and macular edema, which if left untreated, would lead to blindness.

“Each time I had a treatment, I felt a little better, “says Ricardo. “I believed the doctors were going to save my eyesight – and my livelihood. If I went blind, there would be no way I could support my wife, my children and my grandchildren.”

The team immediately began a series of treatments and surgeries to save Ricardo's vision.

More than 100 patients receive retinal screenings each month through the Scripps Whittier Diabetes program. Many, like Ricardo, depend on the lifesaving care it provides.

Leaders in Diabetes Care

As Scripps Whittier Diabetes Institute,

we are fortunate to be led by some of

the nation's most renowned diabetes

experts. Comprised of a group of leading

endocrinologists, the medical directors at

Scripps Whittier are dedicated to advancing

diabetes care and making an impact in

our community.



Scripps Whittier Diabetes Institute medical directors George Dailey, MD, Jeffrey Sandler, MD, Daniel Einhorn, MD, Athena Philis-Tsimikas, MD, and Alberto Hayek, MD.

ADDRESSING DIABETES AMONG DIVERSE POPULATIONS

Project Dulce

Our nationally-recognized Project Dulce program has been combating the diabetes epidemic for more than 10 years by providing diabetes care and self-management education to low-income and uninsured populations in San Diego County. Nurse-led teams focus on achieving measurable improvements in the health of our patients, while peer educators help them overcome cultural, economic or behavioral barriers to taking care of their health.

“Our patients are achieving excellent health outcomes, even though they face many challenges and are among the highest risk populations with diabetes,” says Chris Walker, director of public health programs at Scripps Whittier Diabetes

Institute. “Project Dulce’s outcomes are exceeding national benchmarks in diabetes care as established by the National Council for Quality Assurance. This achievement surpasses the performance of many commercial health plans and managed care organizations.”

Our success in direct patient delivery is made possible through philanthropic support. Thank you to our donors who provided generous support during fiscal year 2009 including: Qualcomm, Billingsley Foundation, Money Arenz Foundation and the Wells Fargo Foundation.

For more information, please call 858-626-7248 or visit www.scripps.org/services/diabetes/project-dulce.



Increasing Access to Care: Health Care Coverage Initiative

In fiscal year 2008, the County of San Diego was selected as one of ten counties in California to participate in a special health care coverage initiative. Its success in obtaining this funding was due, in large part, to the success of Project Dulce in managing the county indigent care program, and achieving cost savings as well as improvements in quality. Since 2000, Project Dulce has partnered with the County of San Diego and the region’s community clinics to increase access to care and improve the health of low-income and uninsured patients with diabetes. Project Dulce has been instrumental in helping the county bring in an additional \$39 million in medical care and support to provide chronic care to a broader group of uninsured patients.

Since the health care coverage initiative began in 2008, Project Dulce has developed curriculum and clinical care protocols for the management of diabetes and hypertension. Our staff has trained numerous physicians, health educators and community health workers and these teams are delivering services to nearly 3,500 patients at 14 sites throughout San Diego County. Project Dulce also is monitoring data, outcomes and quality assurance for the county, and analyzing the project’s cost-effectiveness in collaboration with University of California, San Diego. We are excited about the preliminary outcomes, which indicate promising cost savings and improvements in patient health. The project will continue until the September 2010 renewal date.

Providing Care to Mothers at Risk

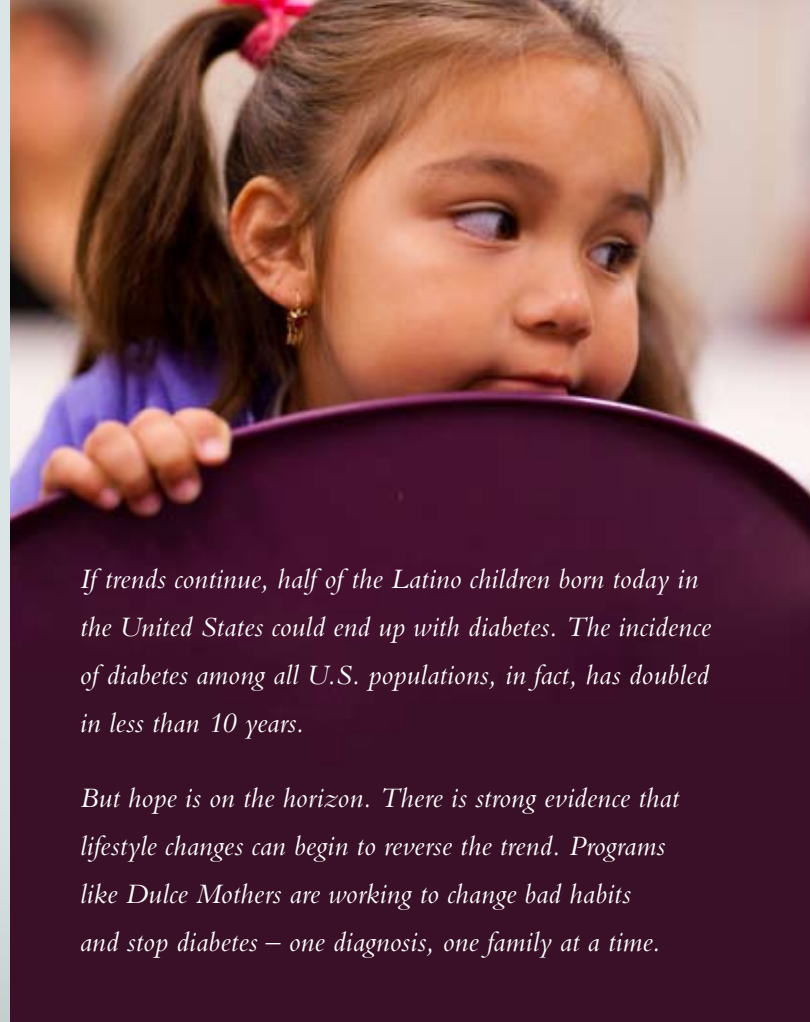
Renowned for excellence in clinical research, Scripps Whittier Diabetes Institute and Scripps Translational Science Institute are working together to enhance the health of our community. Scripps Translational Science Institute was recently granted a prestigious Clinical Translational Science Award and, as part of the award, Scripps Whittier is supporting its efforts by taking the lead on a special pilot project, Dulce Mothers: A Community Approach to Reduce Risks of Developing Diabetes after Gestational Diabetes.

Dulce Mothers is a new component of our nationally-recognized Project Dulce. Dulce Mothers aims to reduce the risk of diabetes among women who have had gestational diabetes during pregnancy. The educational component of the project has been funded by a grant awarded to Scripps Whittier from the March of Dimes, and includes a series of post-partum classes on nutrition and exercise and individual counseling by registered dietitians.

“Women who have had gestational diabetes have a 20 to 50 percent chance of developing diabetes in five to 10 years after their pregnancy. These statistics can be dramatically reduced, if women adopt healthy lifestyles,” says Athena Philis-Tsimikas, MD, corporate vice president and chief medical officer of Scripps Whittier Diabetes Institute. “We believe by promoting healthy behaviors, including healthy eating and physical activity, we can interrupt the cycle of obesity and Type 2 diabetes in these families.”

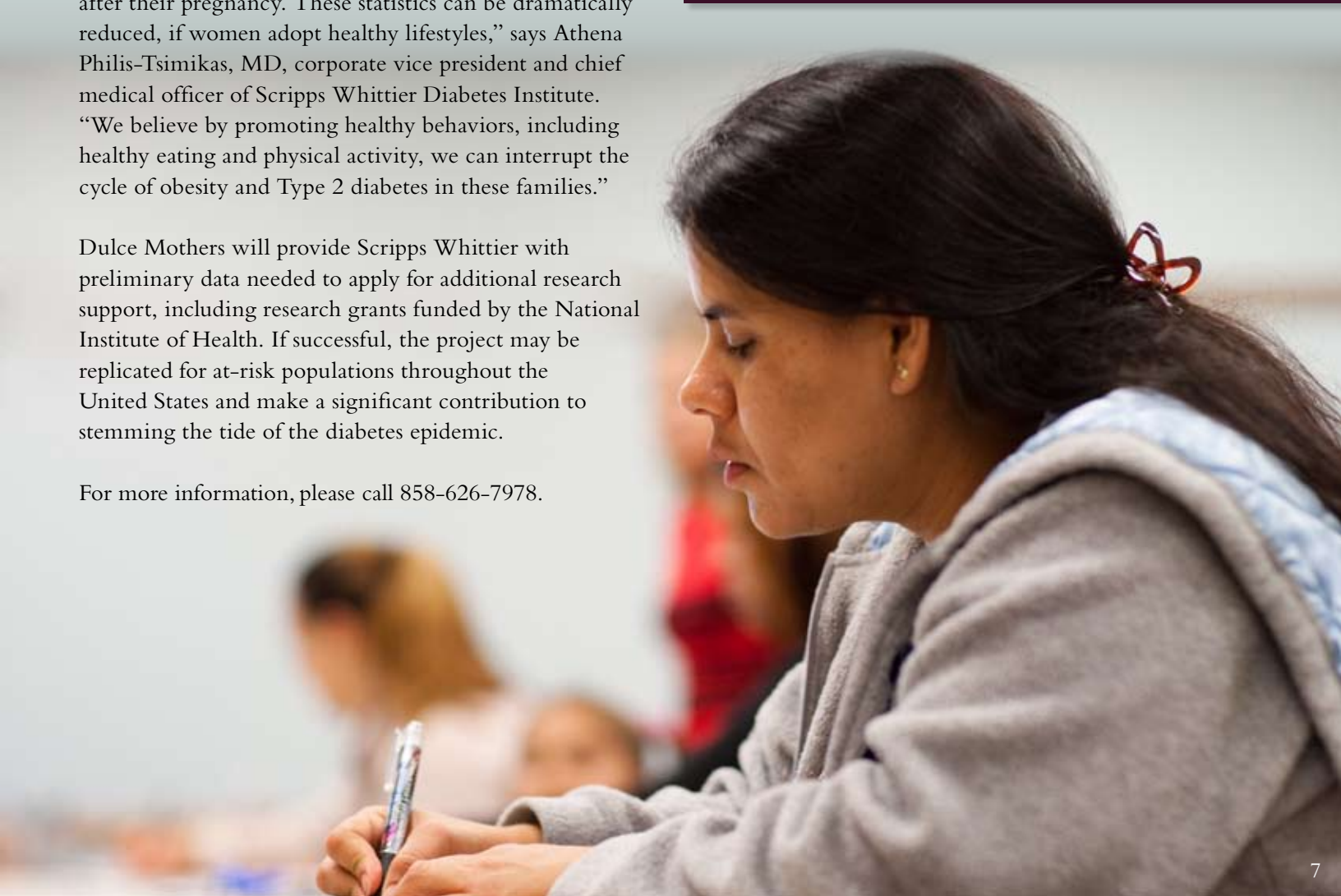
Dulce Mothers will provide Scripps Whittier with preliminary data needed to apply for additional research support, including research grants funded by the National Institute of Health. If successful, the project may be replicated for at-risk populations throughout the United States and make a significant contribution to stemming the tide of the diabetes epidemic.

For more information, please call 858-626-7978.



If trends continue, half of the Latino children born today in the United States could end up with diabetes. The incidence of diabetes among all U.S. populations, in fact, has doubled in less than 10 years.

But hope is on the horizon. There is strong evidence that lifestyle changes can begin to reverse the trend. Programs like Dulce Mothers are working to change bad habits and stop diabetes – one diagnosis, one family at a time.



EMPOWERING OUR PATIENTS



All “Fore” Diabetes Care

More than 150 golfers and guests turned out to raise \$125,000 during The 12th Annual Scripps Whittier Diabetes Institute Invitational Dinner and Golf Tournament. The two-day event on Oct. 4 and 5, 2009, benefited Scripps Whittier’s inpatient program, clinical research center and Project Dulce, a diabetes care and education program that addresses the specific needs of underserved, ethnically diverse populations.



Athena Philis-Tsimikas, MD, corporate vice president of Scripps Whittier Diabetes Institute, congratulates Jeffrey Sandler, MD, medical director at Scripps Whittier, and Francine Kaufman, MD, chief medical officer and vice president at Medtronic Diabetes, for being honored with the Jessop Award for their significant contribution to the fight against diabetes.



Chris Taylor, chair of The 12th Annual Scripps Whittier Diabetes Institute Invitational Dinner and Golf Tournament, celebrates the success of the event with his wife, Nancy.

Comprehensive Care: Scripps Whittier Diabetes Program

Diabetes education is a valuable tool in improving the health of people living with diabetes. As we learn more and more about the disease, it can be difficult for people – even those who have lived many years with the disease – to sift through all of the information about diabetes. Scripps Whittier Diabetes Program has a dedicated staff of dietitians, nurses and support staff to help bring the latest information to people with diabetes. And, we continue to surpass national patient satisfaction scores for diabetes education, often scoring in the mid-90th percentiles.

Currently, our program includes 13 outpatient locations spanning 70 miles throughout San Diego County, and serves adults with pre-diabetes, Type 1, Type 2, and gestational diabetes. Led by a clinical program manager, our program’s 16 certified diabetes educators, registered nurses and registered dietitians provide more than 11,000 patients and their families with services that complement the care received from primary care providers. In addition, Scripps Clinic physicians treat patients with diabetes and other endocrine needs three days a week at our Scripps Whittier Diabetes Program location in La Jolla.

Our comprehensive programs and services include:

- **Individual consultations**, covering all aspects of diabetes care, including self-management skills and home blood glucose monitoring.
- **Type 2 diabetes self-management**, a four-week course providing a comprehensive understanding of how diet, exercise, glucose monitoring, medications and lifestyle choices factor into diabetes management.
- **Comprehensive insulin management program**, including insulin pump training for patients with Type 1, and insulin management for those with Type 2.
- **Personal pump training**, a new program offering individualized training for patients who are first starting to use insulin pumps and continuous glucose monitoring devices.
- **Monthly support groups**, offered at four locations to help our patients with ongoing diabetes management.
- **Nutritional counseling**, meal planning and exercise strategies led by registered dietitians to patients for the treatment/prevention of disease. Personal meal management, education and support are also provided to promote wellness.

For more information, please call 858-626-5672 or visit www.scripps.org/services/diabetes/patient-education.

Taking a Swing at Diabetes

Like many children, Mark Scribner had dreams of being a sports star. By the time he reached his teens, his dedication to tennis had transformed into a serious passion, and he endured long hours and grueling practices in the hope of becoming a professional player and, ultimately, tennis instructor.

Then, in January 1977, just after his sixteenth birthday, Mark's plans were suddenly put on hold. After two weeks of baffling weight loss, extreme thirst and exhaustion, his parents took him to Scripps Memorial Hospital La Jolla, where he was diagnosed with Type 1 diabetes.

In addition to concerns for his overall health, Mark and his family worried about how this would impact his tennis goals. To their surprise, once his blood sugar levels were under control, his tennis game improved. With newfound energy, Mark became even more focused on the court, and eventually went on to play tennis in college and then competitively for several years, all the while enduring daily blood sugar testing and insulin shots.

Despite his success on the court, Mark picked up some unhealthy habits. He knew of the devastating complications associated with diabetes. Although he had several relatives struggling with the same disease, he lacked a personal drive to improve his lifestyle and health.

About 15 years ago, Mark finally decided to make lifestyle changes and looked to Scripps Whittier Diabetes Institute for support. Mark's parents had been involved with Scripps Whittier for many years. His father, Chuck, is a founding member of the Scripps Whittier Diabetes Institute Invitational Golf Tournament committee and encouraged Mark to make an appointment during his next visit to San Diego.

Mark met with Athena Philis-Tsimikas, MD, corporate vice president of and chief medical officer of

Scripps Whittier, who introduced him to several innovative diabetes treatment options, including insulin pump therapy.

"The pump is life changing," Mark says. "The older you get, the harder it is to maintain ideal blood sugar levels. The pump makes it so much easier."

Thanks to his determination and Dr. Philis-Tsimikas's help, Mark has since achieved his goal of becoming a tennis instructor. He serves as the director of tennis at the Avila Bay Health Club and Spa in his hometown of Pismo Beach, and has become an advocate and mentor for young people who are struggling with diabetes.

"Because of my fears about the disease and what it would bring to my life, I ignored it," Mark says. "The irony is that if I had dealt with my diabetes head-on, I would have felt much better, much sooner. I am grateful for the life I have – my loving family, my health and happiness. I know now that it could have turned out worse, and I don't want that for anyone."



Mark Scribner credits Scripps Whittier Diabetes Institute and his dad, Chuck Scribner, for introducing him to innovative diabetes treatment options that led to healthy lifestyle changes.



SUPPORTING THE FUTURE OF DIABETES CARE

Inpatient Glycemia Management Program

Hospitals across the country are facing serious challenges when it comes to managing blood glucose levels in patients who have diabetes – from reducing the risk of hypoglycemia to transitioning insulin regimens when patients move from one care area to another. When a patient who has diabetes is admitted, it is imperative that extra steps are taken to assure that their diabetes is properly addressed.

At Scripps, our physicians and staff are working together to improve diabetes care at all of our hospital campuses.

Leading the efforts, Scripps Whittier Diabetes Institute is developing a systemwide inpatient glycemia management program. The program will implement standardized insulin protocols, enhance technology systems and deliver annual diabetes training to Scripps physicians and medical staff. For our patients, this will result in better outcomes including higher healing rates, fewer complications related to diabetes, decreased lengths of stay and an enhanced healing experience.

A New Approach to Diabetes Care

In December 2009, David Winkler, advisory board member of Scripps Whittier Diabetes Institute, shared his personal story as a patient with Type 1 diabetes at Scripps Health's third annual Quality Summit.

When David broke his kneecap last year, he received emergency care at Scripps Memorial Hospital La Jolla, had surgery and spent eight days in the hospital. During his stay, his injury was treated, however he experienced challenges in the management of his diabetes.

Following David's story, Athena Tsimikas, MD, Scripps Whittier's corporate vice president and chief medical officer, shared several Scripps initiatives that have been put in place to enhance care for patients with diabetes, including:

- A systemwide steering committee to address better glucose management. It includes pharmacists, nurses and physicians working collaboratively.
- Site steering committees at each Scripps hospital to review diabetes care and develop protocols to improve care.
- Systemwide agreement regarding subcutaneous insulin protocols, glucose reports and pharmacy reports.

"David's story illustrates the importance of working together to standardize the way we provide diabetes care at Scripps," says Dr. Tsimikas.

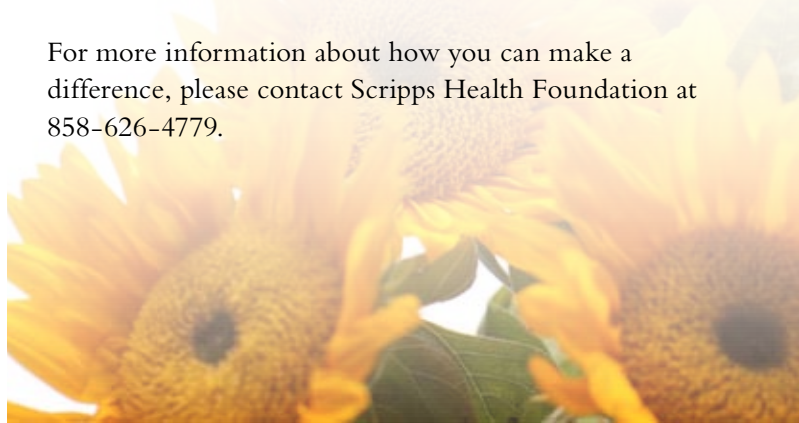
Making a Difference

All charitable gifts, no matter what the size, help Scripps Whittier Institute Diabetes ensure a healthier future for you, your loved ones and our community. With philanthropic support from our many friends, including foundations, corporate funders, community partners and individual donors, we are able to advance diabetes prevention and help those with the disease live healthier and happier lives. We rely on your generosity to help us provide the latest technology and sustain our vital medical programs and research.

We can help you:

- **Get the most from your gift** – gift planning donations may give you valuable tax benefits
- **Increase your gift at no cost to you** – many employers match the charitable gifts of their employees and retirees, including spouses
- **Leave a legacy** – bequests can have a lasting impact on the health of the community

For more information about how you can make a difference, please contact Scripps Health Foundation at 858-626-4779.





Integrating Diabetes and Cardiovascular Care

Diabetes and cardiovascular disease are intricately linked. According to the American Heart Association, nearly 65 percent of people with diabetes die from heart disease or stroke, and

among diabetic women, mortality from heart disease has been increasing. Advancing cardiometabolic medicine to manage risk factors and existing conditions, including diabetes, is just one promise of the new Scripps Cardiovascular Institute.

Scripps Cardiovascular Institute will serve as a destination hospital for cardiac care on the West Coast. It will bring together the best minds and the most sophisticated technology, to provide comprehensive heart care for our patients. Combining the well-respected cardiology programs at Scripps hospitals, as well as programs from Scripps Whittier Diabetes Institute, it will provide patients who have heart disease or have an increased risk of developing it with the most advanced treatment options.

In addition, Scripps Cardiovascular Institute will interweave research, medical education and clinical care, pursuing breakthroughs in genomics, translational science, integrative medicine, and other diseases with cardiovascular components – including diabetes.

For more information about Scripps Cardiovascular Institute, visit www.scripps.org/SCI or call 858-678-7482.

Providing Leadership

Scripps Whittier Diabetes Institute

Athena Philis-Tsimikas, MD
Corporate Vice President

Chris Walker
*Administrative Director,
Diabetes Services*

Scripps Health Foundation

John B. Engle
*Corporate Senior Vice President and
Chief Development Officer*

Mary Braunwarth
Senior Director of Development

Lisa Marvin
Director of Development

Lindsay Peterson
Manager of Special Events

Dave Williams
Senior Director of Gift Planning

By the Numbers: Diabetes in America

- Diabetes is the 6th leading cause of death in the U.S.
- Nearly 23 million children and adults in the U.S. – 7.8 percent of the population – are estimated to have diabetes.
- One out of every three children in our country will face a future with diabetes if current diabetes trends continue.
- Adults with diabetes have heart disease death rates about two to four times higher than adults without diabetes.
- Diabetes is the leading cause of new cases of blindness among adults aged 20-74 years.
- The total annual economic cost of diabetes in 2007 was estimated to be \$174 billion in the U.S.

– All statistics courtesy of the American Diabetes Association



Taking a Swing at Diabetes

Mark Scribner was diagnosed with Type 1 diabetes at age 16. As a young tennis star, he was able to manage his diabetes and his controlled blood sugars helped to improve his game. But as Mark got older, he had more difficulty. After Scripps Whittier Diabetes Institute introduced him to several innovative diabetes treatment options to compliment his lifestyle changes, Mark's condition improved and he was able to continue his passion for

tennis. Today, he serves as the director of tennis at the Avila Bay Health Club and Spa in his hometown of Pismo Beach. *Read more on page 9.*

 Scripps Whittier
Diabetes Institute

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