

## Oregon Diabetes Coalition Quarterly Newsletter

The Oregon Diabetes Coalition Quarterly Newsletter is designed to keep partners and others working in the field of diabetes informed about resources, activities, and opportunities in a collective effort to improve the health and quality of life of Oregonians affected by diabetes.



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### Newsletter Features

#### American Diabetes Association

##### **Partners In Care – Help Honor School Staff Your Area**

Annually, the American Diabetes Association offers parents an opportunity to honor school staff who provide exceptional support on behalf of their child or teen with diabetes through *Partners in Care* - which is part of the Association's Safe At School Program. *Partners in Care* is currently seeking nominations to honor teachers, nurses, secretaries and other staff who go out of their way to ensure a child/teen's diabetes management needs are met at school. Nominees receive a personalized certificate of appreciation and a \$25 gift certificate. Both can be presented personally or be mailed before the end of the school year. There is no cost to participate. Help inform parents of this wonderful opportunity to say "thank you" to school staff. For more information call Bev Bromfield, Program Mgr American Diabetes Association (888) 342-2383 ext. 7294 or e-mail [bbromfield@diabetes.org](mailto:bbromfield@diabetes.org).

#### National Diabetes Education Program

##### **April is Foot Health Awareness Month**

NDEP is promoting a new feature article, "[Keeping Feet Healthy and Happy.](#)" during [Foot Health Awareness Month](#) to emphasize the [importance of proper foot care](#) for people with diabetes. The article includes specific action steps to help avoid serious foot complications that can lead to toe, foot, and leg amputations.

For NDEP's homepage, visit: <http://ndep.nih.gov/index.htm>

For NDEP's monthly e-newsletter, visit: <http://ndep.nih.gov/new/NewsNotes/NDEPNewsNotes.htm>

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### **In this Quarter's Issue:**

#### Coalition News

1. TEDDY STUDY Seeks Help of Oregon Diabetes Coalition Members

#### ODC Workgroup Updates

#### Resources

1. Eagle Book Series & Educational Guide: Tools for Community Diabetes Prevention (Public Health Foundation)
2. Development of an educational 'toolkit' for health professionals and their patients with prediabetes: The WAKEUP study (Ways of Addressing Knowledge Education and Understanding in Pre-diabetes) (Diabetic Medicine)
3. Call to Action for flu vaccination for people with diabetes; communication materials (National Foundation for Infectious Diseases)
4. Materials on Medicare reimbursements for diabetes supplies and education (Center for Medicare and Medicaid Services)

5. Tool for assessing self-management support in primary care settings from the diabetes initiative (Robert Wood Johnson Foundation Diabetes Initiative)

### Events & Trainings

1. Healthy Changes Peer Leader Recruitment Underway! - April 16-17, 2007
2. Diabetes Support Group (African American Health Coalition) - Next meeting April 19, 2007
3. OSHU Women's Health Conference - April 28, 2007
4. Meals Made Easy for Diabetes Classes in Lincoln County - Next series of classes begin May 10, 2007
5. Familia, Salud, y Vida: Latino Health Fair - May 19, 2007
6. D.I.P. The Scale, Diabetes Intervention Prevention Program - June 18 - September 19, 2007
7. Community-based Participatory Research Conference - July 19-20, 2007
8. Canadian Diabetes Association / Canadian Society of Endocrinology and Metabolism Professional Conference and Annual Meetings - October 24-27, 2007
9. Evidence Based Self-Management Programs Available in Oregon!

### Funding Opportunities

1. 2007 Racial and Ethnic Approaches to Community Health across the U.S. Grants (CDC, Community Health and Program Services, Coordinating Center for Health Promotion)
  2. Compassion Capital Fund Demonstration Program (US Department of Health & Human Services, Office of Community Services Program)
  3. Active Living Research Grant (Robert Wood Johnson Foundation)
  4. New Routes to Community Health Grant (Robert Wood Johnson Foundation)
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### **Coalition News**

1. TEDDY STUDY Seeks Help of Oregon Diabetes Coalition Members Urgent Search Underway for Expecting Families with Mom or Dad with Type 1 Diabetes

TEDDY, The Environmental Determinants of Diabetes in the Young, is urgently seeking Northwest families with a mom or dad or child with Type 1 Diabetes, who are expecting another child. Families with a newborn under 4 months of age are also eligible.

TEDDY is a National Institutes of Health Study aiming to identify environmental exposures that trigger Type 1 Diabetes in those with genetic predisposition. The study is currently screening newborns throughout the Northwest for increased diabetes risk. Those at highest risk will be invited to enroll in a follow up study of diet, infections, allergies, and similar exposures during childhood. TEDDY clinical centers are located in Washington, Colorado, Florida/Georgia, and Sweden, Finland and Germany. "It has a real chance to identify common infections or foods that trigger Type 1 Diabetes. In the future, we hope to prevent kids from getting Type 1 Diabetes through specific food immunization and food avoidance," states Dr. William Hagopian, Principal Scientist and Clinical Associate Professor at University of Washington. The TEDDY Study, headquartered at Seattle's Pacific Northwest Research Institute, would be delighted to provide Oregon Diabetes Coalition Members with brochures and more information for patients. Please contact Seattle TEDDY Clinic Coordinator Judy Ewings at (206)568-1491, 1(888)324-2140, or [jewings@pnri.org](mailto:jewings@pnri.org), see website at [www.teddystudy.org](http://www.teddystudy.org), and see attached brochure for more information.

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### **ODC Workgroup Updates**

1. Access to Data

Coalition *Access to Data Workgroup* members have been working with organizations who have data that is useful to measure progress in completing *Action Plan for Diabetes* objectives. Through these discussions, we hope to be able to include information in the upcoming that will help coalition members to evaluate past efforts at Plan implementation, as well as to develop future ones.

Workgroup members have also collaborated with the *Policy and Advocacy Workgroup* to develop fact sheets that advocates can use in promoting *Action Plan*-related initiatives.

## 2. Awareness & Education

This Workgroup is continuing development of the Diabetes Resource Bank in collaboration with contractors Jeanne McGee and Mark Evers from McGee & Evers Consulting, Inc. The purpose of this project is create easily understandable, multi-cultural materials that are available on-line. To date, the following handouts have been developed or are in the process of being developed: 1) Staying Healthy with Diabetes 2) Blood sugar, insulin and Type 1 diabetes 3) Blood sugar, insulin and Type 2 diabetes 4) Blood sugar and the A-1-C blood test 5) Diabetes and Eye exams. The Workgroup last met at the ODC Project Workday on 3/9/07 at McMenamins Kennedy School; the next meeting date is TBA. If you would like to be involved with this Workgroup, including activities related to the Resource Bank, please contact Carrie Washburn at 971.673.0984 or [carrie.l.washburn@state.or.us](mailto:carrie.l.washburn@state.or.us).

## 3. Policy & Advocacy

Legislative Update:

This legislative session has been a busy one with seven bills related either directly or indirectly to diabetes prevention and management. Bills at the state level include:

House Bill 3486 directs the Department of Human Services to develop a strategic plan to address diabetes and obesity. This bill is currently in the House Health Policy Committee awaiting amendments. House Bill 2650 "Healthy Foods for Healthy Students" Nutrition Bill establishes standards for foods sold in vending machines, ala carte and school stores. This bill passed on the House Floor April 3<sup>rd</sup> and is scheduled for a public hearing April 23<sup>rd</sup> in the Senate Health and Human Services Committee. House Bill 2801 seeks to establish a Human Stem Cell Research Committee which will develop guidelines for research as well as a grant fund. The bill is still under discussion in the House Subcommittee on Health Care Access. House Bill 5031 will set limitations on durable medical equipment to 80% of the current Medicare reimbursement rate. Currently a diabetes exception is being sought to protect coverage for blood sugar testing equipment and supplies. Senate Bills 370, 360 & 372 seek to ensure placement of specified minutes for PE in schools along with assessment of impact. The bills are currently in the Ways & Means Education Subcommittee as part of overall discussions for the education budget.

To stay aware of the status of these bills, current action alerts and/or to become a Diabetes Advocate visit <http://advocacy.diabetes.org>. Or join the Coalition's Policy Group. To join e-mail Bev Bromfield, Program Mgr, American Diabetes Association at [bbromfield@diabetes.org](mailto:bbromfield@diabetes.org).

## 4. Quality Health Systems

The Quality Health Systems Workgroup has developed a flyer to inform clinicians practicing in Oregon about the *Oregon Population-Based Guidelines for Diabetes Care*. The "Thank you for helping to improve diabetes care in Oregon (and here's how to keep up the good work)" flyer was mailed in March to 3,550 physicians (internists and family medicine/general practice physicians), 1,900 adult and family nurse practitioners and 150 diabetes educators. The flyer highlights recent improvements in diabetes care in Oregon, provides resources for continued improvement efforts, and outlines recommended preventive services, interventions and clinical management goals for adults with diabetes. In the coming months, the workgroup will be exploring the possibility of a repeat mailing to pediatricians to inform them of the new pediatric guidelines, and looking at ways to encourage clinics to implement adult and pediatric diabetes care guidelines through electronic systems for care management. Other projects include supporting linkages between health systems, community self-management support resources, and people with diabetes. For more information contact Brad Hall at [bhall@acumentra.org](mailto:bhall@acumentra.org) or 503.382.3935.

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## Resources

### 1. Educate communities and fight diabetes with resources offered through the Public Health Foundation (PHF).

The Eagle Book Series & Educational Guide: Tools for Community Diabetes Prevention (Item No. EAG-005) is a package containing one of each the four Eagle Books (Through the Eyes of the Eagle, Knees Lifted High, Plate Full of Color, and Tricky Treats) and a 62-page guide. Developed by the Centers for Disease Control and Prevention and the Indian Health Service, the stories emphasize the joy of physical activity, eating healthy foods, and learning from ancestors about health and diabetes prevention. The accompanying 62-page guide includes curricula, activities, recipes, and more. Use in the classroom, library, health

clinic, home, and other settings to promote overall wellness and health. The package is available for just \$24.50 on the PHF online bookstore [http://bookstore.phf.org/product\\_info.php?cPath=81&products\\_id=566](http://bookstore.phf.org/product_info.php?cPath=81&products_id=566).

Looking for more resources? Find other diabetes and nutrition related materials in the diabetes section of the PHF bookstore: <http://bookstore.phf.org/index.php?cPath=81>.

For more information, contact Antoinette V. Williams, Assistant Director, Learning Resource Center, at 202-218-4406.

2. Development of an educational 'toolkit' for health professionals and their patients with prediabetes: The WAKEUP study (Ways of Addressing Knowledge Education and Understanding in Pre-diabetes). See attached journal article from 'Diabetic Medicine', Evans et al, 2007.

3. Call to Action for flu vaccination for people with diabetes; communication materials. Please see attached documents from the CDC (Call to Action and template newsletter article). For additional communication tools, please contact Carrie Washburn at [carrie.l.washburn@state.or.us](mailto:carrie.l.washburn@state.or.us) or 971.673.0984.

4. New materials on Medicare reimbursements for diabetes supplies and education. Please see attached documents from the CDC (official government booklet and partner tip sheet).

5. The **Assessment of Primary Care Resources and Supports for Chronic Disease Self Management (PCRS)** is a tool developed by the Robert Wood Johnson Foundation Diabetes Initiative to further define the elements of self management support in primary care. Its purpose is to facilitate quality improvement in this component of the chronic care model. Also available is a PowerPoint presentation that provides some background and information on how to use and score the PCRS Tool.

Direct link to download these resources from the Diabetes Initiative website: <http://diabetesnpo.im.wustl.edu/lessons/tools.html>

Robert Wood Johnson Diabetes Initiative website: <http://diabetesinitiative.org>

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## **Events and Trainings**

### 1. Healthy Changes Peer Leader Recruitment Underway!

Elders in Action is currently recruiting volunteers 55 or older with diabetes to participate in a leadership training for their Healthy Changes program.

Our next training will be April 16<sup>th</sup> and 17<sup>th</sup>, and will be led by Providence Health System, Elders in Action, and current Healthy Changes Peer Leaders. If you are interested in becoming a Peer Leader, or if your organization is interested in sponsoring a Healthy Changes group, please join us for this fun and interactive training!

See attached document for more information.

For more information and a registration form, please contact:  
Debbie Kaufman at [debbie@eldersinaction.org](mailto:debbie@eldersinaction.org) or 503-585-7538.

2. Need diabetes support? The diabetes support group, facilitated by the African American Health Coalition, meets the first and third Thursday of every month from 7-8pm in Room 1027 of Legacy Emanuel Hospital. April meetings are on the 5th, and 19th. For more information, contact the African American Health Coalition at 503-413-1850 or [info@aahc-portland.org](mailto:info@aahc-portland.org).

Diabetes-specific presentation:

Why It Is Important to Talk About Diabetes

Session One: 1:20-2pm, Room 1

Speaker: Elizabeth Stephens, M.D.

Learn the symptoms, and how to prevent and treat diabetes.

See attached pdf for additional conference information and how to register.

3. OHSU Women's Health Conference - Saturday, April 28, 2007; 7:30-4:30pm; Oregon Convention Center  
All-day admission is \$40 and includes classes, lunch, handouts, and conference materials. See attachment for more information.

4. Meals Made Easy for Diabetes Classes in Lincoln County - April / May, 2007

The Lincoln County Diabetes Education and Prevention Coalition received grant funding through the Siletz Tribal Charitable Contribution Fund to conduct four Meals Made Easy classes (two Spring and two Fall 2007).

Toledo, OR: Mondays, April 9, 16, 23, 30 from 6:30-8:30 p.m., Toledo Trinity Methodist Church  
Lincoln City, OR: Thursdays, May 10, 17, 24, 31 from 7:00-9:00 p.m., St. Peter's Lutheran Church

For more information or to register for classes, contact Jennifer Loyd at (541) 265-6611 ext. 2432.

5. Picante Solutions, Inc. invites you to participate in the 2007 Latino Health Fair, titled Familia, Salud, y Vida, to encompass all aspects of a healthy lifestyle. Our goal is to foster awareness about the health problems that particularly affect the Latino community, as well as provide important information on health prevention and local health resources. Familia, Salud y Vida provides an educational outreach opportunity for organizations to inform Latino families of local services, resources, and contacts needed to lead healthy and active lifestyles. It is a free, family oriented event that will feature music, kids activities, health screenings, prevention tips, etc. For more information, contact Picante Solutions, Inc. at 503.309.5191 or [info@picante-solutions.com](mailto:info@picante-solutions.com)

Date: Saturday, May 19, 2007

Time: 10:00am – 2:00pm

Location: Oregon Zoo Cascade Banquet Center

6. D.I.P. The Scale, Diabetes Intervention Prevention Program, 6/18/07-9/19/07, Elsie Stuhr Center, Beaverton: 12-week exercise and lifestyle modification program for persons with diagnosed pre-diabetes, diabetes, or metabolic syndrome, or persons at risk for developing type 2 diabetes. See attached flyer for more information.

#### 7. COMMUNITY-BASED PARTICIPATORY RESEARCH CONFERENCE, JULY 19 - 20

SAVE THE DATE! The NWHF 3rd CBPR Conference will take place at the Oregon Convention Center July 19-20, 2007. The theme of the conference is Healthier Communities through Action and Research. The event will provide a dynamic forum for exploring issues related to community-based research partnerships, methods, funding, project planning, and the dissemination of findings. Effective models of CBPR from the Northwest and throughout the country will be highlighted.

The call for presenters is now open, through April 22: <http://www.nwhfsubmissions.org/nwhf/>

Registration begins May 1, 2007. For more information, contact David Rebanal at 503-220-1955.

8. John D. Boggan of the Canadian Diabetes Association sent the following: The 11th Annual CDA/CSEM Professional Conference and Annual Meetings will be held October 24-27, 2007 at the Vancouver Convention and Exhibition Centre, Vancouver, BC. This meeting brings together educators, clinicians and scientists to share their expertise, ideas and experiences in diabetes and other endocrine disorders. Program highlights include nationally and internationally renowned speakers addressing current diagnosis and treatment issues, interactive workshops, meet the professionals, oral abstract sessions, poster presentations, a trade show and sponsored social activities. The Canadian Diabetes Association invites the Washington State Diabetes Network to join our colleagues to celebrate achievement, and learn, share and commit your energies to the fight against diabetes and other endocrine disorders. For more information, visit [http://www.diabetes.ca/section\\_professionals/profconference.asp](http://www.diabetes.ca/section_professionals/profconference.asp), or contact: (416) 408-7077, [Lucy.Montana@diabetes.ca](mailto:Lucy.Montana@diabetes.ca).

#### 9. Evidence Based Self-Management Programs Available in Oregon!

Living Well with Chronic Conditions is an evidence-based workshop that improves self-confidence and teaches practical self-management skills for living a healthy life with an ongoing health condition. Classes are interactive, and taught for 2-1/2 hours each week for six weeks by trained peers with chronic health conditions. The program was designed by Stanford University to complement and enhance medical treatment and disease management, and is supported by the Oregon Department of Human Services. Outcomes include improved symptom management and health status, communication skills, reduced limitations and distress, and more appropriate utilization of health services. Free and low-cost Living Well programs are available in communities across Oregon; for more information on the program and a listing of workshops and leader training opportunities, see [www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell).

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## Funding Opportunities

1. 2007 Racial and Ethnic Approaches to Community Health across the U.S. Grants

Application Deadline Date: May 2, 2007

The CDC's Community Health and Program Services (CHAPS) Branch in the Division of Adult and Community Health, National

Center for Chronic Disease Prevention and Health Promotion, Coordinating Center for Health Promotion, is pleased to announce the release of the 2007 Racial and Ethnic Approaches to Community Health across the U.S. (REACH US) program announcement. On 3/9/2007 HHS/CDC published a Request for Applications for the REACH across the US Program on [www.Grants.gov](http://www.Grants.gov), **CDC-RFA-DP07-707**. More information is available at: <http://www.grants.gov/search/search.do?oppld=12909&mode=VIEW>

## 2. Compassion Capital Fund Demonstration Program

US Department of Health & Human Services, Office of Community Services Program:

The purpose is to deliver capacity building services to increase an organization's sustainability and effectiveness, enhance its ability to provide social services and create collaborations to better serve those in need.

Award: Total available funding: \$16,500,000; 33 awards averaging \$500,000 each

Eligibility: State, county, city or township governments; public and state-controlled institutions of higher education; public and state-controlled institutions of higher education; Indian/Native American Tribal governments (Federally recognized); nonprofits with 501(c)(3) IRS status (other than institutions of higher education); nonprofits without 501(c)(3) IRS status (other than institutions of higher education); private institutions of higher education; for-profit organizations (other than small businesses); small businesses; special district governments and faith-based and community organizations

Deadline: Application Deadline: May 16, 2007

Application Guidelines/Submission: Visit the website for complete application guidelines/submission.

Website: [http://www.acf.hhs.gov/grants/open/HHS-2007-ACF-OCS-EJ-0035.html#part\\_3\\_1](http://www.acf.hhs.gov/grants/open/HHS-2007-ACF-OCS-EJ-0035.html#part_3_1)

## 3. RWJF Active Living Research Grant

Application Deadline Date: May 16, 2007

*Active Living Research* is a \$12.5-million national program of the Robert Wood Johnson Foundation that stimulates and supports research to identify environmental factors and policies that influence physical activity.

The purpose of this call for proposals is to increase our understanding of how environments and policies affect children's physical activity in community and school settings. More information is available at: <http://www.rwjf.org/applications/solicited/cfp.jsp?ID=19832&c=EMC-FA138>

## 4. RWJF New Routes to Community Health Grant

Application Deadline Date: May 17, 2007

New Routes to Community Health supports local partnerships among immigrant organizations, media production centers and established community institutions to foster collaborations to improve immigrants' health, work life and civic participation. Up to eight geographically and ethnically diverse sites will receive awards of as much as \$225,000 over 39 months. More information is available at:

<http://www.rwjf.org/applications/solicited/cfp.jsp?ID=19837>

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For questions about the Newsletter, the Oregon Diabetes Coalition, the Oregon Diabetes Program, or Oregon's Action Plan for Diabetes, please contact Carrie Washburn at 971.673.0984 or [carrie.l.washburn@state.or.us](mailto:carrie.l.washburn@state.or.us). To view Oregon's Action Plan for Diabetes, visit <http://egov.oregon.gov/DHS/ph/diabetes/docs/2005plan.pdf>. To view the most recent Progress Report on Diabetes, visit <http://egov.oregon.gov/DHS/ph/diabetes/docs/progrpt06.pdf>.

If you have items to be included in the next newsletter (tentatively scheduled for release in July), please forward this information to Carrie Washburn at [carrie.l.washburn@state.or.us](mailto:carrie.l.washburn@state.or.us).

To be added or removed from this distribution list, please email Carrie Washburn at [carrie.l.washburn@state.or.us](mailto:carrie.l.washburn@state.or.us).

To help with expansion of this Newsletter, please consider forwarding this email to your diabetes partners.

