

## This Issue Includes:

- [The American Diabetes Association Expo](#)
- [Spring into an Exercise Routine](#)
- [Carbohydrate Adjustment for Exercisers with Diabetes](#)
- [Elder-Youth Walking Buddies Explore Neah Bay](#)
- [Diabetes Network Leadership Team Meeting April 17](#)
- [Women's Health and Family Planning Resources Available in Multiple Languages](#)
- [Resources on Health Reform](#)
- [Survey on Diabetes Self-Management and Mobile Technology](#)

## What's New?

### The American Diabetes Association Expo: April 13, 2013 in Seattle, WA

Begin your journey to health at EXPO. Find out your risk for developing diabetes, stroke, heart and kidney disease with our free health screenings and consultations. Learn how to eat healthy, be active and change the future of diabetes in Seattle at the largest community gathering dedicated to health.

The EXPO is FREE and in addition to health screening includes cooking demonstrations, expert presentations, product and service exhibitors and much more!

**April 13, 2013**

Washington State Convention Center, North Hall 4E/F

Seattle, WA

9:00 a.m. - 3:00 p.m.

#### Speakers include:

##### Main Stage

**9:15 a.m. - 10:00 a.m.** Bart Johnson, MD and Fran Broyles, MD

Smile! The Importance of Oral Health in Diabetes Management

**10:15 a.m. - 11:00 a.m.** Manny Hernandez, President, Diabetes Hands Foundation

The Diabetes Community: Unleashing the Power in You

**11:15 a.m. - Noon** Michael Shannon, MD

Diabetes in Pregnancy: Detection, Intervention, Prevention

**12:15 p.m. - 1:00 p.m.** Brendan Smith, ND

A Person-Centered Approach to Diabetes Care

**1:15 p.m. - 2:00 p.m.** Lou Brock, MLB Hall of Famer

Hitting it Out of the Park

**2:15 p.m. - 3:00 p.m.** Bob Kolenkow, A1C Champion

Managing Diabetes: The Next Step

And more speakers on the Type 1 Stage.

#### Free Screening includes:

A1C

Adrenal and Trigger Point Test

Blood Glucose

Blood Pressure

BMI (Body Mass Index)

Bone Density

Cholesterol

COPD

Foot Exams

Hearing

Kidney Health

Vision

## Spring Into An Exercise Routine

The Joslin Diabetes Center has some recommendations for people with diabetes who may be starting or resuming physical activity as nice spring weather begins.

“With spring in full bloom and the mountains of snow behind us, it’s the perfect time to pull those running shoes out from the back of your closet. Getting back into the swing of exercise can be tricky – especially when you need to be cautious of how that exercise will affect your blood-glucose levels.”

[Read more](#) at the [Joslin Diabetes Center](#) website,

## Carbohydrate Adjustments for Exercisers with Diabetes

Licensed and registered dietician Becky Hand shares tips for people with diabetes to avoid low blood sugar due to physical activity.

“Many people with diabetes have special needs that should be considered when planning an exercise program. Exercise can cause your blood glucose levels to drop too much, especially if you take insulin or other glucose-lowering medications.”

[Read more](#) at SparkPeople.

## Elder-Youth Walking Buddies Explore Neah Bay

A group of Makah elders and Neah Bay High School students took a walk outside on a sunny Tuesday. “That was the best thing that happened to me in a long time, “ said elder Verna Bunn, “I can’t tell you how much it means to me to be able to get out and walk.”

The cross-generational walk came about as part of the Elder-Youth Walking Buddy Program, matching Neah Bay High School students with elders from the local Senior Center to take walks together in their community at the northwest tip of the Olympic Peninsula. When organizers with the Neah Bay Public Health Department had asked elders what might motivate them to walk more, many expressed an interest in having youth walking buddies. The idea was then offered as a community service opportunity to Neah Bay High School students, and after the students received instructions from physical therapist Sven Solvik about how to safely walk with elders, the Walking Budding Program was born.

The walk also provided a chance to gather feedback about what it is like for seniors to walk or use wheelchairs in Neah Bay. Organizers with the Public Health Department provided a trained assessment facilitator and the walking buddies reported their observations about what they experienced on foot. To improve walkability, walkers proposed increased signage, benches, distance markers and ramps. They shared thoughts about how to slow traffic and improve crossings near the Senior Center and Mini Mart. The walk allowed them to express their needs and be involved in public decisions while having fun and making community connections.

This activity was part of the Makah Tribe’s Community Transformation work and was brought about with funding from a federal Community Transformation Grant and technical assistance from Forterra, enabling the Public Health Department to engage citizens young and old to increase physical activity in their community. Ms. Bunn hopes to see more Elder-Youth Walks in the near future, noting that “the high school students were friendly, and I just enjoyed my walk very much.”

For more information about this program, contact Mel Melmed, Makah Public Health, 360-645-3010 [mel.melmed@ihs.gov](mailto:mel.melmed@ihs.gov), or visit the [Feet First](#) website.

## Leadership Team Update

## Diabetes Network Leadership Team Meeting April 17

The next meeting of the Diabetes Network Leadership Team will take place on April 17, 2013. Want to get involved with the Leadership Team? You can request a copy of the meeting’s agenda, or start out by joining a committee.

If you’re interested in a copy of the agenda, or joining the advocacy committee, the communications committee, or the evaluation committee, contact [Ben Conn](#).

## New Resources

### Women's Health and Family Planning Resources Available in Multiple Languages.

Two multi-lingual resources are available from the Washington State Department of Health:

- [“Your Reproductive Life Plan”](#) in English and Spanish
- [“Make a Change For Yourself...Make a Change For the Better”](#) in English, Russian, and Spanish

These materials can help people set personal goals about having or not having children, and stay healthy throughout their lives.

### Resources on Health Reform

With more of the Affordable Care Act taking effect, many of us can expect changes over the next year. Here are some great resources that can help you understand what health reform means for you:

- [The Washington State Office of the Insurance Commissioner is a great place to start, with clear explanations of changes for individuals, families, and businesses.](#)
- [The Henry J. Kaiser Family Foundation offers a convenient calculator you can use to estimate the tax credit you will receive to help pay for your health insurance.](#)
- [The Washington State Health Care Authority explains many aspects of health reform, and features a short video.](#)
- [Washington HealthPlanFinder answers Frequently Asked Questions about the Health Benefit Exchange.](#)
- [State of Reform lists the organizations which have expressed intent to act as navigators for health reform.](#)

### Survey on Diabetes Self-Management and Mobile Technology

The University of Washington is inviting individuals with diabetes to take part in a survey about how supportive mobile technology and financial incentives might effect diabetes self-management. This survey is anonymous, and participation is voluntary. As compensation for their contribution, participants can take part in a prize draw for 5 VISA gift cards of \$20. For this, and only for this draw, The University of Washington will collect an email address to contact the winners. Take the survey [here](#).

If you have questions, comments, or suggested content for this publication, or if you wish to subscribe or unsubscribe, contact:

[diabetes@doh.wa.gov](mailto:diabetes@doh.wa.gov)