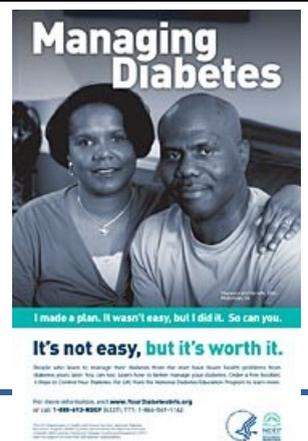


What's New

Managing Diabetes—It's not easy, but it's worth it.

The National Diabetes Education Program (NDEP) recently launched an updated version of their popular "Control Your Diabetes For Life" campaign. The new campaign titled "**Managing Diabetes-It's not easy, but it's worth it**" communicates the seriousness of diabetes and the importance of managing the disease to prevent or delay complications, and the importance of making a plan you can live with. The print public service announcement and poster series feature people from around the country living with diabetes who reflect a diversity of ethnicity and age. The promotional materials are available in small amounts at no cost, but additional copies are available for a nominal fee.

To find more NDEP campaigns and free materials visit their website at www.ndep.nih.gov



CDC Launches the Vision Health Initiative

The Centers for Disease Control and Prevention recently introduced the new **Vision Health Initiative** or VHI. The VHI is a collaboration between the CDC's Division of Diabetes Translation and numerous stakeholders to develop a coordinated approach to promoting vision health across the lifespan. The VHI website lists a variety of resources related to vision health, including data and statistics, funding opportunities, facts, publications, and other useful information.

[Learn more about VHI's Mission, Goals, and Objectives](#)

The Washington State Health Education Resource Exchange (H.E.R.E) has new look!

The Washington State Health Education Resource Exchange or H.E.R.E, has a new look and feel. The website is an online clearinghouse of public health education and health promotion materials, projects, people, events, and resources in the State of Washington. H.E.R.E. is designed for people who perform population-based health promotion activities in a variety of settings, primarily state and local health departments, community organizations, clinics, hospitals, and schools. You can find hundreds of free posters, brochures and fact sheets that can be downloaded or ordered at no cost. You can also join their exchange and upload health promotion materials that you have created to share with your peers.

To [learn more](#) visit their website at: <http://here.doh.wa.gov>.

Recent Events

YMCA Plan Forward: Diabetes Prevention Program

The Washington Diabetes Prevention and Control Program (DPCP) is partnering with 4 YMCA's across the state to implement the Diabetes Prevention Program (DPP) Plan4Ward Curriculum. The four YMCA's participating in the program are located in [Auburn](#), [Gig Harbor](#), [Spokane](#), and [Wenatchee](#). The classes which began in October and going well and all the sites have reported consistent participation, as well as progress with weight loss and group bonding. Auburn and Gig Harbor are adding two new classes starting in January!



For more information contact [Jeanne Harmon](#) at 253-395-6758 or visit the [Diabetes Connection](#).

Healthy People 2020 Public Meeting



On Friday, November 20th, the US Department of Health & Human Services (HHS) held a public meeting in Seattle to present the first draft of the proposed Healthy People 2020 objectives. The meeting, which was only one of three held in the country, gave attendees an opportunity to provide input for the proposed 10-year health promotion and disease objectives aimed at improving the health of all Americans. If you were not able to attend the meeting and would still like to provide feedback there is an opportunity to submit your comments in writing by sending an [email](#) or online at www.healthypeople.gov/hp2020/comments. **Deadline to submit comments is December 31, 2009!**

To learn more about [Healthy People 2020](#) or to view the [proposed objectives](#) go to www.healthypeople.gov/hp2020.

Upcoming Events

Chronic Kidney Disease, Disparities, and Diabetes Webcast
Wednesday, December 16, 2009 from 11:00 am to 12:00 noon (Pacific time)
Sponsored by the Utah Diabetes Monthly Telehealth Series

The Utah Diabetes Prevention and Control Program offers monthly online Diabetes Brown Bags for healthcare providers. The free broadcasts are held the third Wednesday of each month from 12-1 Mountain time. CEU credits are available and if you miss them you can view archived webcasts on their site.

[Learn more or register...](#)

Remember to Post your events to the Diabetes Connection!

The Diabetes Connection is a web portal for you, members of the Diabetes Network, to share information about your events, activities, news, resources, etc. with your peers across the state! If you don't already have a user account you can request one by going to the Connection and filling out a short [request form](#). Instructions on how to add new information can be found under the Help section or your can contact [Laura Pennington](#) to set up an appointment to learn how easy it really is!

To find more upcoming events visit the [Diabetes Connection events calendar](#).

Farewells

A Big Thank You!

We would like to say "thank you" and acknowledge all of the hard work of the following Washington State Diabetes Network Leadership Team members who will be leaving us at the end of 2009:

- Sue Butkus**—Washington State University—*Evaluation Committee Chair*
- Kenn Daratha, PhD.**—Washington State University—*2008 Chair*
- Elaine Engle**—Spokane Regional Health District—*Membership Committee Chair*
- Linda Haas**—Veterans Administration—*2007 Chair*

Thank you all for volunteering your time and for your great leadership and efforts to reduce the impact of diabetes in Washington State! You will all be sorely missed!

If you have questions, comments, or suggested content for this publication contact:
[Laura Pennington](#) at (360) 236-3963

Have a safe, healthy holiday season!

