

e-News

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diabetes.doh.wa.gov

What's New

Help Stop Diabetes[™] Now!

The American Diabetes Association (ADA) recently launched the Stop Diabetes™ movement as a call to action to get people involved in educating the public about the seriousness of diabetes, to ignite



a sense of urgency about diabetes and its deadly consequences, and to inspire individuals, families, communities, corporations, and health care providers to get involved and join the movement to change the future of diabetes!

Find out more about the movement and how diabetes affects people in Washington State by going to the **Diabetes Connection**.

Recent Events—Regional Coalition Activities

Wenatchee Area Network for Diabetes (WAND) - Gold's Gym Hockey Night

Recently the Wenatchee Area Network for Diabetes (WAND) coalition partnered with Gold's Gym in Wenatchee to raise money for the Richard Tucker fund. Gold's Gym sponsored a community hockey event, with proceeds from the event to help support the work of the WAND diabetes coalition, which conducts diabetes awareness activities in the area. WAND also recently partnered with the Wenatchee Valley YMCA and the North Central Washington Rural Health Foundation to help support the prevention and management of diabetes in the Wenatchee area. The strength of these new partnerships has helped WAND expand the outreach work they do in the community. To learn more about WAND or to contact them go to the Diabetes Connection.

Tri-Cities Diabetes Coalition—Savor the Flavor

On November 13th-14th, the Tri-Cities Diabetes Coalition participated in a fund-raising event sponsored by the Food Network and Fiesta Foods, a local Hispanic grocery store in the area. While celebrity Chefs from the Food Network were on hand conducting demonstrations, two members of the Tri-Cities Diabetes Coalition also demonstrated their cooking prowess! Cynthia McCready and Lailia Abd Latif, prepared a healthy dish (Pineapple-Black Bean Enchiladas) for a contest, judged by a panel of 5 star chefs! Although they did not win the \$500 prize, they did receive rave reviews and applause from the audience! The coalition also used this opportunity to educate the community about diabetes and nutrition, hosting an awareness booth and providing free diabetes educational literature to the public! For more information about this event, the Tri-Cities Coalition, or for a copy of the recipe visit the *Diabetes Connection*.





Eastern Washington Diabetes Network (EWDN) -**Promoting Awareness**

The Eastern Washington Diabetes Network has been busy collaborating with the American Diabetes Association's (ADA) Stop Diabetes Campaign Take Action! Prevent and Control Diabetes to promote the prevention and management of diabetes through a "know

your risk" approach. EWDN members were tasked with taking this message, along with the ADA's Risk Test and other educational materials promoting the campaign to their worksites. In addition, EWDN's media partner KHQ-TV promoted Diabetes Awareness Week with local stories during newscasts and information on their website, linking people to the risk test. EWDN was also the focus of a newscast Help Center, fielding questions about diabetes called in by viewers. To learn more about the EWDN go to the **Diabetes Connection**.

Upcoming Events

Diabetes Youth Connection

Presented by the Wenatchee Area Network for Diabetes (WAND)

Thursday, February 25, 2010 from 4:00-7:00 pm

Join the Wenatchee Area Network for Diabetes (WAND) for a free event for North Central Washington students and their families to connect with others and to get the latest information on diabetes and youth from diabetes educators, the American Diabetes Association, and school nurses. Learn More...



Upcoming Regional Diabetes Coalition/Network Meetings

- Eastern Washington Diabetes Network (EWDN): Wednesday, January 20th, 12:30—2:00 PM
- Tri-Cities Diabetes Coalition: Thursday, January 21st, 11:30—1:00 PM
- Wenatchee Area Network for Diabetes (WAND): Thursday, January 21st, 12:00—1:30 PM
- Community Partners for Diabetes Health (CPDH)—Pierce County: Wednesday, January 27th, 3:00—4:30 PM

To learn more about Regional Diabetes coalitions in Washington visit the Diabetes Connection Regional Coalitions section.



YMCA Plan Forward: Diabetes Prevention Program

There is still time to sign up for the January Plan Forward: Diabetes Prevention Program classes starting up in Auburn, January 19th and Gig Harbor, January 14th. If you know someone at risk for diabetes this is the program for them!

<u>Learn more</u> about the Plan Forward: Diabetes Prevention Program

To find more upcoming events visit the Diabetes Connection events calendar.

New Resources

Diabetes Connection Resources for Spanish Speaking Individuals! The Diabetes Connection web portal recently added a resource section for people whose primary

language is Spanish. The section targets the general public, but is also a great resource for health professionals who serve a large Spanish-speaking population. If you have a resource you would like to share please send them to Laura Pennington or if you are already a contributor to the Connection, feel free to add any new resources you may have. The resources must be from a credible source and be relevant to the Spanish-speaking population. To find resources in Spanish visit the Diabetes Connection Resources for the General Public Section.



Support for Behavior Change Resource (SBCR) The National Diabetes Education Program (NDEP) has a new resource to help people with diabetes, pre-diabetes, and

health care professionals who counsel and care for them, better manage their health. SBCR is a database of research articles, tools and programs that address the "how to" of psychosocial issues, lifestyle, and behavior change. The articles, tools, and programs are sorted by target area, behavioral strategy, and audience and include resources that help people cope with diabetes and make lifestyle and behavior changes. All materials have been reviewed by experts in the behavior change process. To learn more about SBCR and to find resources go to the NDEP website.



The Together Rx Access® Savings Program is a free prescription savings program for eligible residents of the United States and Puerto Rico who have no prescription drug

Together Rx Access® Prescription Savings Program

coverage. The program, which was created as a public service by a group of some of the world's largest pharmaceutical companies, provides cost savings to individuals on hundreds of name brand and generic prescription medicines.

Learn more about the <u>Together Rx Access® program</u> or to find more financial assistance programs for people with diabetes, go to the **Diabetes Connection**.

Welcome!

Welcome new members of the 2010 Washington State Diabetes Network Leadership Team!

Thank you to the following people for volunteering to be part of the statewide efforts to reduce the prevalence of diabetes in Washington State: Nadine Mitchell, Jennifer Polello, Vazaskia Caldwell, Sue Peterson, Lisa Woodard, Ted Duncan,

and Sandra Benavides-Vaello. We look forward to working with you in the new year!

To learn more about the Washington State Diabetes Network Leadership Team go to the Diabetes Connection

If you have questions, comments, or suggested content for this publication contact:

Leadership Team Section.

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