

**What's New**

**A Fond Farewell to Jan Norman!**



After 22 years of public service, Washington State is wishing Jan Norman RD, CDE, a fond farewell and happy retirement. During her tenure at Washington State Department of Health, Jan managed the Diabetes Prevention and Control Program and until recently, directed the Chronic Disease Prevention Unit. She creatively designed the Diabetes Collaborative to improve quality of care. This successful model expanded to include other chronic diseases including heart disease, asthma and implementation of medical home concepts in primary care offices. The legacy Jan leaves behind of improving the quality of chronic disease management has changed not only attitudes, but behaviors, policies and practices throughout the entire state. Statewide and national partners will miss her greatly.

Photo by Kate Lynch

Here's to wishing Jan good health and much happiness in her retirement!

**Activities around Washington**

**The OPW Diabetes Project**



The Optometric Physicians of Washington is launching an educational outreach program entitled OPW Diabetes Project. Their goal is to reduce visual impairment due to diabetic retinopathy. Their first strategy is to improve communication between primary care and eye care providers. The OPW has collaborated with both family practice physicians and ophthalmologists to develop a Diabetes Communication Form that provides relevant information for each respective provider before patient evaluation. By improving communication between both the primary care and eye care specialist, care can be delivered more efficiently and effectively to diabetes patients. The program also provides educational outreach to health care providers, diabetes support groups, and diabetes educators providing information about diabetic eye disease, the importance of the dilated eye exam, and how it differs from an eye exam without dilation. With a better understanding of the changes associated with diabetic eye disease, these support personnel will be better able to explain to patients how the dilated eye exam helps prevent or reduce visual impairment and blindness from this condition. When patients are well-informed, they are more likely to follow through with their doctor's recommendations.

The project recently worked with both the Tri-Cities Coalition and the WAND Coalition to deliver this information in their communities. They are currently looking to collaborate with other organizations to present this information to the diabetic patients and health care providers across the state.

If you would like more information please contact Heidi Sutter at [hmsutter@comcast.net](mailto:hmsutter@comcast.net) or to download the form go to their website at [www.eyes.org](http://www.eyes.org).

**Upcoming Events**



**YMCA Plan Forward: Diabetes Prevention Program**

There is still time to sign up for the upcoming YMCA Diabetes Prevention Program classes starting up soon in the following Seattle area YMCAs: [Bothell](#), January 24th, [Auburn](#), January 31st, [Shoreline](#), February 9th, and [West Seattle/Fauntleroy](#), March 7th, Again, If you know someone at risk for diabetes this is the program for them!

[Learn more](#) about the YMCA Diabetes Prevention Program

**Upcoming Regional Diabetes Coalition/Network Meetings**

- [Community Partners for Diabetes Health \(CPDH\)—Pierce County](#): Wednesday, January 19th, 3:00—4:30 PM
- [Tri-Cities Diabetes Coalition](#)—Thursday, January 20th, 11:30 AM —1:00 PM
- [Wenatchee Area Network for Diabetes \(WAND\)](#): Saturday, January 22nd, 12:00—3:00 PM
- [Seattle & King County REACH Coalition](#):—Thursday, January 27th, 3:00—5:00 PM

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

To learn more about Regional Diabetes coalitions in Washington visit the Diabetes Connection [Regional Coalitions](#) section.

**Webinar Series: Survey Development, Analysis, and Use in Health Care Settings**  
3-part Webinar series begins Thursday, February 2nd.

Whether responding to external pressures or internal motivation to improve care, hospital and office practice staff are increasingly seeking to learn from their patients and colleagues. Unfortunately and despite good intentions, people conducting research often do not get the results they are looking for because of poor survey design. To help address this need, the Institute for Healthcare Improvement (IHI) is offering [Survey Development, Analysis, and Use in Health Care Settings](#), its latest Web&ACTION program. Intended for anyone who develops and implements surveys.

**New Resources**

**Culturally Targeted Resources for Health Providers!**

Last March members of the network were asked what they found useful about the Diabetes Connection and what sorts of things they would like to see. One topic that we heard repeated were more resources for the Asian American/Pacific Islander Population, including data. While we are working on the data piece, thanks to your feedback the Diabetes Connection web portal has added three new resource sections for health professionals who serve the following populations:

- Tribal Populations
- Asian American/Pacific Islanders
- Migrant Farm Workers

The majority of the resources are educational materials for people living with or at high risk for diabetes, but there is information on clinical practice, professional development, research information as well. The Diabetes Connection is always a work in progress so please send any resources that are relevant to these topics to [Laura Pennington](#) to they can be included and shared with the network.

**Posters promote diabetes prevention messages**

Looking for free posters for your clinic, staff lounge, offices or hallways, that promote the message that ["it 's not too late to prevent diabetes"](#) or ["you don't have to knock yourself out to prevent diabetes"](#), or ["you don't have to eat like this to prevent diabetes"?](#) We have a supply a 3 different 14" x 11" posters displaying these messages from the [National Diabetes Education Program \(NDEP\)](#). If interested, contact [Laura Pennington](#).



**Corengi Clinical Options Research Engine**

A new free online tool for people with diabetes looking for clinical trials that reduces the search time by helping to filter the amount of information specific to their needs. When a clinical trial is located based on the information entered it gives the user very specific criteria needed for participation for that trial. They are also working on a section where they will help to "translate" the medical terminology, summarizing the key points of the trial for the user making it easier to filter through unnecessary information. For more information go to [www.corengi.com](http://www.corengi.com) or contact [Ryan Luce](#).

**2011 Leadership Team Hails and Farewells!**

**Welcome newest member of the 2011 Washington State Diabetes Network Leadership Team!**

Thank you to Wendy Bart, the newest member of the Washington State Diabetes Network Leadership Team! Wendy comes to the leadership team from the YMCA. We thank you for volunteering to be part of the statewide efforts to reduce the prevalence of diabetes in Washington State! Although not new to the Leadership Team Mary Zornes will be taking over as the incoming chair for the Leadership Team, Chris Pelto will be taking over as chair for the Communications Committee and Sandra Benavides-Vaello will be taking over as chair for the Evaluations Committee. A big thank you to Mary, Chris and Sandra for volunteering to take on those roles!

*We look forward to working with you in the new year!*

**Farewell to outgoing members!**

Sadly, we bid farewell to two members, Vazaskia Caldwell and Zena Kinne. Vazaskia served in 2010 and Zena served since 2008 and also served as the chair for the Communications Committee for two years, we thank you for your time and hard work to the people of Washington!

**A Special Thank You!**

Lastly, on behalf of DOH and the Leadership Team we want to give a very special thank you to Shirley Broughton, who served as the Chair for the Leadership Team for 2010. You did an outstanding job Shirley and were a great leader during challenging times when it was difficult to get everyone together due to travel and budget restrictions! Thank you!

To learn more about the Washington State Diabetes Network Leadership Team go to the [Diabetes Connection Leadership Team Section](#).

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