

What's New!

A note from the 2010 Leadership Team

The Leadership Team of the Washington State Diabetes Network is made up of representatives from organizations committed to prevention and control of diabetes in Washington. The leadership team meets quarterly to identify state priorities and develop strategies to address and align those priorities with the goals outlined in the [Washington State Diabetes Plan](#). The first meeting for 2010 was held on February 16. These are the highlights from the meeting:

- The leadership team and Washington DOH epidemiologist have developed a “diabetes report card” to provide relevant data to regional coalitions and network members to plan and evaluate efforts to improve the lives of people living with diabetes and those at risk for diabetes. Look for this data on the [Diabetes Connection](#) starting in summer of 2010.
- An advocacy committee will be established within the Diabetes Leadership Team. The first task of this committee is to secure public/private insurance coverage for evidence-based pre-diabetes lifestyle intervention programs and to increase pre-diabetes screening and early detection. The committee will be chaired by Ted Duncan and Laura Keller. Look for updates on the progress in future newsletters.
- The Diabetes Connection serves as the communication tool among network members. The communication committee would like your feedback on the current Connection website. A survey will be sent to network members in March. Please take a few minutes to share your thoughts by completing this survey.

As we look forward to the work of Diabetes Network this year, we want to thank you for your participation and work to improve the lives of people living with diabetes in Washington. We look forward to a productive 2010.

Thank you!
Shirley Broughton MPH RD CD
Chair Diabetes Leadership Team

To learn more about the 2010 Leadership Team, including membership, activities, meeting notes, go to the [Diabetes Connection](#).

Recent Events

Advocacy Plan Workshop

On February 2-4th 2010, approximately 20 people from around Washington State, came together to learn how Washington can prepare and implement a 5-year advocacy plan to address pre-diabetes in our state. Representatives from 20 organizations took part in discussions, exercises, and the completion of a draft plan.

The goal of the advocacy plan is to insure that people with pre-diabetes are successfully identified through screening efforts and receive lifestyle intervention education using the [Diabetes Prevention Program \(DPP\)](#) Model with the end result that they drastically reduce their risks for developing diabetes.

To learn more or to read the draft plan go to the [Diabetes Connection](#).

YMCA Plan Forward: Diabetes Prevention Program

Recently, participants in the YMCA Plan Forward: Diabetes Prevention Program completed the 16-week course. The classes were held at the Auburn, Gig Harbor, Spokane, and Wenatchee YMCAs and initial results show successes at each site! The successes ranged from the number of participants completing the courses, to percentage of weight lost, to all participants losing some amount of weight. The DPP program uses lifestyle intervention techniques to show people how small changes in their diet and physical activity can have big rewards and potentially delay or eliminate the onset of type 2 diabetes. Two of the four sites, Auburn and Gig Harbor started a second set up classes, which began in January.



[Learn more](#) about the Plan Forward: Diabetes Prevention Program.

Recent Events—Coalition Activities



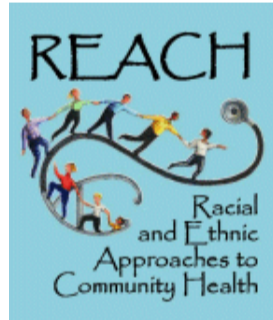
Tri-Cities Diabetes Coalition—Pre-diabetes Awareness

The Tri-Cities Diabetes Coalition is preparing a kick off media campaign to educate the public on pre-diabetes awareness. Ads are presently being created to run in the Tri-City Herald and the TuDecides newspapers in mid-March in eastern Washington. The campaign will help people understand their personal risks for pre-diabetes and diabetes and see a doctor to be screened.

To learn more about the Tri-Cities Diabetes Coalition visit the [Diabetes Coalition](#).

Seattle & King County REACH Coalition—Supporting policy change!

Members of the REACH coalition met last week to discuss upcoming advocacy policies and what the general feeling is about supporting/not supporting them. They also hosted a guest epidemiologist from Tokyo, Japan who was there to learn more about the coalition. REACH is also looking at an opportunity to partner with the King County Physical Activity Coalition to conduct a parks and recreation equity assessment.



To learn more about the REACH Diabetes Coalition visit the [Diabetes Coalition](#).

Wenatchee Area Network for Diabetes (WAND) - The Diabetes Youth Connection

The Wenatchee Area Network for Diabetes recently sponsored a free event for North Central Washington students and their families to connect with others and to get the latest information on diabetes. With the help of the YMCA, the ADA, they were able to provide education, activities, and screenings to over 100 people. The Benaroya Institute was also on hand to conduct screenings on families for their Type 1 Diabetes research project. Not just for families, they also provided a lunch event for medical providers with over 30 participants – including 8 people via teleconference, taping the session for others to view at a later date. A morning session for the school nurses – 5 local and 3 via teleconference was also provided to learn about the latest in diabetes treatment and care. To learn more about WAND or to contact them go to the [Diabetes Connection](#).

Upcoming Events

The ADA 2010 Seattle Diabetes Expo!

Saturday, May 1, 2010 from 9:00 am –3:00 pm

 American Diabetes Association.



Join the movement to Stop DiabetesSM at this year's annual diabetes expo at the Washington State Convention & Trade Center in Seattle. The EXPO is FREE and includes health screenings, cooking demonstrations, product and service exhibitors and leading experts talking about diabetes management and prevention. Attendees will get the latest information on preventing and managing diabetes and its deadly complications to keep them and their family healthy. Registration is not required for this FREE event. However, when you register, they are better able to plan an event that meets your unique needs and you will receive screening, speaker, main stage, and exhibitor updates prior to the show. To learn more and/or register go to the [ADA website](#).

Upcoming Regional Diabetes Coalition/Network Meetings

- [Tri-Cities Diabetes Coalition](#): *Thursday, March 18th, 11:30—1:00 PM*
- [Wenatchee Area Network for Diabetes \(WAND\)](#): *Thursday, March 18th, 12:00—1:30 PM*
- [Community Partners for Diabetes Health \(CPDH\)—Pierce County](#): *Wednesday, March 24th, 3:00—4:30 PM*
- [Seattle & King County REACH Coalition](#)—*Thursday, March 25th, 3:00—5:00 PM*
- [Eastern Washington Diabetes Network \(EWDN\)](#): *Wednesday, April 21st, 12:30—2:00 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

Behavior Modification—Diabetes Brownbag Webcast

Wednesday, March 17, 2010 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...](#)

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

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