

### e-News

**March 2011** 

diabetes.doh.wa.gov

#### **What's New**

## A note from the 2011 Leadership Team Chair

The first Leadership Team meeting of 2011 on February 8th, welcomed 3 new members to the Leadership Team:

- Wendy Bart, from the YMCA, active in the YDPP project
- Kathleen Clark, from the Washington State Health Care Authority
- Leslie Foy, from NovoNordisk, active on the advocacy committee

At the February meeting the team fine-tuned their annual objectives and developed a work plan with key activities to address these objectives. The three annual objectives are:

- 1. Recommend and monitor policies and standards for evidence based care including coverage for diabetes education, testing supplies, medication and preventive services. (ADA Guidelines).
- 2. Recommend and promote policies and standards for evidence based care including coverage for pre-diabetes education and management. (ADA Guidelines).
- 3. Increase provider and community awareness of risk factors, screening for and management of pre-diabetes and diabetes.

The Leadership Team is now in the process of reviewing the committee work plans for the year and encourage network members to join the communication and evaluation committees.

Thank you! Mary Zornes, BSN, RN, CDE Chair Diabetes Leadership Team

To learn more about the 2011 Leadership Team, including membership, activities, meeting notes, go to the Diabetes Connection.

### In the News

### **Diabetes Belt Identified in Southern United States**

According to a new study published in the April 2011 edition of the American Journal of Preventive Medicine, researchers were able to identify areas of high-prevalence or a "diabetes belt" of 644 counties in 15 mostly southeastern states using data compiled of estimates of the prevalence of diagnosed diabetes for every U.S. county. This is the first time data of this type has been compiled. Dr. Ann Albright, Director of the CDC's Division of Diabetes Translation addressed this issue on the March 14, 2011 episode of C-SPAN which is archived on the C-SPAN<sup>©</sup> website and can be viewed in it's entirety. You can also read the abstract of the study, however the full article requires a subscription.

To learn more go to the Diabetes Connection.

### Jpcoming Events



# **Diabetes Alert Day**

March 22, 2011 is Diabetes Alert Day. Diabetes Alert Day is a one day campaign to alert people to their risk and encourage them to help stop diabetes by taking the diabetes risk test to find out if they are at risk for developing Type 2 Diabetes.

The National Diabetes Education Program (NDEP), as well as the American Diabetes Association (ADA) both have online risk tests, as well as paper risk tests for your clients that you can download.

You can also download posters, content for newsletters, and follow them on Facebook and Twitter as well.

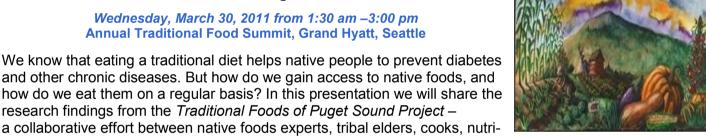
To learn more go to the **Diabetes Connection**.

Download this flyer

# **Diabetes Prevention Through Traditional Foods**

Wednesday, March 30, 2011 from 1:30 am -3:00 pm

and other chronic diseases. But how do we gain access to native foods, and how do we eat them on a regular basis? In this presentation we will share the research findings from the Traditional Foods of Puget Sound Project a collaborative effort between native foods experts, tribal elders, cooks, nutri-



tionists, archeologists and many others to find culturally relevant solutions to the epidemic of diabetes. Specific regional foods for diabetes prevention and ideas for a modern traditional foods diet will be included.

To learn more go to the **Diabetes Connection**.

"On the Road to Diabetes Education Best Practices"

### Washington Association of Diabetes Educators (WADE) 2011 Annual Meeting Friday, April 1st -Saturday, April 2nd 2010 from 8:00 am -4:00 pm

Marcus Whitman Hotel, 6 Rose Street, Walla Walla, Washington 99362 Diabetes educators from multiple disciplines in Washington state and the Pacific Northwest will gather to learn

about practical tools and strategies useful in educating individuals with diabetes, professionals in the health care system and community members about diabetes. To learn more go to the **Diabetes Connection**.



American Diabetes Association.

### Saturday, April 30, 2011 from 9:00 am -3:00 pm **Washington State Convention & Trade Center**

**The American Diabetes Association** 2011 Seattle Diabetes Expo!

Visit the American Diabetes Association EXPO/Seattle and Join the Millions™ in the

fight to Stop Diabetes®. Learn how to live healthy, be active, and change the future of diabetes for you and your family. The EXPO is FREE and includes health screenings, cooking demonstrations, product and service exhibitors,

preventing and managing diabetes and its deadly complications to help keep you and your family healthy To learn more go to the **Diabetes Connection**.

as well as leading experts talking about diabetes management and prevention. Get the latest information on

**Upcoming Regional Diabetes Coalition/Network Meetings** 

### Tri-Cities Diabetes Coalition/Recent Activities: Thursday, March 17th, 11:30—1:00 PM Community Partners for Diabetes Health (CPDH)—Pierce County: Wednesday, March 16th, 3:00—4:30 PM

- Seattle & King County REACH Coalition—Thursday, March 24th, 3:00—5:00 PM
- To find more upcoming events visit the Diabetes Connection events calendar.

Eastern Washington Diabetes Network (EWDN): Wednesday, April 20th, 12:30—2:00 PM

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

Steroid Use in the Patient with Diabetes—Diabetes Brownbag Webcast Wednesday, March 16, 2011 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. See Flyer.

Learn more or register... Coming Up Next Month: April 20th: Continuous Quality Improvement in Diabetes Care

# May 18th: Utah Diabetes Practice Recommendations for Adults

DiabetesPro SmartBrief

**New Resources** 

A new free online resource from the American Diabetes Association (ADA) for health professionals delivered to you by email. DiabetesPro SmartBrief are daily news summaries, keeping you up-to-date with the latest news and trends in diabetes prevention, treatment and research. Learn more.

# Read sample issue

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