

What's New

We have a new Manager and a new name!

The Washington State Diabetes Prevention and Control recently merged with the Heart Disease and Stroke Program and we received a new manager to oversee the newly combined programs! Some of you may be familiar with her, as she previously shared her talents with both programs before doing a stint at the Health Care Authority. However, she couldn't stay away for long and now she is back as manager to the newly formed Heart, Stroke, and Diabetes Program. Please give a warm welcome (back) to **Sara Eve Sarliker!** Sara Eve can be reached at sara.sarliker@doh.wa.gov or 360-236-3799.



March is National Kidney Month!

March is National Kidney Month and the National Diabetes Education Program has a new resource that highlights the connection between diabetes and kidney disease. The feature article "[Take Care of Your Diabetes to Keep Your Kidneys Healthy](#)" is non-copywrited and can be used a newsletter, as a patient handout, as a point of discussion, on your website, or however you want to get this important information out there. The NDEP and the [National Kidney Disease Education Program](#) (NKDEP) are working to raise awareness about kidney health through the Having undiagnosed or untreated diabetes is a major cause of kidney disease. Recognizing that African Americans have a higher rate of kidney failure than any other group of people, NKDEP is reaching out to African-American faith organizations around the country conducting health information sessions focused on kidney disease education. NKDEP will hold its inaugural national [Kidney Sundays](#) event on March 25. Using the newly-revised [Kidney Sundays Toolkit](#), faith organizations will discuss the risk factors of kidney disease – which include diabetes and high blood pressure – and help congregants learn how to live longer, healthier lives. If you want to get involved with this initiative, use the Kidney Sundays Toolkit to help you have a conversation about kidney disease with friends, family, co-workers, or community groups.

[Learn more](#) about National Kidney Month.

Diabetes Alert Day!

Tuesday, March 27th, is the [American Diabetes Association Alert Day](#)®.



You can join the American Diabetes Association and their partners to raise awareness about the seriousness of diabetes and the risk factors associated with type 2 diabetes. This year, the National Diabetes Education Program encourages people to know their risk for developing type 2 diabetes by taking the [Diabetes Risk Test](#), and, if you are at risk for type 2 diabetes, take **Just One Step** toward better health with NDEP's [Just One Step](#) online tool. There are resources to help you spread the word at both the [American Diabetes Association's website](#) and the [NDEP's website](#). There are web banners and buttons, materials, online and paper risk tests, social media, and much, more! What are you waiting for, go out and spread the word today!

If you have questions or need assistances with any of these tools contact [Laura Pennington](#), (360) 236-3963.

Activities around Washington

The Diabetes Prevention Program Training

Washington State has been selected as the first state to offer a training to community-based organizations to offer the nationally recognized Diabetes Prevention Program (DPP) in community settings around Washington State. Those who attend the training will be required to implement the program in their communities and apply for national recognition through the Centers for Disease Control and Prevention. The training is March 20-21. There were more applications received than available spaces but the plan is to have a second training this summer on the eastside of the state.

For more information about the training or the Diabetes Prevention Program contact [Jeanne Harmon](#) at 360-236-3750.

To learn more about the [National Diabetes Prevention Program](#).

Tri-Cities Diabetes Coalition Partner with the Kennewick Lions Club!

The Tri-Cities Diabetes Coalition is collaborating with the Edith Bishel Center for the Blind and visually impaired, Kennewick Lions and the Northwest Lions Foundation to offer free screening services to the community on April 13th and 14th in Kennewick, WA. The screenings are for both adults and children and will be screening for diabetes, glaucoma, blood pressure, sight, and hearing. This is a great way for coalition members to provide education to the public about the importance of diabetes awareness.



For more information about this event or about the [Tri-Cities Diabetes Coalition](#) contact [Cynthia McCready](#) at (509) 735-0699.

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

Upcoming Events

Mental Health Challenges and Implications for Adherence to the Diabetes Regimen

Wednesday, March 21, 2012, 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...](#)

Coming Up Next Month:

April 18th: Nutrition, Renal Disease & Diabetes

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

New Resources



[NDEP's Fotonovela: Do it for them! But for you too.](#)

The National Diabetes Education Program (NDEP) has a new resource that helps Hispanic/Latina women at high risk of developing type 2 diabetes and their families. The visually attractive and engaging story – told in both English and Spanish – uses role models to demonstrate how women can reduce their risk of developing type 2 diabetes through increased physical activity, making healthy food choices, and weight loss. This format is especially effective for people with low literacy. You can [download it for free](#) or order up to 3 copies at no cost from the NDEP's website.

National Diabetes Prevention Program Video

Lifestyle change classes are helping people with pre-diabetes prevent or delay the onset of type 2 diabetes. Research studies have shown that such classes can reduce the risk of type 2 diabetes by 58% in people at high risk for developing the disease. In this video, class participants, lifestyle coaches and healthcare professionals talk about how type 2 diabetes can be prevented or delayed by making lifestyle changes that include modest weight loss and increasing physical activity. Have an organizational website? Also included on the website is a National Diabetes Prevention Program "Widget" that offers an online pre-diabetes "quiz" to share with your clients. [View the video and/or take the prediabetes quiz.](#)

Find more new resources on the [Diabetes Connection](#) or in the [Resources for Health Professionals](#) section.

2012 Leadership Team Hails and Farewells!

Welcome newest members of the 2012 Washington State Diabetes Network Leadership Team!

Thank you to Susan Millender, Julie Nye, Debbie Perrault, and Abbie Zahler, the newest members of the Washington State Diabetes Network Leadership Team! 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 Blishda Lacet will be taking over as the incoming chair for the Leadership Team and Leslie Foy will be taking over as chair for the Advocacy Committee. Many thanks to the both of you for stepping up to take on the leadership of those roles!

Farewell to outgoing members!

Sadly, we bid farewell to four members, Ted Duncan, Nadine Mitchell, Chris Pelto, and Sue Peterson. Ted served as the chair for the Advocacy Committee and Chris as chair for the Communications Committee for two years, and Nadine and Sue both served on the Communication Committee as well, helping to provide numerous resources for the Connection. 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 Mary Zornes, who served as the Chair for the Leadership Team for 2011. You did an outstanding job Mary and were a great leader during a difficult transition time at our department! 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