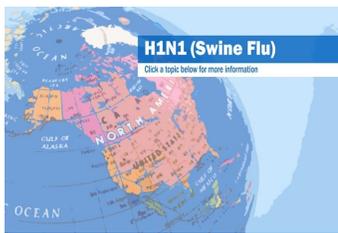


What's New

Department of Health Launches an H1N1 Website!



The Washington State Department of Health recently launched a website dedicated to providing the latest information on the H1N1(Swine Flu) virus. As a healthcare provider, you can find information about the vaccine, serving special populations, guidance documents, surveillance information, as well as fact sheets and other educational materials in several languages. Also, as a healthcare provider you can volunteer to help during public health emergencies by joining the Medical Reserve Corps. To locate an organization near you or to find information about H1N1 efforts in Washington visit the [DOH H1N1 \(Swine Flu\)](http://DOH H1N1 (Swine Flu) website) website today! Additional information can also be found on the Diabetes Connection.

Diabetes Connection now has Research Section!

The Diabetes Connection web portal recently added a section dedicated to the latest research in the field of diabetes. The newly formed Editorial Review Board, which is a sub-group of the state network meets twice a month to review the latest science and determine what articles to place on the Connection to support the work you all do. The review board is made up of members from the state diabetes leadership team, researchers from Washington State University, as well as certified diabetes educators. If you have any research articles to share please send them to Laura Pennington or contact her if you are interested in joining this team. The articles must meet certain standards, be from a credible source, and be relevant to the field of diabetes.

To find recent research articles visit the Diabetes Connection Research Section.

YMCA Plan Forward: Diabetes Prevention Program

The Washington Diabetes Prevention and Control Program (DPCP) is partnering with 4 YMCA's across the state to implement the Diabetes Prevention Program (DPP) Plan4Ward Curriculum. This curriculum is adapted from the research curriculum used in the Diabetes Primary Prevention (DPP) research trial that demonstrated risk of progression to type 2 diabetes among persons with pre-diabetes was reduced by 58% when those persons participated in a lifestyle intervention. The lifestyle intervention's aim is to help people with pre-diabetes lose 5-7% of body weight and increase physical activity to 150 minutes per week.



The four YMCA's participating in the program are located in Auburn, Gig Harbor, Spokane, and Wenatchee. Classes are starting up this month so please send any of your patients, clients, friends, family members, etc. who are at high risk for diabetes, or who have been told they have pre-diabetes information on how to enroll.

For more information contact Jeanne Harmon at 253-395-6758 or visit the Diabetes Connection.

Training Materials now posted online!

You can now access materials provided for past IINC trainings and conferences on the Diabetes Connection. You can also now view the full 2009 Systems Dynamic Modeling presentation with audio given by Dr. Kenn Daratha at the 2009 Dialog for Action event, as well as this year's Joint Conference on Health. For more information or if you have materials you would like to share please contact Laura Pennington at 360-236-3963.

Recent Events

The 2009 Joint Conference on Health



Healthy People in Healthy Places: A New Path to Health was the theme for this year's Joint Conference on Health on October 5th - 6th in Yakima. Dr. Maxine Hayes, Washington State Health Officer and Sue Grinnell of the Washington State Department of Health both sounded a call to action for Chronic Disease Prevention and Health Equity in Washington! With a wide variety of attendees and excellent plenary speakers there were opportunities to network with peers, learn about health equity and what it means for Washington, as well as learn about chronic disease prevention efforts across the state. Members from three of the five regional diabetes coalitions in Washington participated in a panel discussion to share their strategies on recruiting partners and retaining members, as well as current activities to prevent and control

Dr. Maxine Hayes

diabetes in their communities.

Photo by Kate Lynch

[A special thank you to those of you who presented and/or participated in panel discussions!](#)

Upcoming Events

Winning at Work: Beyond the Numbers

Wednesday, November 18, 2009 from 7:00 am to 11:00 am



Join the American Diabetes Association and distinguished guests for an informative and interactive discussion on wellness in the workplace.

[Learn More...](#)

November is National Diabetes Month!

Is your organization hosting an upcoming event for National Diabetes Month that you would like to announce to a large number of people in Washington?

[Post your events to the Diabetes Connection!](#)

The Diabetes Connection is a web portal for you, members of the Diabetes Network, to share information about your events, activities, news, resources, etc. with your peers across the state! If you don't already have a user account you can request one by going to the Connection and filling out a short request form. Instructions on how to add new information can be found under the Help section or you can contact Laura Pennington to set up an appointment to learn how easy it really is!

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

Volunteer Opportunities

Become a Member of the 2010 Communications or Evaluation Committees

The Washington State Diabetes Network Leadership Team is looking for members of the network to serve on either the Communications Committee or the Evaluation Committee. As a member of either committee you will be asked to participate in monthly calls to help the leadership team identify and implement strategies that promote the network priorities. To learn more about the activities each of these committees engage in go the Diabetes Connection to view committee work plans for 2009. Please contact Zena Kinne if you are interested in the Communication Committee or Sue Butkus for the Evaluation Committee.

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

Laura Pennington at (360) 236-3963.