

What's New!

A note from the 2010 Leadership Team Chair

Thank you, network members, for stepping up to the plate! Many of you answered the call for participate on the [Communication](#) and [Evaluation](#) committees. Your assistance and input on the work of these committees is invaluable. We appreciate your commitment to working together to improve the lives of people with diabetes across Washington State.

Look for the presentation of the Washington State Diabetes Network at the [Joint Conference on Health](#) in October. Members of the [advocacy committee](#) will present [Policy Agenda and YMCA Intervention Needed to Address Pre-diabetes in Washington](#). This session will highlight pre-diabetes as a public health issue. An update on the partnership with the YMCA to address this growing epidemic with evidence based lifestyle interventions in several counties as well as through advocacy efforts to increase promotion of screening benefits and initiate coverage for Diabetes Prevention Programs. We hope to see you in Yakima!

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](#).

The YMCA Diabetes Prevention Program in Washington State is adding 3 new sites!

A new partnership with the National YMCA Program, the Centers for Disease Control and Prevention and the YMCA of Greater Seattle has expanded the number of Diabetes Prevention Programs (DPP) in Washington State. Coming in October seven YMCA's will now offer the evidenced-based 16-week lifestyle intervention program to people with pre-diabetes to delay progression of diagnosed diabetes.



The YMCA of Greater Seattle was chosen as one of 11 demonstration sites for a national roll out of the Diabetes Prevention Program at YMCAs across the country! In addition to the 16-week curriculum there will be a sophisticated reporting system to track outcomes data. This is a unique and exciting opportunity for Washington!

The three new sites are located in [Bothell](#), [Shoreline](#), and [West Seattle](#), and join YMCAs located in [Auburn](#), [Gig Harbor](#), [Spokane](#), and [Wenatchee](#) that were pilot sites for the program in 2009-2010.

If you know someone at risk for diabetes this is the program for them!

If your practice is located in proximity to one of these locations and you would like to order referral slips contact [Laura Pennington](#) at 360-236-3963.

To learn more or locate classes go to the [Diabetes Connection](#).

Skyline Hospital Diabetes Education Program Reaching out to Youth through Grant Award!

The [Skyline Foundation](#) recently received funding from the [NAILBA Charitable Foundation](#) to conduct a diabetes awareness project targeting youth. According to Becky Petty, RN who coordinates the diabetes education program in White Salmon, the project will focus on providing education to middle school students, in grades 5-7. The classes will focus on learning the basics of diabetes and other chronic diseases, and the importance of nutrition, physical activity and the roles they and healthy lifestyles play in the prevention of diabetes. The classes will be very interactive, giving the students an opportunity to role play as well as test their knowledge on a variety of healthy topics. An important part of this project will be for the students to fill out questionnaires to help them identify personal risk factors for diabetes, including family history. This information will not only help them to make informed choices but will help identify students at high risk for diabetes who may require additional follow-up and referral. For more information about this project please contact [Becky Petty, RN](#) at Skyline Hospital Diabetes Education Program at 509-493-1101.

Upcoming Events

**5th Annual Latino Health Forum
"Health Beyond Borders"**

Tuesday, October 5, 2010 from 8:00 am –4:30 pm
Jerry Brockney Center, South Seattle Community College

The 5th Annual Latino Health Forum is a conference presented by Sea Mar Community Health Centers in conjunction with Semana Binacional de Salud.

Keynote Address: The Nexus Between Health Care Reform and Immigrant Health - The National Perspective
Speaker: Epifanio (Epi) Elizondo, Ph.D. PA-C Regional Health Administrator, Region VI

To learn more or register go to the [Diabetes Connection](#).

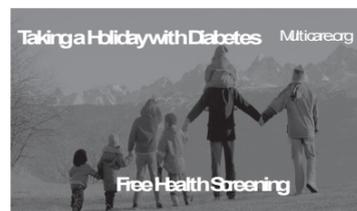
**2010 Washington State Joint Conference on Health
"Innovation and Collaboration in Times of Change"**

October 11-12, 2010, Yakima Convention Center



Come out and support Leadership Team members Ted Duncan and Marcelle Thurston, as they present, along with Linna Dossett of the Greater Seattle YMCA on the *"Policy Agenda and YMCA Intervention Needed to Address Prediabetes in Washington."*

To learn more or register go to the [Washington State Public Health Association](#) website.



**Free Diabetes Health Forum
"Taking a Holiday with Diabetes"**

Saturday November 6, 2010, 7 am—1 pm
Stadium High School Theatre, 111 NE Tacoma, WA 98403

This annual event features free health screenings by diabetes educators, dietitians, and physicians. Participants can learn how to enjoy healthy holidays and once-in-a-lifetime adventures while living with diabetes. Will Cross, the first person with diabetes to reach the highest peak on all seven continents and trek to the North and South pole will also be on hand to talk about the emotional side of traveling with diabetes. Participants must RSVP by October 30th by calling 800-342-9919. If you are vendor and would like to participate please contact [Pam Koza](#) at Multicare.

Please share this information with your clients if you are based in the Tacoma/South Sound area!

To learn more or download a flyer go to the [Diabetes Connection](#).

Upcoming Regional Diabetes Coalition/Network Meetings

- [Seattle & King County REACH Coalition](#):—Thursday, September 23rd, 3:00—5:00 PM
- [Community Partners for Diabetes Health \(CPDH\)—Pierce County](#): Wednesday, October 20th, 3:00—4:30 PM
- [Tri-Cities Diabetes Coalition](#):—Thursday, October 21st, 11:30 AM —1:00 PM
- [Wenatchee Area Network for Diabetes \(WAND\)](#): Tuesday, November 9th, 12:00—1:00 PM

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

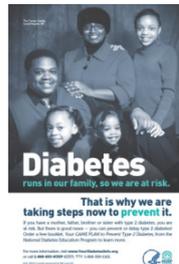
To learn more about Regional Diabetes coalitions in Washington visit the [Diabetes Connection Regional Coalitions](#) section.

New Resources

November is National Diabetes Awareness Month

The National Diabetes Education Program (NDEP) is running two campaigns this year to support National Diabetes Awareness Month. The first is their ["Managing Diabetes is not easy, but it's worth it"](#) campaign that promotes personal management of type 2 diabetes in targeted populations. The second is focused on prevention, with the message ["Diabetes runs in our family, so we are at risk. That's why we are taking steps now to prevent it."](#)

Department of Health has a limited supply of posters/materials to post/distribute in your clinics/businesses to support these efforts. If you would If you are interested in receiving free materials contact [Laura Pennington](#) at 360-236-3963 download the copyright free files at the [NDEP website](#).



Diabetes Wallet Cards available!

The Diabetes Prevention and Control Program has a limited supply of the personal "Control your diabetes for Life" wallet cards available for your clients. The cards are a 2 1/4" x 3 3/4" record that includes a mini diabetes care chart where they can store clinical office visit results. The cards also have resources where they can find more information about managing their diabetes. If you would like more information or to order these for your practice contact [Laura Pennington](#) at 360-236-3963.

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