

## Volume 1, Issue 1: January 8, 2007



### Oregon Diabetes Coalition Quarterly Newsletter

The Oregon Diabetes Coalition Quarterly Newsletter is designed to keep partners and others working in the field of diabetes informed about resources, activities, and opportunities in a collective effort to improve the health and quality of life of Oregonians affected by diabetes.

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#### Coalition News

1. Population-based Guidelines: Oregon's health care providers and medical systems are committed to delivering high-quality care to people with diabetes. The newly updated 2006 Oregon Population-Based Guidelines for Diabetes Care defines a common means of measuring the success of our efforts to improve diabetes care. The Population-Based Guidelines augment clinical practice guidelines such as those of the American Diabetes Association by identifying a set of appropriate measures for systematic monitoring of diabetes care provided by health systems and medical groups. By identifying procedures emblematic of quality diabetes care and providing population-based measures of success, the stage is set for continuous monitoring and improvement. Individual clinicians and medical groups are urged to use this document to develop improvement projects and assess their success. The guidelines are available online at <http://www.oregon.gov/DHS/ph/diabetes/guidelines.shtml>. Limited printed copies are also available; contact the Oregon Diabetes Program at 971 673 0984.
2. News from Lincoln County Diabetes Education and Prevention Coalition: Diabetes Education and Prevention Materials have been recently donated to local public libraries throughout Lincoln County (see attached).

Planning is underway for the 6th Annual Diabetes Update, March 17, 2007 at the Shilo in Newport, OR. Confirmed speakers include Darcy de la Rosa, MPH, RD, CDE (healthy eating and easy meal preparation); Beverly Phillipson, M.D., (topic unknown as of today); and Judy Fry, RN, CDE (Living with

Diabetes and Preparing for a Disaster). We are still trying to pin down someone for an exercise presentation.

Darcy de la Rosa recently provided an informative presentation/training to the Diabetes Coalition on Exubera, what it is, how it is used, etc. A representative from Pfizer was also present to answer questions. Since it is the new and alternative method to injectible insulin, and Darcy was trained on it, the coalition requested to be informed about it for personal knowledge, communicating information about it among people living with diabetes they see in the support groups, throughout the community, etc.

The Lincoln County Diabetes Coalition is applying for the Siletz Tribal Charitable Contribution Fund Grant to support Meals Made Easy classes (a total of four classes to take place in the Spring and Fall 2007).

The Coalition is assisting in promoting upcoming "Living Well With Chronic Conditions" classes which will be held on January 29, Feb. 5, 12, 19, 26 and March 5 (Newport) and February 1, 8, 15, 22, March 1, 8 (Lincoln City). Assistance is also being requested from the coalition to recruit potential trainers for a "Train the Trainer" to take place in the Spring (date not set yet).

For more information, contact Kathleen Dougherty, Chronic Care Coordinator, Lincoln County Health and Human Services Department at 541-265-6611 ext. 2314 or [kdougherty@co.lincoln.or.us](mailto:kdougherty@co.lincoln.or.us).

### 3. News about 'Healthy Changes':

The Results are in for Healthy Changes™!

*Program provides positive self-care outcomes for people with diabetes.*

For the past three years, Elders in Action, Providence Health System, and the Oregon Research Institute (ORI) have been working under a grant from the U.S. Administration on Aging to develop, implement and evaluate a 26-week program to improve self-care by older people with diabetes. The program, facilitated by trained peer leaders, provides weekly education sessions on nutrition and exercise, goal-setting, and links to community resources. Healthy Changes™ is designed to supplement and support participants' relationships with their health-care providers. Cindy Klug from the Providence Health System and Deborah Toobert from ORI, are preparing a report of the study outcomes, which will include:

- 75% of participants were helped either quite a bit or a great deal with managing their diabetes.
- 73% of participants felt the program helped them communicate better with their health-care providers.
- 68% of participants felt the program helped them increase their use of community resources.

Participants showed significant improvements in health behaviors, and self confidence including:

- an increase in the number of days in which they engaged in physical activity;
- improved confidence in their ability to carry out diabetes regimen activities;
- an increase in their overall use of supportive resources;
- a decrease in the number of days they ate packaged bakery sweets or desserts; and
- an increase in the number of days on average that they followed a healthful eating plan.

Elders in Action has received a continuation grant to raise awareness about the program's effectiveness and to further its implementation. Through September 2007, Elders in Action and Providence Health System will be providing free training and support to groups or organizations interested in starting a Healthy Changes™ program. There is no cost for the materials and the groups are facilitated by trained volunteers. If you are interested in more information, please contact Debbie Kaufman at Elders in Action. She can be reached at [debbie@eldersaction.org](mailto:debbie@eldersaction.org) or 503-235-5474.

## ODC Workgroup Updates

### 1. Access to Data

The goal of the Access to Data Workgroup is to ensure that accurate diabetes data are integrated, accessible, and used. One of the main focus areas of the workgroup is the development of the annual Progress Report on Diabetes. This report monitors the burden of diabetes in the State of Oregon and tracks the Coalition's progress in meeting the goals and objectives outlined in the state Action Plan for Diabetes. The workgroup is currently involved in identifying new potential data sources for possible inclusion in the 2007 report. Additionally, the Access to Data workgroup is working with the other Coalition workgroups to assist in their evaluation efforts and is developing a diabetes-specific web-based data center. If you are interested in learning more about the Access to Data Workgroup, please contact Emily Elman, Research Analyst, Oregon Diabetes Program, (971) 673-0984 or [emily.l.elman@state.or.us](mailto:emily.l.elman@state.or.us).

### 2. Awareness & Education

This workgroup is currently consulting with an independent contractor to develop low-literacy and culturally-appropriate educational materials for diabetics and health care providers known as the Diabetes Resource Bank. Several meetings have convened; the next meeting will be scheduled for February or March (specific date TBA). The workgroup discussed the first piece of material, "Staying Healthy with Diabetes", at a meeting in early January. If you are interested in participating in the Diabetes Resource Bank development process or if you are interested in joining the Awareness & Education Workgroup, please contact Carrie Washburn at (971) 673-0984 or [carrie.l.washburn@state.or.us](mailto:carrie.l.washburn@state.or.us).

### 3. Policy & Advocacy

2007 Legislative Session: To help prevent early onset of chronic diseases such as diabetes or heart disease, several bills are being introduced to promote physical activity through physical education reform and nutrition standards in schools. The physical education bills are being put forward by the same Coalition of organizations that supported similar legislation in 2005 with SB228. Organizations include the American Heart Association, the Oregon Medical Association, the American Diabetes Association, and Nike, with Senate President Peter Courtney championing the legislation (SB367, SB372 and SB370.) The legislation will require an inventory of how much PE is actually being taught in Oregon schools, create an assessment tool to find out how well students are doing in PE in relation to Oregon's statewide content standards, as well as require minimum minutes of PE instruction per week in elementary and middle schools.

A nutrition standards bill, sponsored by the Oregon Nutrition Policy Alliance with Senator Bill Morrisette championing the legislation seeks to set standards for foods sold outside the federal school meal program (i.e. vending machines, a la carte choices, etc.) The American Diabetes Association supports such efforts and actively participates in moving this legislation forward. For the latest updates on the PE Bills contact John Valley (Government Affairs Director, American Heart Association) (503) 595-2278 or e-mail [john.valley@heart.org](mailto:john.valley@heart.org). For updates on the nutrition standards bill contact Bev Bromfield (Program Manager, American Diabetes Association) (503) 736-2770 ext. 7294 or e-mail [bbromfield@diabetes.org](mailto:bbromfield@diabetes.org).

### 4. Quality Health Systems

This workgroup is charged with realization of the 2005 Oregon Action Plan goal that "health systems consistently improve health outcomes for Oregonians affected by diabetes." The group is working to promote the newly updated Population-Based Guidelines for Diabetes Care by developing an informational flyer about the use of the guidelines for monitoring and improvement of diabetes care, which will be mailed to Oregon's primary care providers in the spring of 2007. Future projects include an update of the diabetes Care Card, promotion of the Diabetes Resource Bank through health systems, and promotion of common measures for electronic tracking systems. For more information, contact Brad Hall at 503-382-3935 or [bhall@acumentra.org](mailto:bhall@acumentra.org).

## Resources

### 1. Meals Made Easy for Diabetes

Meals Made Easy for Diabetes (MME) is a meal-planning curriculum for people living with diabetes and their support persons. The Oregon Diabetes Program developed MME in 2003 in partnership with Oregon State University Extension Service. The curriculum incorporates participatory nutrition education, food preparation activities and tasting of foods, and includes a facilitator script, PowerPoint slides, lesson activities, and an evaluation. A revision of MME was recently completed in order for the curriculum to accurately reflect the USDA's 2005 Dietary Guidelines for Americans. An outside contractor completed the revision work and produced a final product that is not only in sync with the new dietary recommendations, but incorporates a number of other modifications including a new evaluation tool that adds value to the product. The MME curriculum is now available on-line at <http://www.oregon.gov/DHS/ph/diabetes/pubs.shtml>. If you would like a paper-copy of the curriculum or if you have questions, please contact Carrie Washburn at (971) 673-0984 or [carrie.l.washburn@state.or.us](mailto:carrie.l.washburn@state.or.us).

### 2. The Stanford School of Medicine is sponsoring a workshop and study, called 'Healthier Living with Diabetes' to help people with type 2 diabetes manage the problems caused by diabetes, and are looking for participants to evaluate the effectiveness of the workshop. To learn more about this opportunity including benefits for study participants, visit <http://patienteducation.stanford.edu/DiabetesOnlineFlyer.pdf>

## Events and Trainings

### 1. The Chronic Disease Self-Management Program: Adoption Experiences From the Field Satellite Conference and Live Webcast Tuesday, January 9, 2007 • 10:00 a.m.-1:00 p.m. (Pacific Time)

This broadcast is specifically designed to inform program decision makers about the supporting science, benefits and implementation essentials of the Chronic Disease Self-Management Program. CDSMP is a cost effective self-management education program that allows organizations to provide self-management support across multiple diseases and conditions. The broadcast will present the important issues for those considering adopting the program. Faculty will share their perspectives and pearls regarding the models their communities use to successfully disseminate and sustain CDSMP. For more information, please see attached CDSMP flyer.

### 2. Diabetes EXPO: February 3, 2007:

Diabetes EXPO offers the perfect opportunity for people with diabetes and those at risk to receive free education and access to products and services all in one convenient location – the Oregon Convention Center. This event occurs from 9am – 4pm in Halls A, A1 & B.

Activities include:

- Access to over 75 product and service exhibits.
- Education sessions include a research update, traveling with diabetes, food and exercise tips.
- Exercise and nutrition sessions for those with pre-diabetes or at risk.
- El Mundo Latino (Spanish speaking area.)
- and Type 1 World with a rock climbing wall, DDR and other activities for kids and adults.

Posters and brochures are available to promote Diabetes EXPO in your area. Volunteers are also needed to help with various activities throughout the day. For more information contact Dani Lindsay, EXPO Director at (888) 342-2383 ext. 7297, [dlindsay@diabetes.org](mailto:dlindsay@diabetes.org) or visit [www.diabetes.org/OregonEXPO](http://www.diabetes.org/OregonEXPO).

3. Oregon Diabetes Coalition Priority Project Workday: March 9, 2007 A Priority Project Workday for the Oregon Diabetes Coalition is being planned for Friday, March 9th, 2007 in Portland. Please save the date for a day of networking, training, and educational opportunities. If you would like to give input into planning of the Workday, please contact Jean Anderson at [jean.r.anderson@state.or.us](mailto:jean.r.anderson@state.or.us) or Carrie Washburn at [carrie.l.washburn@state.or.us](mailto:carrie.l.washburn@state.or.us) (971.673.0984).
4. Save The Date  
Second Annual Oregon Living Well Forum March 16, 2007, 8:00 AM – 4:00 PM.  
Holiday Inn, Wilsonville

Mark your calendar now for the second annual Oregon Living Well Forum! This day-long event will bring together those in Oregon who are using Stanford's chronic disease self-management programs to support people living with chronic conditions.

#### Program Highlights:

- Keynote address from Patrick McGowan, PhD, self-management researcher at the Centre on Aging at the University of Victoria, British Columbia.
  - Breakout sessions highlighting best practices for partnership and self-management program sustainability.
  - Regional networking, planning and sharing of successes. Save the date! The program will be free, but registration is required. Further information will be available at <http://www.healthoregon.org/livingwell> in January.
5. Legislative Day at the Capitol, March 27th: To bring a focus to health care coverage needs and what is required to manage and prevent diabetes, the American Diabetes Association will host a Legislative Day March 27th -- the day nationally designated as American Diabetes Alert. Diabetes Advocates will have opportunities to inform local legislators about aspects of diabetes management, risk factors and the impact of diabetes on the health care system. If you would like to be a Diabetes Advocate for health care coverage and prevention policies please contact Bev Bromfield, Program Manager, American Diabetes Association (888) 342-2383 ext. 7294 or [bbromfield@diabetes.org](mailto:bbromfield@diabetes.org).

## Funding Opportunities

### 1. Community Based Mini-Grants

In FY 2006, the Office of Disease Prevention and Health Promotion (ODPHP) received some monies to fund community based mini-grants focusing on the four pillars of the HealthierUS initiative: physical fitness, preventive screening, nutrition, and healthy choices.

ODPHP has contracted with John Snow to administer these minigrants in collaboration with the HHS Regional Health Administrators. Across the US, up to 270 grants will be awarded; grants will cover the period from July 1, 2007 to June 30, 2007; and each grant will range from \$2,000 to \$5,000 from the grant period. The intention of the minigrant is that it provides seed money for a local level project – it is possible that additional resources may be leveraged by the minigrant recipients. In general, small, community-based organizations, including faith-based groups, after school programs, coalitions and others with budgets of less than \$750,000 per year can apply for these funds.

If you are aware of any local/community based groups that may have an interest in applying for these minigrant funds, please provide their contact information to Lenee Simon in ODPHP (her e-mail address and phone number may be found in the Department Outlook Directory) by January 1, 2007.

If you have any questions, please contact Lenee Simon (240-453-8252) or Carter Blakey (240-452-8254) in ODPHP.

For questions about the Newsletter, the Oregon Diabetes Coalition, the Oregon Diabetes Program, or Oregon's Action Plan for Diabetes, please contact Carrie Washburn at 971.673.0984 or [carrie.l.washburn@state.or.us](mailto:carrie.l.washburn@state.or.us). To view Oregon's Action Plan for Diabetes, visit <http://egov.oregon.gov/DHS/ph/diabetes/docs/2005plan.pdf>. To view the most recent Progress Report on Diabetes, visit <http://egov.oregon.gov/DHS/ph/diabetes/docs/progrpt06.pdf>.

If you have items to be included in the next newsletter (tentatively scheduled for release in early April), please forward this information to Carrie Washburn at [carrie.l.washburn@state.or.us](mailto:carrie.l.washburn@state.or.us).

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