



ODPCP

OHIO DIABETES PREVENTION & CONTROL PROGRAM

Diabetes in Ohio: The Burden/Challenge – A Call for Action 2004 Statewide Diabetes Conference

Health care professionals and diabetes advocates gathered from all four corners of the state for the Ohio Diabetes Prevention and Control Program's 2004 statewide diabetes conference. The attendees included nurses, dietitians, physicians, pharmacists, social workers, ministers, educators, Ohio Department of Health (ODH) employees and representatives from the major voluntary agencies.

The conference began with a pre-conference session titled "Classification and Pathogenesis of Diabetes Mellitus." the evening of Sept. 27, 2004. Frank Schwartz, M.D. spoke to more than 100 guests about this important topic which set the stage for the varied program to be held over the next two days.

Frank Vinicor, M.D., Diabetes Program director at the Centers for Disease Control and Prevention, (CDC), spoke Sept. 28 to more than 200 people. His message was clear - "Diabetes is bad, it's been bad and it's going to get worse." He cautioned us all to re-evaluate our systems of health care and education delivery as the problem of type 2 diabetes is growing at an alarming rate due to the obesity epidemic.



Dr. Frank Vinicor, M.D. of the CDC during his keynote address

The Sept. 28 program also included displays by the Diabetes Today participants and Ohio Diabetes Alliance members. Concurrent workshop sessions both in the morning and afternoon included the following topics:

- Diabetes Management During Pregnancy
- Carb Counting for the Non-dietitian
- The Appalachian Rural Health Institute
- Obesity, Metabolic Syndrome and Cardiovascular Disease
- Women and Diabetes
- Prevention of Eye Complications
- A Panel Discussion Cultural Barriers and Approaches to Care
- Fad Diets - What's the Latest - Is It Safe?

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Ohio Diabetes Alliance

The newly formed Ohio Diabetes Alliance is comprised of community partners who come to the table with an interest in diabetes prevention and care. The alliance to date has representation from:

- American Diabetes Association
- American Heart Association
- Care Source
- Central Ohio Diabetes Association (CODA)
- Children's Hospital Medical Center
- Ohio Osteopathic Association
- Columbiana County Health Department
- Columbus Urban League
- Commission on African American Males
- Community Diabetes Center
- Community Health Services of Fremont, Ohio
- Diabetes Association of Dayton Area (DADA)
- Diabetes Association of Greater Cleveland (DAGC)
- Diabetes Today Coalition/Holzer Clinic
- Diabetes Today Coalition/St. Rita's Medical Center
- Diabetes Consumers
- Consultants
- KidPro Of Trumble County
- Marion General Hospital
- Mid-Ohio Chapter of Juvenile Diabetes Research Foundation
- Midwest Retina
- Ohio Commission on Hispanic/Latino Affairs
- Ohio Commission on Minority Health
- Ohio Hospital Association
- Ohio KePro
- Ohio Optometric Association
- Ohio Parks and Recreation, Inc.
- Ohio Primary Care Association
- Ohio State University Diabetes in Pregnancy Program
- Ohio State University Hospital
- Ohio Tobacco Use Prevention and Control Foundation
- Ohio University College of Osteopathic Medicine
- OhioHealth
- Ohio Podiatric Medical Association
- Prevent Blindness Ohio
- Independent Pharmacists
- Ohio Diabetes Prevention and Control Program
- Ohio Department of Health chronic disease programs

The Ohio Diabetes Alliance has had three meetings in 2004. As a new organization, the group has worked together to begin to formulate the mission statement and by-laws to lend structure to the group. At each meeting, guest speakers have been present to educate and inform the members about diabetes prevention and control, surveillance techniques, research, standards of care, etc. During the next two years, the alliance is charged with the responsibility of assisting with the assessment of the Ohio Diabetes Health System and in developing a Performance Improvement Plan.

New ODPCP Staff Member



Susan L. Williams, B.S.N., R.N.

Susan Williams, R.N., B.S.N.

joined the Ohio Diabetes Prevention and Control Program team in August 2004. Her lead role in the program will be to coordinate diabetes and school health interventions.

Williams is a graduate of Capital University School of Nursing, Columbus Ohio. She is the mother of two sons, one a teenager named Zach, and an eight-year-old named Noah. She stays very busy with both sons playing football. Zach plays varsity at the Africentric School and was the November student of the month. Noah plays little league football for the Mt. Vernon Eastside Tigers, Inc.

Williams is a former intake nurse for Franklin County Children Services, Columbus Ohio, and served abused/neglected children and their families. She also has served the public health community as a city health nurse and was the minority early intervention coordinator for the Ujima Nia Program at the Columbus City Health Department which serves minority children 0-5 years of age with developmental disabilities or who are at risk for developmental delays.

Williams currently cares for her elderly mother who is a person with diabetes and she has a passion to educate people and their communities about lifestyle changes that will prevent or delay diabetes and the complications associated with the disease.

Festival Latino 2004

Festival Latino, a celebration of Latin American culture, offering a wide variety of authentic music and dance from international, regional and local artists was held in Columbus June 18 and 19, 2004. The festival appeals to people of all ages and backgrounds with traditional and contemporary Latin American cuisine, a marketplace with authentic arts and crafts, children's workshops, educational activities and continuous music and dance on three stages. Festival Latino is the largest Hispanic/Latino event in Ohio. It is estimated that more than 250,000 people attend the two day event.

For the sixth consecutive year, the Ohio Department of Health (ODH) sponsored a health information booth at the festival that was coordinated

and staffed by the efforts of the Ohio Diabetes Prevention and Control Program (ODPCP) and other program volunteers.



This year, the booth was decorated with colorful paper flowers and new ODH signs. The Wheel of Health was used to the delight of hundreds of festival attendees and prizes were distributed to all who participated. Spanish interpreters were available during the entire event. There was also an extensive display of health materials printed in English and Spanish for distribution.

Some of the ODH staff members who made this event so successful include: the ODPCP staff -Thomas Joyce; Julie Barrett; Sandra Scott; Nancy Schaefer and Jolene Defiore-Hyrmer; the graphic talents of Joe Speakman and Bob Hill; Dave Crouner and staff; ODH volunteers: Roberto Santos, Winnie Miller, Tulla Zambetes, Trina Dickerson, Tracey Clopton, Steve Miller, Socrates Tuch, Nancy Patton, Sarea Surmon, Edie LeDay-Smith, Debbie Wallace, Tracey Barron-Watkins, Monica Coleman, Michelle Bell, Melvin Stallworth, Mary Speights, Margaret Boland, Lucretta Crawford, Laschelle Roberts, Evelyn Suarez, Eric Greene, Colleen Ford, Audrea Moten, Angela Newman, Cassandra Holloway, Candace Love, Jocelyn Wilson and Nina Dearing.



The American Podiatric Medical Association Urges Americans to 'Knock Your Socks Off'

Did you know diabetes is the leading cause of non-traumatic foot amputations each year? The feet often show the first signs of more severe medical conditions, such as diabetes, but they often are overlooked by primary health care providers. The American Podiatric Medical Association's (APMA) Knock Your Socks Off campaign encourages patients to ask their primary health-care providers to examine their feet as part of their regular checkup.

"All too often, people have symptoms of diabetes, such as numbness in the feet, and don't even know it," says APMA President Dr. Lloyd Smith. "Early detection is paramount and something as simple as taking your

shoes and socks off for a foot screening could assist in the diagnosis of diabetes earlier."

Close to 5.2 million people in the United States have diabetes and don't even know it, according to the American Diabetes Association. With foot disease as the most common complication of diabetes leading to hospitalization, the APMA suggests looking for these foot-related diabetes warning signs:

- Redness
- Numbness
- Swelling
- Cold to the touch due to a lack of blood circulation

• Inflammation

Out of the 18 million people with diabetes in the United States, 60 to 70 percent have mild to severe forms of diabetic nerve damage, which often includes impaired sensation or pain in the feet and hands. For this very reason, The APMA has selected the Knock Your Socks Off campaign to raise awareness about the importance of having feet, like any other part of the body, checked regularly.



For more information about the APMA Knock Your Socks Off campaign or to request a media kit, call 301-581-9221.

Diabetes in Ohio: The Burden/Challenge – A Call for Action 2004 Statewide Diabetes Conference *continued from cover page*

Luncheon plenary sessions about Healthy Ohioans and materials from the National Diabetes Education Program were presented.

The day ended with a plenary session Pediatric Type 2 Diabetes: A Weighty Problem and Emerging Epidemic presented by Dr. Lawrence Wetterau, a pediatric endocrinologist from Columbus Children's Hospital.

Day three began with a two-hour panel presentation, Current Issues and Challenges of Diabetes Care. The panel was facilitated by Melissa Thomas and audience participation was encouraged.

Dr. Rosemary Duffy, a captain in the United States Public Health Service detailed to the State of Ohio from the Centers for Disease Control and Prevention-National Center for Chronic Disease Prevention and Health Promotion in Atlanta, Georgia and Jolene Difiore-Hyrmer, an epidemiologist from the Ohio Department of Health presented a plenary session about the Diabetes Monograph - The Burden of Diabetes in Ohio. The Rev. O'Vell Harrison, director of Family Development at the Columbus Urban League, Inc. called the audience to action with an inspiring motivational message entitled "Because We Care."

The conference ended on Sept. 29, 2004, with a luncheon plenary presentation by Jane Kelly, M.D., director of the National Diabetes Education Program, Diabetes and Cardiovascular Disease in Culturally Diverse Communities-Where are We Now? Where Do We Go From Here?

The staff of the Ohio Diabetes Prevention and Control Program, Thomas Joyce, program director; Julie Barrett, nurse consultant; Nancy D. Schaefer, nutritionist/health educator; Sandra Aguilar Scott, executive secretary; and Susan Williams, nurse consultant, would like to thank the excellent speakers, ODH staff members and Ohio Diabetes Alliance members for making the conference a success. Speakers included:

Dr. Frank Schwartz, M.D.

Dr. Samuel Cataland, M.D.

Dr. Teresa Long, M.D., M.P.H.

Dr. Frank Vinicor, M.D., M.P.H.

Shirley Vickers, R.N., C.D.E.

Susan Barlow, R.D., C.D.E.

Dr. Chris Simpson, D.O.

Dr. Deborah Arms, Ph.D., R.N.

Dr. Jane Kelly, M.D.

Ms. Debbie Barcus

Dr. Jennifer Wojtowicz, D.O.

Dr. Kelly Nichols, O.D., M.P.H., Ph.D.

Ms. Cheryl Boyce

Ms. Deanna Tribe, M.S.

Ms. Andrea Deasy, M.B.A.

Ms. Ying Studebaker, R.N., M.S., C.N.S.

Ms. Bounthanh PhommasaThit

Dr. Lawrence Wetterau, M.D.

Dr. Alan Letson, M.D.

Ms. Helen Dumski, R.D.,L.D., C.D.E

Ms. Julie Koppert, R.N.C., B.S.N., C.D.E.

Ms. Trudy Gaillard, R.N., M.S., C.D.E.

Ms. Melissa Thomas, M.S.

Dr. Rosemary Duffy, D.D.S., M.P.H.

Ms. Jolene Defiori-Hyrmer

Reverend O'Vell Harrison

Members of the ODH family and the Ohio Diabetes Alliance include: Susan Willard-Gibler, Greg Lewis, Mary Speights, Jennelle Adkins, Kira Baldonado, Ann Weidenbenner, Robert Indian, Tammy Dimuzzio, Stephanie Francis, Roberto Santos, Linda Scovern, Jeanne Grothaus, Cindy Oliveri, Roland Bittles, Kevin Sheets, Donna Moore, Joyce Calmese, Tonya Breymier, Punam Ohri-Vachaspati, Diane Endsley, Linda Pool, Michelle Park, Melica Hampton, Robert Hill and Billy Wood.





Ohio Pharmacists Assist with Flu Shots

Ohio Diabetes Alliance member Kathy Karas, R.Ph., along with Verne Mounts, R.Ph., Director of Pharmacy for Buehler's, Tanya Mounts, R.Ph., and Rob McMillan, R.Ph., immunized nearly 3,300 high-risk individuals this fall at nine Buehler's stores in Ashland, Delaware, Orrville, Wooster, Wadsworth, Dover, Medina and New Philadelphia, Ohio. The flu shot clinics operated between three and four hours and injections were administered by an appointment only basis. No one receiving a flu shot waited more than ten minutes (and that included filling out the paper work!!!)

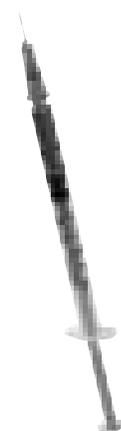
Probably the hardest and most demanding aspect of this year's flu clinics was making sure that everyone met the current CDC criteria because of the shortage. Everyone was more than understanding, and a few people did give up their spots so that a risk individual could receive a flu vaccination.

All pharmacists administering flu shots have been certified by the Ohio State Board of Pharmacy through special board approved training courses and have received CPR.

Influenza Update

On Oct. 5, 2004 the Centers for Disease Control and Prevention (CDC) announced that there would be a shortage of influenza vaccine due to a problem with the supply manufactured by the Chiron Corporation. Only one half of the expected supply of trivalent inactivated vaccine (flu shot) will be available in the United States for the 2004-2005 influenza season. The priority groups for influenza vaccination are:

- All children aged 6-23 months;
- Adults aged 65 years and older;
- Persons 2-64 years with underlying chronic medical conditions (including diabetes);
- All women who will be pregnant during the influenza season;
- Residents of nursing homes and long-term care facilities;
- Children aged 6 months-eighteen years on chronic aspirin therapy;
- Health-care workers involved in direct patient care; and
- Out-of-home caregivers and household contacts of children aged less than 6 months



"Sugar free" means safe?

People in the food industry know how much persons with diabetes want to control their blood sugar. It is big business. Food companies produce a lot of products meant to catch the eye – and money of this growing population. Some of these products may be a big help. Others may not be helpful at all.

Foods sweetened with artificial sweeteners may still contain carbohydrate ingredients - even if they say they are sugar free. It is important to check the serving size and carbohydrate grams per serving on the nutrition label. There may not be much difference between these foods and the foods they are made to replace.

The next time Aunt Betty buys sugar free pie just for you, it is important to read the label. It can be a real shocker.

Hard facts speak louder than promises on labels. A blood sugar test two hours after eating can tell exactly how these foods work for each individual. If you enjoy them, by all means, use them. However, don't assume they will magically result in a great blood sugar result.

Nancy D. Schaefer, R.D.,L.D.



For more information contact: www.cdc.gov/flu, or call the National Immunization Hotline at (800) 232-2533 (English), (800) 232-0233 (espan_ol), or (800) 243-7889 (TTY).

Vending Machines – Use the Right Sense

We all know the lure of the vending machine. The fancy packages and fun button are there to tempt us when hunger strikes. Unfortunately, this easy way to get a snack can often give you more than you bargained for on your waistline. Many of the foods inside a vending machine are calorie dense and loaded with sugar, fat and sodium, not to mention artery-clogging trans and saturated fats. The more often you depend on foods from them, the more stringent you need to be when making your choice about which button to push. Here are some common sense tips to help you use your cents wisely:

- Make your own vending machine drawer at work or in your locker at school. Keep healthful, shelf-stable items such as bottled water, raisins and other dried fruits, dry whole-grain cereal boxes, healthful trail mix, whole-grain crackers and canned fruits on hand.
- Some vendors are offering better choices. Know what is available in machines that are near you. It is best to take a look at them when you are not hungry so you can make a better decision when your stomach begins to grumble and you are caught without a snack.
- Keep a log of when you use the vending machine and what you eat (include calories too!). This will help you be aware of what you are consuming. It may also help you plan ahead better if you see the same times and days being logged.
- Give yourself a vending budget, and stick to it. Try not to keep loose change around or limit the amount that you carry.
- Be familiar with the list on the right so you know what to choose and what to skip.

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**One can of cola contains nearly 10 teaspoons
of sugar or the entire daily recommended
amount of calories from sugar.**

Best Vending Choices

Overall, the better vending choices are whole foods: fruits, nuts, 100% fruit juices, skim milk and whole-grain cereal bars. Here is a list to look for:

Foods:

- Nuts/peanuts
- Dried fruits
- Canned fruits
- Trail mix
- Whole-grain cereal bars
- Pretzels
- Baked chips or crackers

Beverages:

- Bottled water
- 100% fruit juice
- Diet soda
- Tea (unsweetened or diet)
- Skim milk

Worst Vending Choices

Items that are high in fat and/or sugar are the least healthful choices. Often these items contain artery-clogging fats and are nutrient and fiber void. They are for emergency use only! Here is a list:

Foods:

- Cookies, especially high fat
- Candy bars
- Chips
- Crackers, especially high fat
- Cakes and snack cakes
- Sausage meats
- Cheeses
- Sandwich crackers

Beverages:

- Sugared soda
- Sugared punch
- Whole milk

Major Health Groups Join Forces to Fight Leading Causes of Death

Three of the nations leading not-for-profit health agencies announced in June a joint initiative to empower Americans to help lower their risk of cancer, diabetes, heart disease and stroke by following a single set of recommendations. Combined, the four conditions account for nearly two out of every three deaths in the United States.

This is the first time the American Cancer Society, American Diabetes Association and American Heart Association have come together to provide unified health recommendations for the public and joint screening advice for physicians.

Everyday Choices For A Healthier Life is a three-year advocacy, public and professional education campaign based on four preventive strategies:

- Consume a healthy diet as a key component to achieving and maintaining a healthy body weight
- Be physically active
- Do not smoke and avoid tobacco smoke
- See a physician to assess your personal health risks

For more information on this initiative: <http://americandiabetesassn.org/GoNow/a16366a105179a159069797a0>

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Walk for Diabetes

On Sept. 26, 2004, the Ohio Diabetes Prevention and Control (ODPCP) program director, Thomas Joyce, joined more than 3,000 walkers at Easton Mall in Columbus, Ohio, to raise money and support the efforts of the Juvenile Diabetes Research Foundation.

On Oct. 2, 2004, staff members of the ODPCP joined more than 1,000 walkers in Central Ohio at the Nationwide Arena district to raise money for diabetes. Roland Bittles of the Ohio Diabetes Alliance and the American Diabetes Association officiated at this year's walk that not only raised money, but also raised awareness of the epidemic of diabetes that is facing Ohio and the nation. At both events, the ODPCP provided pedometers to track steps of all the participants.



If you would like to contribute an article for the next newsletter or if you are aware of other upcoming educational opportunities and internet resources, please send us your ideas.

****DEADLINE - for submitting news for the Winter Newsletter is: February 4, 2005**

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