



ODPCP

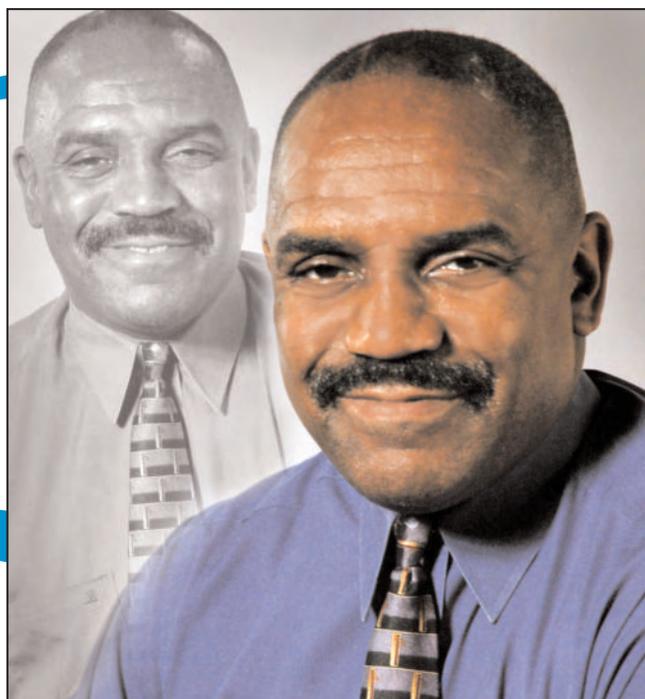
OHIO DIABETES PREVENTION
& CONTROL PROGRAM

BUREAU OF HEALTH PROMOTION
& RISK REDUCTION

OFFICE OF
HEALTHY OHIO

October 2007 Healthy Ohio Employee Award Given to Ohio Diabetes Prevention and Control Program Director

HEALTHY OHIO
EMPLOYEE
THOMAS JOYCE



The Ohio Department of Health (ODH) Healthy Ohio Employee Award was presented by ODH Director Alvin D. Jackson, M.D., to Thomas "Eddie" Joyce of the Office of Healthy Ohio, Bureau of Health Promotion and Risk Reduction, Diabetes Prevention and Control Program (ODPCP).

Although he has avoided his family history, Joyce's eight siblings, his

mother and father all have type 2 diabetes. As director of the ODPCP, he knows how important it is to exercise as part of the plan to stay healthy. A nonsmoker, Joyce works out at lunch every day - even when he's off work, he still goes to the YMCA. He maintains a healthy diet and loves to cook healthy dishes. Joyce emphasizes the importance of exercise to his

employees and encourages physical activity and an active lifestyle.

Joyce strives to make a difference by supporting community events, national organizations that will benefit people's lives and physical activity in schools.

Congratulations, Eddie, a dedicated ODH Healthy Ohio Employee!

U.S. Diabetes Conversation Maps - An Innovative Experiential Learning Tool for Improving Diabetes Self-Management

The American Diabetes Association (ADA) and Healthy Interactions Inc. (Healthyi) have launched a series of U.S. Diabetes Conversation maps. The maps are designed to assist diabetes educators and other health care professionals to engage patients in learning about diabetes and making lifestyle modifications that lead to improved self-management. This initiative utilizes a series of diabetes *Conversation Map*[™] tools, which Healthyi and the ADA have been developing since early 2006. In addition to being extremely effective at engaging patients, the *Conversation Map*[™] tools are aligned with the reimbursement curriculum for health care professionals as defined by Medicare.

"We at the ADA believe Conversation Maps are one of the most important innovations in patient and physician education in a decade," said Karmeen Kulkarni, immediate past-president of Healthcare and Education-ADA.

The diabetes *Conversation Map*[™] tools, with content developed and reviewed by the ADA, were launched across the United States in 2007, initially being offered to 2,800 ADA-recognized diabetes education programs as well as to other health care professionals. The goal is to have at least 9,500 diabetes educators incorporate the *Conversation Map*[™] tools into their diabetes education programs within the next

three years. Several sessions have already been held in Ohio.

Conversation Map[™] tools increase patients' ability to understand and manage chronic diseases and other health conditions. They combine visual learning techniques and active dialogue between patients and health care professionals to engage patients in sustainable behavior change. The *Conversation Map*[™] tools help patients decipher the complexities of diabetes, empower them to draw new insights for better disease management and inspire them to develop a personal plan for change. The underlying philosophy of the approach is that patients will make better health care decisions when they self-determine why change is necessary, what has to change and who else needs to be involved in the change process.

"We have a unique opportunity to make a very real and important difference in the lives of millions of people with diabetes and in the lives of the health care professionals who care for them," said Peter Gorman, president of Healthyi. "Patients increasingly need to become better self-managers of their diabetes. Together, Merck and Healthyi will transform diabetes education, enabling patients to advance their awareness and knowledge about their disease, to assume greater personal ownership for lifestyle changes and to employ practical actions to improve their health."

For more information or to register for a U.S. Diabetes Conversation Map training:

<http://www.healthyi.com/hcp/diabetes/conversation-maps-overview.aspx>.



Ad Council and Leading Diabetes Organizations Launch First Campaign to Educate People with Diabetes about the Importance of A1C

The Ad Council, the nation's leading producer of public service announcements (PSAs), the American Diabetes Association (ADA) and the Juvenile Diabetes Research Foundation International (JDRF), with the American Association of Diabetes Educators and the National Council of La Raza are launching the first national public education campaign geared to raise awareness of Hemoglobin A1C (A1C), a key indicator of diabetes management.

The collaboration will educate Americans with diabetes on the critical importance of knowing their A1C. A1C is a test that measures a patient's blood glucose level over the previous three months and might help predict serious health complications such as heart attack and stroke. People with diabetes must know their A1C level to manage their diabetes. The goal for most people with diabetes is to maintain a consistent A1C score of less than 7 percent. Unfortunately, many people do not know their A1C level. National figures from the Centers for Disease Control and Prevention suggest 63 percent of all persons with diabetes have A1C levels higher than 7 percent.

The multimedia PSA campaign will aim to reach Americans with

provocative television, radio, print, outdoor and Web messaging using a strategic warning signs approach. The central theme builds on the failure of life's risks to come with warning signs, but for individuals with diabetes, A1C is a warning signal for out of control diabetes and complications including heart attacks and strokes. Recognizing the high incidence of diabetes among the Hispanic population, the campaign will also use an integrated approach featuring Spanish-language messaging to reach the Hispanic community.

"Our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes," said John Buse, M.D., president, Medicine and Science, ADA. "Today, two out of three people with diabetes die of a heart attack or stroke. Increasing the awareness of A1C is one of the most important steps that we can take to help those living with diabetes."

Paul Strumph, M.D., vice president of Research and chief medical officer at JDRF adds, "Educating people with diabetes about the importance of knowing their A1C is essential in improving the short- and long-term



outcomes of children and adults with diabetes, while we continue to search for a cure. Given the devastating complications that can result from diabetes, and the ability to reduce those risks by managing A1C levels, this campaign is launching at a pivotal time."

Tom Boyer, executive director of the Diabetes Care Coalition, said, "We have been involved in educating people with diabetes about the importance of A1C awareness since 2005, and are excited about joining with the Ad Council to launch this vital campaign. The ultimate goal is to improve understanding of the role that A1C control plays in managing diabetes. The Diabetes Care Coalition hopes this campaign will help every person with diabetes strive to live with an A1C level that will reduce their risk of complications such as heart attack or stroke."

The campaign will direct all audiences to visit a new, interactive Web site and dial toll-free numbers to obtain information explaining the importance of talking to a health care provider about the A1C test and the role it can play in reducing the risk of diabetes complications. For more information about the A1C test or the campaign, call 1-877-TEST-A1C (1-877-837-8212) or visit <http://www.diabetesA1C.org>.

NKDEP Develops Brochure for African Americans on the Risks for Kidney Disease

Diabetes and high blood pressure are the leading causes of kidney failure, accounting for 70 percent of new cases. African Americans are disproportionately affected by kidney failure, due in part to the higher prevalence of these conditions. Yet many African Americans with diabetes and high blood pressure are not aware of their risk for kidney disease and the need to get tested. Tests can detect kidney disease in its early stages, even when there are no symptoms. People can take steps to keep their kidneys healthier longer and possibly prevent kidney failure.

The National Kidney Disease Education Program (NKDEP) recently developed a patient education brochure that speaks directly to African Americans with diabetes and high blood pressure. *Kidney Disease: What African Americans Need to Know* encourages those at risk to talk to their health care professional about getting tested for kidney



disease. The easy-to-read brochure, which was created with the help of health care professionals who routinely care for African American patients, outlines the risks for kidney disease, particularly among African Americans and explains what people can do to take care of their kidneys.

To order the free brochure, call 1-866-4-KIDNEY.

Introducing One Call, One Click

One Call, One Click is the new awareness campaign to promote the National Diabetes Education Program (NDEP) as Your Source of Free Diabetes Information. To support NDEP's effort to promote, promote, promote, new *One Call, One Click*

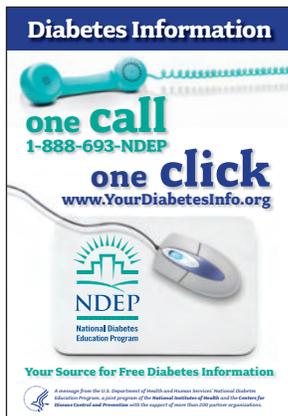
media kits are available for distribution to general media, health care professional media and persons affected by diabetes.

Media kits include new print, radio and online public service announcements in both English and Spanish, and can be used to inform patients, organization members and community partners about the wealth of free diabetes prevention and control information available through NDEP.

As part of this new campaign, NDEP now has two new easy-to-remember Web addresses and a new phone number. The new Web addresses are: <http://www.YourDiabetesInfo.org>

and <http://www.diabetesinformacion.org> (for Spanish-language materials).

For more information about the *One Call, One Click* campaign or to request an electronic media kit, e-mail ndep@hagerssharp.com.



Introducing New Influenza Materials

With so many health issues coming to the forefront these days, and so many of us focusing on a single area, here is a chance to bring a new health message to your target audience.

As you well know, both children and adults affected by diabetes



are at high risk of developing serious complications from influenza. While Centers for Disease Control and Prevention materials have always highlighted this risk, this year the emphasis has been placed on the importance of vaccinating not only

the person at risk, but the caregivers and family (especially of diabetic children) as well.

Several new posters in both English and Spanish are available to download for free this flu season. Available at <http://www.cdc.gov/flu>, these posters tested very well with target audiences; parents especially responded to the idea of themselves in a protective role, and they loved the positive image of an involved African American dad.

OSU Extension and the Ohio Diabetes Prevention and Control Program Present Poster at the 2007 American Dietetic Association Food and Nutrition Conference and Exposition

The Ohio Diabetes Prevention and Control Program and The Ohio State University Extension team partnered to bring Dining with Diabetes (a diabetes cooking school and self-management education course) to persons affected by diabetes in Ohio. The goals of the program are to:

- Increase knowledge about healthy food choices.
- Present healthy versions of familiar foods.
- Provide taste testing of new recipes.
- Provide basic information about diabetes and nutrition.
- Provide networking opportunities for persons affected with or at risk of developing diabetes.
- Increase knowledge about the importance of physical activity.

Information about the program and the partnership was presented as a poster in the 2007 American Dietetic Association's Annual Food and



Sherri Gallup, Cindy Oliveri, (OSU Extension), Nancy Schaefer, (ODPCP), Sheila Maggard and Monadene Matthey, (OSU Extension).

Nutrition Conference and Exposition in Philadelphia.

Prediabetes

What is prediabetes?

People with blood glucose levels that are higher than normal but not yet in the diabetic range have prediabetes. Doctors sometimes call this condition impaired fasting glucose (IFG) or impaired glucose tolerance (IGT), depending on the diagnostic test used. Insulin resistance and prediabetes usually have no symptoms. Individuals may have one or both conditions for several years without noticing anything.

How is prediabetes detected?

At present, the fasting plasma glucose (FPG) and the 2 hour oral glucose tolerance test (OGTT) are the tests of choice to identify all states of hyperglycemia. Either test is suitable, and each has advantages and disadvantages, such as convenience, cost and reproducibility. Identification of individuals with IGT can be made only with a two-hour OGTT; the FPG alone will miss approximately 30 percent of patients with isolated IGT. A recent consensus statement issued by the American Diabetes Association has recommended that if pharmacotherapy is used, both IFG and IGT

should be documented. If only lifestyle modification is planned, a confirmatory test is not required.

- IGT is detected when blood glucose levels are elevated (140-199 mg/dL) two hours after an OGTT is administered.
- IFG is detected when blood glucose levels are elevated (100-125 mg/dL) after a fast of at least eight hours.

Prediabetes Fast Facts:

- Prediabetes is a condition that raises the risk of developing type 2 diabetes, heart disease, stroke and eye disease.
- People with prediabetes have IFG, IGT or both. These are conditions where blood glucose levels are higher than normal but not high enough to be classified as diabetes.
- People with prediabetes are five to 15 times more likely to develop type 2 diabetes than are people with normal glucose values.
- Progression to diabetes among those with prediabetes is not inevitable. Studies show that people with prediabetes who lose at

- least 7 percent of their body weight and engage in moderate physical activity at least 150 minutes per week can prevent or delay diabetes and even return their blood glucose levels to normal.
- Clinical research shows intensive lifestyle interventions are the most effective way to prevent or delay type 2 diabetes.
- About 54 million individuals in the United States aged 21 years and older have prediabetes, 12 million of whom are overweight and between the ages of 45-74.
- In the United States, approximately one of every three persons born in 2000 will develop diabetes in his or her lifetime. The lifetime risk of developing diabetes is even greater for ethnic minorities: two of every five African Americans and Hispanics, and one of two Hispanic females will develop the disease.

Identifying Prediabetes: IGT and IFG

Condition/Classification	Test Used and Diagnostic Values
Impaired Glucose Tolerance (IGT)	<ul style="list-style-type: none"> • Oral Glucose Tolerance Test (OGTT), 75 grams of glucose • 2-hour plasma glucose = 140-199 mg/dL
Impaired Fasting Glucose (IFG)	<ul style="list-style-type: none"> • Fasting plasma glucose (FPG) after 8-hour fast • Fasting plasma glucose = 100-125mg/dL



On Nov. 14, 2007, countries around the globe observed the United Nations' first World Diabetes Day. Two people develop the disease every 10 seconds worldwide, according to the latest research. At that rate, nearly 400 million people will be affected by 2025.



Diabetes and Women

The number of Ohioans affected by diabetes is reaching the 1 million mark and one third of them do not know they have the disease. More than half of those diagnosed over the age of 20 are women.

With the increasing life span of women, the rapid growth of minority populations (who are hardest hit by the diabetes burden) and the recent increase in new cases of diabetes among younger women in their adolescent and teen years due to obesity, the number of women at high risk for diabetes and its complications will continue to increase.

The burden of diabetes for women is unique because the disease can affect mothers and their unborn children.

- ♥ Gestational diabetes is a form of glucose intolerance diagnosed in women during pregnancy. Women need two to four times more insulin due to the stresses and hormonal changes of pregnancy.
- ♥ Gestational diabetes occurs more frequently among African Americans, Hispanic/Latino Americans and Native Americans.
- ♥ During pregnancy, gestational diabetes requires treatment to normalize maternal blood glucose levels to avoid complications in the infant:
 - Babies born to mothers with diabetes do not come into the world with diabetes. However, if the mother's diabetes was

not controlled during pregnancy, the baby can very quickly develop low blood sugar after birth (due to the large amount of circulating insulin from the mother) and must be very closely watched until his/her body adjusts to the amount of insulin the infant makes.

- Extra large babies over nine pounds are more likely to become obese and to develop type 2 diabetes later in life due to excessive amounts of blood sugar during the last trimester of the pregnancy.
- Out-of-control blood sugar in the mother can also cause:
 - A miscarriage.
 - High blood pressure which might lead to a baby being born early and could cause seizures or a stroke in the woman during labor and delivery.
 - The mother to make extra large amounts of amniotic fluid around the baby which might lead to early labor. Preterm birth may cause the baby to have breathing problems, heart problems, bleeding into the brain and intestinal and vision problems.
 - An extra large baby that can lead to problems during delivery for both the mother and the infant. The large baby can develop

nerve damage from pressure on the baby's shoulders during delivery.

- The need for Caesarian section delivery.
- ♥ A woman with diabetes that is not tightly controlled throughout the pregnancy has a higher chance of having a baby with a birth defect than does a woman without diabetes. The baby's organs form during the first two months, often before a woman knows she is pregnant, and out-of-control blood sugar can affect those organs while they are being formed. The brain, spine and heart are particularly affected.
- ♥ A woman with gestational diabetes has an increased risk of developing type 2 diabetes within five to 10 years of giving birth.

Preventing diabetes and the complications of diabetes:

People with diabetes can reduce the occurrence of complications by controlling the levels of blood glucose, blood pressure and blood lipids and by receiving preventive care practices routinely.

Type 2 diabetes can be prevented or delayed by adopting lifestyle changes that include:

- ♥ Weight management.
- ♥ Healthy nutrition.
- ♥ Increased activity.
- ♥ Smoking avoidance/cessation.

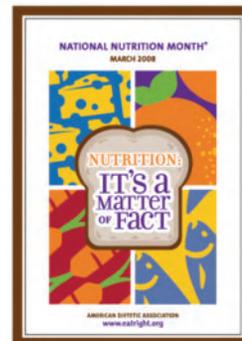


Women & Heart Disease

National Wear Red Day-Feb. 1, 2008 is a day when Americans nationwide will wear red to show their support for women's heart disease awareness.



Upcoming Events:
March 2008 is National Nutrition Month®



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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: Feb. 1, 2008**

Use this form to report a change in address or to be removed from our mailing list and/or to share information.

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