



OCDPCP

Ohio Community Diabetes Control Program

"Let's make Ohio the place where people with diabetes live better lives!"

Be Smart About Your Heart

February is National Heart Month and to honor that theme, the Ohio Department of Health's Community Diabetes Control Program and the Cardiovascular Health Program have joined forces to promote the "Be Smart About Your Heart-Control the ABCs of Diabetes: A1c, Blood Pressure and Cholesterol" campaign. The National Diabetes Education Program (NDEP) in partnership with the American Diabetes Association (ADA) developed the ABCs to communicate the importance of comprehensive care in simple language.

This new campaign comes in response to new studies that show a dramatic link between diabetes and heart disease, and that people with diabetes can live longer and healthier lives with relatively small improvements in controlling blood glucose, blood pressure and cholesterol. There is unequivocal evidence that the burden of diabetes can be significantly reduced by early, rigorous, therapeutic intervention-yet treatment of diabetes often fails to meet target goals and improve patient outcomes.

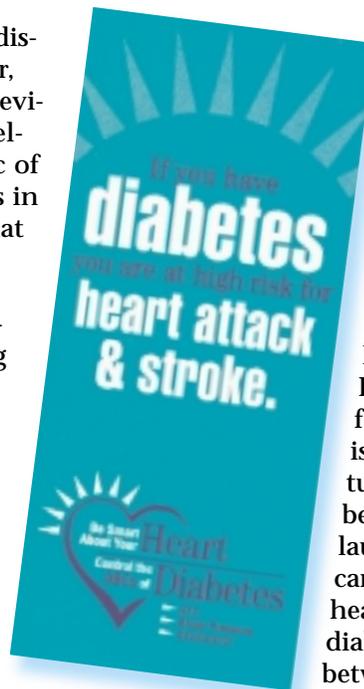
The presence of cardiovascular risk factors has a significant impact on morbidity and mortality in people

with diabetes. Hypertension causes strokes and heart disease and accelerates the rate of progression of diabetic retinopathy, renal disease, and sexual dysfunction in both men and women. Dyslipidemia and smoking contribute to the risk of cardiovascular and renal disease. Excess weight and obesity are associated with an increased risk for hypertension, dyslipidemia, and microvascular diseases. Moreover, there is strong evidence of a developing epidemic of Type 2 diabetes in this country that includes a dramatically increasing incidence in young people. The latest statistics show diabetes increasing nationwide at an epidemic rate-49 percent from 1990 to 2000. ADA projections indicate a 165 percent increase by the year 2050. In Ohio, the percentage of the population with diabetes

increased 60 percent from 1990 to 2000. That's a total of 521,000 adults over 18 with diagnosed diabetes. Research shows that 75 percent of people with diabetes die from heart disease and stroke, and they often die younger.

Findings from market research conducted by the NDEP indicate a critical need to raise awareness about the link between diabetes and cardiovascular disease. People with diabetes were mostly unaware of the link between diabetes and cardiovascular disease. The knowledge gap was pervasive for Caucasian as well as special population consumer groups (African American, Hispanic/Latino, American Indian, Asian American and Pacific Islander) -despite the fact that cardiovascular disease is the leading cause of premature death in people with diabetes. The NDEP, therefore, is launching the comprehensive care campaign to help improve health outcomes for people with diabetes by addressing the link between diabetes and cardiovascular disease and the need for improved blood glucose, lipid, and blood pressure control.

See Be Smart on page 3



Diabetes Today

D*Diabetes Today* is a national training program developed by the Centers for Disease Control and Prevention that looks at diabetes from a public health perspective. The goal of the training is to create community-based diabetes initiatives that focus on the strengths of the community and empower local groups to work together to creatively improve diabetes care and education. The program provides health professionals and community leaders with the skills needed to mobilize communities and to develop appropriate interventions to minimize the problems caused by diabetes.



Diabetes Today

Major components of the program include forming a network with key leaders, assessing the needs, barriers, and resources of the area, developing local programs in collaboration with other agencies and on-going evaluation of the community's needs.

One outcome of this educational program is the development of a strategic plan that is community owned and culturally relevant to the local population.

The Ohio Community Diabetes Control Program, Ohio Department of Health will conduct the second *Diabetes Today* training on May 21 and 22, in Columbus for staff of local health departments and hospitals, cardiovascular projects, voluntary associations, and other interested community leaders. Currently, the class is at capacity with 20 registrants.

For additional information or to be placed on a waiting list for this class or future sessions call Chris Goodall at (614) 728-7000.

Ohio Community Diabetes Control Program Staff



Jolene DeFiore-Hyrmer

The OCDCP, directed by Thomas "Eddie" Joyce, welcomes the addition of two new staff members. Jolene DeFiore-Hyrmer joined the staff of the Diabetes Control Program in November of 2001 as an epidemiol-

ogist. Ms. DeFiore-Hyrmer has worked for the HIV/AIDS Surveillance Program at the Ohio Department of Health for the past two years. She will focus on developing a Diabetes Surveillance System by incorporating a variety of data sources to describe the burden of diabetes in Ohio. She will also provide the DCP with quality health data that will be used for planning, implementing, and evaluating diabetes programs and interventions. Jolene graduated from the Ohio State University with a Bachelor of Science degree in Microbiology.

Audrae Hughes joined the Diabetes Program in January of this year as a Health Educator. She recently graduated from The Ohio State University's School of Public Health where she received a MPH degree with a specialization in Health



Audrae Hughes

Behavior/Health Promotion. Her undergraduate degree in anthropology was also completed at OSU. Currently, Audrae is familiarizing herself with OCDCP's activities and partners and would appreciate any introductions and ideas.

February Is Black History Month

Diabetes has reached near-epidemic levels in the African American population. The rate of diabetes in this group has tripled since 1970 and the toll continues to rise.

- Roughly 2.6 million, or 11 percent of African Americans have diabetes and 35-40 percent don't even know it.
- African Americans are nearly twice as likely as whites to develop diabetes.
- Twenty-five percent of all African Americans between the ages of 65 and 74 have diabetes. Diabetes strikes African American women even earlier, affecting 25 percent over age 55.
- African Americans are twice as likely to suffer from diabetes-related blindness, 1.5-2.5 times

more likely to have lower limb amputations and 2.6 to 5.6 times more likely to suffer from kidney disease.

- Diabetes is one of the five leading causes of death for African American women.

Genetics and environmental factors such as sedentary lifestyle and high fat diets place ethnic minorities at higher risk. But the higher rates of complications can be attributed to unawareness, delayed diagnosis and poor recognition of the seriousness of diabetes and the importance of good control.

Armed with education and appropriate medical care, African Americans can take control to decrease the onset of diabetes and its complications.

Diabetes Forecast, August 2001.



Be Smart *Continued*

“People with diabetes know how important it is to control their blood glucose, but too little attention is paid to the role of blood pressure and cholesterol,” said Allen M. Spiegel, M.D., NDEP spokesperson and director of the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health (NIH).

“Research shows that this new approach, aggressively treating these three risk factors, can save lives.”

A two-color brochure is the centerpiece of the campaign. It contains essential information about the link between diabetes and heart disease and stroke. It encourages people with diabetes to work with their

health care team to know their ABCs, to find out what their targets are and to reach their targets. The brochure includes a handy wallet card for tracking the ABCs and recording key information.

The campaign also includes radio, TV video feeds and press releases. The NDEP has sent a national press release to major media in the top 50 markets, plus an additional geographical sampling, multicultural media, consumer magazines, and health and diabetes publications. Since November 2001, eight million viewers have seen the video news feed and over 17 million verified listeners have heard the radio spots.

The Diabetes and Cardiovascular Programs at the Ohio Department of Health have joined together to bulk-print the ABCs brochure for distribution to community partners.

For initial orders, a maximum of 100 copies per agency will be mailed upon request. By contacting Rebecca Goins in the Diabetes Program at (614) 644-8311 or Jana Hall in the Cardiovascular Program at (614) 466-2144, additional orders can be placed. The Latino/Hispanic Workgroup of the NDEP is now working on translating the brochure into Spanish. Partners will be notified when these brochures become available.

While awaiting bulk orders from the Ohio Department of Health, partners may wish to download an electronic file of the campaign brochure from the NDEP website at www.nih.ndep.gov. As with all NDEP publications, there are no copyright restrictions. Campaign materials may be duplicated and distributed as needed.

Task Force Adds New Members

The OCDCP welcomes the following representatives who recently joined its Diabetes Task Force

Dorothy Bystrom, RN, M.Ed.
Dorothy has been a member of the Ohio Diabetes Task Force since 2001 and is also a member of the Diabetes in Youth Workgroup. She is the State School Nurse Consultant for the Ohio Department of Health. Prior to coming to ODH, she was a practicing school nurse for 13 years. Her primary responsibility is providing consultation and technical assistance to school nurses, local health department staff, school administrators and sometimes parents about school health issues. She also serves as the ODH liaison for school health to other state agencies and professional groups. Dorothy coordinates an annual three-day orientation for new school nurses each September; 160 new school nurses attended the orientation in 2001. Each spring, she coordinates four regional conferences for school nurses, on topical subjects. Approximately 650 school nurses attend these conferences at the four sites combined, and this spring an update on diabetes technology is included on the agenda.

Dorothy states, "School nurses provide nursing services to the general population of students, but must balance that work with the provision of nursing care for children with special health care needs such as diabetes. The school nurse is in the unique and challenging position of making sure that the health care needs of all students are addressed in the non-health care environment of the school. The school nurse is someone with background and academic preparation

in both health and education who can advocate for and facilitate appropriate and safe care for children in schools." In Ohio, school districts are not required to employ nurses, so the availability of nursing services varies considerably from one school district to another.

On a personal note, Dorothy is married to a hospital pharmacist and has three grown children. She is involved with several community groups and is a novice quilter. Other forms of needlework, mystery books, family activities, and a new interest in resistance training occupy her free time.

Scott Lorenzo, JD
A native of Ohio, Scott Lorenzo moved from the Cleveland area 16 years ago to attend OSU and has made Columbus his home.

After graduating from Capital University Law School, Scott served as an Assistant Prosecutor in Licking County and as an Assistant State Public Defender, before assuming his current position as Assistant Counsel for the Ohio Department of Youth Services.

Scott and his wife Diane have two children, Austin and Adam, and are active volunteers in the community. Scott served on the Board of Directors as President of the Juvenile Diabetes Research Foundation's Mid-Ohio Chapter the past two years before stepping down this past July. Scott's family has a deep interest in finding a cure for diabetes since his six-year old son, Austin, was diagnosed with Type 1 diabetes five years ago.

Scott was asked to become a member of the Ohio Diabetes Task Force as a result of his work with JDRF

and his legal background. As part of his volunteer work with JDRF, Scott worked with families and local schools to achieve proper health care and accommodations for children afflicted with diabetes. Although many schools are aware of Federal and State laws that protect children with diabetes, Scott has found there exists a continuing need to educate the school personnel on how to comply with these laws in order to ensure the safety and health care needs of these children while at school.

Scott believes serving on the Ohio Diabetes Task Force is an honor and an opportunity. "Working with dedicated community leaders in developing a statewide manual for schools to use in educating and caring for children with diabetes is the perfect opportunity to assist Ohio schools in understanding a complex disease, and at the same time, ensure the safety of our children".

John Palm, DDS, FAGD
Dr. Palm came to Ohio in 2000 to initiate and direct a dental program for the Community Action Committee of Pike County, located in Piketon. The agency is part of a safety-net program in Ohio whose mission is to provide medical care and dental prevention, treatment and education for the underserved population. The agency was selected by Proctor & Gamble to participate in their Nationwide Healthy Smiles Program which provides free dental education, toothbrushes and toothpaste to children in underserved areas who do not have adequate access to dental care.

In February 2002 this program will be implemented in Pike County with all school children ages 5-10. Last summer the dental team spent



Jeanne Grothaus,
Executive Director,
Central Ohio Diabetes
Association

Shirley Hissrich, RN,
CDE, Diabetes in
Pregnancy, OSU

Alvin Jackson, MD,
Community Health
Services, Fremont, Ohio

Kathy Karas, R.Ph, Ohio
Pharmacists Association

Jan Kellogg, RN, BSN,
M.Ed. CDE, Cincinnati

Julie Koppert, RNC, BSN,
CDE, Midwest Clinicians

several weeks visiting Head Start programs in Southern Ohio to provide dental care.

The Family Health Center also participates in the diabetes collaborative, which offers a natural link for the promotion of dental education, prevention, and treatment for the patients with diabetes.

Prior experiences include being director for a dental practice in Orange, Connecticut, serving 4 1/2 years as a senior staff dentist at another community health center in Connecticut and serving 3 years in the National Health Service Corps with the Department of Health and Human Services providing dental care in a health shortage area.

Dr. Palm earned his DDS from the University of Maryland in Baltimore. His professional memberships include Fellow of the Academy of General Dentistry, and member of the American, Ohio and Southern Ohio Dental Societies.

Additional Task Force members include: Samuel Cataland, MD,

Chair, Division of Endocrinology,
OSU

Rita Bowling, RN and Karen
Gallagher, RN, Ohio KePRO

Cecilia Casey-Boyer, RN, MS, CDE,
OSU

Heather Burdette,
Ohio Primary Care Association

Richard Cornett, Executive Director,
Ohio Optometric Association

Andrea Deasy, Ohio Commission
on Hispanic/Latino Affairs

Roxanne Cech MD, Ohio Academy
of Family Physicians

Chuck Curtiss, D.O., Ohio
Osteopathic Association

Tammy DiMuzio, RN, MS, CDE
Children's Medical Center,
Cincinnati

Paul DeLamater, MD, Diabetes Care
Center, Toledo, Ohio

Al Dykes, Consumer, Columbus

Harriet Fader, Diabetes Association
of Greater Cleveland

Brenda Fix, RD, LD, Ph.D.,
Ross Products Division

Irwin Frank, DPM, American Society
of Diabetes Foot Physicians

Network

Geri Lester, Executive Director,
Diabetes Association Dayton Area

Alan Letson, MD, Retinal Specialist

Cathy Patton, RN, MSN, CPHQ,
CCM
St. Rita's Medical Center, Lima,
Ohio

Alfred Pheley, Ph.D., OU College of
Osteopathic Medicine

Kathy Phillips, Area Executive
Director, American Diabetes
Association, Central Ohio Area
Office

Cindy Roberts, RN, BSN, CDE,
Joan Goodwin and Associates

Paul Rosman, D.O. Endocrinologist,
Youngstown, Ohio

Jean Scholz, MS, RN, Ohio
Hospital Association

Myron Shank, MD, Ph.D., Diabetes
and Metabolism, Lima, Ohio

Norma Wanamaker, RN, CDE
Marion General Hospital

Louinia Mae Whittlesey, Consumer,
Cleveland, Ohio

News From CDC

Diabetes and Women's Health Across the Life Stages: A Public Health Perspective

Diabetes is a serious and costly disease that touches almost every family in America. CDC has released the first major publication to address the

control diabetes in women. For more information, please visit CDC's Web site at <http://www.cdc.gov/diabetes/> or call 1-770-488-5705 and press 3.

16th National Chronic Disease Conference

The Sheraton Atlanta Hotel in Atlanta Georgia will host the 16th National Chronic Disease Conference February 27-March 1, 2002.

The theme for the conference is "Cultivating Healthier Communities Through Research, Policy and Practice" and is framed around the following tracks: creating policy and environmental change; advocacy for chronic disease prevention and control; eliminating health disparities; healthy behaviors and quality of life at every age; social marketing and communications; emerging issues in chronic disease; fostering creative partnerships; and building research findings and methods.

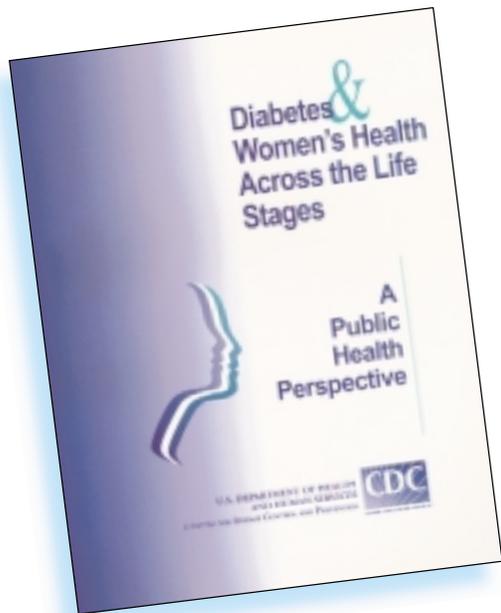
For additional information or to register to attend, visit www.chronicdisease.org/16thconference.html.

CDC 2002 Diabetes Translation Conference

The CDC Diabetes Translation Conference 2002 will be held May 6-9, at the Millennium Hotel, 200 South 4th Street, St. Louis, Missouri. You may call for reservations at (314) 241-9500. This year's theme is "Diabetes Control and Prevention: Building on 25 years of Excellence"

and will be celebrating the 25th anniversary of the Division of Diabetes Translation.

The conference will bring together a wide constituency of local, state, federal, territorial, and private-sector diabetes partners to explore science, policy, education, and planning issues as they relate to reducing the burden of diabetes. Visit <http://www.cdc.gov/diabetes> for up-to-date information about the conference.



unique impact diabetes has on women. *Diabetes and Women's Health Across the Life Stages: A Public Health Perspective* focuses on the specific issues that make diabetes a serious women's health issue, such as puberty and hormonal changes during adolescence, childbearing and contraception in the reproductive years, menopause and access to health care in the middle years, and poverty and disability in the older years. As a follow-up to the publication of the monograph, CDC is forming a task force to develop a national public health action plan that will raise public awareness and outline programs to prevent and

Bureau Conference

On December 5th and 6th 2001, the Bureau of Health Promotion and Risk Reduction at the Ohio Department of Health and the Ohio Public Health Association co-sponsored a conference titled "The Picture of Prevention: Putting the Pieces Together". The purpose of the conference was to promote a common understanding of priorities related to eliminating health disparities and developing healthy communities, including a better understanding of the population-based approach to health promotion and risk reduction.

James Marks, MD, MPH, Director, Center for Chronic Disease Prevention and Health Promotion, CDC, opened the conference with 280 attendees and addressed Healthy Communities. Concurrent sessions focused on understanding data, program evaluation, community coalitions, community health assessments, cultural competence and health disparities and social marketing.

News From Voluntaries

American Diabetes Association

Greg Winslow left his position as Executive Director of ADA and has become the Executive Director of the Columbus Metro Division, American Heart Association. His replacement is Kathy Phillips, who has served as the President of Junior Achievement and moved to Ohio from South Carolina.

Central Ohio Diabetes Association

Scott Kuhn is the new Marketing and Communications Director.

Diabetes Association of Greater Cleveland

You Asked For It FREE Community Education Program

"A Day Out With Diabetes"

March 16, 2002

9am-12:30pm

Westlake Recreation Center

28955 Hilliard Blvd.

Westlake, Ohio 44145

Exhibits and Screenings.

Allied Health Professional Symposium

"The Business of Diabetes --
Management Strategies, Clinical
Solutions and Money Matters"

March 20, 2002

7:45am-4:30pm

6111 Landerhaven Drive

Mayfield Heights, Ohio

CEU's available for

RN, LPN, RD, DTR,
Social Workers, and Pharmacists
DAGC Member: \$60.00
Non-Members: \$75.00
Full-Time Students: \$35.00
Best Value \$100 (includes
professional membership)
Late Fee after March 13th- \$10.00

FREE Community Education Program

Diabetes Product and
Information Fair

June 15, 2002

8am-12:30pm

Embassy Suites

Independence, Ohio

Exhibits and Screenings.

For more information on these
upcoming programs please call the
Diabetes Association of Greater
Cleveland at (216) 591-0800 or visit
our website at www.dagc.org

Diabetes Youth Program Extends Services To Area Classrooms

January 2002 the Diabetes Youth Program (DYP) will be providing a new service to Northwest Ohio Schools for children with diabetes, their families, and the school personnel that care for these children while they attend. The DYP advocates that every child has the right to care for his diabetes while in school.

Scientific data clearly proves the importance of maintaining glycemic control and consistent diabetes management to prevent the complications that can accompany diabetes in children. Since there is no break from diabetes, there can be no break from the need to care for it, and school hours are no exception.

This new program, **School Support for Students with Diabetes**, has been made possible by a grant from Marguerite D'Youville Foundation.

Karen Kinney, B.Ed, MPH an educator and public health professional, will facilitate the program along with experienced pediatric diabetes educators.

The goal of this service is to involve the student, parents, school personnel, and medical team in the development and implementation of a good plan of care while the student with diabetes attends school.

State and Federal laws require schools to make modifications that will allow the student with diabetes to attend safely and participate in all activities. Mrs. Kinney will define the accommodations needed on an individual basis, then educate



School Support for
Students with Diabetes

school personnel and clarify the plan of care. The intent is to bring everyone together to create a school environment where everyone is served.

School Support for Students with Diabetes offers an educational

resource to assist schools in the provision of a supportive and nurturing environment for any child with diabetes.

To initiate this service or to determine if the service is available in your area contact the Diabetes Youth Program at its new location: 3100 West Central Avenue, Suite 158, Toledo, Ohio, 43606, Phone: (410) 578-1796 or E-mail Robin Condon at robin@dyp4kids.org.

Websites

American Association of Diabetes Educators
www.aadenet.org

American Diabetes Association
www.diabetes.org

American Dietetic Association
www.eatright.org

Barbara Davis Center for Childhood Diabetes
www.uchsc.edu/misc/diabetes/bdc.html

Behavioral Risk Factor Surveillance System Prevalence Data
www.2.cdc.gov/nccdph/brfss2/publications/index.asp

Diabetes Association/Dayton Area
www.diabetesdayton.org

The Black Health Network
www.blackhealthnet.com

CDC Diabetes Public Health Resource
www.cdc.gov/diabetes

Central Ohio Diabetes Association
www.diabetesohio.org

Diabetes Association of Greater Cleveland
www.dagc.org

Diabetes Today
www.diabetestodayntc.org

Directory of Diabetes Organizations
www.niddk.nih.gov/health/diabetes/pubs/diaborgs/diaborgs.htm

Health and Human Services Search
www.hhs.gov/search

Health Quest Magazine
www.healthquestmag.com

Health Resources and Services Administration
www.ask.hrsa.gov

Healthy People 2010 Online Documents
www.health.gov/healthypeople/document

Joslin Diabetes Center
www.joslin.org

Juvenile Diabetes Foundation
www.jdf.org

National Diabetes Education Program (NDEP)
<http://ndep.nih.gov>

National Eye Institute
www.nei.nih.gov

National Heart, Lung and Blood Institute
www.nhlbi.nih.gov

National Kidney Foundation of Ohio
www.nkfofohio.org

National Library of Medicine
www.nlm.nih.gov

The National Women's Health Information Center
www.4woman.gov

Ohio Department of Health
www.odh.state.oh.us

The Renal Network, Inc.
www.therenalnetwork.org

United Network for Organ Sharing
www.unos.org

U.S. Office of Minority Health
www.omhrc.gov



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 Spring Newsletter is: May 10, 2002**

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

Name
Agency
Old Address
New Address

Please remove my name Please update my address

Return to: Rebecca Goins
 Ohio Community Diabetes Control Program
 Bureau of Health Promotion & Risk Reduction,
 Ohio Department of Health,
 P.O. Box 118,
 Columbus, OH 43266-0118
 Phone: (614) 644-8311

