Ohio Department of Health

Winter 2004

ODPCP

OHIO DIABETES PREVENTION & CONTROL PROGRAM

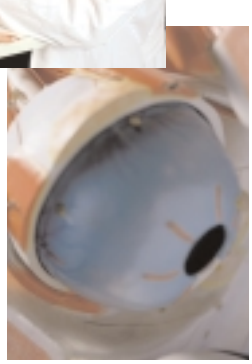
Governor's Task Force Aims to Reduce Blindness in Ohio

More than 20 statewide organizations are joining forces and pooling resources to reduce the projected rates of vision loss among Ohio's seniors.

On April 28, 2003, Governor Bob Taft authorized the formation of Ohio's Aging Eye Public/Private Partnership. This coalition has a big job: to reduce the threat of blindness from age-related eye diseases, which are expected to double over the next 30 years. The partnership is co-chaired by Joan Lawrence, director of the Ohio Department of Aging and Dr. Robert Newcomb, a professor of clinical optometry at The Ohio State University. Thomas Joyce, program director for the state's Diabetes Prevention and Control Program, is a member of the executive committee.

The partnership has five specific responsibilities:

1. Build partnerships and collaborations to provide input to various state agencies and organizations concerned with Ohio's aging population to ensure a consistent and comprehensive statewide plan of action.
2. Advise and make recommendations as to ways of increasing awareness about the growing future vision needs of Ohio's aging population.



3. Examine and recommend best practices for seniors in the area of identifying eye problems and maintaining healthy eyes.
4. Identify ways to increase vision research and vision research collaborations that seek the causes of and cures for sight-robbing eye diseases.
5. Provide annual reports which identify and assess the status of its work within Ohio and recommend appropriate actions by both the private and public sector.

According to Director Lawrence: "As the life expectancy of seniors in Ohio increases, and as the 'Baby Boomer' generation ages, the National Eye Institute in Washington, D.C. and Prevent Blindness America, estimate that more than 2.5 million Ohioans will be threatened by vision loss from cataract, glaucoma, macular degeneration and diabetic retinopathy by the year 2030. We need to raise the awareness of this important public health issue for all Ohioans."

Dr. Newcomb added, "Diabetic retinopathy is the leading cause of new blindness in adults between the ages of 20 and 74. When I was in school, there was no obesity epidemic nor was there a medical condition known as 'pre-diabetes. If we are going to reduce the projected rates of legal blindness from diabetic retinopathy and other aging-eye diseases, doctors, patients, social service agencies, educational institutions and government must all be involved."

The partnership executive committee has already met twice and has its third meeting is scheduled for Jan. 29,

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Columbus Librarian Receives Prestigious Award

On Nov. 9, 2003, at the Columbus International Festival Kristin Shelley of the Columbus Metropolitan Library was honored with the Time Warner Vision in America Award. The award recognizes people in Central Ohio who have made a difference in the lives of immigrants and refugees and helped them to achieve success in the United States. She was the 2003 recipient because of her work to improve library services to new Americans. Shelley started English to Speakers of Other Languages (ESOL) through the Columbus Literacy Council at three Columbus Metropolitan Library (CML) branches (Northern Lights, Livingston and Hilltop). She also worked to begin ESOL material collections at all CML locations. In 2003, Shelley wrote a Library Services and Technology Act grant to further increase the ESOL classes at CML and the materials collections as well. It also provides marketing of the classes/materials and for library brochures to be translated in the Somali and Spanish languages. The grant was approved in September 2003 by the State Library of Ohio. The grant provides $52,500 in federal money for these initiatives. In addition, two branches (Northern Lights and Hilltop) offer Spanish-language story times for children.

As winner of the 2003 Vision in America Award she received $1,000 for the Hilltop Branch of the Columbus Metropolitan Library.

The Vision in America Award is a national awards program sponsored locally by The International Channel and Time-Warner Cable. Time Warner Cable presented awards to Shelley and two runners-up (first runner up is Marian Ghedi, founder of the United Somali Refugee Women and the second Runner-up is Dawn Hong, founder and director of the Taiwanese-American Heritage Foundation). There were also twelve honorable mentions.

In addition to Shelley's work at the Columbus Metropolitan Library, she is also a member of the Central Ohio Diabetes Association's committee to establish a multi-cultural resource center for the culturally diverse community in central Ohio.

Kristin Shelley
Hilltop Branch, Manager
Columbus Metropolitan Library
614-645-2430

Prevengamos la Diabetes tipo 2

Prevengamos la Diabetes tipo 2 Paso a Paso

Diabetes is a serious disease affecting millions of Hispanic and Latino Americans and the disease is growing at epidemic rates. The National Diabetes Education program (NDEP) has initiated the Prevengamos la Diabetes tip2 Paso a Paso campaign which will spread the message of diabetes prevention to the Hispanic and Latino American population. The tools prepared include:

1) MOVIMIENTO, Por Su Vida – a CD containing six original songs created by and for Hispanic and Latino Americans. The songs are upbeat, fun and feature a Latin dance beat and lyrics that celebrate life in an effort to promote physical activity as a way to stay healthy and to help prevent diabetes.

2) Recipe and Meal Planner – originally designed to help control diabetes, this bilingual booklet contains new twists on traditional Hispanic and Latin recipes that are both delicious and healthy.

3) Food and Activity Tracker – a Spanish booklet that allows people to keep track of what they eat and drink, one of the best ways to lose weight and to maintain the weight loss.

All of the materials are available on the NDEP's Web site at http://www.ndep.nih.gov/campaigns/PasoaPaso/Paso_a_Paso.htm, or can be ordered free of charge by calling 1-800-438-5383.

NATIONAL DIABETES EDUCATION PROGRAM

Influenza Campaign 2003/2004

The Ohio Diabetes Prevention and Control program was again instrumental in notifying at-risk Ohioans of the importance of the influenza vaccine. In October 2003, 25,000 flyers were prepared and distributed to more than 600 agencies in Ohio including:

- Kroger's pharmacies
- Selected independent pharmacies
- Federally Qualified Health Centers
- Local health departments
- Endocrinologists
- Primary care physicians, etc.

The flyers were made available in both English and Spanish and spelled out those persons who are at high risk of flu complications, including those persons with diabetes.

A media campaign was also conducted with the Ohio Association of Broadcasters. Television and radio spots began airing in October 2003 and are planned through March 2004 and target those citizens at high risk for developing complications of influenza.

In addition, questions were raised by the public about the new Live Attenuated Influenza Vaccine(LAIV) also known as the nasal-spray flu vaccine:

Who should not be vaccinated with the nasal-spray flu vaccine (LAIV)?

- People younger than 5 years of age
- People 50 years of age and older
- People with a medical condition that places them at high risk for complications from influenza, including those with chronic heart or lung disease, such as asthma or reactive airways disease; people with medical conditions such as diabetes or kidney failure; or people with illnesses that weaken the immune system, or who take medications that can weaken the immune system
- Children or adolescents receiving aspirin
- People with a history of Guillain-Barré syndrome, a rare disorder of the nervous system
- Pregnant women
- People with a history of allergy to any of the components of LAIV or to eggs.

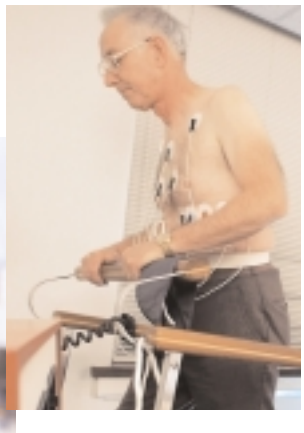
Should the nasal-spray flu vaccine (LAIV) be given to patients with chronic diseases other than those specifically listed above?

No. The nasal-spray flu vaccine is approved for use only in healthy people between the ages of 5 and 49 years.

Losing 10-20 pounds can lower body fat, blood pressure and insulin resistance.

2004 Update: Heart Disease, Stroke and Diabetes--Making the Case for Healthy Outcomes

According to the American Heart Association (AHA), cardiovascular disease is the leading cause of diabetes-related death. Furthermore, individuals with diabetes are "two to four times more likely to develop cardiovascular disease due to a variety of risk factors" such as high blood pressure, lipid disorders, smoking, obesity and the lack of physical activity. In addition, another alarming and emerging risk factor is insulin resistance, where the body does not respond appropriately to the insulin that is produced by the body. The AHA further notes that insulin resistance itself is independent of other risk factors; yet, it could play a major role in the development of atherosclerosis.



In 1999, the AHA reported that diabetes was a major modifiable risk factor for heart disease. The connection between heart disease and diabetes was additionally revealed in June 2001 with the release of findings by the American Diabetes Association. The Summer 2001 edition of the OCDCP had the details of the National Institute of Health (NIH)-sponsored Epidemiology of Diabetes Interventions and Complications study (EDIC) that indicated that high blood glucose played a role in the development of atherosclerosis (hardening of the arteries). It was November 2001 when NIH and its partners informed the public that good diabetes management was more than lowering glucose. Management of blood pressure and cholesterol were added as recommended guidelines. The exciting news was that individuals with diabetes could reach an older age and live more healthy lives with even small declines in their blood glucose, blood pressure and cholesterol.

What about Ohio? According to Cardiovascular Disease in Ohio 2001, cardiovascular disease (CVD), that includes both heart disease and stroke, was "the No.1 cause of death in 1998, accounting for over 40 percent of all deaths." The report further noted that the prevalence of the modifiable risk factors for heart disease and stroke has increased in the past 10 years. Diabetes is among those modifiable risk factors for heart disease and stroke. In 1999, the estimated prevalence of diabetes in Ohio was 6.1 percent (Ohio Behavioral Risk Factor Surveillance System, Community Health Assessments Section, BHSIOS-Prevention, Ohio Department of Health, 2001).

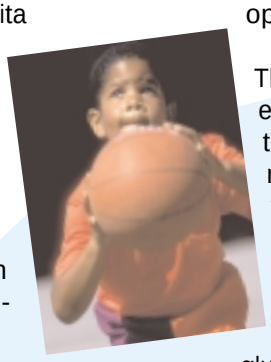
As recently as December 2003, research in the *Journal of Clinical Endocrinology and Metabolism (JCEM)* indicated that "there have been specific genetic markers identified that may influence whether an individual develops metabolic syndrome that is a collection of health risks that could increase the chance of developing heart disease, stroke and diabetes."

So, what does all of this mean? Well, research provides us with updated information regarding the relationship between heart disease, stroke and diabetes. Furthermore, there is evidence to support the importance of controlling risk factors such as blood pressure, cholesterol and blood glucose. Thus, it is important to take notice of these new findings. For professionals, the studies support patient education. For individuals, the research provides proof that taking control of their health problems can make a difference in their lives. In conclusion, the association between diabetes and heart disease and stroke has been established. Let us move forward with this evidence toward healthy outcomes for Ohioans.

Submitted By: Norma Ryan, PhD, RN, CHES
Nurse Specialist-
Cardiovascular Health Program

Camp Ho Mita Koda 2

Camp Ho Mita Koda 2, a camp exclusively for youth with type 2 diabetes, was held in August 2003 at Camp Ho Mita Koda in Newbury, Ohio. The focus of the camp was to teach young people with diabetes about self-management of the disease and strategies to maintain health and productivity for a lifetime.



Fourteen northern Ohio youth attended the camp that was made possible by the Diabetes Association of Greater Cleveland and the Cleveland Browns Foundation. Diabetes-management activities included informal discussions about the seriousness of the disease, healthy eating habits and the importance of physical activity.

Registered dietitians presented several sessions on the importance of nutrition in diabetes management. The youth learned about appropriate serving sizes and how to make lower-fat choices, even when eating away from home. To practice what they learned, the campers had dinner at McDonald's before going to the Cleveland Browns pre-season football game and demonstrated to the leaders that they could make appropriate choices (such as salads, small hamburgers, etc.) when presented with all options.

The campers were also exposed to traditional activities not part of their daily routines – hikes in the woods, swimming, playing volleyball – aimed at increasing the awareness of the range of activities that will help the youth better manage their blood glucose. For an activity that can be continued at home, each camper was given an exercise ball and a booklet of exercises appropriate for indoor use.

At the family picnic on Sunday, parents were involved in a discussion with a nurse and dietitian about the seriousness of being diagnosed with a chronic disease at a young age and what they can do to help and encourage their children to make behavior changes that will allow them to live longer, healthier lives.

Camp Ho Mita Koda 2 is open to youth ages 12-17 with type 2 diabetes. For more information contact the Diabetes Association of Greater Cleveland at (216) 591-0800 or information@dagc.org.

Submitted by:
Tammy Randall, MS, RD, LD
Nutrition Educator
Diabetes Association of Greater Cleveland

Charcot's Arthropathy - The Swollen Foot

What is it and why is it important ?

Charcot's arthropathy is a complication of diabetic neuropathy. Due to the neuropathy, the bones in the foot become weakened and fractured without major trauma. As the patient notices little pain (a result of the neuropathy), he/she continues to walk on it. This leads to severe deformities of the foot, intractable ulceration, culminating in the need for amputation. It is therefore most important to make the diagnosis early at the acute phase of Charcot's arthropathy because appropriate treatment at this stage can minimize deformities and reduce associated morbidity.

Typical clinical history

Charcot's arthropathy can affect both people with type 1 or type 2 diabetes. In the majority of cases only one foot is affected, however both feet can be affected over a period of years. Diabetes is usually long standing and diabetic neuropathy is always present and quite severe.

Typically, the foot suddenly becomes very swollen and warm to touch. The patient can recall no history of trauma or only a very minor episode (eg. twisted the ankle a few weeks ago). The first clue to the diagnosis is the disproportionate lack of pain. The second clue is the slowness of recovery (i.e the swelling does not go away).

X-ray at this stage may be normal or show a minor fracture but may already show quite gross bone destruction.

Prepared by: L. Sorensen, T. Wu, M. Constantino, D.K.Yue and was supported by a peer reviewed grant of the Regional Diabetes Support Scheme, Novo Nordisk Pharmaceuticals.

Trans Fat Content to Appear on Food Labels

Evidence increasingly shows that trans fats contribute to heart disease and may be worse for the heart than saturated fats. As of Jan. 1, 2006, trans fat content must be listed on the Nutrition Facts label of foods that contain more than 0.5 grams of total fat. The new listing will appear right after the saturated fat content. In addition, dietary supplements containing more than 0.5 grams of trans fats must also list them on the Supplement Facts label.

So, what are trans fats? Most trans fats are polyunsaturated fats that have been processed so that they are solid at room temperature. However, some animal foods also contain small amounts of trans fats.

Trans fats are found in many processed foods. Two major sources are stick margarine and vegetable shortening. Trans fats are also found in commercial foods made with these products, such as salad dressings, pastries, doughnuts, french fries, other fried foods, cookies, cakes, crackers, corn chips and potato chips. They are also found in some dietary supplements such as protein or energy bars.

Trans fats are also found in much smaller amounts in butter, meat, and non-skim milk and dairy products.

Until all foods are labeled with trans fat information, you can find out whether a food contains trans fats by checking the ingredient list. If it contains "shortening," "partially hydrogenated vegetable oil," or "hydrogenated vegetable oil," it has trans fats.

The problem with trans fats are as follows: the body does not need trans fats for any function and trans fats are empty calories and make no contribution to the body. The Food and Drug Administration (FDA) estimates that Americans get 2.6 percent of their calories from trans fats.

Trans fats have also proven to have bad effects on health. A 2002 Institute of Medicine report contained information that trans fats appear to:

- Raise total cholesterol levels
- Raise LDL ("bad") cholesterol levels
- Lower HDL ("good") cholesterol levels
- Raise the risk of heart disease more than do saturated fats.

The FDA predicts that the new labels, by helping consumers to make heart-healthy food choices, will save many lives each year.

Diabetes Forecast/January 2004
Shauna S. Roberts, PhD

Statin Use Appears to Enhance Coronary Collateral Formation

Patients who are taking statins might, in effect, grow their own 'bypass' blood vessels.

Collateralization of severely diseased coronary arteries is greater in patients on statin therapy than in those who are not.

Dr. Richard Karas and colleagues at Tufts University School of Medicine in Boston, Massachusetts, note in their paper in the November issue of the *American Heart Journal* that "animal experiments have shown that hydroxymethyl glutaryl coenzyme A reductase inhibitors (statins) can promote angiogenesis in ischemic tissues in a cholesterol-independent manner."

To investigate any similar effect in humans, the researchers studied 94 patients with at least one major coronary artery occlusion who were undergoing clinically indicated coronary angiography. Prior to admission, 51 patients were taking statins, and 43 were not.

The team graded coronary collaterals on the angiograms from 0 to 3 based on the degree of side vessel filling and epicardial perfusion. Univariate analysis showed that the mean collateral score was significantly higher among statin-treated patients than those not taking statins (2.05 versus 1.52, $p = 0.005$). The association remained significant on multivariate analysis ($p = 0.008$). Moreover, compared with patients not taking statins, those in the statin-treated group had a significantly higher mean left ventricular ejection fraction (51 percent versus 44 percent, $p < 0.05$).

The investigators found that there was no association between collateral score and low-density lipoprotein levels. "These findings lend further support to the concept that statins can have benefits in addition to those derived directly from cholesterol lowering," Karas said.

He and his colleagues say the "association noted in this observational study requires confirmation from a study of a randomized patient population."
Am Heart J 2003;146:876-881.

American Diabetes Association Obesity Initiative

Did you know that almost 90 percent of all people with newly diagnosed type 2 diabetes are overweight? Weight Loss Matters is an initiative of the American Diabetes Association (supported by an unrestricted educational grant from Abbott Laboratories), aimed at increasing awareness between diabetes and obesity.

Weight Loss Matters is targeted to health care professionals as well as the general public. A key message of this initiative is that it is possible to lose weight and keep it off. Another key message is that too often patients and their health care providers are reluctant to discuss overweight and obesity.

The Weight Loss Matters initiative will make available a host of materials designed to increase patient and provider awareness of the relationship between obesity and type 2 diabetes -- and to get them talking together and working together to lose weight. Five brochures have been developed to help patients understand the relationship between diabetes and obesity, and provide useful tips and advice on how to start losing weight. Much more is coming for patients and health care providers to help them focus on Weight Loss Matters.

For more information, contact Web site: http://www.diabetes.org/health/weightloss/default.jsp

Governor's Task Force Aims to Reduce Blindness in Ohio *Continued*

2004. At that meeting, recommendations from the three sub-committees will be reviewed. The three sub-committees are Vision Research, chaired by Dr. Rafat Ansari from the NASA Glenn Research Center in Cleveland; Public and Professional Awareness, chaired by Mr. Richard Bunner, immediate past board chair of Prevent Blindness Ohio; and Public Policy, chaired by Mr. Bill Casto, director of Ohio's Bureau of Services for Visually Impaired.

Submitted By: Dr. Robert Newcomb

Upcoming Events

Diabetes Association of Greater Cleveland's
Annual Allied Health Professional Symposium

This event will provide educational opportunities on a variety of diabetes-related topics for nurses, dietitians, social workers and pharmacists.

- Wednesday, March 24, 2004
- InterContinental Hotel
  9801 Carnegie Avenue
  Cleveland, Ohio
- 7:45 AM-4:00 PM

Please call (216)-591-0800 or http://www.dagc.org for details

Ohio Diabetes Prevention and Control Program Presents:
Diabetes In Ohio/The Burden-The Challenge-A Call For Action

- Tuesday and Wednesday, Sept. 28-29, 2004
- Special pre-conference "Diabetes refresher course" Sept. 27, 2004
- Dublin Wyndam Hotel
  600 Metro Place North
  Dublin, Ohio 43017

More details available soon.

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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 Spring Newsletter is: April 2, 2004

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