

Diabetes Partners in Prevention Newsletter: A Publication of the Connecticut Department of Public Health



Keeping Connecticut Healthy

www.ct.gov/dph

J. Robert Galvin, MD, MPH, MBA

Diabetes State Plan Released, Cindy Kozak, RD, MPH, CDE, CT DPH, AIDS and Chronic Diseases Section

On October 2, 2007 more than one hundred partners from around the state attended the release of the Diabetes Prevention and Control Plan for 2007-2012 at the State Capitol. Dr. Ellie Seiler, co-chair of the disease management work group served as the emcee for the event. Speakers included Dr. J. Robert Galvin, Commissioner of the Department of Public Health, Dr. Joseph Rosa, Chief of the Division of Endocrinology and Metabolism at St. Vincent's Hospital in Bridgeport and Robert Smith, Executive Director of the American Diabetes Association of Connecticut and Western Massachusetts as well as staff from the Diabetes Prevention and Control Program. Attendees also had the opportunity to network with

each other and with several community foundation representatives.

The speakers highlighted the costs of diabetes and health disparities that exist, especially among African Americans. According to Dr. Galvin, diabetes cost Connecticut \$1.7 billion in direct and indirect costs in 2003.

The plan highlights strategies to address shortfalls in the diabetes health care system in our state. For a copy of the plan go to www.ct.gov/dph or contact cindy.kozak@ct.gov or (860)509-7737.

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Useful Federal Web sites for Diabetes Practitioners, Betty Jung, RN, MPH, CHES, CT DPH, Planning Branch

Diabetes professionals can find many useful resources on the Internet to help those with diabetes. The federal government provides many resources that are current and useful. The following is a listing of links of where you can go for diabetes information from the U. S. government.

CDC Diabetes Page: <http://www.cdc.gov/diabetes/>

CDC Diabetes Data and Trends:
<http://apps.nccd.cdc.gov/ddtstrs/>

Food and Drug Administration:
<http://www.fda.gov/diabetes/>

FDA Recalls Mailing List:
<http://www.fda.gov/emaillist.html>

FDA Office on Women's Health: <http://www.fda.gov/WOMENS/taketimetocare/diabetes/government.html>

Medicare – Diabetes Screening, Supplies, and Self-Management Training :

<http://www.medicare.gov/Health/Diabetes.asp>
MedlinePlus (National Library of Medicine), Diabetes:
<http://www.nlm.nih.gov/medlineplus/diabetes.html>

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

National Diabetes Information Clearinghouse: <http://diabetes.niddk.nih.gov/>
Recalls: <http://www.recalls.gov/>

USAsearch.gov:
<http://usasearch.gov/search?v%3Aproject=firstgov-web&query=Diabetes>

For our state, check the Connecticut Diabetes Data and Surveillance Page: <http://www.ct.gov/dph>

Empowering Older People through Evidence Based Programs, Sarah Gauger, M.P.H., DSS, Aging Services Division

On June 1, 2007 the Administration on Aging awarded a three year grant to the Department of Social Services, Aging Services Division in partnership with the Department of Public Health. The grant is entitled, "Empowering Older People to Take More Control of their Health Through Evidence-Based Prevention Programs: A Public/Private Collaboration." This initiative will provide \$250,000 dollars for each of the three years to empower older adults to take more control of their health through life-style changes that have been proven effective in the reduction of disease. The grant mobilizes the aging, public health, and non-profit sector at the state and local level to disseminate low-cost, evidence-based disease and disability prevention programs in a community setting. One area of the grant is the Stanford Chronic Disease Self-Management Program (CDSMP) that guides older adults with chronic diseases to better manage their conditions (heart disease, arthritis, diabetes, etc.) leading to better medical outcomes and quality of life.

The Connecticut CDSMP will be instituted in the North

Central region. The partners for this initiative include the North Central Area Agency on Aging, the Hartford Department of Health and Human Services, Hartford Elderly Services and the UCONN Center on Aging.

The CDSMP is a workshop style program where people with different chronic diseases attend together. It teaches the skills needed in the day-to-day management of treatment and to maintain and/or increase life's activities. For more information see the CDSMP website at <http://patienteducation.stanford.edu/programs/>



Photovoice: A Tool for Community Empowerment and Action, Georgia Jennings, M.P.H., Yale Griffin Prevention Research Center

The Yale-Griffin Prevention Research Center in Derby, CT has been awarded funds by the Connecticut Health Foundation to conduct a photovoice initiative in New Haven. Photovoice is a participatory-action research methodology that provides digital cameras to community members to document their experiences. It has been used increasingly in public health research over the past five years to generate discussion among community members and to create prevention strategies. This project will seek to engage people from across the socio-economic spectrum in calling for New Haven to address issues associated with racial health disparities and diabetes among African Americans.

The one-year initiative will include training in photovoice methodology and documentary photography. Participants

will use the digital cameras in a structured format to document their personal perspectives on racial disparities and diabetes. In addition to the ten participants, a legislator, a clinician, and a city official will be invited to take pictures for the project. The most meaningful images, along with commentary and statistics will be exhibited in local venues including African American churches, professional organizations, a school, and a citywide exhibit to which elected officials and the media will be invited. A long term project objective is to address the misperception that health disparities are limited to the poor, and to engage more African Americans from the middle class in efforts to eliminate racial and ethnic health disparities in CT.

DPH Awarded Depression in Diabetes Grant Cindy Kozak, RD, MPH, CDE, CT DPH, AIDS and Chronic Diseases Section

The Connecticut Diabetes Prevention and Control Program (DPCP) was recently awarded a \$10,000 grant from the National Association of Chronic Disease Directors to promote provider awareness of depression in diabetes with a focus on women, especially in underserved populations. The grant will enable the DPCP to conduct provider education targeted to both professionals and para professional staff in medical offices across the state. Dr. Julie Wagner of the University of Connecticut Behavioral Sciences Department and Dr. Daren Anderson of

CHC Inc., have extensive experience in the topic and have agreed to speak at programs to be conducted in various locations around the state. Dr. Wagner and her colleague Dr. Lynne Yong will be conducting an evaluation of the programs. Other partners include the Connecticut Association of Diabetes Educators, the African American Affairs Commission, The Connecticut Primary Care Association, the American Diabetes Association of Connecticut and the Department of Public Health Family Health Division.