

Type 2 Diabetes and Health Disparities in Connecticut: From Research to Action

Event Program

Friday, June 30, 2006

Rome Commons Ballroom
University of Connecticut
Storrs, CT

Jointly sponsored by:

Connecticut Center for Eliminating Health Disparities among Latinos (CEHDL)*
University of Connecticut College of Agriculture and Natural Resources
Connecticut Department of Public Health
University of Connecticut Schools of Medicine and Dental Medicine
Office of Continuing Education
Connecticut AHEC Program



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Program—At—A—Glance

- 7:30 – 8:00** **Registration and breakfast**
- 8:00 – 8:05** **Introduction to CEHDL:**
Rafael Pérez-Escamilla, PhD – Director of CEHDL
- 8:05 – 8:15** **Welcome:**
Meg Hooper, MPA – Chief - Planning Branch
CT Department of Public Health
- 8:15 – 8:55** **Keynote:**
Edith C. Kieffer, MPH, PhD – University of Michigan: *Community-Based Participatory Research Addressing Obesity and Diabetes among Minorities*
- 9:00 – 10:00** **Surveillance and Data Assessment:**
- *An Overview of Diabetes in Connecticut* – **Betty C. Jung, RN, MPH, CHES** – CT Department of Public Health
 - *Connecticut Diabetes Prevalence Estimates - what they tell us and what they don't tell us* – **Diane Aye, MPH, PhD** – CTDPH
 - *Respondents:* **Merrill Singer PhD** – Hispanic Health Council; **Rafael Pérez-Escamilla, PhD** – University of Connecticut
 - *Data Management Software* – **Kari Davis, APRN** – Generations Family Health Center, Inc.
- 10:00 – 10:15** **Refreshment Break**
- 10:15 – 11:15** **Peer Counseling and Cross Cultural Skills:**
- *Cross Cultural Skills* – **Judy Lewis, MPhil** – University of Connecticut Health Center
 - *Peer Counseling* – **Grace Damio, MS, CD/N** – Hispanic Health Council
 - *Respondent:* **Edith Kieffer, MPH, PhD**
- 11:20 – 12:20** **Metabolic Syndrome:**
- *Exercise Approaches* – **Richard Seip, PhD** – Hartford Hospital and International Meetings and Science, Inc.
 - *Dietary Approaches* – **Mary Vernon, MD, FAAFP, CMD** – University of Kansas
- 12:20 – 2:00** **Lunch with Facilitated Discussions**
- 2:00 – 3:00** **Panel Discussion**
- 3:00 – 3:30** **Conference Wrap Up**

Speaker Biographies

Rafael Pérez-Escamilla, PhD, (rafael.perez-escamilla@uconn.edu) obtained his BS in Chemical Engineering from the Universidad Iberoamericana in Mexico City, and his MS in food science and PhD in nutrition from the University of California at Davis. He is the Principal Investigator and Director of the Connecticut Center of Excellence for Eliminating Health Disparities among Latinos (www.cehdl.uconn.edu), and a Professor of Nutritional Sciences at the University of Connecticut. Dr. Pérez-Escamilla also holds a joint appointment with the Department of Community Medicine and Health Care, and is the State's Cooperative Extension Nutrition Scientist. He teaches courses in Community Nutrition, Nutritional Epidemiology, Latino Health and Health Care, and Nutrition during Humanitarian Emergencies. He has been the principal mentor to over 30 graduate students from all over the world who have conducted seminal community nutrition research in the US and in Latin America, Africa and Asia. Dr. Pérez-Escamilla's work has been supported with over \$15 million in extramural funding from the National Institutes of Health (NIH), The US Department of Agriculture (USDA), The Centers for Disease Control and Prevention (CDC), The US Agency for International Development (USAID), and The Patrick & Catherine Weldon Donaghue Medical Research Foundation. Dr. Pérez-Escamilla has served as a senior scientific advisor to projects funded by UNICEF, WHO, UNDP, USAID, USDA, and the Governments of Mexico and Brazil. He is an editorial board member of the Journal of Nutrition, the Journal of Human Lactation, and the Journal of Hunger and Environmental Nutrition.

Edith Kieffer, MPH, PhD, (ekieffer@umich.edu) conducts community-based research related to prevalence, risk factors and multi-level interventions aimed at reducing ethnic and geographic disparities in health, including obesity and diabetes and maternal and child health. She is PI of several community-based research projects in Detroit: Healthy Mothers on the Move (NIH/NIDDK and MDCH); Physical Activity Promotion Materials for Pregnant Latino and African American Women (NIH/NIDDK), Promoting Healthy Eating in Detroit (CDC and MDCH); and the University of Michigan subcontract with the Reach Detroit Partnership (Community Health and Social Services/CDC).

For further information on Dr. Kieffer's research involvement, please visit her Web sites.

www.ssw.umich.edu/faculty/profile-ekieffer.html

www.reachdetroit.org

Speaker Biographies

Betty C. Jung, RN, MPH, CHES, (Betty.Jung@po.state.ct.us) Betty serves as the Cardiovascular and Diabetes Epidemiologist in the Connecticut Department of Public Health's Health Information Systems and Reporting Section of the Planning Branch. This position is funded by the Centers for Disease Control and Prevention's Heart Disease and Stroke Prevention Program (HDSP) and the CDC Diabetes Prevention and Control Program (DPCP). She is also an adjunct lecturer with Southern Connecticut State University's Department of Public Health, and an online lecturer with the University of Pittsburgh's Supercourse (Brief Introduction to Epidemiology lecture series). A graduate of SCSU's Master of Public Health program, and the Columbia University School of Nursing, she is a Registered Nurse and a Certified Health Education Specialist (CHES). She has worked as a hospital, pediatric, surgical, school and college nurse, and has been with the State of Connecticut for 15 years, working previously in environmental health, maternal child health, family health and child welfare programs. She is currently director of the Public Health Expertise Network of Mentors (PHENOM), an online volunteer mentoring program comprised of public health professionals from around the world, and chairs the SCSU Public Health Alumni Chapter's MPH Accreditation Committee.

Diane Aye, MPH, PhD, (Diane.Aye@po.state.ct.us) obtained a BA in Biology from Smith College, a MPH in Environmental Health and a PhD in Environmental Epidemiology from Yale University. She has worked for the Connecticut Department of Public Health as an Epidemiologist for 22 years. During her career with DPH, she has been involved in lead poisoning prevention, health assessment of hazardous waste sites, and conducting cancer cluster investigations. In 2003 she assumed responsibility for the Behavioral Risk Factor Surveillance System (BRFSS) a CDC sponsored telephone survey that gathers information regarding health risk behaviors, clinical preventive health practices, and health-care access from a representative sample of adults age 18 and older. In 2004 she assumed responsibility for the Connecticut School Health Survey (CSHS), a written survey of Connecticut middle and high school students. Results from the 2005 CSHS were recently released to the public and are posted on the DPH web site <http://www.dph.state.ct.us/PB/HISR/CSHS.htm>.

Merrill Singer, PhD, (anthro8566@aol.com) a medical anthropologist, is the Director of the Center for Community Health Research at the Hispanic Health Council and Director of CEHDL's Community Connections Core. Dr. Singer has been the Principal Investigator on a continuous series of basic and applied federally funded drinking, drug use, and AIDS prevention studies since 1984. He is currently

the Principal Investigator on a CDC-funded study designed to monitor and respond to public health risks associated with emergent and changing drug use behaviors, the co-Principal Investigator of studies assessing the implementation of oral HIV testing among injection drug users in Rio De Janeiro, Brazil and reproductive health communication and risk among inner city young adults. Dr. Singer has published over 175 articles and chapters in health and social science journals and books and has authored or edited twelve books. Dr. Singer is the recipient of the Rudolph Virchow Prize, the AIDS and Anthropology Paper Prize, the Practicing Anthropology Award through the Society for Medical Anthropology, and the Prize for Distinguished Achievement in the Critical Study of North America from the Society for the Anthropology of North America. He is a member of the City of Hartford Mayor's Commission on HIV/AIDS.

Kari Davis, APRN, (nurse_kari@msn.com) After receiving her BA in History and Political Science and working as a case manager through the Lutheran Volunteer Corps., Ms. Davis returned to school and completed her work for an RN and APRN, C-FNP at Vanderbilt University in Nashville, TN in 2002. Since her graduation she has been employed at Generations Family Health Center, Inc. Her work there fulfills her commitment to the National Health Service Corps as a scholar, but it also meets her desire to work in a rural, economically challenged and medically underserved area. Ms. Davis has worked at the health center as the Team Leader for the Diabetes Collaborative for the Bureau of Primary Health Care - Chronic Care Program. She is well versed in the Chronic Care Model and its implementation at Community Health Organizations and continues to head the Willimantic site team as well as spreading the model to Generations' other two locations in Norwich and Danielson. Ms. Davis continues to be involved with the Collaborative Movement and has recently taken the Certified Diabetes Educator Exam. She also continues to be a full time Family Nurse Practitioner and is the Practice Administrator for Generations Family Health Center, Inc. site in Willimantic. She is a current member of Connecticut Area Diabetes Educators, American Diabetes Association, American Academy of Nurse Practitioners and Connecticut Nurse Practitioners.

Judy Lewis, MPhil, (LewisJ@nso.uchc.edu) is a Professor of Community Medicine and Pediatrics at the University of Connecticut School of Medicine (UCSOM). She is a medical sociologist who has devoted her career to working in communities locally and internationally. Prof. Lewis developed the school-based clinic program in Hartford and has worked to improve the health of Hartford's children for over 30 years. She has worked on maternal and child health in Haiti for 18 years, and has worked on community health projects in Sri Lanka, Tanzania,

Speaker Biographies

Costa Rica, Puerto Rico and Malaysia. Prof. Lewis developed the Community Based Education (CBE) Program in 1984 to provide experiential education in community settings. This program provides required and elective experiences for medical, dental and public health students. In 1999, the CBE program was formally asked to lead the initiative in cross cultural skills education at UCSOM. Since that time a needs assessment was conducted and new curriculum designed. It has been successfully implemented and is continuously improved based on feedback from community, students and faculty. Most recently a "Culture, Biology and Environment" curriculum theme has been developed. Professor Lewis has served on many advisory committees on cross cultural issues including the Consensus Building Group to Develop Cultural Competency Curricular Modules, Office of Minority Health, Department of Health and Human Services and founding the Cross Cultural Interest Group of the Association of American Medical Colleges. She has presented her work at many national and international meetings, and is a strong advocate for cross cultural skills education.

Grace Damio, MS, CD/N, (graced@hispanichealth.com) holds a BS in community nutrition from the University of Connecticut, a MS in public health nutrition from Teachers College at Columbia University, and is certified by the State of Connecticut as a Certified Dietician/Nutritionist. She has worked for 25 years in low-income Latino communities in Harlem, Central America and Hartford, CT. For 20 years, she has been at the Hispanic Health Council in Hartford, Connecticut, where she directs the Centers for Community Nutrition and Women & Children's Health, and also serves as Deputy Director of the NIH Export Center for the Elimination of Health Disparities among Latinos. Her role at the Hispanic Health Council includes: conceptualization, implementation and administration of culturally tailored direct service programs; cross cultural curriculum development and training of medical faculty and health and human service students and professionals; community based intern preceptor for undergraduate and graduate level students; and policy advocacy. Ms. Damio is the co-PI of a research-based, multifaceted community nutrition education program targeting Latino families receiving food stamps, which has been funded for 11 years by the USDA, based at the University of Connecticut and developed and implemented in full partnership with the Hispanic Health Council. She has developed and maintained strong partnerships with several other key institutions, including Hartford Hospital and the State of Connecticut Department of Public Health. Ms. Damio has played a leadership role in the establishment and oversight of several local and statewide non-profit organizations and coalitions that address the health and well-being of low income families. She has authored and co-authored several peer reviewed published articles and two training manuals.

Richard L. Seip, PhD, (Rseip@imsci.com, rseip@harthosp.org) was granted a bachelor's degree from the Pennsylvania State University in 1978 and the PhD from University of Virginia in 1990. He completed post-doctoral training in human exercise and lipid metabolic physiology at Washington University School of Medicine. Dr. Seip is a member of several professional societies and reviews regularly for several physiological journals. He has co-authored over 45 scientific articles on body compositional methods, the physiologic effects of exercise training on lipid metabolism, and prediction of exercise performance from laboratory measurement of blood lactate. Dr. Seip continues to work with the Exercise and Genetic Collaborative Research Group organized by Paul D. Thompson, MD, a multi-center group that seeks to delineate genetic modulation of human exercise responses. Recently he assumed a position in the medical communications with International Meetings and Science, Inc., Stamford, CT, but he retains positions at Hartford Hospital, where he is Senior Scientist in Cardiology, and at the University of Connecticut at Storrs, where he is adjunct professor in Kinesiology.

Mary Vernon, MD, FAAFP, CMD, is board certified in bariatric and family medicine and is the co-Author of Atkins Diabetes Revolution (Harper-Collins, 2004) She is in private practice in Lawrence, KS. She currently serves as the President-Elect of the American Society of Bariatric Physicians and is a member of the Atkins Physicians Council. Dr. Vernon is an active member of many prestigious professional societies that include: American Academy of Family Practice, American Society of Bariatric Physicians, American Medical Association, Kansas Medical Society, American Academy of Anti-Aging and the American Medical Directors Association.



Sponsoring Organizations

The Connecticut Center for Eliminating Health Disparities among Latinos (CEHDL) is structured as a consortium led by The University of Connecticut (PI: Rafael Pérez-Escamilla) in close partnership with The Hispanic Health Council (Co-PI: Grace Damio), and Hartford Hospital (Co-PI: Laurine Bow). The Connecticut Department of Public Health is also a major partner. The mission of CEHDL is to contribute to the elimination of health disparities among Latino(a)s through the formation of human resources, community-based research, and culturally appropriate outreach/extension. CEHDL is an EXPORT Center funded by the NIH Center on Minority Health and Health Disparities (grant 1P20MD001765-01). CEHDL has four cores (administrative, research, education & training and community outreach) and coordinates a type 2 diabetes randomized community trial.

The Hispanic Health Council (HHC) is committed to improving the health and social well-being of Puerto Rican/Latinos and other underserved communities through community-based research, direct service, training and advocacy. HHC is the largest Latino community services organization in Connecticut, with a 27-year track record of successfully translating its research findings into prevention, intervention, community education and advocacy initiatives.

Hartford Hospital (HH) is a major tertiary care and community health care center, located in the south end of Hartford, CT, serving a statewide patient population. The hospital has been the recipient of numerous, highly prestigious national awards, recognizing the institution for its medical excellence, as well as its work in the areas of community relations, minority recruitment and the provision of health services within a diverse population.

Department of Public Health (CT-DPH) works to protect the health and safety of the people of Connecticut and actively works to prevent disease and promote wellness through education and programs; monitors infectious diseases, environmental and occupational health hazards, and regulates health care providers; provides testing and monitoring support through the state laboratory; collects and analyzes health data to help plan policy for the future; and serves as the repository for all birth, marriage and death certificates.

The Connecticut Area Health Education Center (AHEC) Program works throughout Connecticut to improve access to basic health care by linking local community groups with the resources of the University of Connecticut Health Center and other health professions training programs. The AHEC Program is based at the UConn Health Center and is implemented through four regional centers located in the Norwich, Hartford, Waterbury, and Bridgeport areas.

The University of Connecticut Health Center is composed of the School of Medicine, School of Dental Medicine, John Dempsey Hospital, the UConn Medical Group, UConn Health Partners and University Dentists. Founded in 1961, the Health Center pursues a mission of providing outstanding health care education in an environment of exemplary patient care, research and public service.

Continuing Education

Continuing education credits will be available for physicians, nurses, dentists and dieticians.

Medical Accreditation: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Connecticut School of Medicine, Office of Continuing Education, CEHDL, the DPH and the Connecticut AHEC Program. The University of Connecticut School of Medicine is accredited by the ACCME to provide continuing medical education for physicians and takes responsibility for the content, quality, and scientific integrity of this CME activity.

The University of Connecticut School of Medicine designates this educational activity for a maximum of 6.0 AMA PRA Category 1 Credit(s).TM Physicians should only claim credit commensurate with the extent of their participation in the activity.

Conflict of Interest Policy: All faculty participating in CME activities sponsored by the University of Connecticut School of Medicine are required to disclose to the program audience any actual or apparent conflict of interest related to the content of their presentations. Program planners have an obligation to resolve any actual conflicts of interest and share with the audience any safeguards put in place to prevent commercial bias from influencing the content.

None of the speakers except Dr. Mary Vernon has a financial interest/arrangement or affiliation with any organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of his presentation.

Dr. Mary Vernon has a financial interest/arrangement with Veronica Atkins as a consultant that could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation. The following safeguard(s) have been put in place to avoid the insertion of commercial bias into the content: The Activity Director has reviewed Dr. Vernon's presentation relative to the use of dietary products in the treatment of metabolic syndrome to ensure that it makes no mention of specific products or contains undue bias in any other regard.

None of the speakers will be discussing the use of any off-labeled product.

This CME activity has no commercial support associated with it.

Dental Accreditation: The University Of Connecticut School Of Dental Medicine is accredited by the American Dental Association Continuing Education Recognition Program to continuing dental education. The University of Connecticut School of Dental Medicine takes responsibility for the content, quality, and scientific integrity of this CDE activity.

The University of Connecticut School of Dental Medicine designates this educational activity for a maximum of 6.0 hours CE credit. Each participant should only claim those hours of credit that he/she actually spent in the educational activity.

Nursing Accreditation: This Continuing Nursing Education Activity was Approved by the Connecticut Nurses' Association, An Accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation

Dietician Accreditation: This program has been approved by the Commission on Dietetic Registration for 2 CPEUs. Please visit the approval verification and program information as reflected in the CDR's CPE On-line database: <http://www.cdrnet.org/applications/cpe/ViewProgDetails.cfm?ProgramID=079452&CFID=2417077&CFTOKEN=58592014> To perform a general search of the database please use this link: <http://www.cdrnet.org/applications/cpe/index.cfm>

Diabetes Activities in Connecticut: June 2006

Selected Examples

The first comprehensive statewide assessment of diabetes was published by the Connecticut Department of Public Health in 2000. Since that time, updated information on the burden of diabetes has been made available by the Department of Public Health through a series of fact sheets, data tables, public presentations, and topical reports, which are currently available on-line via the Diabetes Prevention and Control Program Diabetes Surveillance webpage: <http://www.dph.state.ct.us/PB/HISR/CDSS.htm>

Diabetes Prevention and Control Program, Department of Public Health: To help achieve a more comprehensive and coordinated approach to diabetes the Department of Public Health, Diabetes Prevention and Control Program (DPCP) has convened clinical, community and government partners to develop and implement a state plan to address this epidemic. Examples of other DPCP projects include diabetes training for professionals and paraprofessionals and work with Community Health Centers in the Diabetes Collaborative described below.

Surveillance of diabetes is another objective of the DPCP. The goal is to define the burden of diabetes in the state for the purpose of informing public health decision-making. Tracking of diabetes rates and identifying those who are at high risk are essential parts of reducing the disease burden, formulating health care policy, and evaluating our state's progress in preventing the disease.

For additional information contact cindy.kozak@po.state.ct.us

In addition to the efforts of the state Diabetes Prevention and Control Program, there are a number of organizations working around the state to address diabetes in Connecticut. Listed below are several examples of current efforts. This list is not exhaustive, but rather just a few examples. We know there are many others doing important work on diabetes within Connecticut.

American Diabetes Association (ADA) Recognized Education Programs: Twenty five centers have achieved ADA recognition by meeting set standards and offer diabetes education across the state. One to one counseling and group classes are available. Most are hospital based.

www.diabetes.org

Yale Griffin Prevention Research Center: The Prevention Research Center, based at Griffin Hospital in Derby, Connecticut, partners with community organizations to develop and implement health promotion and disease prevention initiatives.

www.yalegriffinprc.org

American Diabetes Association Expo: This annual event held at the Connecticut Expo Center in Hartford attracts over 2000 attendees. People with diabetes and their families come to learn about new products, listen to presentations by diabetes health professionals, view cooking demonstrations and more.

www.diabetes.org

Amigos En Salud (Hartford Hospital): Promotores, or community based lay health educators, specifically trained in behavior change strategies and diabetes have formed partnerships with patients and help them design and implement changes that are consistent with their cultural beliefs and lifestyle.

Hispanic Health Council (Hartford): Current research based on a model developed with peer educators for breast feeding is being conducted with diabetes education.

www.hispanichealth.com

Community Health Center Inc. Robert Wood Johnson Advancing Diabetes Self Management Program: Over 500 patients have been enrolled in New Britain, Meriden and Middletown in a program focusing on self management goal setting and achievement to care for their diabetes. Phone: 860-347-6971

City of Bridgeport Mayor's Diabetes Initiative: With leadership from the Mayor and the Bridgeport Department of Health, various partners have convened to offer a year long program of education and support.

<http://ci.bridgeport.ct.us/departments/healy.aspx>

Institute for Healthcare Improvement's Diabetes Collaborative in Community Health Centers (CHCs): Eight CHCs in Connecticut have "taken on" diabetes in a proactive manner with intensive application of Dr. Ed Wagner's Chronic Care Model. Aspects of the diabetes collaborative include diabetes patient registries, community supports and patient self management, with an emphasis on goal setting. The eight sites include: Bridgeport CHC, Charter Oak in Hartford, CHC Inc in New Britain, Community Health Services in Hartford, Fairhaven in New Haven, Hill Health Center in New Haven, Generations in Willimantic and Staywell in Waterbury.

For more information on the chronic care model go to: www.improvingchronicare.org.



Acknowledgements and Thanks

On behalf of the CEHDL Research Core (Directed and Co-Directed by Ana Lourdes Gómez, PhD and Debbie Humphries, PhD, MPH) we would like to thank the Conference Planning Steering Committee:

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For more information visit:

<http://www.cehdl.uconn.edu/>

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