

APPENDIX A

DESCRIPTION OF PACIFIC DIABETES EDUCATION PROGRAM

The Pacific Diabetes Education Program (PDEP) is a five-year project funded by the Centers for Disease Control and Prevention to improve the availability and dissemination of culturally and linguistically appropriate diabetes education materials in the Pacific region, including Hawai'i, American Samoa, the Federated States of Micronesia (FSM), Guam, the Commonwealth of Northern Mariana Islands (CNMI), Republic of the Marshall Islands (RMI), and the Republic of Palau. PDEP was established through the National Diabetes Education Program in 2005 as one of six national organizations. PDEP is a program of Papa Ola Lōkahi, a community organization that focuses on Native Hawaiian health.

GOALS

- To establish an advisory council that includes consumers of diabetes care services, health care providers, local diabetes programs and Diabetes Prevention and Control Programs (DPCP) in Hawai'i and the Western Pacific.
- To develop awareness and education interventions designed to improve knowledge, attitudes, skills, and behaviors related to diabetes prevention and control and to improve clinical outcomes for people with diabetes.
- To establish partnerships with local community-based programs, DPCP programs, and consumers of services related to diabetes prevention and care.
- To develop and distribute diabetes education materials that are culturally and linguistically appropriate, for use by community programs and health care providers.

APPENDIX B

DESCRIPTION OF PACIFIC DIABETES EDUCATION PROGRAM LOGO: PANDANUS



Throughout the Pacific, the beautiful and majestic pandanus grows profusely near the seashore, inland, and on mountain peaks. Believed to be a most useful tree, the pandanus was selected to be the logo for the Pacific Diabetes Education Program (PDEP).

The pandanus tree has noticeable aerial roots that grow towards the ground to support the heavy leaf clusters. For people involved with PDEP, that support is significant in their efforts to address the heavy burden of diabetes in the new century.

Although the leaves of the tree appear to be broken, they actually bend in the center and droop at right angles, suggesting long and pointed fingers reaching toward the earth. Together, the roots and the leaves symbolize support, flexibility, and resilience—all necessary ingredients in dealing with diabetes.

The female tree bears fruit that resembles a pineapple. This fruit is made up of many smooth, cone-shaped, orange-colored segments called keys. These keys are fitted together with precision and symbolize the cross section of Pacific Islanders. Wood from the male tree can take on a beautiful high polish when fashioned into calabashes. Sections of the wood of the female tree can be used as water pipes. Tips of the pandanus roots and leaf buds are known to be high in vitamin B1. By distilling the oil from the sweet-scented bracts of the male flowers, a stimulant and headache remedy and a fragrant perfume can be produced. These represent the ingenuity, diversity, and versatility of Pacific Island communities.

Lining the pandanus leaves are thorns. These thorns are reminders of the difficulties that we face in addressing diabetes. It is in the removal of the thorns that the leaves are made soft and adaptable for weaving, once again reminding us of the importance of unity and cooperation.

This weaving process includes preparation, assessment, and planning—very much like the PDEP process. The finished product is one of indigenous simplicity based on a wide variety of cultural practices that values relationships and rapport.

APPENDIX C

DESCRIPTION OF PAPA OLA LŌKAHI

Papa Ola Lōkahi (POL) is a consortium of public agencies and Native Hawaiian nonprofit organizations striving to improve the health and well being of Native Hawaiians and other native peoples. It is a non-profit corporation registered in the State of Hawai'i and is tax-exempt under section 501(c)(3) of the U.S. Internal Revenue code. POL was created by the Native Hawaiian Health Care Improvement Act in 1988. Funding for POL's programs come from the federal government and from private foundations and contributions.

VALUES:

Vision (Ka Ikena): A thriving Native community comprised of healthy individuals and families informed about their rich heritage and culture, living in a state of *lōkahi* (unity and harmony), and making informed choices and responsible decisions in a safe island society that is *pono* (righteous and virtuous).

Mission (Ke Ala Malamalama): To improve the health status and well-being of Native Hawaiians and others by advocating, initiating, and maintaining culturally appropriate strategic actions aimed at improving the physical, mental, and spiritual health and wellness of Native Hawaiians and empowering them to determine their own destinies.

Corporate Philosophy: We believe that we all seek to define and achieve our own sense of *pono* (righteousness) within our workplace. This includes knowing how we need to be, knowing how we become what we need to be, and knowing what we need to do and how we need to do it.

APPENDIX D

EXERCISE FORMS

Exercise 1.1

Community Strengths	Community Weaknesses

COMMUNITY RESOURCES
<p>INDIVIDUALS:</p> <p>ORGANIZATIONS:</p> <p>PROGRAMS AND SERVICES:</p>

Prioritizing the Community Diabetes Problem

COMMUNITY DIABETES PROBLEM	IMPORTANCE OF ADDRESSING THE PROBLEM (How great is the need or urgency to address the problem?) Consider: # of people affected; complication rates; risk factor rates; community views related to the problem.	FEASIBILITY OF ADDRESSING THE PROBLEM (How realistic or possible is it to address the problem?) Consider: availability of resources in the community; community views related to the problem.	PRIORITY The problem with the highest score has priority.
	1 2 3 4 5	1 2 3 4 5	
	1 2 3 4 5	1 2 3 4 5	
	1 2 3 4 5	1 2 3 4 5	
	1 2 3 4 5	1 2 3 4 5	

Exercise 2.2

PROGRAM GOAL

OBJECTIVES	ACTIVITIES

Exercise 3.1

GOAL:

ACTIVITIES	RESOURCES NEEDED

Exercise 3.2

ITEM	COST	IN-KIND	AMOUNT NEEDED
TOTAL:			

Exercise 3.3**GOAL:**

ACTIVITIES	MONTH											
	1	2	3	4	5	6	7	8	9	10	11	12

Exercise 3.4

RESPONSIBILITY SHEET

PROGRAM GOAL	OBJECTIVES	ACTIVITIES
	A.	1.
		2.
		3.
		4.
		5.
		6.
		7.
		8.
		9.
	B.	10.
		11.
		12.
		13.
		14.
		15.
		16.
		17.

Exercise 3.5

NEXT STEPS WORKSHEET

STEP	BY WHAT DATE?	PERSON RESPONSIBLE
➤ Complete the plan for activities.		
➤ Assign a main contact person to communicate with PDEP and other relevant organizations.		
➤ Identify technical assistance needs.		
➤ Access PDEP technical assistance funds.		
➤ Establish, formalize, or expand your community group.		
➤ Research funding opportunities.		
➤ Secure resources, support, and commitments.		
➤ Promote the activities.		
➤		
➤		
➤		
➤		
➤		
➤		
➤		
➤ Start the activities!		

Exercise 4.1

ACTIVITY	BASELINE DATA OR SITUATION	MEASURES OF SUCCESS	HOW TO GET THE DATA NEEDED

Exercise 4.2

OBJECTIVE	BASELINE DATA OR SITUATION	MEASURES OF SUCCESS	HOW TO GET THE DATA NEEDED

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