



Da Rohng Tala Fou
 Arongrong MOGETHIN
 PDEP NEWSLETTER
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 Asu Mac Sasu Met Poraus
 Kwonanin Rofi Ke

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Aloha from the Pacific Diabetes Education Program!

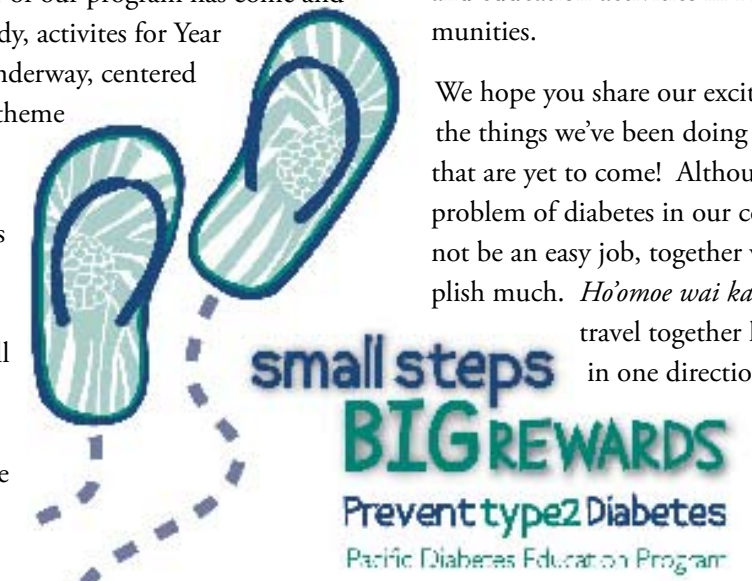
For those of you who are not familiar with our program, we'd like to introduce ourselves. We are PDEP--the Pacific Diabetes Education Program. Funded in 2005 as a National Minority Organization through the National Diabetes Education Program (NDEP), we were selected to conduct a five-year program to increase diabetes awareness and education for Native Hawaiians in the state of Hawai'i and Pacific Islanders in the following jurisdictions: American Samoa, Commonwealth of the Northern Mariana Islands, Guam, Federated States of Micronesia, Republic of Belau, and Republic of the Marshall Islands. Our overall goal is to involve communities at all levels of planning and implementing activities that will improve knowledge, attitudes, skills and behaviors related to diabetes prevention and control and improve clinical outcomes for diabetics.

We are currently working very hard to tailor education materials from this campaign, beginning with a new logo that can be seen below. It is our hope that the logo will be just the first step in reaching out more effectively to Native Hawaiians and Pacific Islanders on the topic of how to prevent Type 2 diabetes. So in the upcoming year, look out for more news on our efforts to bring you "Small Steps, Big Rewards"--island style!

At the moment, however, we would like to share some of the things we have accomplished--with the help of so many partners--during Year 1 (our "planning year"). In this edition of PDEP's newsletter, you can read about results from the community assessments we conducted in Hawai'i and the Pacific, meet our Hawai'i and Pacific Advisory Council members, and learn about other developments, such as the PDEP Website and PDEP's Guidebook on planning diabetes awareness and education activities in Pacific Island communities.

We hope you share our excitement about the things we've been doing and the things that are yet to come! Although tackling the problem of diabetes in our communities may not be an easy job, together we can accomplish much. *Ho'omoe wai kahi ke kao'o.* Let all travel together like water flowing in one direction.

A hui hou,
 PDEP Staff



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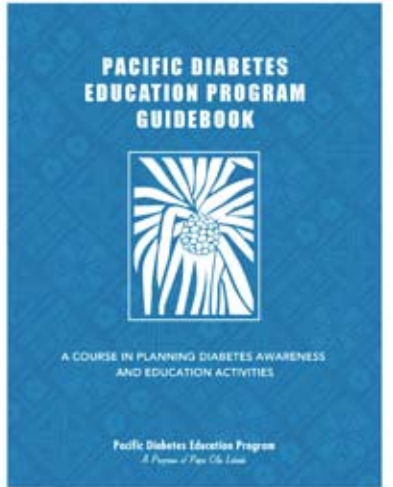
New Resources



<http://www.pdep.org>
 We are pleased to announce that the Pacific Diabetes Education Program's website is up and running! Please visit us there to learn more about our program. You can learn more about who we are, and find out about available resources and upcoming activities in diabetes awareness and education. You can even view or download materials developed through the Pacific Diabetes Today Resource Center. Take a look and let us know what you think...

Pacific Diabetes Education Program Guidebook

Some of you may remember the *Pacific Diabetes Today Guidebook: A Course in Diabetes Program Planning*, which is still available through our website. This year, PDEP will release a new version of the guidebook that focuses on planning diabetes awareness and education activities. The new guidebook will be used in training sessions that are currently being held throughout PDEP's Pacific Island jurisdictions. Please contact us if you would like more information on the *Pacific Diabetes Education Program Guidebook: A Course in Planning Diabetes Awareness and Education Activities*.



It is possible according to research studies to delay or even prevent type 2 diabetes with simple healthy habits over time. Hope comes in the form of simple lifestyle changes...

Meet Our Advisory Council Members!

PDEP would not be possible without the many contributions of our partners. For this reason, one of our first priorities was to establish two Advisory Councils to guide activities in Hawai'i and in the Pacific. We are so grateful to our Advisory Council Members for their continual support and commitment to our program.

Hawai'i Advisory Council

Edna Baldado, Hui Malama Ola Na 'Oiwai, Hilo
Donna Carvalho, Na Pu'uwai, Kaunakakai
Shawnette Cristobal, American Diabetes Association, Honolulu
Sharon de la Peña, Kaua'i Community Health Center, Lihu'e
Len Fabrao-Wong, Ke Ola Hou O Lana'i, Lana'i City
Claire Hughes, Honolulu
Sheryl Keli'ipio, Kapa'a
Toni Lee, Association of Hawaiian Civic Clubs, Pearl City
Mele Look, Hawai'i EXPORT Center, Honolulu
Donna-Marie Palakiko, Ke Ola Mamo, Honolulu
Charles Rose, Hawai'i Maoli, Honolulu
Courtney-Paige Spencer, Hui No Ke Ola Pono, Wailuku
Cristina Vocalan, Hawai'i Diabetes Prevention and Control Program, Kapolei
Ululani Young, Honolulu

Pacific Advisory Council

Julia Alfred, Youth to Youth in Health, Republic of the Marshall Islands
Carter Apaisam, FSM National Government, Federated States of Micronesia
Tayna Belyeu-Camacho, CNMI Diabetes Prevention and Control Program, Commonwealth of the Northern Mariana Islands
Carl Butler, Guam Diabetes Association, Guam
Frank Lifang, Yap State Health Services, Yap State
Loata Sipili, LBJ Medical Center, American Samoa
Moria Shomour, Department of Health Services, Chuuk State
Robert Spegal, Micronesia Human Resource Development Center, Pohnpei State
Christina "Kiki" Stinnett, Chuuk Women's Council, Chuuk State
Carston Talley, Diabetes Control Program, Kosrae State
Lynn Tenorio, CNMI Public Health, Commonwealth of the Northern Mariana Islands

"Talking Story" in Hawai'i

In the summer of 2005, PDEP worked with the staff of Hawai'i Maoli to conduct 6 community discussion groups on 5 islands. We were able to "talk story" with Hawaiians in Honolulu, Wai'anae, Maui, Kaua'i, Moloka'i, and Hawai'i about diabetes. We talked with 47 people and heard many great ideas about how we can improve diabetes education in Hawai'i.

Here are some of the things we learned:

- Nearly everyone we talked with had diabetes themselves or had diabetes in their family.
- People at every discussion group agreed that diabetes is hard to deal with. They told us diabetes is "frustrating," "stressful," "confusing," and "scary."
- Many people shared about personal struggles with diabetes, or told us about loved ones who became sick or even died from diabetes.

This information showed us that diabetes is a serious issue in Hawaiian communities and education may be needed to help people deal with diabetes.

Since one of PDEP's objectives is to provide diabetes brochures for Native Hawaiians, we also asked group members to tell us how to make brochures that are useful and helpful, this is what they said:

- "Make the brochures more local!"
- "Use more local pictures—of people we know or community role models."
- "Use local language that is not too wordy or difficult to understand."
- "Show Hawaiian culture in the brochures, by showing healthy local foods (ex: fish & poi) or healthy activities that are attractive to local people (ex: hula, surfing, paddling)."

Pacific Assessments

At the beginning of Year 1, we conducted key informant interviews to assess the need for diabetes education in the Pacific. A main area of concern was the lack of availability of diabetes education materials in the areas of nutrition, physical activity, foot care, eye care, oral and dental care, flu immunization, and general diabetes information.

Specific barriers to diabetes education included:

- Not enough materials to distribute (and no money to print more)
- Lack of culturally and linguistically appropriate materials
- Current materials are not attractive—therefore, not effective
- Lack of resources for outreach and distribution
- Need to evaluate effectiveness of existing materials
- Need for strategies to promote materials (newspaper, TV, road signs, posters in public areas, etc.)
- Insufficient audio/visual technology
- Insufficient staff

Coming Attractions SMALL STEPS, BIG REWARDS

The guidance we received from "talking story" with folks in Hawai'i, conducting assessments in the Pacific, and meeting with Advisory members over the first year of our program all pointed to a need for tailored diabetes education materials. As a result, we are in the midst of producing new and improved brochures from the "Small Steps, Big Rewards: Prevent Type 2 Diabetes" campaign.

The first new brochures for Native Hawaiians will be unveiled this fall at the 2006 Association of Hawaiian Civic Clubs Convention. Several other brochures for Pacific Islanders are currently in the works. Stay tuned...



Did you know that you can access information about PDEP online? Check out www.pdep.org READ MORE about our new website on page 4>>



The Pacific Diabetes Education Program Guidebook has been developed to help communities plan activities that promote diabetes awareness and education.... READ MORE about our guidebook on page 4>>

