



NEWSLETTER

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Aloha from the Pacific Diabetes Education Program!

As 2008 comes to a close, we hope that you and your families are happy and healthy!

It has been a great year at PDEP! We have continued our work in developing new education materials and products, building capacity through training and technical assistance, and striving to make the visions of our community members come to life. With every month that goes by, we are more and more amazed by the progress of our partners as they spread awareness and education about diabetes across the Pacific Ocean.

As usual, the fall quarter is an exciting time because of World Diabetes Day, Diabetes Awareness Month, and all the activities that come about to mark these occasions. In keeping with tradition, our annual photo collage showing some of the many activities sponsored by our partners is featured on the inside pages of this issue of the newsletter.

Right on the heels of Diabetes Awareness Month, PDEP staff joined some of our Pacific partners - Patrick Luces of Guam, Father Ryan Jimenez of the CNMI and Stevenson Kuartei of the Republic of Belau - at the NIH Summit: The Science of Eliminating Health Disparities on December 16-18, 2008, in Washington, DC (*photo, below*). The team gave a presentation, titled "Understanding and Eliminating Health Disparities in the US Pacific" and had a great opportunity to share with a national audience about the great work that is being done in the Pacific.

Also in this issue of the newsletter, be sure to check out the "New Resources" section on page 4 to learn more about 3 brand new brochures developed by the Kosrae DPCP in FSM. You don't want to miss it!

Looking forward to another great year in 2009!



A hui hou,
PDEP
Staff

PDEP Staff joined members of the Pacific Chronic Disease Coalition and the National Association of Chronic Disease Directors at the NIH Summit on health disparities in December 2008.

Pacific Diabetes Education Program
894 Queen Street Honolulu, HI 96813
phone 808-597-6555 fax 808-597-6552
pdep@papaalokahi.org



New Resources

Kosraean Language Materials: 3 NEW Brochures

The DPCP in Kosrae (Federated States of Micronesia) teamed up with community members to develop 3 Kosraean-language brochures on diabetes, foot care, and hypertension.

- *Luhpabkah kom etuh ke Mihsen Suka?* or *How much do you know about diabetes?* shares general information about diabetes risk factors, warning signs and symptoms, complications, and tips for self-management.
- *Karihngihn Niom in Nwacsnwacs* or *Take Care of Your Feet* shares about the importance of foot care for people with diabetes and gives tips on keeping your feet and toenails clean and checking your feet for injuries.
- *Srah Fuhlact* or *Hypertension* shares information about hypertension risk factors, warning signs and symptoms, complications, and tips for prevention and self-management.

All of these brochures (and more) are currently available for download on the web at www.pdep.org by contacting us at pdep@papaalokahi.org or 808-597-6555.



November 2008 marked another fabulous Diabetes Awareness Month in Hawai'i and all around the Pacific ... check out these photos to see many of our partners in action!

>> *Top:* The Chuuk Women's Council (CWC) hosted the 1st annual Diabetes Health Fair on November 14, including free education, screening, flu shots, dental checks, nutrition demonstrations, and more for 2,300 participants! *Bottom:* CWC also sponsored the 7th annual Diabetes Family Furn Run/Walk-a-thon on November 15 in Chuuk State, FSM.

Happy Holidays from PDEP! May your days be merry and bright and may your **heart** be happy and healthy in 2009!



Below: Children in Guam use the PDEP pedometers while they do physical activity at HealthFest 2008, sponsored by the Get Healthy Guam Coalition.



<< Activities in the Commonwealth of the Northern Mariana Islands (CNMI) included (*left, top to bottom*):

- **Two** 5k/10k walk-a-thons on November 3 and November 29.
- The 2nd annual Pacific Health Care Conference on November 13-14, featuring PDEP Evaluator and keynote speaker Dr. Henry Ichiho.
- The Family Health and Wellness Fair on November 22, which provided free blood sugar and blood pressure screening, flu shots, and education on health and wellness.
- The Health Awareness and Fitness Activities Day (HAFA Day) on November 28 for students to learn about health and fitness and participate in creative physical activity.



Above: The Guam DPCP co-sponsored an integrated Nutrition and Physical Activity Conference on November 22 that included a presentation on diabetes by PDEP Coordinator Nia Aitaoto, and healthy cooking and physical activity demonstrations.



<<The Association of Hawaiian Civic Clubs got a jump start on Diabetes Awareness Month at the 2008 Annual Convention in Kaua'i October 19-26. PDEP staff provided diabetes education and sponsored the 2nd annual Pedometer Challenge. The grand prize winner of the Pedometer Challenge was Mohala Aiu from the Prince Kuhio Hawaiian Civic Club, who walked **16,758 steps!**

Below: On November 16, the DPCP in Pohnpei State, FSM, sponsored a World Diabetes Day Walk-a-thon to increase awareness about physical activity and diabetes among community members.



PDEP is pleased to announce the arrival of 3 new Kosraean language brochures! **LEARN MORE** about these new diabetes education materials on page 4>>

