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**PDEP NEWSLETTER**  
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 Asu Mac Sasu Met Poraus  
 Kwonanin Kori Ke

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**Aloha from the Pacific Diabetes Education Program!**

It is hard to believe that the 5th and final year of PDEP is already underway! Looking back, we have many amazing accomplishments to celebrate, due in no small part to the hard work and creativity of our partners across Hawai'i and the Pacific. With your help, over 40 new diabetes education materials have been developed *by* community members, *for* community members. Tens of thousands of these materials and incentives have been distributed at health fairs, in clinics, hospitals, and doctors' offices, and at a variety of other events and venues.

learn more about these activities and many more!

For now, take some time to flip through the pages of this issue and find out about what we've been up to lately. On the inside pages, you'll find photos and information from the NACDD Academy and 2009 CDC Diabetes Conference that many of our Pacific partners attended. Following both of these meetings, members of the Pacific Chronic Disease Coalition (PCDC) and PDEP staff also met with key partners to discuss capacity-building for diabetes programs in the Pacific. These opportunities were both significant and timely as we look ahead to the future and plan for ways to sustain and build upon our current and recent activities.

But there is still much more work to be done! In Year 5, we will continue to assist our partners in developing and implementing diabetes awareness and education activities. In addition, we will be improving our education materials and rolling out new versions of selected items. To increase access to our materials, we will also be redesigning the PDEP website and developing a PDEP Resources CD. Stay tuned to

Also, don't forget to visit our New Resources page

to find out about our latest education materials and incentives. You won't want to miss it!



At the 2009 Diabetes Conference, the Pacific DPCPs were recognized for their achievements by CDC's Director of the Division of Diabetes Translation, Dr. Ann Albright.

A hui hou,  
 PDEP Staff

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**New Resources**

**Diabetes Education Materials from Guam**

>>The Guam DPCP has partnered with Guam Diabetes Association, the Tobacco Free Guam Quitline, and the Guam Immunization Program to develop 2 new education materials for people with diabetes.

- *Don't Lose Sight of Your Family Because of Diabetes!* is a flyer and poster about the importance of annual eye exams for people with diabetes.
- *Be Wise...Get Immunized!* is a flyer and poster encouraging people with diabetes to get necessary vaccines to prevent illness and complications.

Both of these materials are available for download at [www.pdep.org](http://www.pdep.org) or you can contact PDEP to learn more at [pdep@papaolalokahi.org](mailto:pdep@papaolalokahi.org).



**Educational incentives help you to "Be SMART About Your Heart"**

The PDEP Advisory Council developed 2 educational incentives for Pacific Island churches to promote the "Be Smart About Your Heart" campaign. Hand fans, which are commonly used in churches, share detailed information about diabetes and heart health and feature a popular "heart-felt" Bible verse (Mark 12:30) that has been translated into 9 Pacific languages. Bookmarks, which can be placed in Bibles, impart a brief message about controlling the ABCs of diabetes - **A**1C, **B**lood Pressure, and **C**holesterol.



*Managing your diabetes...it's not easy, but it's worth it. People who learn to manage their diabetes from the start stay healthy longer. You can do it! Visit [www.pdep.org](http://www.pdep.org) to learn more.*

## PCDC at the 2009 Chronic Disease Academy in Seattle

Members of the Pacific Chronic Disease Coalition (PCDC) had the privilege of attending the National Association of Chronic Disease Directors' (NACDD) annual Chronic Disease Academy in Seattle, WA, on March 27-29, 2009. At the NACDD Academy, members were able to take courses about program design and evaluation, chronic disease policy, and the use of public health data and other resources in implementing chronic disease programs.

Following the Academy, PCDC also had the opportunity to meet with NACDD leaders to share information about chronic disease programs in the Pacific Islands and discuss future strategies for reducing the burden of chronic disease in Pacific communities.

*Educational incentives for Pacific churches help community members to "Be SMART About Your Heart"...PAGE 4 has the details>>*



*Photos (top to bottom): PCDC members attend the "Academy Awards" Dinner on March 27; meet with representatives from NACDD; discuss strategies and future plans with each other; and keep warm by the fireplace in chilly (but beautiful) Seattle!*



## Highlights from the 2009 DDT Conference

PDEP staff had another great opportunity to meet up with diabetes partners and DPCP leaders from Hawai'i, the Pacific, and across the continental U.S. at the 2009 CDC Diabetes Translation Conference. The conference was held on April 21-24 in Long Beach, CA, and the theme of the meeting was "New Strategies for Changing Times for Diabetes Prevention and Control."

Following the conference, CDC's Division of Diabetes Translation hosted a U.S. Associated Pacific Island Forum on April 24-25, which brought together PCDC members and other representatives from the Pacific, PDEP staff, and key federal partners\* to discuss ongoing issues, challenges, and solutions for building diabetes prevention capacity and infrastructure (see photo below).

\*Federal partners who participated in the forum included: HHS Office of Global Health Affairs, HHS/NIH National Center for Minority Health and Health Disparities (co-leads), HHS Health Resources and Services Administration (HRSA), DOI Office of Insular Affairs (OIA), HHS Indian Health Services (IHS), HHS Office of Minority Health (OMH), HHS Office of Pacific Health and Human Services (OPHHS), HHS Office on Women's Health (OWH), HHS/NIH National Institutes of Diabetes and Digestive and Kidney Diseases (NIDDK), and the HHS Centers of Disease Control and Prevention (CDC).



*NEW posters and flyers from Guam on immunizations and eye care for people with diabetes...FIND OUT MORE on page 4>>*



*Left, top and bottom: Pacific DPCP staff meet, network, and share a meal in Long Beach. Below: Participants in the U.S. Associated Pacific Island Forum gather to discuss diabetes prevention in the Pacific.*

