



NEWSLETTER

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Aloha from the Pacific Diabetes Education Program!

It has been a busy—but productive—summer here at PDEP, as we head into the middle of our fifth year! Over the last few months, we have convened both of our Advisory Councils and have had timely and fruitful discussions to help us plan how best to serve our communities for the remainder of our program and in the years to come.

On page 2, you can read a summary of the Pacific Advisory Council meeting that was held in Palau in June, along with a tandem meeting of the Pacific Chronic Disease Coalition. On page 3, you'll find notes from the Hawai'i Advisory Council meeting held in Honolulu this past July.

This summer has also been a time of transition for PDEP, as we sent our fearless Program Coordinator, Nia Aitaoto, off to graduate school at the University of Iowa! Nia will spend the next few years in the

midwest studying hard and learning new skills that she can undoubtedly use to improve the health status of Native Hawaiians and Pacific Islanders when she returns. We bid her a fond farewell and wish her the best of luck!

Finally, as we turn our focus back to diabetes education, we are thrilled to announce the availability of 3 new and improved resources developed with our partners in the Federated States of Micronesia. Each of these materials was selected by our Pacific Advisory Council to be revised and enhanced, based on the principles of health literacy that we have learned together over the years. You can find out more details about these materials from the beautiful islands of Chuuk and Yap when you visit the New Resources section on the back page of this issue.



Pacific Advisory Council members and partners enjoy the great outdoors at their meeting in Palau.

Happy reading!
A hui hou,
PDEP Staff

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New Resources



New and Improved! Chuukese Brochure on Type 2 Diabetes
The Chuuk Women's Council teamed up with the Diabetes Prevention and Control Program in Chuuk State (Federated States of Micronesia) to revise their brochure "*Esamwo Ser Nupwan Ach Sipwe Eppet Semwenin Suke!*" or "*There is a Chance that You Can Prevent Diabetes!*" The new and improved version of this brochure includes information and tips about diabetes prevention in both Chuukese and English, along with photos of local community members demonstrating how to make healthy choices to prevent diabetes. To learn more about Chuuk Women's Council and their efforts in health and education, you can visit their brand new website at www.cwcfinchuuk.org.

REVISED Yapese Flyers on Nutrition and Physical Activity!
The Diabetes Prevention and Control Program in Yap State (Federated States of Micronesia) has also developed revised versions of 2 flyers:

- *Pasig Mith-Mith Gechgech (Physical Activity Will Keep You Healthy)*
- *Muko E Tin Fel Nga Fithik I Dowam (Eat Smart)*

Each flyer presents information in Yapese, an Outer Island dialect, and English and has been formatted for improved readability. To view or download any of the materials shown on this page, visit our website at www.pdep.org.



3 steps to prevent diabetes...Be active! Eat smart! Stay at a healthy weight! 3 steps to control your diabetes...Know the diabetes ABCs! Manage your diabetes! See you doctor regularly!



PDEP proudly announces a new resource from the island of Chuuk, FSM. FIND OUT MORE about this brochure on page 4>>

Pacific Advisory Council Meeting in Palau

The PDEP Pacific Advisory Council (PAC) meeting was held at the Penthouse Hotel in Koror, Palau on June 17-19.

On **June 17**, the PAC annual meeting was conducted. PAC members from each Pacific Island jurisdiction had an opportunity to share updates and discuss plans for the remainder of the year. PAC members also dialogued about issues related to sustainability and future plans in diabetes education and awareness in the Pacific.

On **June 18-19**, PAC members were joined by members from the Pacific Chronic Disease Coalition, as well as representatives from partner agencies, including CDC, the National Association of Chronic Disease Directors, and the University of Hawai'i to discuss broader issues in chronic disease planning, infrastructure and service delivery for the region.



Top row: Pacific Advisory Council members engage in discussions and hear presentations during the Council meeting; Bottom row: PAC excursion to Rock Island, off the coast of Koror. Center photos: Winner of the PAC talent show, Augusta Rengiil, and emcee Patrick Luces take the stage!

Hawai'i Advisory Council Meeting~ Honolulu, HI

The 5th annual meeting of the Hawai'i Advisory Council (HAC) was held on July 10 in Honolulu. HAC members (*photo, top right*) gathered at the Willows Restaurant to share updates and hear about plans for the final year of the program and beyond.

PDEP also had the opportunity to thank HAC members for their service and support of the program throughout the years, as well as all of the work that they have done to raise awareness about diabetes and provide education to Native Hawaiians across the state.

In addition, special recognition was given to a longtime supporter and partner from the local business community. Lynne Madden, Executive Vice President of The Madden Corporation, accepted an award for her commitment and dedication to our island communities (*photo, bottom right*). The Madden Corporation has helped PDEP to produce many of the beautiful diabetes education materials and tools that have been distributed throughout Hawai'i and the Pacific.

Bon Voyage, Nia!

PDEP's Program Coordinator Nia Aitaoto has relocated to Iowa City to pursue a Ph.D. in Health Communication at the University of Iowa College of Public Health. We will miss her, but we wish her well in her studies. While she is away at school, Nia can be reached at naitaoto@hotmail.com.



PDEP has also released new materials from the island of Yap, FSM. GET THE DETAILS about these new nutrition and physical activity flyers on page 4>>



PDEP staff and friends gather to bid Nia Aitaoto a fond aloha before she heads off to graduate school.

