



NEWSLETTER

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Aloha from the Pacific Diabetes Education Program!

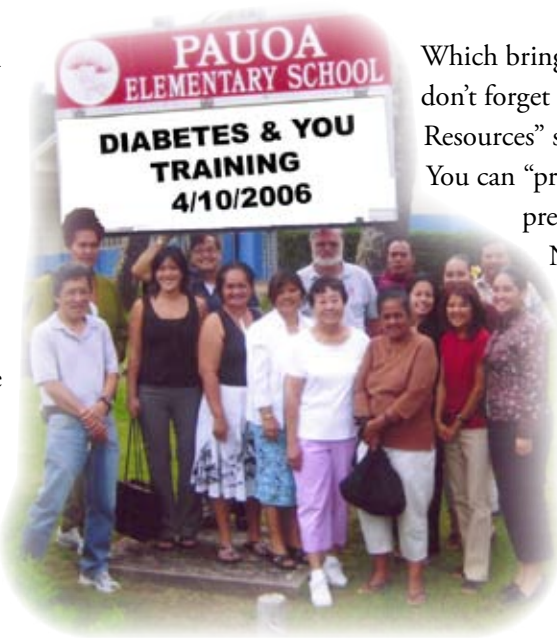
We hope everyone had a fantastic summer! Here at PDEP, we have officially reached the midpoint of Year 2. The last six months have been packed with activity, and there is a lot to share about the things that have been keeping us busy, as we continue to spread the message of “Small Steps, Big Rewards: Prevent Type 2 Diabetes” across the Pacific.

In this edition of our newsletter, you can read about PDEP’s second annual Pacific Advisory Council meeting, which was held this past April. Take a look at the group that gathered in the photo below - everyone looks great, even though many of our hearty members had taken long “red-eye” flights and arrived in Honolulu early that same morning!

We’ll also tell you some of the places we’ve been spreading the word about the great work that PDEP partners are doing in the fight against diabetes. As we go to press, groups in American Samoa, the Republic of the Marshall Islands, and Chuuk are hard at work implementing the diabetes awareness and education

activities that they developed during planning sessions that were conducted over the summer months. We’ll bring you more details on their work in future newsletters, so stay tuned...

Finally, you can find out more about one of our partners in Hawai‘i - the Association of Hawaiian Civic Clubs - and how they have been helping us tailor diabetes prevention materials for Native Hawaiians. This spring, six clubs volunteered their time and effort to help us bring you two new brochures on preventing diabetes. At least 100 Civic Club members reviewed and tested the education pieces and shared their valuable mana‘o on how to make them more culturally appropriate for Native Hawaiians, and easier to read and understand.



Pacific Advisory Council members attended “Diabetes & You” sessions at Pauoa Elementary School (pictured with instructors Mr. & Mrs. T.)

Which brings us to our last point... don’t forget to check out the “New Resources” section on the back page. You can “preview” the new diabetes prevention brochures for Native Hawaiians and find out more about the cool incentives we’ve developed for our partners to use in their diabetes education and outreach activities. Enjoy!

A hui hou,
PDEP Staff

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New Resources

Small Steps & Big Incentives may help prevent diabetes!

Now, there are several new ways to promote the “Small Steps, Big Rewards: Prevent Type 2 Diabetes” message! Advisory Council members put their heads together and came up with incentives that can be used to teach community members about diabetes prevention. So far, PDEP has developed and distributed sports towels and water bottles, coffee tumblers, refrigerator magnets, luggage tags, and notepads for partners in Hawai‘i and the Pacific to use during diabetes education and outreach activities.



If you are Native Hawaiian, you may be at risk for diabetes! Every Hawaiian Shoud Know: You Can Stay Diabetes-Free!

PDEP’s new flyer and booklet on diabetes prevention - developed in partnership with the Association of Hawaiian Civic Clubs - are hot off the presses! Both promote the theme of “Small Steps, Big Rewards: Prevent Type 2 Diabetes,” and were developed especially for Native Hawaiians. Flyers are currently being used by the Native Hawaiian Health Care Systems, community health centers, and other organizations interested in meeting the health needs of Native Hawaiians. If your organization is interested in distributing any of our education materials, please contact us!



Each of us can take "small steps" now to prevent type 2 diabetes...EAT SMART... BE ACTIVE...LOSE WEIGHT... The "BIG rewards" can last a lifetime....

Our 2nd Annual Pacific Advisory Council (PAC) Meeting...

...was held this spring, when PAC members gathered at the Radisson Waikiki Prince Kuhio hotel for four days full of information sharing, meetings, and training sessions.

On **April 10, 2006**, Advisory Council members were invited by the American Diabetes Association (ADA) to spend the morning at Pauoa Elementary School, so that they could observe two "Diabetes & You" sessions that were taught by instructors Irene and Carl Takeshita. Mr. and Mrs. T. (as they are affectionately known) did an excellent job teaching students about diabetes - what it is and how to prevent it. Special thanks are owed to Shawnette Cristobal (a PDEP Hawai'i Advisory Council Member) and Majken Mechling at ADA for allowing us to see the "Diabetes & You" curriculum in action!

The Pacific Advisory Council's business meeting was held later that afternoon. Representatives from each jurisdiction gave updates on diabetes activities in their region. PAC members discussed plans for the upcoming year, and selected the following three sites to undergo training on how to plan diabetes awareness and education activities and to receive mini-grants to implement their activities: American Samoa, Chuuk, and Republic of the Marshall Islands.

On **April 11-12, 2006**, PAC members had the unique opportunity to attend a training workshop on health literacy, sponsored by 'Imi Hale - Native Hawaiian Cancer Network. Audrey Riffenburgh, president of Riffenburgh & Associates, came from Albuquerque, New Mexico, to give a seminar on "Developing Easy-to-Read Educational Materials." PAC members learned the importance of using "plain language" and reader-friendly designs to improve the readability of diabetes education materials.

On **April 13, 2006**, PAC members received one-on-one coaching from Audrey on how to apply their new skills to make existing diabetes brochures and flyers even more reader-friendly.



Pacific Advisory Council members and PDEP staff who attended the April meeting (clockwise, from left): Frank Lijang, Nia Aitaoto, Megan Fong, Kiki Stinnett, Carl Butler, Lynn Tenorio, Robina Anson, Robert Spegal, Moria Shomour, JoAnn Tsark, Julia Alfred, and Tayna Belyeu-Camacho. Not pictured: Loata Sipili.*

**PDEP would like to welcome NEW Advisory Council member Robina Anson, from Pohnpei State's Division of Primary Health Care/Diabetes Program.*

On the road with PDEP

Over the last several months, we have been spreading the word about our program! PDEP staff has had the privilege of attending three great meetings this year, where we learned a lot about diabetes and health initiatives around the globe and had a chance to present our work in Hawai'i and around the Pacific. Here's a look at where we've been:

- He Huliau - A Turning Point: Eliminating Health Disparities in Native Hawaiians & Pacific Peoples
May 4-6, 2006, Honolulu, Hawai'i
- 2006 CDC Diabetes Translation Conference: "Going a Mile High Against Diabetes and Obesity: A Look to the Future."
May 16-19, 2006, Denver, Colorado
- Healing Our Spirit Worldwide: The Fifth Gathering
August 6-11, 2006, Edmonton, Alberta, Canada



Nia, Megan, and friends at the 2006 Diabetes Translation Conference in Denver, Colorado.

Mahalo to the Civic Clubs!

In Year 1, PDEP established a partnership with the Association of Hawaiian Civic Clubs (AHCC) to help with diabetes awareness and education efforts in Native Hawaiian communities. PDEP staff met with the AHCC Health Committee at the 2005 Convention in Kohala to introduce the program and share goals and visions for the next several years.

The Health Committee immediately showed its support of PDEP's work in diabetes prevention and control by passing a resolution drafted by PDEP, "Urging the Association of Hawaiian Civic Clubs to support the development and implementation of a 5-year campaign to improve diabetes awareness and education among all Hawaiian Civic Club members for the purpose of reducing negative health outcomes associated with diabetes mellitus in Native Hawaiian communities."

This year, PDEP asked individual Civic Clubs to participate in testing new diabetes education materials for Native Hawaiians. All clubs located in Hawai'i were encouraged to apply for a spot in the program, and the following groups were selected to review two new brochures on diabetes prevention (see sidebar):

- Ali'i Pauahi Hawaiian Civic Club
- Kohala Hawaiian Civic Club
- Kualoa-He'eia / Ko'olaupoko Hawaiian Civic Club
- Prince Kūhiō Hawaiian Civic Club
- Queen Emma Hawaiian Civic Club
- Waimea Hawaiian Civic Club

PDEP will be selecting additional Civic Clubs to review diabetes brochures over the next two years. Interested clubs can download applications from the web at www.pdep.org, or may call or email us to learn more.



PDEP is thrilled to announce that the first diabetes prevention pieces from the "Small Steps, Big Rewards: Prevent Type 2 Diabetes" campaign are available for distribution! LEARN MORE about our new education materials on page 4>>

PDEP has printed diabetes prevention messages on coffee mugs, sports towels, refrigerator magnets and more! GET THE SCOOP about incentives from our "Small Steps-Island Style" collection on page 4>>