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Aloha from the Pacific Diabetes Education Program!

Warm Holiday Greetings from the Pacific Diabetes Education Program!!

Whenever and wherever this newsletter finds you, we hope that you are enjoying this special time of year and that the New Year brings health and happiness to you and your family.

Many of you already know that November is an exciting month for PDEP, because it is American Diabetes Month - a whole month when we are all encouraged to learn more about diabetes. But did you know that November 14 is also a significant date for those of us in the diabetes community? On this day each year, World Diabetes Day is celebrated in over 150 countries around the globe. Just for fun, here's a little diabetes trivia question for those who wish to learn more about this important global awareness campaign: Why was November 14 selected as World Diabetes Day? (The answer is given at the end of this column.)

November. As the saying goes, "A picture is worth a thousand words"...

As usual, don't forget to check out the "New Resources" section on page 4. This quarter, we are highlighting the hard work that our partners in Chuuk have been doing. You can find out about the diabetes education materials that they have produced over this past year. Also, you don't want to miss the new diabetes prevention tip sheet for Pacific Islanders. Enjoy!

Happy Holidays and Best Wishes in 2007!
PDEP Staff

ANSWER to the trivia question: The International Diabetes Federation and the World Health Organization chose November 14 for World Diabetes Day because it is the birthday of Frederick Banting, a Nobel prize winning doctor who helped to discover insulin in 1922.

Of course, our observance of Diabetes Month would be incomplete if we did not have the chance to share the fun with all of you! So inside the pages of this newsletter, you'll be able to see for yourself some of the many activities and events that PDEP partners in Hawai'i and the Pacific participated in throughout the month of



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New Resources



If you are Pacific Islander, you may be at risk for diabetes!
 PDEP has designed a new flyer on diabetes prevention for Pacific Islanders. From the "Small Steps, Big Rewards: Prevent Type 2 Diabetes" campaign, this tip sheet was developed especially for Pacific Islanders. Readers are encouraged to make small lifestyle changes that will keep them free from diabetes: staying physically active, making healthier food choices and maintaining a healthy weight. Flyers have already been distributed to partner organizations throughout the Pacific. If your organization is interested in distributing any of our education materials, please contact us!



NEW!! Diabetes Education Materials from Chuuk

Community members in Chuuk have been hard at work this year. After completing a training course on how to design and implement diabetes awareness and education activities, participants completed 3 projects:

- A flyer on "Foot Care for People With Diabetes"
- A brochure on preventing diabetes
- A flyer on walking 10,000 steps a day

All of the education materials are available in Chuukese and English versions and are available through our website (www.pdep.org)!

Take a look at some of the many ways that PDEP partners have been working in our communities to raise awareness and provide education about diabetes prevention and control.



Spotlight on... CHUUK! Chuukese community members have been working hard this year to bring you several new education pieces in Chuukese and English. GET MORE INFO on page 4>>



<<Children in Yap cheered on family and friends who participated in the Fun Walk/Fun Run held during Ulithi Health and Fitness Week



PDEP staff, along with Advisory Council members Edna Baldado from Hui Mālama Ola Nā 'Ōiwi (Hawai'i island) and Ululani Young were on hand to provide diabetes education at the 2006 Association of Hawaiian Civic Clubs Convention Health Screening>>



<<Sharon de la Peña from Ho'ōla Lāhui Hawai'i on Kaua'i led a six-week course on nutrition and diabetes for seniors at the Koloa Neighborhood Center



PDEP has a new flyer on diabetes prevention for Pacific Islanders! This piece is ready to be distributed and may already be available in your area!

LEARN MORE about our new education materials on page 4>>

Guam Diabetes Association sponsored the 2006 Guam Diabetes Conference: Diabetes Freedom-Know the Facts during the month of November, which was officially proclaimed "Guam Diabetes Month" by the Office of the Governor>>



<<Palau's DPCP and Ulkerreuil a Klengar used roadside signs to encourage community members to walk 10,000 steps a day and held a health fair to promote diabetes awareness



<<Chuuk Women's Council held several events, including a state-wide day of prayer for diabetics, a walk-a-thon, a high school essay contest and a celebration of Diabetes Month, at which the new Chuukese education materials were unveiled

PDEP staffers Nia and JoAnn attended the 3rd Annual Moloka'i Community Health Fair sponsored by Na Pu'uwai to provide diabetes education to over 375 attendees>>

