



NEWSLETTER

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In this Issue

- p 1 Letter from PDEP Staff
- p 2 Hawai'i AC Meeting and AHCC Convention
- p 3 Partner Profile: YTYIH
- p 4 New Resources

Iakwe from the Pacific Diabetes Education Program!

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New Resources

Diabetes Education Materials from the Republic of the Marshall Islands!

This past summer, PDEP held its training course on planning and implementing diabetes awareness and education activities at Youth to Youth in Health. Young adults from the Republic of the Marshall Islands learned how to tailor and design diabetes education materials for their peers. After completing the training, participants went on to finish 3 projects:

- A poster that encourages young people to choose healthy, low-fat foods.
- A poster that shares information about diabetes risk factors and tips on diabetes prevention.
- A brochure that encourages young people to know their health status and take necessary steps to prevent diabetes.

All of the education materials developed by Youth to Youth in Health are available in Marshallese, with English translation. To learn more about these and other resources for Pacific Islanders, call PDEP at 808-597-6555 or email pdep@papaalokahi.org. Or visit us on the web at www.pdep.org - click on "PDEP Resources," and download any of our diabetes education materials today!



Welcome to Year 3 of PDEP! As you can see below, we are "shifting gears" and announcing that our new theme for the coming year will be "Control Your Diabetes. For Life." Already, our program staff and many of our partners are busy developing educational resources and activities that focus on the message of diabetes control, and over the next several months you will get all the details about these exciting ventures.

In the meantime, we hope that you have enjoyed hearing about some of the many activities that our partners have been involved in, as they spread the word this past year about diabetes prevention. We also hope that you are getting a taste of the incredible passion, commitment, and hard work that we get to observe day after day in our Native Hawaiian and Pacific Island communities.

Because our last newsletter was dedicated to sharing some of the special events that went on during Diabetes Awareness Month, we'll spend some time in this issue to catch you up on a few other events that deserve to be highlighted. Specifically, we will provide an update from the second annual Hawai'i Advisory Council meeting that was held in the fall and you

will hear about our time at the Association of Hawaiian Civic Club's annual convention.

In another section, we will be highlighting one of PDEP's partner agencies in the Republic of the Marshall Islands - Youth to Youth in Health. We will share some information about this community-based organization and the great work that they are doing in their efforts to teach young adults in the Marshall Islands about diabetes prevention. You will also have an opportunity to learn more about the educational resources that Youth to Youth in Health has developed, by checking out our "New Resources" section on the back page of this newsletter.

As a final note, we want to remind you that our website (www.pdep.org) can be used not only to learn more about PDEP partners, activities, and events, but also to download, view, or print any of the diabetes education materials developed by PDEP or PDEP partners (like Youth to Youth in Health). Keep in mind that our list of resources is constantly expanding, so be sure to check back with us often!

Bar iakwe,
PDEP
Staff

Control your diabetes for LIFE



If you have diabetes, you can make healthy choices that will help you live a long and happy life. Don't let diabetes control your life! Control your diabetes...for life!

Our 2nd Annual Hawai'i Advisory Council Meeting...

was held on October 26, 2006, in Honolulu, Hawai'i. Advisory Council members from across the state gathered at Papa Ola Lōkahi to share updates from their communities and to reflect on the past year's activities, accomplishments, and lessons learned.

In addition, Advisory Council members spent time discussing future plans for PDEP. In anticipation of the new theme for Year 3, members were asked to review NDEP brochures from the "Control Your Diabetes For Life" campaign and start the process of tailoring materials for Native Hawaiian communities. To complement the print materials that will be developed, they also came up with 3 educational incentives and programs that focus on essential areas of diabetes control: nutrition, physical activity, and foot care. The projects that our Hawai'i Council initiated during this meeting will be rolling out over the next year, so stay tuned for more details...



Hawai'i Advisory Council members and PDEP staff who attended the December meeting: (front row, from left) Ululani Young, Sharon de la Peña, Edna Baldado, (back row, from left) Megan Fong, Nia Aitaoto, Mele Look, Donna Carvalho, and Henry Ichibo.

Not pictured: Kau'i Baumhofer and Sandra Chang.

Association of Hawaiian Civic Clubs Convention 2006...

PDEP was at the 47th Annual Convention of the Association of Hawaiian Civic Clubs (AHCC)! The convention was held at the Waikiki Beach Marriott in Honolulu, on October 22-29, 2006. Here are some highlights from a great week!

- PDEP staff, along with Advisory Council members Edna Baldado and Ululani Young, hosted a table at the Health Screening to educate Civic Club members about diabetes prevention and control.
- PDEP met with the AHCC Health Committee to provide an update on the program, including opportunities for the Civic Clubs to participate in future projects.
- PDEP hosted a Health Breakfast to spread the word about our partnership with the AHCC and to honor the individual Civic Clubs who had reviewed our tailored education materials in the previous year.

*Left: Ululani Young, Megan Fong, and Nia Aitaoto at the AHCC Health Screening
Middle: Edna Baldado providing diabetes education at the Health Screening
Right: One of the awards given at the Health Breakfast to recognize the AHCC's partnership with our program*



Partner Profile: Youth to Youth in Health (YTYIH)

YTYIH was started in 1986, as a peer and community outreach education program in the Republic of the Marshall Islands. Currently led by PDEP Advisory Council member Julia Alfred, YTYIH has been active for the last 20 years in training peer educators (13-25 years old) to lead health education and cultural promotion outreach activities about a variety of health topics, including family planning, contraceptives, STDs/AIDS, nutrition, suicide prevention, and the hazards of using alcohol and smoking cigarettes.

Recently, YTYIH has added another health topic to their list - diabetes! YTYIH has partnered with PDEP to champion the cause of spreading education on diabetes prevention and control to young adults in the Marshall Islands. In June 2006, PDEP conducted a training workshop on designing diabetes awareness and education activities at YTYIH, and participants developed several new education materials (shown at right, and on page 4). It has been a privilege to work with the bright, hard-working young adults at YTYIH and to support their endeavors at making the Marshall Islands a better and healthier place to live and grow up in.

If you would like to learn more about YTYIH or how you can contribute to this active youth health program, write to them at Youth to Youth in Health, PO Box 3149, Majuro, Marshall Islands 96960, call (692) 625-3098, or email julia_alfred@yahoo.com.



Diabetes education materials developed by Youth to Youth in Health in the Republic of the Marshall Islands are now available! LEARN MORE about these projects on page 4>>



Photos of young adults who participated in Youth to Youth in Health activities, including the PDEP training workshop on designing diabetes education materials, a beach clean-up day, and a workshop on healthy cooking and nutrition.

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KEEP IN MIND...
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