



# Da Rohng Tala Fou Atongrong MOGETHIN PDEP NEWSLETTER a publication of the Pacific Diabetes Education Program | June 2007 | volume 2 issue 1 Asunto Mac Sasuc Met Poraus Kwonanin Rofike

**In this Issue**

- p 1 Letter from PDEP Staff
- p 2 3<sup>rd</sup> Annual HAC Meeting
- p 3 On the Road with PDEP...News and Notes
- p 4 New Resources

## Aloha from the Pacific Diabetes Education Program!

We hope that your summer has gotten off to a fantastic start! Here at PDEP, we're looking forward to the season ahead, which should be full of the excitement and activities that have kept us going through the last couple of years.

As this issue of our newsletter goes to press, we are busily preparing to meet with Pacific Advisory Council (PAC) members in Pohnpei, FSM (Federated States of Micronesia). PAC members can anticipate a packed agenda, as there are many plans and decisions to be made on the best ways to promote the message of "Control Your Diabetes For Life" in our Pacific communities.

Already this year, PDEP has convened the Hawai'i Advisory Council to seek out their invaluable advice on spreading the message of diabetes control to Native Hawaiians across the state and around the country. On Page 2, you can read more about our productive meeting with key community members and diabetes experts alike.

Also planned for this summer are more of the stellar train-

ing workshops that have been making their way across the Pacific. As you may already know, one of PDEP's goals is to train and equip community members in Hawai'i and the Pacific to design and implement diabetes awareness and education activities. At the bottom of this page, and on Page 3, you can see photos from one workshop that was held this spring in the Republic of Belau. Also on Page 3 are photos from some of the sessions held with the Association of Hawaiian Civic Clubs to pretest tailored diabetes education materials.

Finally, don't forget to check out our "New Resources" feature on Page 4, where we share more of the fabulous new education materials that were designed *by* Pacific Islanders *for* Pacific Islanders. Enjoy!

A hui hou,  
PDEP Staff



March 2007: Community members who participated in PDEP's Training Workshop in the Republic of Belau proudly display their Certificates of Completion. [Photo courtesy of Augusta Rengii, Palau Diabetes Control Program.]

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## New Resources

### Diabetes Education Materials for Pacific Islanders NEW and IMPROVED- in plain English!

Due to popular demand, the Pacific Diabetes Education Program has begun adapting diabetes education materials for a general Pacific Islander audience. These materials, which will be produced in plain, easy-to-read English, will be tailored for use in Pacific Islander communities everywhere.

Over the last quarter, the following products were adapted and will soon be available for distribution:

- Foot Care for People with Diabetes
- You Can Choose Less Fatty Foods
- You Can Prevent Diabetes: Advice for Pacific Islander Young Adults

In addition, several more products are planned or are currently being developed.

Keep checking our website at <http://www.pdep.org> to look for these and other great resources for Pacific Islanders and Native Hawaiians!



*If you have diabetes, you can keep your blood sugar under control. Eat smart. Be active. Test your blood sugar and take your medication. Control your diabetes. For Life.*

## PDEP's 3<sup>rd</sup> Annual Hawai'i Advisory Council Meeting...

...was held at Papa Ola Lōkahi on May 15, 2007. As always, the meeting began with introductions and updates, but this year, PDEP staff members were especially pleased to welcome new Council members to the group and to share about ways that we will be partnering with their agencies, including:

- 'Ahahui o nā Kauka (the Native Hawaiian physicians' association), represented by Dee-Ann Carpenter-Yoshino
- American Heart Association, represented by Lori Suan
- Hawaii Primary Care Association, represented by Charlene Blair

Other new Advisory Council members include Keali'i Lum and Alohanani Jamias, co-chairs of the Association of Hawaiian Civic Clubs Health Committee.

The purpose of this year's meeting was two-fold. First, Council members were asked to plan for the coming year by strategizing the best ways to use PDEP resources to reach Native Hawaiians with diabetes. Attendees were asked to re-evaluate tailored education materials from the "Control Your Diabetes For Life" campaign so that drafts of the adapted materials could be finalized and printed. Council members also discussed educational incentives for the campaign and plans for distribution.

Second, Advisory Council members looked ahead to Year 4 and beyond. PDEP staff members presented options for the "Be Smart About Your Heart" campaign and asked Council members to weigh in on the education materials and incentives that could be adapted and/or developed for Native Hawaiians. Attendees participated in a fruitful brainstorming session that yielded many innovative ideas to pursue over the next few years.

***Mahalo*** to all of our Advisory Council members for sharing their mana'o and their time!

*May 2007: Hawai'i Advisory Council members gathered in Honolulu to kick off the third year of PDEP!*

*Back row, from left: Valerie Ah Cook, Megan Fong, April Chow, Kau'i Baumbhofer, Nia Aitaoto, Donna Palakiko, Donna Carvalho, Sharon de la Peña. Front row, from left: Ululani Young, Edna Baldado, JoAnn Tsark, Claire Hughes, Charlene Blair. Missing from photo: Dee-Ann Carpenter-Yoshino, Keali'i Lum, Lori Suan*



## On the Road with PDEP..

*Below: In April 2007, PDEP staff met up with representatives from the Pacific Basin DPCPs at the 2007 CDC Diabetes Conference in Atlanta, Georgia.*

*Right: Earlier this year, PDEP held training workshops in the Republic of Belau (pictured here) and Yap State, FSM.*



*This spring, PDEP staff conducted community testing of tailored diabetes education materials from the "Control Your Diabetes For Life" campaign with 6 Civic Clubs, including: Central Maui Hawaiian Civic Club (pictured above), Hawaiian Civic Club of Honolulu, Pearl Harbor Hawaiian Civic Club, Nanaikapono Hawaiian Civic Club (pictured, left), Ka Lei Maile Ali'i Hawaiian Civic Club, and Wai'anae Hawaiian Civic Club.*

## News and Notes

### *New Faces...*

PDEP has a new staff member on board! Please give a warm welcome to April Chow, who is our new Program Assistant. You can reach April at 808-597-6555 or [achow@papaolalokahi.org](mailto:achow@papaolalokahi.org).

### *New Places...*

In related news, Megan Fong has relocated to Baltimore, Maryland, to be near her husband who is a resident at Johns Hopkins. Megan will continue to work with PDEP as a consultant, but please note that her email address has changed to [pacificdiabetes@hotmail.com](mailto:pacificdiabetes@hotmail.com).

