



NEWSLETTER

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In this Issue

- p 1 Letter from PDEP Staff
- p 2 Pacific Advisory Council Meeting
- p 3 Conferences and Partnerships
- p 4 New Resources

Aloha from the Pacific Diabetes Education Program!

We had a fantastic summer and hope you did too! This edition of our newsletter will provide just a glimpse into the many activities and events that we have enjoyed being a part of over the past few months.

On page 2, you can read about PDEP's third annual Pacific Advisory Council meeting, which was held on the beautiful island of Pohnpei, in the Federated States of Micronesia (FSM). In between a rigorous schedule of training sessions and planning meetings, attendees enjoyed the sights and local culture of the largest and tallest island in the FSM. Below, a photo shows our group at the ancient stone city of Nan Madol, including two guests - Dr. Jane Kelly from the National Diabetes Education Program and her friend Sharon Clark, who flew in all the way from Atlanta, Georgia to spend their vacation on an educational tour of the Pacific!

You can also learn more about our presentation at the Pacific Global Health Conference, where

we had the privilege of showcasing more of the great work that our partners are doing to raise community awareness about diabetes. We were honored to have Kiki Stinnett, a respected community member, business leader, and health chair of the Chuuk Women's Council in FSM, join us as a co-presenter to share her first-hand experience in mobilizing a community group to develop and implement diabetes education activities in the Pacific Islands.

Finally, we want to honor one of our partners in Hawai'i - the Association of Hawaiian Civic Clubs (AHCC) - for their help over the last year in reviewing education materials on how to control and manage diabetes. The products that we tested with the Civic Clubs have been finished and printed and are now available for distribution!

The new materials will be officially unveiled at the AHCC Convention in Anchorage, Alaska, but you can see them now in the "New Resources" section on page 4. Enjoy!

A hui hou,
PDEP Staff

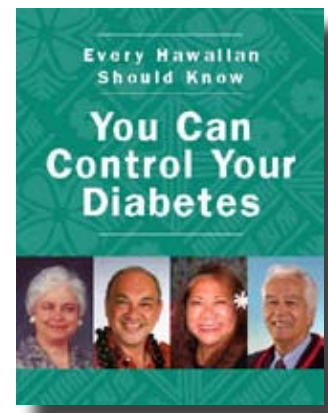


Pacific Advisory Council members at Nan Madol in Pohnpei, FSM.

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New Resources



Every Hawaiian Should Know: You Can Control Your Diabetes-Booklet

The Pacific Diabetes Education Program has partnered once more with the Association of Hawaiian Civic Clubs to adapt diabetes education materials from the National Diabetes Education Program. This booklet, developed by and for Native Hawaiians, is based on resources from the "Control Your Diabetes For Life" national campaign. If you are living with diabetes, you can learn practical ways to understand, monitor, and manage diabetes with the help of your health care provider(s). You can also be encouraged and inspired by personal testimonies from members of the Hawaiian community who are taking control of their diabetes. Also included is a Diabetes Care Record to help you track your progress.

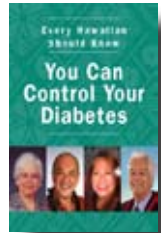
You May Have Diabetes and Not Know It-Flyer

This flyer illustrates the signs and symptoms of diabetes and encourages readers to see a doctor if they think they could have diabetes. The second page of the flyer (not shown) shares a simple definition of diabetes and shares common risk factors for diabetes. An alternate version of this flyer, tailored for Pacific Islanders, is also available.



*Both of these resources are currently available through our website, www.pdep.org, or by contacting PDEP at 808-597-6555 or pdep@papaalokahi.org.

If you are living with diabetes, it is important to manage blood sugar, blood pressure, and cholesterol. Keeping these things under control can help you live a longer and healthier life.



PDEP proudly announces a new resource for Native Hawaiians. FIND OUT MORE about the booklet "Every Hawaiian Should Know: You Can Control Your Diabetes" on page 4>>

Pacific Advisory Council Meeting in Pohnpei, FSM

PDEP held its 3rd annual Pacific Advisory Council (PAC) meeting on July 9-12, 2007, in Pohnpei. On **July 9**, the PAC business meeting was held at the Pohnpei Hospital. Members spent time updating each other on the past year's activities and reviewed materials, activities, and distribution plans for future events.

On **July 10-12**, PAC members participated in a multimedia training workshop given by Father Fran Hezel. The workshop was held at Micronesian Seminar (MicSem), which is a non-governmental organization that has served the people of Micronesia through public education on a variety of topics for over 30 years, including many contributions in the area of health education and awareness. Participants learned about ways that they could use audio/video technology to support diabetes awareness and education efforts in Pacific communities, and had the opportunity to receive hands-on training and assistance from Father Hezel and the staff at MicSem.

Check out the photos below, which show PAC meeting attendees hard at work (and at play!)



The Pacific Advisory Council in action, with honored guests Father Fran Hezel and Dr. Jane Kelly.

PDEP at the Pacific Global Health Conference

The Pacific Global Health Conference was held on June 19-21 at the East-West Center in Honolulu, Hawai'i. PDEP Program Coordinator Nia Aitaoto was selected to give a presentation titled "Diabetes Education in Hawai'i and the Pacific." Co-presenting with Nia was Christina "Kiki" Stinnett of the Chuuk Women's Council, a community organization that has a long history of assisting women to become productive and self-sufficient members of society by developing programs that enhance the social economy and physical well-being of women and their families.

The presentation emphasized ways in which PDEP has partnered with Pacific communities like Chuuk to build capacity and empower community members to develop and implement culturally relevant diabetes awareness and education activities that truly meet the needs of the local people.



Nia (second from right) and Kiki (far right) pose with other conference attendees at the Pacific Global Health Conference.

Mahalo to the Civic Clubs!

Since 2005, PDEP has enjoyed an ongoing partnership with the Association of Hawaiian Civic Clubs (AHCC) to help with diabetes awareness and education efforts in Native Hawaiian communities. Each year, PDEP staff members meet with the AHCC Health Committee to share program updates and ask for feedback. In 2005, the Health Committee passed a formal 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."

In addition, PDEP enlists the help of individual Civic Clubs every year to test new diabetes education materials for Native Hawaiians, and this year was no exception. PDEP would like to extend a big mahalo to the following clubs for their kokua and their time in reviewing education materials on diabetes control:

- Central Maui Hawaiian Civic Club
- Hawaiian Civic Club of Honolulu
- Ka Lei Maile Ali'i Hawaiian Civic Club
- Nanaikapono Hawaiian Civic Club
- Pearl Harbor Hawaiian Civic Club
- Wai'anae Hawaiian Civic Club

PDEP will be selecting additional Civic Clubs from the continental US and Hawai'i to review diabetes brochures next year. If your Civic Club is interested in taking part in our program, you can download an application at www.pdep.org, or contact us at 808-597-6555 or pdep@papaalokahi.org.



PDEP has also released new flyers for Native Hawaiians and Pacific Islanders encouraging early detection of diabetes. GET THE DETAILS about the new flyer "You May Have Diabetes and Not Know It!" on page 4>>

