



Da Rohng Tala Fou
 Arongrong MOGETHIN
PDEP NEWSLETTER
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 Asunto Mac Sasuc Met Poraus
 Kwonanin Kofike

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Happy Holidays from the Pacific Diabetes Education Program!

We hope you all had a Merry Christmas and wish you and your family much happiness and health in 2008!



We are busier than ever as we head into the final months of Year 3! In fact, if this newsletter is reaching some of you a bit behind schedule, it is only because we are literally up to our ears in boxes (as you can see in our Christmas photo below!)

This is a good thing, though, because it means that we are all stocked up on new Pacific-style education materials like the “Walk 10,000 Steps Every Day” DVD and foot care flyers, and thousands of new incentives like the PDEP pedometer and foot care kit for people with diabetes. To keep up to date on PDEP’s products, make sure to check out our “New Resources” section on the back page of this issue.

Also, if you take some time to browse through the inside pages of this issue, you will see that we were not the only ones keeping busy this fall. It’s our tradition each December to feature a photo collage of events that took place on World Diabetes Day (November 14) and throughout Diabetes Awareness Month, and this year is no exception.

PDEP is privileged to have amazing partners in Hawai’i and across the Pacific, who continue to sponsor diabetes awareness and outreach activities that are both innovative and relevant in their communities, and this is our chance to showcase their hard work. As usual, there were way more events and photos than space in which to feature them, so this truly is just a “snapshot” of the fun things that went on this past quarter.

Enjoy!

A hui hou,
 PDEP
 Staff



PDEP Staff rockin’ around the “distribution Christmas tree” (clockwise, from left: April Chow, Megan Fong, Nia Aitaoto, Donna Oshiro, Henry Ichibo, JoAnn Tsark)

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New Resources



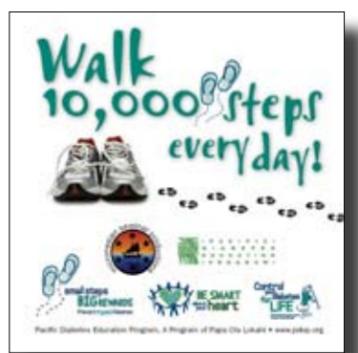
Incentives to Control Your Diabetes. For Life.

This quarter, PDEP has been distributing 2 new incentives - foot care kits and pedometers - related to the “Control Your Diabetes. For Life” campaign. Each incentive comes with an educational flyer in plain English. The foot care kit is accompanied by a flyer on “Foot Care for People With Diabetes,” which shares 9 tips for keeping your feet healthy. The pedometer is accompanied by a flyer that promotes the goal of 10,000 steps per day and shares the benefits of walking for diabetes prevention and control.

Walk 10,000 Steps Every Day DVD

PDEP is also privileged to be able to distribute a new DVD that was produced by the talented staff of Micronesian Seminar in Pohnpei, FSM. This DVD is an excellent counterpart to PDEP’s pedometers and education materials on walking as a form of physical activity.

*All of these resources are currently available by contacting PDEP at 808-597-6555 or pdep@papaolalokahi.org. To learn more about Micronesian Seminar productions, visit www.micsem.org/diabetes.



CHECK IT OUT...PDEP partners hard at work during Diabetes Awareness Month and beyond... bringing diabetes education to life in Pacific communities across the globe.



PDEP is distributing a new DVD produced by Micronesian Seminar... "Walk 10,000 Steps Every Day!" This DVD goes hand-in-hand with the PDEP pedometer. LEARN MORE on page 4 >>



<<Participants from the Diabetes Self-Management class at Na Pu'uwai (Moloka'i) show off PDEP education materials. Back row, from left: Solomon Maliu, Sr., MaryLou Gorospe, Carol Kanemitsu, Raymond Gomes III, Theodore Dudoit, Sr. Front row, from left: Donna Kanaipae Gamiao, RN, CDE (Instructor), Estrelita Gumanas, Nilda Dilla, Wilma Joy, Erlinda Santiago, Amy Fujimoto.



<< On World Diabetes Day, Belau-an community members gathered for an event at Bethlehem Park. Participants received free blood pressure screening and BMI measurement. Many attendees received PDEP pedometers and walked 246 steps in front of the old Palau Congress in honor of the estimated 246 million people with diabetes around the world.



<<Yap State Health Services (Federated States of Micronesia) held weekly walk-a-thons.



>>Teens at Youth to Youth in Health, an NGO in RMI, learn about foot care for people with diabetes. Below, Youth SMART children learn about healthy nutrition.



PDEP is pleased to announce the arrival of 2 new educational incentives from the "Control Your Diabetes. For Life." campaign! GET THE SCOOP about our pedometers and foot care kits on page 4 >>

Not pictured: During World Diabetes Day on the island of Chuuk in FSM, 289 community members were screened for diabetes. Later, 120 people participated in a walk-a-thon and received PDEP pedometers, water bottles, and education materials!

24 Friday November 23, 2007 — The Marshall Islands Journal

REPUBLIC OF THE MARSHALL ISLANDS
MINISTRY OF HEALTH
P.O. Box 16, Majuro, Marshall Islands

MAKITKIT KO AN DIABETES DAY 2007
"Nanihmej in tofal ibben ajiri in jodrikrik ro (Diabetes in children and youth)"

Kamot nan asep partner in kappi ro nar korokae plan in bak konser World Diabetes Day 2007. Diabetes Wellness Center, KID Club, KULE Club, CMI, NVTI, AES, LES, GED, Coop School, Laura Community, Apsara Community, Capi Loral Loral, Mo, Yano Loran, National in Local Police Kap YFYN.

BIG KAMOLOL ALSO GOES TO OUR BUSINESS PROVIDERS

• ELM	• 10 cases water	• Fomosa Tolo	• 10 cases water
• Citrus Mart	• 10 cases water	• Patak Cita Lankia	• 10 cases water
• Playless	• 1 case orange and 1 case apple	• Tapan Health Service	• 10 cases water
• Aqurhale	• 10 cases water		
• Maminigan Corporation	• 10 cases water		
• Huma Garden	• 10 cases water		
• MUGAS	• \$100.00		
• MISC	• \$100.00		
• FATE	• 10 cases water		
• JIN	• 10 cases water		

THE WALK OF WORLD DIABETES DAY 2007
Experts says a minimum of 10,000 steps per day will add 3 years to your life by keeping your heart healthy and controlling your weight!
— KID CLUB

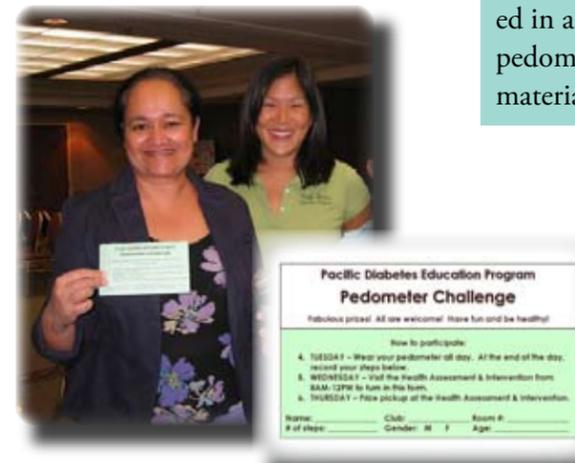
THE MINISTRY OF HEALTH LIKES TO THANK YOU FOR YOUR VALUED CONTRIBUTION AND MAKING THE WORLD DIABETES DAY 2007 ACTIVITIES A SUCCESS!

FUNDING FOR THIS AD COMES FROM DIABETES CONTROL GRANT, CENTER FOR DISEASE CONTROL & PREVENTION (CDC)

NAN NOK MELLE KO RELLAPLOK JOLU IN KIR TOK OFFICE EO AN HEALTH PROMOTIONS & HUMAN SERVICES ILO TEL: 625-3355 ext. 2489/2488.



<<The Republic of the Marshall Islands (RMI) DPCP advertised their World Diabetes Day activities in the Marshall Islands Journal, including a health fair, lectures and cooking demonstrations. Above, students listen to a health educator who is teaching a class on diabetes, nutrition, and oral hygiene (left) and display their pedometers and toothbrushes (right).



<<PDEP sponsored the first annual Pedometer Challenge at the Association of Hawaiian Civic Clubs' Annual Convention in Anchorage, Alaska! Club members competed for fabulous prizes, bragging rights, and just to keep warm!