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**PDEP NEWSLETTER**  
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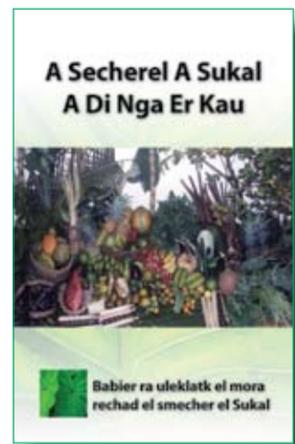
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**Aloha from the Pacific Diabetes Education Program!**

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**New Resources**



**Diabetes Education Materials from American Samoa**

>>We are pleased to announce the availability of 4 new Samoan language resources!

- *E tatau i tagata Samoa uma ona iloa ma silafia auala nei: E mafai ona PULEA le Ma'i Suka!* (Brochure: Every Samoan should know: You can CONTROL diabetes!)
- *Aoaoga mo Ma'i Suka* (Brochure: Education about Diabetes)
- *Ia silafia le A, E, I (ABC) o le Ma'i Suka* (Postcard: Know your "Diabetes ABCs")
- *Tausi i faatonuga uma* (Postcard: How to take care of yourself if you have Diabetes)

Download copies of all of these materials at our website, or contact PDEP to learn more at [pdep@papaalokahi.org](http://pdep@papaalokahi.org).



**Diabetes Education Materials from the Republic of Palau**

The Diabetes Prevention and Control Program in Palau has teamed up with Ulkerreuil A Klengar (a local community organization) to develop a 20-page booklet for people with diabetes (see photo above). The booklet, "A Secherel A Sukal A Di Nga Er Kau," is written in Palauan and shares general information about diabetes and steps to take charge of your diabetes. An electronic version of the booklet is available for download at [www.pdep.org](http://www.pdep.org).



Welcome to Year 4 of PDEP! You may have already guessed that our theme for the year will be diabetes and heart disease. This year, we will be focusing on diabetes education from the NDEP campaign "Be Smart About Your Heart: Know the ABC's of Diabetes." According to NDEP, nearly 65 percent of people with diabetes will die from a heart attack or stroke. Also, because of a lack of available information, two out of three people with diabetes are unaware of their heightened risk.

With these statistics in mind, our goal--is to provide culturally appropriate, community-tested and approved education on this important topic. In the coming year, we will be adapting and developing more new materials for Native Hawaiians with the Association of Hawaiian Civic Clubs, so stay tuned because you'll definitely be hearing more

about these products in the near future. We also expect to have many new education materials for Pacific Islanders. In fact, our community coalition in American Samoa has already gotten the year off to a great start by developing an informational postcard on the "ABCs of Diabetes" that will be sent to patients at the local clinic. You can read more about this and other Samoan and Palauan materials that are now available for distribution in the "New Resources" section on page 4.

Also in this issue of the newsletter, we have a special report from one of our partners in the Federated States of Micronesia about an exciting project that was completed recently and the positive impact it is having in the community. And we're sharing photos and a recap from our time at the Hana Health Fair and our recent staff retreat.

**BE SMART about your heart**



- Know the ABC's of Diabetes**
- ♥ AIC
  - ♥ Blood Pressure
  - ♥ Cholesterol

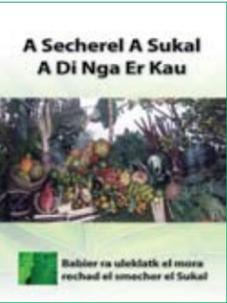
A hui hou,  
 PDEP Staff

*If you have diabetes, here's another reason to stay on top of your blood sugar, blood pressure, and cholesterol...controlling these things will also lower your risk of heart attack and stroke!*

## Hana Health Fair & PDEP Staff Retreat

The Hana Health Fair, sponsored by Hui No Ke Ola Pono-the Native Hawaiian Health Care System on Maui, was held at the Old Hana School on January 19. Two programs from Papa Ola Lōkahi hosted tables at the event, which served over 500 people from the surrounding community. PDEP provided education materials on diabetes prevention and control, while 'Imi Hale-Native Hawaiian Cancer Network shared information about cancer prevention and smoking cessation.

Not only was it great to have everyone on hand to work at the health fair, but this also provided a rare opportunity to hold a staff retreat! Over the next day and a half, PDEP and 'Imi Hale staff spent time in brainstorming sessions and group discussions to assess where we've been, lessons we've learned, and where we're headed. It was a great time of sharing ideas, visions, and future directions for chronic disease programs in Hawaiian and Pacific communities. And, as you'll see below, we may have managed to sneak in a few moments of much-needed fresh air, fun, and physical activity!



*A new Palauan language resource is now available! GET THE SCOOP on this booklet for people with diabetes in the New Resources section (page 4) >>*



*<<The staff of PDEP and 'Imi Hale (left to right): Lehua Abrigo, April Chow, Megan Fong, Michelle Ka'aihue, LorieAnn Santos, Kathryn Braun, Nia Aitaoto, Leimomi Shearer, Henry Ichibo, Amanda Allison, JoAnn Tsark.*

*Below: PDEP staff share diabetes education materials at the Hana Health Fair; spend time brainstorming; and go for an afternoon stroll through Hana.*



## Partner Report: Micronesian Seminar

*Submitted by Father Fran Hezel*

**10,000 Steps**-When the doctor tells you that you need to get more exercise, most of us groan. At least that's the reaction of the audience in the video production "10,000 Steps," when the doctor urges the importance of exercise. One greatly overweight woman imagines herself trying to get off the ground at the volleyball net during a game with village teenagers. A middle-aged man imagines dragging himself around the track while youngsters speed by and give him strange looks. Even worse, when he attempts to gear up for the fourth lap, he falls over. His last sensations are the sight of runners looking down at him as he lies on the track, and then the sound of the ambulance. The wailing of his family follows, as he imagines himself laid to final rest.

Micronesian Seminar has produced a 21 minute video that tries to show in its own daffy way that to beat diabetes, you don't have to run marathons or do full-court basketball games. For people beyond their prime, walking will do. How about 10,000 steps a day? We urge our audience to clip on a pedometer and start walking. As the clicks multiply, they may find that walking 10,000 steps a day isn't as hard as they might think.

At the end of the video and on radio spots and a note in the biweekly paper we announced that we were prepared to give out PDEP's pedometers to any who wished to have them. Our MicSem office was deluged with so many phone calls that the administrative officer threatened to quit if we didn't stop distributing pedometers. So we took the pressure off her a bit by distributing the pedometers to churches, schools and participants of the Fun Run/Walk. We could have easily passed out a few hundred more, but good office help is hard to find these days.



*Samoan language materials are now available for distribution. LEARN MORE about these new brochures and postcards on page 4>>*



*Scenes from the 10,000 Steps DVD, produced by Micronesian Seminar, show Pacific Islanders from all "walks" of life working toward the goal of 10,000 steps a day!*

