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Aloha from the Pacific Diabetes Education Program!

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New Resources

Tools for Nutrition Education ... Choosing the right foods and eating the right amounts is one of the best (but most challenging) ways to control your diabetes. To promote healthy eating, PDEP has developed tools for nutrition education. Measuring cup and measuring spoon sets can be used to teach portion control. Also, our grocery list notepad helps people plan ahead, so they won't forget the fresh fruits and vegetables. On the back of the notepad are special tips for including fruits and vegetables in your diet if you have diabetes.



Nutrition Education Materials are here!

PDEP has also developed a series of education materials on nutrition and diabetes:

- << *Eat Smart* is our guide to having a healthy diet. Learn about the food groups and the different types and amounts of food that you should be eating. Also, learn how to measure your food using the PDEP nutrition tools.
- >> The *Better Choices* series includes 3 flyers: *Eat Less Fat*; *Eat Less Sugar*; *Eat Less Salt*. In each of these flyers, we take several popular food items that contain a lot of fat, salt, and sugar, and offer better choices to satisfy your cravings and stay healthy.



To learn more about the nutrition tools and education materials shown here, visit our website www.pdep.org or contact PDEP at pdep@papaalokahi.org.

Wow!! This has really been a busy quarter for us here at PDEP. As you'll see in the pages of this newsletter, the past few months have been filled with activities and have kept us in constant motion. But it has been great to have so many chances to connect with "diabetes champions" from around the world to share stories and ideas and learn from one another.

At the end of April, we convened our PDEP Advisory Councils from Hawai'i and the Pacific. As you can see from the photo below, we had a great turnout for this event and a wonderful day meeting with many of the best and brightest (not to mention hardest-working) folks in diabetes education.

In May, we headed to Orlando for the CDC Diabetes Translation Conference. It was a long week, with multiple presentations given and meetings held around the clock, but we managed to mix a little bit of business with pleasure (that is, most of us made it to Sea

World and/or Disney World!)
 Finally, in June, we co-hosted our second health literacy workshop so that more of our diabetes partners could be trained in developing health education materials that are easy to read.

In between all of these meetings, the work of developing new diabetes education materials never stopped. We traveled throughout the continental US to meet with Hawaiian Civic Clubs and pretest messages for our brochures on diabetes and heart disease. We also rolled out new resources for nutrition education, including a series of print materials and some practical teaching tools.

We hope you'll enjoy reading about all these things--and more--in this issue of our newsletter!

A hui hou,
 PDEP Staff



Diabetes champions traveled from near and far to attend the 4th annual meeting of PDEP's Advisory Councils on April 29, 2008, in Honolulu, Hawaii.

Three reasons to control your diabetes for life: You'll feel good and have more energy...

You'll keep your heart strong and healthy... You'll have more quality time with loved ones...

Our 4th Annual Advisory Council meeting...

...was held on April, 29, 2008, at the Ala Moana Hotel in Honolulu, HI. Members from both the Hawai'i and Pacific councils came together to hear updates from PDEP on the new education campaign, "Be Smart About Your Heart: Know the ABCs of Diabetes," and to share and discuss ideas for the future of our program.

Also, PDEP had a chance to honor two valuable partners in diabetes awareness and education (see photos, right):

- Shayna Kusumoto, graphic artist extraordinaire, accepted an award on behalf of Entheos Interactive for their contribution to our beautifully designed print materials and website.
- Father Francis Hezel, Director of Micronesian Seminar, also received an award for their outstanding efforts in diabetes education and outreach through video and other forms of media.



Health Literacy Training

On June 24-25, 2008, PDEP and 'Imi Hale Native Hawaiian Cancer Network invited Audrey Riffenburgh of Plain Language Works to hold another health literacy workshop for our partners in Native Hawaiian and Pacific Islander health.

According to Nia Aitaoto, PDEP's Program Coordinator, "Our last workshop in April 2005 was a huge success and generated so many positive results that there was a lot of demand for more training...some of our communities were not able to send representatives last time and really felt that they had missed out on a good opportunity."

This time around, these folks--and many others--had their chance to learn guidelines and methods for creating health education materials that are easy to read and other strategies to ensure that important messages don't get "lost in translation."



Audrey Riffenburgh and participants who completed the Health Literacy Workshop.

Mahalo to the Civic Clubs!

Over the last several months, PDEP has been developing the latest round of diabetes education materials for Native Hawaiians. We could not have done this without the help of our community partners from the Association of Hawaiian Civic Clubs, who assist us every year in testing the materials to make sure that they are culturally appropriate and relevant for the Hawaiian community.

This year, we had the privilege of working with civic clubs from the continental US, and our heartfelt thanks goes out to these clubs:

- Ke Ali'i Maka'ainana Hawaiian Civic Club (Washington, DC: March 15, 2008)
- 'Ahahui 'O Liliu'okalani Hawaiian Civic Club (California: May 24, 2008)
- 'Ainahau 'O Kaleponi Hawaiian Civic Club (California: May 24, 2008)
- Moku'aina A Wakinekona Hawaiian Civic Club (Washington State: May 28, 2008)
- Las Vegas Hawaiian Civic Club (Nevada: May 31, 2008)



Members of the Ke Ali'i Maka'ainana Hawaiian Civic Club in Washington, DC helped to test diabetes education materials this spring.



We'd love to hear from you! Email papaalokabi.org if you have news to share about diabetes activities in your community. You could be featured in our next newsletter or on our website!

DDT Conference in Orlando!

On May 5-8, 2008, PDEP staff and many partners from the Pacific DPCPs headed to Orlando, Florida, for the CDC Division of Diabetes Translation (DDT) Conference. There, we had the opportunity to share about diabetes in the Pacific through 2 formal presentations:

- *Partnerships Beyond the Rhetoric: The Pacific Diabetes Education Program Model* - gave an overview of the PDEP community-based process and many of the resulting education tools and successful strategies.
- *Casting Our Nets for Diabetes Prevention and Control—Pulling in Our Stories* - was a panel presentation that allowed members from each jurisdiction to talk about diabetes in their region and showcase examples of prevention programs that have been tailored to meet the needs of Pacific Island communities.

We also had many opportunities to network and share our stories with leadership and staff from CDC, DDT, and the National Association of Chronic Disease Directors, and we look forward to strengthening these partnerships in the future!



PDEP and friends work (and play) at the DDT conference in Orlando...there were great presentations, productive meetings, and we even danced a little bit-for physical activity, of course!



NEW! Nutrition tools and education materials are now available. Learn more in the New Resources section on page 4 >>