



Sweet Nothings

July 2010
Volume IV, Issue 6

Spotlight on Madison County Health Department

Submitted by Deana Stephens, RN

Madison County Health Department is part of Cohort III of the N.C. Diabetes Education Recognition Program. Madison County is a rural county in the far west of North Carolina with a population of about 21,000 residents. Chronic diseases, including diabetes, are among the leading health concerns identified through our community health assessment.

The Madison County Health Department Diabetes Team consists of two registered nurses and one nutritionist. We have classes once a month. Classes consist of two to five participants. We have broken our class into two days with participants coming four hours each day. The decision to divide the class into two days was made based on a request from our local providers who felt that eight hours was too long and too much information at one time for participants. This has worked out well for us. In order to keep costs the same, we provide lunch on the first day but ask participants to bring a bag lunch on the second day. We use the bag lunch as a learning tool by having each person talk about their lunch and why they made certain food choices.

We struggled in the beginning with referrals, but things seem to be picking up. We have tried various methods to advertise our classes and increase referrals. Some methods include; newspaper articles, bulletin board displays, health department signage, brochure, visiting senior centers, health department Facebook, health department website, meeting with providers in Madison County, etc. However, one of the most successful things that we did to promote our program was to visit providers in northern Buncombe County. Since we have only one primary care practice in our county, expanding into the neighboring county increased our referral base significantly.

We are hoping to become ADA certified in the near future and to continue to increase referrals to the program.

Welcome Cohort IV!

At the NC Diabetes Education Recognition Program's Annual Meeting on May 18, 2010, the Advisory Committee approved the addition of nine local/district health departments in Cohort IV. Congratulations to the following health departments: Appalachian District, Craven, Cumberland, Halifax, Henderson, Hyde, New Hanover, Scotland, Stokes. Adding these health departments brings the program to 36 participating health departments, with 51 service delivery sites across the state, all working to decrease the burden of diabetes in North Carolina.

NC Diabetes Education Recognition Program....by the numbers

- Cohort I – 4 sites
- Cohort II – 10 sites + 9 expansion sites
- Cohort III – 13 sites + 6 expansion sites
- Cohort IV – 9 sites

Total of 51 locations providing diabetes self-management education!

Inside this issue:

US National Physical Activity Plan Has A Vision 2

Changes in Receiving Preventive Care Services Among U.S. Adults with Diabetes, 1997-1007 2

Carb Counting Quiz 2

Light and Delicious Cucumber Salad 3

Free Online Training for Health Professionals: Diabetes, Oral Health, and Nutrition: Interrelationships, Innovations, and Interventions 3

Did You Know? 4

Continuing Education/ Resources 5

Remember



Data reports and PDSAs are due the fifth of each month.

Data Update

May 2010

- Total Number of Patients Seen: 1,611
- New Patients: 153
- Pre A1c: 8.1%
- Post A1c: 7.0%
- Foot Exams: 60% (goal is 75%)



US National Physical Activity Plan Has A Vision

The U.S. National Physical Activity Plan has a vision: One day, all Americans will be physically active and they will live, work, and play in environments that facilitate regular physical activity. The Plan is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. The Plan is the product of a private-public sector collaborative. Hundreds of organizations are working together to change our communities in ways that will enable every American to be sufficiently physically active.

The plan aims to create a national culture that supports physically active lifestyles. Its ultimate purpose is to improve health, prevent disease and disability, and enhance quality of life. For more information, or to get involved, visit

www.physicalactivityplan.org.

Source: U.S. National Physical Activity Plan www.physicalactivityplan.org/

Combined Unhealthy Behaviors Associated With Four-Fold Increased Risk for Death

Smoking, lack of physical activity, poor diet, and alcohol consumption, when their effect is considered collectively, appear to be associated with a substantially increased risk for death, according to a new study. Individuals with all four behaviors had about three times the risk of dying from cardiovascular disease or cancer, four times the risk of dying from other causes, and an overall death risk equivalent to being 12 years older than those with none of these behaviors.

Modest but achievable adjustments to lifestyle behaviors are likely to have a considerable impact at both the individual and population level," the study authors write. "Developing more efficacious methods by which to promote healthy diets and lifestyles across the population should be an important priority of public health policy."

The Health and Lifestyle Survey was funded by The Health Promotion Research Trust.

Arch Intern Med. 2010;170:711-718.

Changes in Receiving Preventive Care Services Among U.S. Adults with Diabetes, 1997-2007

Receipt of multiple recommended preventive care services can prevent or delay diabetes-related complications such as blindness and lower-extremity amputations. The authors analyzed 1997 and 2007 Behavioral Risk Factor Surveillance System data to examine change in rates of adults with diabetes receiving four essential preventive care services (influenza and pneumococcal vaccinations and annual foot and eye examinations). The overall age-adjusted rate of receiving all four of the preventive care services was 10 percent in 1997 but increased to 20 percent in 2007. Rates for receiving all four services increased significantly in all demographic subgroups except Hispanics. Results indicated that although preventive care services rates are increasing, most U.S. adults with diabetes still do not meet recommendations, and the problem is particularly pronounced among Hispanics. The need to receive preventive care services should continue to be emphasized in clinical and community settings to increase the percentage of adults with diabetes who receive them.

Source: Harris, et al. Preventing Chronic Disease. 2010 May;7(3):A56. (http://www.cdc.gov/pcd/issues/2010/May/09_0089.htm)

CARB COUNTING QUIZ

Watermelon and corn on the cob season is about to be in full swing. For dinner, I am planning to have 1 cup of cucumber salad (see recipe in newsletter), 4oz of grilled chicken, 2 medium ears of corn and 1 cup watermelon. How many servings of carbohydrates in this meal?

- A: 2
- B: 3.5
- C: 5.5
- D: 7.5



Light and Delicious Cucumber Salad



Now is the time to get great home grown cucumbers. You can get them out of your garden or “steal” them from a friend. No matter how you slice it, this salad is delicious!

Ingredients:

- 3 cucumbers, thinly sliced
- 1 cup plain organic (Greek if you like) yogurt
- 1/4 cup chopped fresh dill
- 3 tablespoons cider or white vinegar
- Juice of 1/2 lemon
- Salt and pepper

Directions:

Combine all ingredients and mix well. Refrigerate two hours prior to serving. Combine this with a slice of grilled chicken, corn on the cob and watermelon for a great meal!

Nutrition Facts: 1/2 cup cucumber salad: 52 calories, 9g carbs, 0g fat, 2g protein.

Free Online Training for Health Professionals: *Diabetes, Oral Health, and Nutrition: Interrelationships, Innovations, and Interventions*

People with diabetes are more likely to develop periodontal disease, have more severe periodontal disease, and lose more teeth. ...And people with severe periodontal disease are more likely to eat less fiber, eat more fat and refined sugars because they're easier to chew, have poor glycemic control, and be at higher risk for severe diabetic complications.

Health care professionals can learn how to disrupt this vicious circle in an online training offered by the Joslin Diabetes Center, while earning up to 2.0 CDE/CE/CME credits. Upon completion of the training, participants will be able to:

- Identify the demographics, epidemiology, and pathophysiology of diabetes and periodontitis;
- Define roles of gingivitis/periodontitis in initiating inflammatory responses, as well as the impact of hyperglycemia on oral health;
- Specify the impact of periodontal disease/inflammation on risk for cardiovascular disease;
- Screen high-risk individuals for diabetes and periodontitis;
- Discuss relationships between nutrition, periodontal disease, and diabetes; and
- Explain role of diet in prevention/treatment of obesity, diabetes, and periodontal disease.

To register, go to: http://www.joslin.org/cmeweb/CME_Web_1571.aspx.



Did You Know?



In North Carolina one in three children is overweight or obese.

Source: www.ncpreventionpartners.org/

America's Move to Raise a Healthier Generation of Kids – Let's Move!

Let's Move! has an ambitious but important goal: to solve the epidemic of childhood obesity within a generation. Let's Move will give parents the support they need, provide healthier food in schools, help our kids to be more physically active, and make healthy, affordable food available in every part of our country. Join First Lady Michelle Obama, community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity.

<http://www.letsmove.gov/>

NC Quitline

Tobacco users are more than twice as likely to quit for good with the combination of cessation medication (such as the patch) along with coaching or counseling support. The Quitline is a **free** treatment program and only takes the small effort of filling out a **fax-referral form**.

<http://www.quitlinenc.com/>

Moderate Alcohol Intake Independently Reduces Diabetes Risk

Moderate alcohol consumption has been associated with lower type 2 diabetes risk, and a new study suggests that this association is not explained by a generally healthier lifestyle in moderate drinkers.

The researchers identified five low-risk lifestyle factors: moderate alcohol intake, a body-mass index of less than 25, 30 minutes or more of physical activity daily, current nonsmoker, and a healthy diet. Moderate alcohol drinking (one drink daily for women and two for men) correlated with about 40 percent lower risk for type 2 diabetes compared to complete abstinence from alcohol.)

Source: Medscape www.medscape.com/viewarticle/721138

Prehypertension, Prediabetes Predict Heart Risk

Prehypertension and prediabetes may be early warning signs of heart disease, especially when they occur together, according to a study presented at the American Society of Hypertension's 25th annual meeting in New York.

In prehypertension, systolic blood pressure is between 120 and 139, and diastolic blood pressure is 80 to 89. Prediabetes is defined as blood glucose levels between 100 to 125 mg/dL. The researchers found that one in three seemingly healthy people has prehypertension, one in four has prediabetes, and one in 10 has both conditions. Such individuals are more likely to be obese, have higher insulin levels, and have high levels of markers of systemic inflammation. Losing 7 percent of body weight may help these conditions, as well as getting 150 minutes of exercise a week.

Source: WebMD www.webmd.com/heart-disease/news/20100503/prehypertension-prediabetes-predict-heart

Answer to Carb Counting Quiz on Page 2

Answer is C: 18 for the cucumber salad, 17 for each ear of corn and 12 for the watermelon: 64g: 5.5 servings. Enjoy this on the 4th of July!



Division of Public Health
Chronic Disease and Injury Section
NC Diabetes Education Recognition Program
1915 Mail Service Center
Raleigh, NC 27699-1915

April B. Reese, MPH, CPH
Interim Diabetes Branch Head
N.C. Diabetes Prevention and Control
Phone: (919) 707-5344
Email: April.Reese@dhhs.nc.gov

Laura Edwards, RN, MPA
Program Coordinator
Phone: 919-707-5376
E-mail: Laura.Edwards@dhhs.nc.gov

Joanne Rinker, MS, RD, CDE, LDN
Lead Diabetes Education Specialist
Cell: 919-699-5886
Email: Joanne.Rinker@dhhs.nc.gov

Brenda Brogden, Administrative Assistant
Phone: 919-707-5346
Fax: 919-870-4801
Email: Brenda.Brogden@dhhs.nc.gov

Providing Quality Comprehensive Diabetes Self-
Management Education to Empower Persons With
Diabetes

www.ncdiabetes.org



"His insulin just kicked in!"

© 2008 Diabetes Health

www.diabeteshealth.com

CONTINUING EDUCATION

National Diabetes Education Program Continuing Education

The National Diabetes Education Program (NDEP) now offers continuing education credits for the following products:

[The Road to Health Toolkit](#)
[Capacity Building for Diabetes Outreach: A Comprehensive Tool Kit for Organizations Serving Asian and Pacific Islander Communities](#)
[Diabetes at Work: What's Depression Got to Do with It?](#)

Source:

http://www.cdc.gov/diabetes/ndep/continuing_education.htm

Free Continuing Education Credits

Visit the American Diabetes Association's professional education website www.professional.diabetes.org/ce. Take advantage of a wide variety of continuing education activities and materials for health care professionals. Free continuing education credits are available for physicians, nurses, dietitians, pharmacists, CDE's and other health care professionals.

RESOURCES

Guide to Physical Activity and Your Heart

This booklet will help your patients understand the impact of physical activity on their heart, as well as the power of regular activity to help keep healthy. It also offers plenty of ideas on starting a physical activity program that will be both healthful and enjoyable, providing tips for keeping up with the activity or activities they choose. Use this booklet often for information, ideas, and to stay motivated! Click on this link for the

[Guide to Physical Activity and Your Heart.](#)

Source: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, National Institutes of Health, National Heart, Lung, and Blood Institute

NIDDK Resources

- Easy-to-read patient education booklets, available in English and Spanish at: www.diabetes.niddk.nih.gov/dm/ez.asp
- Brief overviews of common health problems for people not yet diagnosed, available at: www.diabetes.niddk.nih.gov/dm/ap.htm
- Detailed fact sheets that provide up-to-date summaries and guidelines available at: www.diabetes.niddk.nih.gov/dm/factsheets.asp
- Boxed sets of booklets for newly diagnosed patients, available in English and Spanish at: www.catalog.niddk.nih.gov/PubType.cfm?Type=I65&CH=NDIC
- The NIDDK Image Library, an online database of illustrations available copyright free at: <http://catalog.niddk.nih.gov/imagelibrary/>

To order NIDDK publications, visit www.catalog.niddk.nih.gov or call 1-800-860-8747.