

# NC Diabetes Education Recognition Program

## NO NAME NEWS

September 2007  
Issue 1, Volume 1

Welcome to the first edition of "NO NAME NEWS." This monthly newsletter is created with you in mind. We'll be providing you with resources, tips and tricks of the trade to help you be successful in your ADA Education Recognition program. In this issue you'll find links to continuing education opportunities, resources, recipes, calendar events, treatment trends and other cool stuff.

What kind of name is "NO NAME NEWS" you might ask? It's the kind of name you can change! Get crazy, get creative, do some brainstorming. Submit a suggestion to our Name the Newsletter contest. If your entry is selected, you'll get bragging rights and a prize! Send your suggestions to Laura Edwards by Friday, September 28, 2007. The winning name will be proudly displayed beginning with the October newsletter.

### SPOTLIGHT ON.....

Each month we'd like to spotlight a different health department. We invite you to submit information about your health department, including pictures, stories, lessons learned, etc. We propose the following schedule:

- October 2007—Brunswick County Health Department
- November 2007—Clay County Health Department
- December 2007—no newsletter
- January 2008—Robeson County Health Department
- February 2008—Rockingham County Health Department
- March 2008—Wake County Health Department



**Don't forget to enter your newsletter name to win a special prize!**

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## TREATMENT TRENDS & COOL STUFF

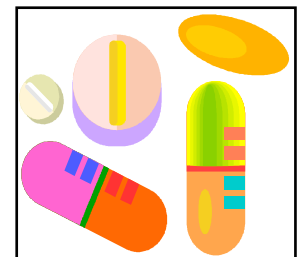
The N.C. Diabetes Prevention and Control Program DOES NOT support, promote or endorse any products, services or materials from pharmaceutical, educational or other organizations.

### New Combo Agent Battles Type 2 Diabetes

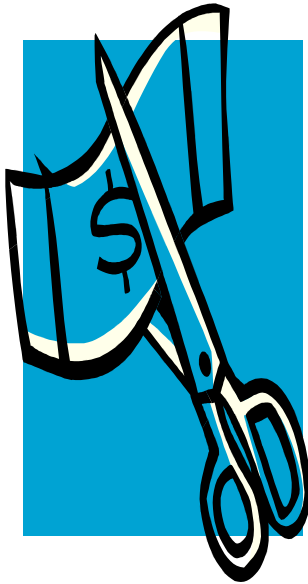
The FDA has approved a combination therapy consisting of sitagliptin, a dipeptidyl peptidase-4 inhibitor, and metformin (Janumet, Merck & Co.) to control glucose levels in adult patients with type 2 diabetes. In

clinical trials, patients receiving the agent experienced reductions of 0.7% in A1C beyond that achieved by patients who continued on metformin alone. When compared with patients on metformin alone, more than twice as many patients taking the drug reached the American Diabetes Association's A1C goal of less than 7%.

For additional diabetes medication (both pill and insulin) information, check out this link: [http://diabetes.niddk.nih.gov/dm/pubs/medicines\\_ez/specific.htm#pills](http://diabetes.niddk.nih.gov/dm/pubs/medicines_ez/specific.htm#pills)



## DIABETES ON A BUDGET



**Eliminate junk food.** You may have to do your grocery shopping alone, since children (and sometimes spouses!) are often the ones who request the junk foods. A trip to the local supermarket showed these prices for typical junk foods and beverages:

- Case of name brand soft drinks-\$5.99
- 20 ounce bag of potato chips-\$4.19
- Box of snack cakes-\$1.99
- Package of 8 toaster-tarts-\$2.39 (each one contains 20 grams of sugar)
- Package of chocolate chip cookies-\$3.59
- Half-gallon of ice cream-\$3.99

- Box of pre-sweetened cereal-\$3.19
- 8 juice boxes-\$2.94 (each contains 26 grams of sugar)
- 1 box of 12 glazed doughnuts-\$3.99

The total amount for the above items was \$ 32.26 With that amount of money, here is what you could purchase instead: (this cost the exact same amount!)

- Lemons and limes to flavor water \$1.75
- 2 boxes of light microwave popcorn (store brand) \$3.00
- 1 bag of apples \$2.69
- 1 watermelon \$3.50

- 1 loaf of whole wheat bread \$1.99
- 1 container of peanut butter (generic) \$1.99
- 1 gallon of skim milk \$3.69
- 1 box of generic corn flakes \$1.69
- 1 box of generic cheerios \$1.99
- 100% orange juice \$1.99
- 2 lbs of 90% lean ground beef \$6.99
- 1 pack whole wheat hamburger buns \$.99

### Diabetes At A Glance

According to the American Diabetes Association, there are 20.8 million children and adults in the United States, or 7% of the population, who have diabetes. While an estimated 14.6 million have been diagnosed, unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease. ([www.diabetes.org](http://www.diabetes.org))

According to the State Center for Health Statistics, over 600,000 North Carolinians, or 9.1%, have diabetes. It is the 7th leading cause of death in our state. ([www.schs.state.nc.us/capitalschs/data/lcd/lcd.cfm](http://www.schs.state.nc.us/capitalschs/data/lcd/lcd.cfm))



"Since my husband developed diabetes, I've lost thirty pounds following his diet!"

© 2004 Diabetes Health

[www.diabeteshealth.com/cartoons](http://www.diabeteshealth.com/cartoons)



Manage the ABCs of Diabetes

AIC

Blood Pressure

Cholesterol

National Diabetes Education Program

<http://www.ndep.nih.gov/diabetes/control/control.htm>



# HELP PATIENTS STAY MOTIVATED



When we ask patients to keep records, sometimes it's just numbers. Numbers are not always motivating. Translate numbers into smiley faces. Inactive day=sad face, 30+ min of activity=smiley face, somewhere in the middle=straight mouth face. Just like little kids, adults like the approval of a smiley face. Even at the end of the day a person will get busy and do something to keep from getting a frowner!

You don't have to make motivation difficult, just remember to accentuate the positive and those little strategies that seem to make a difference. In addition to keeping patients going, don't forget to take care of yourselves. You will have more to give to those who depend on you if you are fulfilled.

\*adapted from AADE in Practice.

**NOVEMBER**  
is  
**Diabetes Awareness Month.** Please let us know of any activities you have planned.

## RECIPE OF THE MONTH

### Chocolate Velvet Cake

#### Ingredients:

- 1 ¾ cup pancake mix
- ½ cup splenda
- ½ cup brown sugar splenda
- ¾ cup cocoa
- 1 ½ tsp baking powder
- 1 ½ tsp baking soda
- 1 tsp salt
- 1 ¼ cup fat free buttermilk
- ¼ cup oil
- 2 eggs
- 2 tsp vanilla
- 1 cup hot, strong black coffee

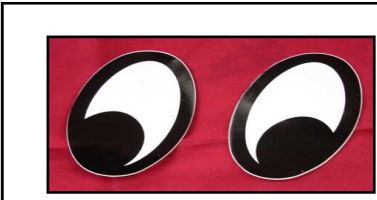
#### Directions:

Preheat oven to 350 degrees.  
Grease a bundt pan with non-stick spray and set aside.  
Blend dry ingredients in one bowl and wet ingredients in another.  
Slowly add wet ingredients to dry ingredients while mixing with an electric mixer.  
Pour batter into bundt pan and bake until toothpick comes out clean. (about 40 minutes).  
Let cool in pan for about an hour before trying to remove.  
Serves 12  
Nutrition facts: Calories: 170, Fat: 4g, Carbs: 18g, Fiber 2g, Protein 4g



**REMEMBER...**

**DATA COLLECTION STARTS September 5, 2007**

The National Eye Institute reports that diabetic retinopathy is the most common diabetic eye disease and a leading cause of blindness in American adults. <http://www.nei.nih.gov/health/diabetic/retinopathy.asp>



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

[www.ncdiabetes.org](http://www.ncdiabetes.org)

*Don't Forget....*

To submit copies of proof of continuing education to Brenda Brogden

## RESOURCES

### CONTINUING EDUCATION

Remember that ADA program staff must have 15 continuing education credits related to diabetes within 12 months of the application. If you need continuing education, here are some resources:

From ADA:

<http://www.diabetes.org/for-health-professionals-and-scientists/profed.jsp>

From AADE:

<http://members.aadenet.org/scriptcontent/continuingeducationce/ApproverUnitSearchResults.cfm>

From Power Pak:

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

### **ADA Program Staff Meeting**

October 4, 2007

9:00 a.m.—3:00 p.m.

Hickory Room

5505 Six Forks Road

Raleigh, NC



### **ADA Advisory Committee and Program Staff Meeting**

March 19, 2008 (date is tentative)

9:00 a.m.—12:00 Noon

Hickory Room

5505 Six Forks Road

Raleigh, NC

### **ADA Advisory Committee Annual Meeting**

June 18, 2008 (date is tentative)

9:00 a.m.—12:00 Noon

Hickory Room

5505 Six Forks Road

Raleigh, NC

The American Podiatric Medical Association says that preventative foot screenings could reduce diabetic foot amputations 45 to 85 Percent. ([www.apma.org](http://www.apma.org))

