

# Diabetes Prevention Initiative

The Southern Area Health Education Center (SoAHEC) through funding from the Paso Del Norte Health Foundation, directs a Diabetes Prevention Initiative (DPI) program in Doña Ana and Otero counties. The DPI is now in its fourth year.

## Previous Work

During the past three years, the DPI project has built a core group of bilingual (Spanish/English) diabetes trainers, developed peer educators in high school students in areas of nutrition, diabetes, obesity prevention and physical education, and DPI has worked with peer educators, two county coalition groups and parents to improve school nutrition and physical education policies—creating a healthier school environment.

## Future Plans

The DPI and SoAHEC staff are planning to incorporate cultural competence and health literacy components with health lifestyle training for the upcoming year. Visit our program website for up-to-date initiative programs and information [www.soahec-nm.org](http://www.soahec-nm.org).

## Stanford Chronic Disease Self-Management

The Chronic Disease Self-Management Program (CDSMP) was designed to train people suffering from one or more chronic diseases (such as heart disease, asthma, arthritis, diabetes, bronchitis and others) coping skills and self-care practices.

Researchers at Stanford found that compared to those who did not complete the program participating patients improved their healthful behaviors, health status and decreased their days in the hospital.

The Diabetes Prevention Initiative staff at SoAHEC, coordinates master and lead train-the-trainer events, and community trainings in Doña Ana and Otero counties. Each training is conducted by two lead trainers with each training session providing highly participatory activities, where mutual support and success builds the participants' confidence in his or her ability to manage their health and maintain active and fulfilling lives.



Breathing techniques are one of many self-management techniques taught during CDSMP training.

For more information on CDSMP trainings at SoAHEC, please visit [www.soahec-nm.org](http://www.soahec-nm.org).

## Coalitions and Collaborations

### Doña Ana Diabetes Action Coalition (DADAC)

DADAC is a group of health professionals, educators and community members coming together to make a difference around diabetes prevention in Doña Ana county.

**Mission:** "Improving the lives of people in Doña Ana County who have or are at risk for diabetes."

**Goal:** To bring the community together to prevent diabetes and enhance diabetes self-management.

### Otero County Diabetes Education Prevention Collaborative

OCDEPC is a collaborative effort to bring together a network of health care professionals to better serve their community.

**Mission:** "The Otero County Diabetes Education and Prevention Collaborative is committed to improve diabetes awareness and risk factors through healthy nutrition, lifestyles and self-management."

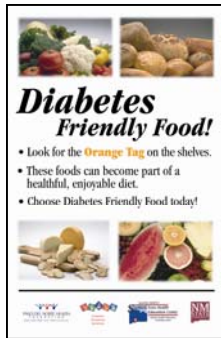
For more information, please visit the DPI page at [www.soahec-nm.org](http://www.soahec-nm.org).

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*Many hands make light work.*

## Diabetes-Friendly Food



The Diabetes-Friendly Food Program brings diabetes materials and information to consumers in restaurants and grocery stores willing to participate in Doña Ana and Otero counties.

## Grocery Stores

Diabetes-related information are displayed, diabetes-friendly foods are identified and labeled throughout the store making it easier for shoppers to find healthful foods.

## Restaurants

'Diabetes-Friendly Menus' are inserted into existing menus to assist in educating community members on healthier menu items that may help prevent or better manage this chronic illness. The menu inserts feature healthy menu alternatives and provide corresponding nutrition information.

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## Making Healthier Choices.

# Southern Area Health Education Center

[www.soahec-nm.org](http://www.soahec-nm.org)

