

# Diabetes Prevention Initiative

## - Newsletter -

Southern Area Health Education Center (SoAHEC)

### Diabetes Prevention Initiative Program

4003 Geothermal Drive  
Las Cruces, NM 88011  
(505) 646-3441

### - Calendar of Events -

## October

LIMITED SPACE—First come, First dance!!  
**Dates: 10-11, 10-18, 10-25; Tuesdays**  
**Times: 7-8:15 pm**  
Dance 4 Free @ Sierra Middle School  
Las Cruces Public Schools  
527-9640 (or) 527-6028

**Date: 10-15; Saturday**  
**Time: Starts at Noon**  
Walktoberfest @ Young Park  
Las Cruces, NM  
541-2581

**Date: 10-15; Saturday**  
**Time: 10am-3pm**  
Families in Action for Health  
Boys & Girls Club of Otero County  
439-1367 x. 126—Sharon Hodges

**Dates: 10-12, 10-19, 10-26; Wednesdays**  
**Times: 6:30-7:45 pm**  
Dance 4 Free @ Cesar Chavez Elem.  
Las Cruces Public Schools  
527-6022 (or) 527-6028

**Date: 10-8, Saturday**  
**Time: 8 am** Walk event  
Pan Am Ctr, NMSU campus  
Juvenile Diabetes Resrch. Found.  
More info. Email: [anage1@nmsu.edu](mailto:anage1@nmsu.edu)

**Date: 10-20; Thursday**  
**Time: 9am-10:30am**  
Berino, NM Free Diabetes  
Testing  
Contact: 1-800-481-7372  
(or) 882-7370

**Dates: 10-13, 10-20, 10-27; Thursdays**  
**Times: 7-8:15 pm**  
Dance 4 Free @ Camino Real Mid. School  
Las Cruces Public Schools  
527-6030 (or) 527-6028

**Date: 10-13; Thursday**  
**Time: 9am-2pm**  
IEP Process Workshop  
Otero County @ Counseling Ctr.  
437-6748—Alice Schlensig

**Date: 10-13; Thursday**  
**Time: 9am-10:30am**  
Sunland, NM Free Diabetes Test  
Contact: 882-7370—Berta or Tere

## November

LIMITED SPACE—First come, First dance!!  
**Date: 11-1; Tuesday**  
**Time: 7-8:15 pm**  
Dance 4 Free @ Sierra Middle School  
Las Cruces Public Schools  
527-9640 (or) 527-6028

**Dates: 11-15, 11-16, 11-17;**  
**Tuesday, Wednesday, Thursday**  
**Times: 8am-3:30 pm**  
KABOOM Prep Day # 1  
100 volunteers in Alamogordo, NM  
needed for all 3 days  
KABOOM Prep Day # 2  
434-9553—Judy Rogers (or)  
434-3011—Jake  
KABOOM Prep Day #3  
Playground Build Day

**Date: 11-2; Wednesday**  
**Time: 6:30-7:45 pm**  
Dance 4 Free @ Cesar Chavez Elem.  
Las Cruces Public Schools  
527-6022 (or) 527-6028

**Date: 11-3; Thursday**  
**Time: 7-8:15 pm**  
Dance 4 Free @ Camino Real Mid. School  
Las Cruces Public Schools  
527-6030 (or) 527-6028

**Day: Every Thursday**  
**Time: 10:00 am—11:15 am**  
Southern NM Diabetes Outreach; Diabetes Support Group  
Church Triumphant Fellowship Hall  
2020 N. Valley Drive  
Contact: 522-0289

### Inside This Issue:

Diabetes-Related Legislation	2
Funding Sources	2
Featured Organizations (Doña Ana / Otero)	3
Calendar of Events (October & November)	4



### Coming Soon!

Stanford Chronic Disease Self-Management (SCDSM)

& Tomando Control de su Salud

Community Trainings in Dona Ana and Otero Counties

For more information, contact:

SoAHEC  
4003 Geothermal Drive  
Las Cruces, NM 88011

P.O. Box 30001, MSC AHC  
Las Cruces, NM 88003

Phone: (505) 646-3441 [ext. 22]



### Diabetes Prevention Initiative in the Works!

#### MESSAGE FROM THE COORDINATOR

MARIA ELENA ACOSTA

Risk factors such as body weight, physical activity, and nutrition have been found to have a direct impact in the onset of diabetes. Under the umbrella of *Southern Area Health Education Center* (SoAHEC), the Diabetes Prevention Initiative (DPI) program has helped two newly developed groups that formed out of a Diabetes Mini-Summit meeting called "Many Hands Make Light Work" back in May 2002. The **Dona Ana Diabetes Action Coalition**, in Dona Ana County, and Otero's **Otero County Diabetes Prevention Collaborative** are currently working towards eliminating these disparities by developing community action plans that can be implemented and evaluated. Mission statements and objectives are being developed and anyone interested is encouraged to join in these important community health efforts. When the Diabetes Prevention Initiative program began in May

2002, an inventory was created and is now made available as a PDF format for anyone to download; for your FREE copy log onto [www.soahec-nm.org](http://www.soahec-nm.org). In late August, DPI intern, Syeda Nargis, made calls to restaurants and grocery stores in Doña Ana and Otero counties asking them to participate in a Diabetes

friendly program. She's convinced Las Cruces' own **Taste of Philly** (2001 Lohman Ave., suite #136) to offer their famous Philly Cheese steak with a diabetic-friendly option. Be on the look out when you visit these grocery stores in the area that are supporting "Diabetic Friendly Food" by using orange tags and brochures to assist customers with their shopping. **Save Mart** at 495 N. Valley Dr. in Las Cruces, NM and two **Lowes** Las Cruces locations at 1410 Missouri Ave. and 2180 N. Main St. as well as in Tularosa's, 560 Central Ave. location. Also the DPI is continuing to provide community members in both counties the opportunity to become trained on two culturally-appropriate programs from Stanford University. Call to reserve seats.



Enjoy this issue!  
For more information on the DPI or SoAHEC, contact Elena Acosta at (505) 646-3441 ext. 22 or [mariacos@nmsu.edu](mailto:mariacos@nmsu.edu).

### HOW DO WE GET PAST THE BARRIERS OF PE? BY CONNIE DOSS

There are many reasons why one is not active, including perhaps you've never been active. However, as obesity becomes more common it is time to think about what prevents you from being active. Look for ways to overcome any barriers that may exist.

Exercises cause the body to process glucose more quickly, which lowers blood sugar. The more intense the exercise, the faster the body will utilize glucose. Exercise greatly benefits an individual with type II diabetes because of its positive effects on insulin sensitivity. In fact, proper exercise and monitoring nutrition are the best ways to prevent type II diabetes. Let's take a look at some barriers and some solutions to overcome them.

#### Barriers

- 1) I don't have time to exercise 15-30 minutes a day;
- 2) I'm too tired after working all day to exercise. I don't have the proper clothing;
- 3) I don't want to be sore from the exercise. It's too hot/cold outside.



- Solutions**
- 1) You have to start somewhere, do as much as you are able.
  - 2) Every step counts. If you are just starting your program, start with 5-10 minutes a day and add more time little by little. Work up to 10 minutes three times a day.
  - 3) Make a plan to do something active before work, during the day, or after work.
- You don't have to wear special clothing. Wear something that is comfortable as long as you have proper fitting shoes and socks that don't irritate your skin.
- Exercise shouldn't hurt if you start off slowly and increase your activity over time. Choose something that you can do without the fear of becoming sore. Learn how to warm up before engaging in any physical activity, and make sure you cool down afterward.
- If the weather is a barrier, meaning it's too hot, cold, or too humid, walk inside. There are many places like shopping centers, etc where you can walk and be comfortable.
- Lastly, find an activity that you enjoy doing. Vary your activity, try something different and rotate the days.
- Remember that exercise can be anything you enjoy. This can include, dancing, gardening, even a brisk walk. The main idea is to get moving.
- The result.....a happier, healthier you!!

# Entertain Your Brain

• **“The Jungle”**

By Upton Sinclair, Classic, Classic, Classic, this book put a major dent in the way we think about food today.

• **“Fast Food Nation: The Dark Side of the All American Meal”**

By Eric Schollosser, 2002 Warning! There's life after McDonald's....

• **“Fatland”**

By Greg Critser, 2004 Learn more about how America became the fattest country through the eyes of Critser's own experiences.

• **“Don't Eat This Book”**

By Morgan Spurlock, 2005 Everyone knows about the guy who ate McDonald's for 30 days straight, now read about it.

# For Your Viewing Pleasure

• **“Super Size Me”**

Watch Morgan Spurlock become “super sized” before your very eyes.

Now available in the educationally enhanced version for kids grades K-12.

• **“The Future of Food”**

Coming to a theater near you!

This documentary just came out last month in Manhattan. Written and directed by Deborah Koons Garcia, she fleshes out the forces behind the portortization of the meals we eat today.

For a showing near you log onto: [www.thefutureoffoods.com](http://www.thefutureoffoods.com)

Dear Mr. Schwebke

My name is Justa Ordorica I'm an RN, Certified Diabetes Educator. I attended the school board meeting on Tuesday September 6th. I would like to take a few minutes of your time to provide a little more information.

As you probably already know Diabetes and Obesity are a major epidemic in this country, you probably are also aware of the complications of Diabetes such as blindness, kidney failure and amputations.

What you might not be aware of is the impact that fruit juice and soda have on the body with regards to the progression of Diabetes Type 2. When an individual drinks a regular soda or juice it gets digested very quickly as it is a liquid form of sugar. The sugar (carbohydrate) quickly moves into the blood stream and this is where the pancreas has to go into overdrive to remove the overload of sugar. The pancreas can only work so hard and after years of working overtime it basically gives out and is no longer able to produce the amount of insulin that is necessary to keep blood sugars within a normal range, which then leads to the diagnosis of Diabetes Type 2.

A big misconception that most people believe is that its junk food like cakes, cookies, ice cream, and candies that can make your blood sugar go up. In all actuality, even healthy foods like fruits, whole wheat products, starchy veggies etc can raise your blood sugar. As the foods digest they turn into sugar. That's why it's imperative that juices and sodas not be added to the equation (i.e. the meal). Most times the meal alone without the soda or juice is more than what the individual should be eating with regards to carbohydrate content.

I understand a big component of this issue is the revenue these products bring in and yes the school district will probably lose money, but if we continue to provide juice and regular soda to the students then its being done at the expense of the students health.

Both you and I know that is not right.

What a bold statement you would be making to the community and other school districts by providing only good healthy refreshing bottled water in the vending machines and saying **NO** to all soda and juice products. You would send the message that the all mighty dollar is not going to be placed before the health of the students.

I strongly urge each and every one of the board members to think about this. If the school districts continues to provide beverages such as sodas and juices to students you would most definitely be contributing to the Diabetes and obesity epidemic.

The concept of providing half “good” products and “regular” products is a mute point as the Minute Maid OJ and the PowerAde have just as much sugar as the regular sodas. Yes it would be nice if students could make healthier choices but if that was the case we would not have the epidemic of obesity and Type 2 Diabetes growing everyday.

Might you consider having one of the high schools be a pilot for a soda and juice free school and see what the response is. If that is the only choice the students have you could still have a pretty lucrative investment and it would not be at the expense of the students.

Thank you for taking the time to read this lengthy e-mail.

**FACT:** All juices whether 100% concentrate, 100% natural or pure and unsweetened are all liquid forms of sugar.

**FACT:** Both juice and soda enter the blood stream as quickly as if you had an IV going into ones arm.

**FACT:** 20 oz PowerAde contains 42 grams of carbohydrate = 8 1/2 teaspoons of sugar.

**FACT:** 15.2 oz Minute Maid OJ contains 52 grams of carbohydrate = 10 teaspoons of sugar.

**FACT:** 20 oz Coca Cola contains 71 grams of carbohydrates = 14 teaspoons of sugar.

**FACT:** 12 oz Coca Cola contains 39 grams of carbohydrates = 7 1/2 teaspoons of sugar.

**FACT:** Carbohydrates and sugar are the same.

Sincerely,  
Justa Ordorica  
BS, RN, BSN, CDE,

## FUNDING SOURCES

Paso del Norte Health Foundation funding opportunities:  
• [www.pdnhf.org](http://www.pdnhf.org)

Indian Health Services initiatives in diabetes; proposals and development projects:  
• [www.IHS.gov](http://www.IHS.gov)

Juvenile Diabetes Federation International; funding for diabetes research and training:  
• [www.JDRF.org](http://www.JDRF.org)

Diabetes Action Research and Education Foundation funding opportunities:  
• [www.Daref.org](http://www.Daref.org)

Grant opportunities linking heart disease and diabetes from the American Heart Association; training and development as well as research:  
• [www.Americanheart.org](http://www.Americanheart.org)

The new RFA on Innovative Partnerships in Type 1 Diabetes Research:  
• [grants.nih.gov](http://grants.nih.gov)

Research Award, Clinical Research Award, Innovation Award, and Henry Becton Innovation Award:  
• [www.diabetes.org](http://www.diabetes.org)

Federal Funding Department of Health and Social Services, Department of Education, etc:  
• [www.fedgrants.gov](http://www.fedgrants.gov)

Basic Biomedical Research Award; International Research Collaboration:  
• [www.fic.nih.gov](http://www.fic.nih.gov)

## Doña Ana County

### DEPARTMENT OF HEALTH BY: STELLA ALBA

Department of Health, Border Health Mobile Clinic staff, Lucia Carrera, RN, Lety Avelar, Clerk and Community Wellness Educator, Stella Alba; and La Clinica de Familia promotoras, Berta Olivas and Tere Herrera will conduct the Joslin study offering diabetes testing and self-management education in Chaparral, Sunland Park, and Berino in Doña Ana county on October 6, 13, and 20th respectively.

The sessions are now adding the services of Bertha Tangonan, diabetes nutrition educator with NMSU-Dona Ana County Extension per Dr. Martha Archuleta, NMSU Agricultural Extension. Bertha provides nutrition education based on the diabetes food pyramid and a nutritious snack for the clients to help motivate their food choices.

The nutrition education is a much-needed component, in addition to the testing and self-management sessions based on clients' test results that are the core of the Joslin diabetes study developed by Joslin Diabetes Center. The sessions provide free diabetes lab tests that include A1c, LDL cholesterol, microalbumin and blood pressure checks to people with diabetes in the community in an effort to improve understanding of diabetes and prevent complications. Clients receive their results during the session and this provides feedback to them as to how they are doing in controlling their diabetes.

Clients attending are referred to their providers if their numbers are out of range and the promotoras provide follow-up. The Dona Ana County sites are visited every other month and the promotoras do recruitment. Berta and Tere can be contacted at 505-882-7370.

The Joslin study is also done in Luna county at the Mimbres Valley Learning Center in Deming every other month with the help of Ben Archer Social Services and Deming Health Center (PMS). The next visit date is tentatively November 17<sup>th</sup> and people in the area are recruited by Rosario V. Sanchez, Maria Marquez from Ben Archer and Mary Holguin from Deming Health Center. Rosario and Maria can be contacted at 505-544-4578. Mary can be contacted at 505-546-4663.

The Community Wellness Program at the NM Department of Health, Public Health Resource Center at 1170 N. Solano in Las Cruces is also participating in the Joslin study and offering testing and education sessions twice a month. The sessions will be offered Monday, September 12 and Monday September 26. For more information and for the October dates, please call 505-528-5063.

## Otero County

### DIABETES FOOD AND FITNESS BY: APRIL CRAY RHODES

**As a mother of a daughter that has Insulin Dependent Diabetes type 1, a Nutrition Educator for NMSU Cooperative Extension in Otero County and a Fitness Leader through (IFTA) Interactive Fitness Trainers of America, I have seen many changes in technology, fitness variety, diets and society.**

**Technology has played the bitter-sweet role in society. Pre-K computer skills to advanced High School computer programming is preparing our children for the future on data and communication. TV's and video games have entered living rooms and family vehicles all over our nation. This activity creates sedentary youth by, baby sitting our children with the “plug in drug” while rewarding them with food items. Working Parents may feel guilty about being at work so much that they want to comfort their children and may reward them with treats that may not be the best, such as “couch + HBO+ Doritos = sedentary children that may have problems with their weight in the future. Our Society is finally catching on and we are grasping the Gold ring of prevention and teaching our children, as well as ourselves about physical activity, motion and exercise.**

**Even McDonalds grasped the idea of fitness and food issues by designing a happy meal with a pedometer accompanied by a healthy lunch/water and also designing salads and fruit /yogurt plates. Giving our children fitness options can help. Just because a child does not want to participate in school sports, doesn't mean that a parent should not pursue physical activity for their children. Look to the local community.**

**YMCA / YWCA, classes offered at local fitness centers & community centers. Find out what your child likes to do and get them involved. Horseback riding, boxing, cheerleading, martial arts, Horticulture and more. Many of these organizations have scholarship programs for those that cannot afford monthly payments.**

**When parents invest in this time of exposing their children to a variety of wellness motion and movement, they will see results. Just as we read to our children, so we role model fitness with them also. We want our children to succeed and be happy. Incorporating physical activity as part of this success and happiness gives our children a sense of well being and healthy body image.**

**Teens as we know are full of transformation. Bring Diabetes into the picture and they may feel loaded with more responsibility than most.**

**Physical activity promotes self esteem and increases endorphin levels to beat depression. As parents, teachers and communities, we need to support our youth with opportunities for physical activity and healthy foods. Teens and young adults are cracking open soy containers and eating organic foods now, more than ever. Fad diets come and go. Balance is key for everyone, especially for those with Diabetes. We need to take responsibility and not wait for state and government programs to do them for us. As advocates of for Diabetes we need to be pro active, not reactive and take care of problems and issues with Diabetes. Health Food stores and Co-Ops are in most major cities and towns. Our choices at the grocery store are amazing as well, to purchase healthy affordable foods. Teaching our youth and ourselves that advertisements on TV and magazines are not all that they seem. Learning to read a food labels is essential. Our national nutrition people fought hard to get that label on our foods. Listen to your dietitian and ask questions to your Diabetes educators. Be bold, learn and take control of your Diabetes, it will pay off in the future.**

**New Mexico cities and towns are speckled with early morning walkers enjoying their days beginning. So the next time you see someone overweight trying to run or walk or a person or group trying to expand their horizons on fitness, give them the thumbs up or shout “KUDOS!” for their efforts. May we inspire one another in our endeavors to better our health and our lives.**

**People with Diabetes, youth, teens and adults carry a responsibility that is never ending. Testing their blood glucose every day, taking insulin, taking oral meds to Stay in control and trying to mix in fitness and food can certainly be a challenge. If you do have Diabetes, speak up and make some noise about your ideas. Ask questions when ordering food, find out about fitness opportunities in your area, contact your local wellness groups & hospitals for Diabetes support groups. Most of all, know that you are the master of your own choices. Live, laugh and enjoy life. Get out there and find some fun physical fitness and healthy foods and eateries.**



[www.health.state.nm.us](http://www.health.state.nm.us)



For More Information  
Please Contact:

Stella Alba, BCH, CHES  
Community Wellness Health Educator  
PHD, Region 5  
1170 N. Solano, Ste. N  
Las Cruces, NM 88001  
Phone: (505) 528-5001  
Fax: (505) 524-6024



For More Information  
Please Contact:

April Cray Rhodes  
Nutrition Educator  
Otero County Cooperative Extension  
401 Fairgrounds Road  
Alamogordo, NM  
Phone: (505) 437-0231  
Fax: (505) 437-6134