

Diabetes Prevention Initiative

- Newsletter -

Southern Area Health Education Center (SoAHEC)
Health Careers Opportunity Program
 4003 Geothermal Drive
 Las Cruces, NM 88011
 (505) 646-3441
 www.soahec-nm.org

- Calendar of Events -

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
	Stanford Chronic Disease Self-Management Course for Master Trainers Springhill Suites, Las Cruces, NM					
29	30	31				

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 SNMDO Diabetes Pump Group Mountain View Medical Center 7:00pm - 8:15pm (505) 522-0289	7 Otero County Community Health Council Meeting 11:30 am - 1:00 pm Counseling Center Call: Lee Ann Loney (505) 443-8100	8	9	10 NM Dept. of Health Diabetes Educators "Build Your Skills" Holiday Inn 201 E. University, Las Cruces, NM 8:30 am - 4:30 pm	11
12	13 SNMDO Diabetes Classes Mountain View Medical Center 7:00pm - 8:15pm (505) 522-0289	14 Diabetes Education & Self-Management (English - Class #1) 1 pm - 4 pm Call (505) 528-5053 to register	15 Programa Educativo de la Diabetes (Español - Clase #1) 1 pm - 4 pm Llámenos al 528-5053 para registrarse	16	17	18 Vessels of Hope Soup Dinner If interested, call: Lesley Mausolf (505) 434-4673
19	20	21 Diabetes Education & Self-Management (English - Class #2) 1 pm - 4 pm Call (505) 528-5053 to register	22 Programa Educativo de la Diabetes (Español - Clase #2) 1 pm - 4 pm Llámenos al 528-5053 para registrarse	23	24	25
26	27 SNMDO Diabetes Support Group Mountain View Medical Center 7:00pm - 8:15pm (505) 522-0289	28	29	30		

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Coming Soon

Stanford Chronic Disease Self-Management (SCDSM)

Master Trainers to Conduct Lead Trainer Courses

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]
 Fax: (505) 646-6413
 www.soahec-nm.org



MESSAGE FROM THE NEW COORDINATOR OF THE DIABETES PREVENTION INITIATIVE

MARIA ELENA ACOSTA

According to the 2000 Census, you have a 5% chance of developing diabetes just for living in the southwest and twice that (10%) if you are Hispanic or Native American. When the Paso del Norte Health Foundation (PdNHF) was looking to partner with an organization in New Mexico's Doña Ana and Otero Counties to address diabetes prevention, the Foundation looked to Southern Area Health Education Center (SoAHEC). SoAHEC has a history of providing culturally competent training and health resources in New Mexico's 17 southern counties for nearly 20 years. Through this collaboration, The Diabetes Prevention Initiative (DPI) was created and is currently in its second year of funding.

existing diabetes-related programs in both counties. Through this effort, SoAHEC successfully trained a cadre on bilingual (English and Spanish) community

trained on several diabetes-related curricula on physical, nutritional and educational resources.

As the DPI is going into its third year, we are looking forward to working with interested local restaurants and grocery stores to encourage healthy eating by offering their customers a variety of healthy choices. The program is currently partnering with such groups as the Coordinated Approach to Children's Health (CATCH) and the Fitness and Nutrition in Schools (FANS) coalition to work for policy change and encourage communities to live healthier lives.



For more information on the Diabetes Prevention Initiative or SoAHEC, please contact Elena Acosta at (505) 646-3441 ext. 22 or mariacos@nmsu.edu.

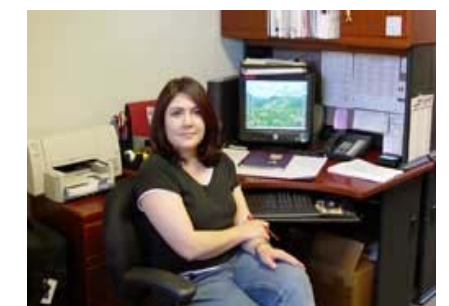
In July of 2003, master's candidate Elena Acosta, Program Coordinator for the DPI, developed an inventory of

health workers (*promotoras*), students, parents, and community residents in both counties during its first year. The community leaders were

NEW DPI GRADUATE ASSISTANTS - DANIEL MIERA & ALMA TORRES



Daniel is a graduate student at New Mexico State University. He is currently a full-time student pursuing a Master of Public Administration. Daniel's field of interest is in Public Policy. He will be working on policy-related issues within the Diabetes Prevention Project.



Alma is a graduate student at New Mexico State University. She is currently a full-time student pursuing a Master of Public Health. Alma's field of interest is Chronic Disease Prevention. She will be working on bilingual development within the Diabetes Prevention Project.

Quick Facts

- On average, based on Nielsen ratings, children in the U.S. will spend more time in front of the television set per year (1,023 hours) than in their classrooms (900 hours).

- In fact, Americans typically watch more than four hours of TV every day. From age 2 through 65, that translates to watching more than 10 entire years of TV.

- Exercise the freedom to turn off the television. Lots of ideas to "think, create, and do" instead of watch TV can be found at:
www.tvturnoff.org



- Estimates are that in New Mexico, 17 percent of elementary school students, 52 percent of middle school students and 43 percent of high school students are overweight.

- Chronic disease associated with obesity costs New Mexico more than \$320 million a year.

- "Youth obesity is a crisis in New Mexico". "We must put in place programs to get our kids more active, educate them about fitness and nutrition and find ways to replace unhealthy snacks and beverages in our schools with more nutritious foods."
- **New Mexico Governor - Bill Richardson**



- Get the new 2005 USDA Dietary Guidelines at www.MyPryamid.gov to find out how to plan daily meals and snacks for you and your family.

New Mexico Health Care

In 1997 the American Diabetes Association helped pass legislation in New Mexico that requires state-regulated health insurance companies to cover diabetes education, equipment, and supplies for their customers who need those items. This type of legislation, known as the Diabetes Cost Reduction Act (DCRA), has been passed in 45 other states as well.

Now a bill in the New Mexico House seeks to remove the requirement that state-regulated insurers cover diabetes education, equipment, and supplies. Senate Bill 1061 will allow insurers to offer policies that are not subject to the DCRA. SB 1061 could be devastating

for people with diabetes in New Mexico (this bill has already passed in the New Mexico Senate).

Association Health Plans

Legislation currently pending in the Senate (S. 406) will allow small businesses to band together to purchase health insurance policies without having to abide by state laws that require coverage for specific medical needs like diabetes equipment, supplies and education. The bill has already passed in the House of Representatives a number of times (its current bill number is H.R. 525). President Bush has indicated that he will sign it into law if it passes the Senate.

S. 406 is bad news for people with diabetes. At a time when the diabetes epidemic is worsening and its associated costs are rising, it is unwise to allow health insurers to avoid laws that guarantee coverage for people living with the disease. The loss of health insurance protections for people with diabetes will turn back the clock of diabetes care by at least a decade, and will lead to more expensive crisis management rather than cost effective preventive management.

For more information on these legislative issues, please refer to the American Diabetes Association's website (www.diabetes.org) under the Advocacy and Legal Resources link.

CHILDREN WITH DIABETES

Unfortunately, people with diabetes -- of all ages -- face discrimination at times. Children with diabetes most often run into discrimination at school or day care.

Students with disabilities are guaranteed to have the same access to educational opportunities as other students, and schools must provide a medically safe environment for students with diabetes.

Here are some examples of problems that children with diabetes have faced:

- Not allowed to go on field trips, or not allowed unless a parent comes along.
- Being cut from a sport because the coach thinks people with diabetes cannot be good athletes.
- Not allowed to check blood sugar level in class.
- Not allowed to eat snacks in class or on the bus.
- Being punished for being absent from school because of diabetes.
- Not allowed to participate in after-school activities because no one there knows about caring for diabetes.

There are federal laws which protect students with diabetes (Section 504 of the *Rehabilitation Act of 1973*; *Americans with Disabilities Act*; *Individuals with Disabilities in Education Act*; and the *Family and Medical Leave Act of 1993*).

In many cases, discrimination against children with diabetes can be resolved through education of the parties involved. However, in some cases, parents may have to file administrative complaints or even a lawsuit to get their concerns addressed.

FUNDING SOURCES

Paso del Norte Health Foundation funding opportunities:

- www.pdnhf.org

Indian Health Services initiatives in diabetes; proposals and development projects:

- www.IHS.gov

Juvenile Diabetes Federation International; funding for diabetes research and training:

- www.JDRF.org

Diabetes Action Research and Education Foundation funding opportunities:

- 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

The new RFA on Innovative Partnerships in Type I Diabetes Research:

- grants.nih.gov

Research Award, Clinical Research Award, Innovation Award, and Henry Becton Innovation Award:

- www.diabetes.org

Federal Funding Department of Health and Social Services, Department of Education, etc:

- www.fedgrants.gov

Basic Biomedical Research Award; International Research Collaboration:

- www.fic.nih.gov

Doña Ana County

SOUTHERN NEW MEXICO DIABETES OUTREACH

Southern New Mexico Diabetes Outreach (SNMDO) goes into communities upon request and provides free diabetes screenings for schools, clubs, organizations, businesses, and Health Fairs. SNMDO also conducts free weekly diabetes classes. They will train and certify interested volunteers to help with diabetes screenings and to facilitate diabetes classes and educational support groups. They have consistently screened and provided diabetes education to over 2,000 persons each year since its beginning.

SNMDO became a 501 (c)(3) nonprofit organization in March 2001 and is managed and operated by volunteers. SNMDO is a partner agency with the United Way of Southwest New Mexico. The organization is under the control of a board of directors. The Board of Directors meet monthly to review and direct SNMDO's operation. Each board member serves for a term of three years.

Southern New Mexico has one of the highest rates of diabetes in the world. The mission of SNMDO is to help provide for testing, prevention and

treatment of diabetes and its complications. Screening for early diagnosis of people who have diabetes and risk assessment for those who are in the developmental stages of Type 2 diabetes is part of the SNMDO mission. Another focus is to assist people with diabetes to access care, diabetes supplies and medications.

SNMDO exists because of the efforts of so many volunteers. Many of these volunteers are NMSU and DABCC students who are a great value to the organization. No matter what your interests are, there are always opportunities for you to serve.

As a nonprofit organization, they cannot meet this mission without the support of our communities. A portion of their budget is provided through the United Way with the rest coming from monetary donations, in-kind donations, and grants.

If you are interested in volunteering or making donations (all donations are tax deductible), please contact the office for more information.



SNMDO serves:
Doña Ana, Catron, Grant, Hidalgo, Lincoln, Luna, Otero, and Sierra Counties.

Contact: June Donohue
Phone: (505) 522-0289
Fax: (505) 532-5545
Web Site: <http://snmdo.org>

Otero County

OTERO HEALTH COUNCIL

The Otero County Community Health Council, formerly the Maternal and Child Health Council, formed in 1996 as a collaborative effort by service providers and community members to promote cooperation and networking among agencies providing community services in Otero County.

The Community Health Council is sanctioned by the Otero County Board of Commissioners as per the New Mexico Department of Health/Maternal and Child Health Plan Act contract. Funding is provided through grants from the Public Health Division of the Department of Health in an effort to encourage collaboration between groups in order to become more efficient, thus saving time, energy, and ultimately dollars.

The mission of the OCCHC is to assess, promote, and enhance the health and well being of county residents by creating a process that encourages broad-based community involvement.

They have formed "Life Cycle" focus groups to address the needs of particular age and interest groups. These groups include the Perinatal, Early Childhood, Youth, and Adult Life Cycles. They have also formed Community Action Teams to conduct extensive "systems" evaluations around specific issues in order to find their root causes and to develop viable solutions. With these Life Cycles and Community Action Teams, the concerns of people of all ages can be assessed and addressed.

They currently have over 100 members and participants which include representatives from dozens of health related resources and services. However, all are welcome to participate, because we are all responsible for the health of our community.

If you would like more information or would like to participate in this process of community health improvement, feel free to contact the Council.

Otero County
Community
Health
Council



Contact: Lee Ann Loney
Phone: (505) 443-8100
Fax: (505) 437-2949
Email: oteroch@netmdc.com