

**The New Mexico
Diabetes Advisory Council
March 3, 2006
Minutes**

1. Welcome and Introductions – Yvonne Peperzak-Blake

2. Approval of Minutes as reported for the meeting held December 2, 2005.

3. DPCP Updates – Judith Gabriele, Program Manager

Judith gave the following updates:

- ⊖ There are big changes at the organizational and programmatic levels at the CDC including:
 - more integration across programs to address common risk factors
 - greater accountability
 - increased attention to primary prevention (for CDC's purposes, this means focusing on people with pre-diabetes, not the general population)
 - funding tied to population-based results
 - shrinking federal budgets
 - future focus on measurable outcomes and what makes a difference (programs that have been demonstrated to work)

4. Dr. Kristine Meurer and Dr. John Moore, Public Education Department – School Health & Diabetes

Dr. Moore opened by reporting that there is good news concerning diabetes and obesity thanks in part to a growing body of research. He reminded us of the link between good health and academic success, and the consequences of unhealthy dietary behaviors and insufficient physical activity in schools.

Dr. Meurer went on to talk about how the problem is being addressed using the metaphor of a plant, the roots of which are the family structure and community services. She updated us on the monies allocated by the 2005 and 2006 legislative sessions for physical activity and nutrition programs in the schools.

5. Joanne McEntire, Albuquerque Alliance for Active Living – Safe Routes to School

The Alliance for Active Living is a national program of the Robert Wood Johnson Foundation comprised of 25 community partnerships across the country. The purpose of the program is to establish innovative approaches to increase physical activity through community design, public policies and communications strategies. In Albuquerque, it brings together a great variety of agencies and related activities including Safe Routes to School. This program seeks to make it safe, convenient and fun for children to walk or bike to school in a state where 10% of high school students are overweight. This condition can lead to diabetes and other physical and psychosocial problems. Many stakeholders are involved in implementing Safe Routes to School, and successful programs tend to focus on the 5 E's: Education, Encouragement, Engineering, Enforcement and Evaluation.

6. Lunch and CEU Session – Overweight Children: The Role of Healthcare Providers and Communities in Prevention and Management Dr. Amy Scott and Chenoa Bah Stilwell-Jensen, Envision NM

The Envision program seeks to improve healthcare for children in NM and at the same time to offer providers best practice improvement tools. Overweight is a serious issue in NM and is growing rapidly among children, and Dr. Scott emphasized ways in which providers can help combat the problem and the importance of facilitating behavior change. Techniques for this were discussed. Chenoa talked about the Envision NM Community Outreach Pilot Project. The goals of this project are to inform, educate and empower providers to effect change. Many agencies collaborate in this effort, and the community sites are Gallup, Las Vegas and East San Jose Elementary School in Albuquerque, NM. The Community Health Toolkit given to providers includes prescriptions for health, community maps, community profiles, and nutrition/portion control materials. Anecdotes from providers sharing their stories and acting as role models were presented to the audience. Chenoa concluded with a summary of the challenges and opportunities that the pilot projects present, and suggestions for action.

The next DAC meeting will be held on Friday June 2, 2006 from 9:00 am - 1:00 pm at the **Sandia Resort in Albuquerque.**

**** PLEASE NOTE THE CHANGE OF VENUE ****