

**The New Mexico
Diabetes Advisory Council
December 1, 2006
Minutes**

- 1. Welcome and Introductions – Yvonne Peperzak-Blake**
- 2. Approval of Minutes** as reported for the meeting held September 8, 2006.

3. DPCP Updates – Judith Gabriele, Program Manager DPCP

Judith gave the following DPCP updates:

- Collaborated with DOH Tobacco Use Prevention and Control Program: All callers to the toll free quit line that have diabetes are eligible for free Nicotine Replacement Therapy.
- CATCH (Coordinated Approach to School Health) – Primary prevention physical activity and nutrition program, expanded to K-5th grade (previously 3rd-5th grade) was implemented in 50 schools, reaching 16,700 students.
- Kitchen Creations: Cooking School for people with diabetes – conducted 49 schools in 20 counties; 995 people participated in classes.
- DPCP partnered with American Heart Association and the American Diabetes Association to provide a train-the-trainer workshop to health educators from multiple populations.
- Partnered with the NM Public Health Association to provide Community and Legislative Advocacy training for DAC members.
- Offered training to more than 170 diabetes educators and providers around the state; one on blood glucose pattern management and another on motivational interviewing, which were part of a special project for diabetes educators in the northwest part of the state.
- Completed 2006 survey of DAC membership – results attached.
- DPCP, TOD steering committee members, and the Ophthalmology and Optometry Associations are getting together in early January to discuss dilated eye exam rates.
- Steps are under way for DAC to become a non-profit organization. Thanks to Charm Lindblad for her efforts on this.
- In fiscal year 2008 (which starts in July), we're going to be using an application process for small amounts of funding for community-based interventions and primary care services for indigent patients. We will be getting that information out in early 2007.
- We're working with a contractor to develop an interactive web-based training on diabetes and depression. We expect to launch it in early July.

- We received more of the Eagle books from the CDC, and full sets of 4 books are available. Please contact us if you want to make arrangements to get some for your pueblo or tribe.
- Thanks to all of the DAC Core Council members for their work this past year. We also appreciate your participation in the DAC. Partnerships are very important to us - none of us can do this work alone: it's the power of collaboration that is going to help us succeed in reducing the burden of diabetes in our state.

4. Inter-generational Center -- Tesuque Pueblo

Dolly Narang, Executive Director

Dolly gave us a history of the Inter-generational Center (IGC) -- its past, current and future vision. The center incorporates several programs including diabetes prevention, nutrition, fitness and recreation, smoking cessation, as well as programs for seniors and community health representatives. Dolly mentioned funding sources, which are mostly grants, and some of the program challenges – mainly in the areas of leadership, knowledge and training, participation and motivation and the lack of policies and procedures. The main part of the presentation focused on the current offerings: IGC personnel are being cross-trained; proper menus are planned; extra-curricular activities are implemented; and upon request, nutrition talks are given to surrounding tribal communities and the Santa Fe Indian School.

5. For the Health of It! – Tierra Amarilla

Paula Gurule

Paula gave us an overview of La Clinica del Pueblo de Rio Arriba which was established in 1969, its service area, its current promotora staff, and some of its recent initiatives. “For the Health of It” works with local restaurants to offer healthy alternatives; provides community support groups where people can share their knowledge; contacts patients for eye examinations; does home visits through the promotoras, and publishes a resource directory of local services.

6. Community Bike Recycle Program – Albuquerque

Richard Rivas

The bike recycling program is a grass-roots effort started by Richard Rivas and the Vecinos del Bosque Neighborhood Association. Vecinos works with the Bernalillo County Sheriff's Department and BikeABQ to get bike donations, fix old bikes, and get them to people who cannot afford to buy them. The program's partner is the Alliance for Active Living, funded by the Robert Wood Johnson Foundation to promote healthy lifestyles.

Everyone who gets a bike (mostly kids from the Valle Vista Elementary School in the South Valley's Atrisco neighborhood) is given safety training and a helmet before they are sent off. Hundreds of bikes have been refurbished since the program began in 2004 and Richard has several volunteers who help with the mechanical work. This is an inspiring model that other communities can replicate!

7. Entertainment Education – Silver City

Melvyn Gelb and Mary Ann Finn

Melvyn and Mary Ann presented a “toolkit” of creative ways to promote healthy eating and exercise including these examples:

- Show them how serious you are – a rap song
- Much can be said in few words – the cake waltz
- Engage the senses – savor the flavor game
- Repetition is the friend of the educator – A walk a day is A okay
- Think outside the pancreas – customize your presentations
- Have fun – examples of skits (the Calorie Creep and the Barcolounger Recliner)
- Throw a wide net – videos, kitchen tours, radio shows and novellas

They concluded with a list of local resources such as diabetes classes, support groups, blood sugar meters, food store tours, and educational events.

8. Lunch and CEU Session – The Latest and Greatest Medications

Paula Broderick PharmD, PhD, CDE, UNM Hospital

The objectives of this session were to name three new insulins and two new drug categories used to treat diabetes; state specific patient education needed for each of these medications; and select the most effective treatment possibilities given a case study. Paula talked about existing insulins (Exubera, Apidra and Levemir) and the new drug categories of pramlintides (Symlin) and exenatides (Byetta) as well as Januvia. For each, she gave indications, contraindications, side effects and information to remember, as well as a related case study to illustrate these points.

The next DAC meeting will be held on Friday February 23, 2007 from 9:00 am - 1:00 pm at the Sandia Resort in Albuquerque.

Results of DAC Member Survey

- 617 requests sent out; 97 Respondents (16% response rate). Most were nurses and diabetes educators
- DAC activities that are most relevant to you:
 - 1) Learning about latest developments: 52%
 - 2) Networking with others: 42%
 - 3) Exchanging information: 41%
 - 4) Gaining CEUs: 25%
- Reasons for not attending DAC
 - 1) No time: 25%
 - 2) Can't get time off work: 15%
 - 3) No travel budget: 14%
- Your suggestions for increasing participation in DAC
 - 1) Rotate dates and location
 - 2) Get word out through nursing newsletters
 - 3) Provide all day meeting & more CEUs
 - 4) Help with travel expenses
 - 5) Videoconference CEU session
- Top 10 Topics for future CEU sessions
 1. Real-world successful community-wide programs
 2. Motivation for change
 3. School interventions (fitness and nutrition)
 4. Evaluation tools for diabetes programs
 5. Childhood Obesity – issues and concerns
 6. Weight management and exercise
 7. Depression and diabetes
 8. New medications for treating diabetes
 9. Encouraging active lifestyles in the elderly
 10. Preventing professional burnout

We value your feedback and take it quite seriously. We are featuring a couple of these topics today, and will be offering others in the future. Members are always welcome to speak to any of the DPCP staff to let us know what you think.