

**The New Mexico
Diabetes Advisory Council
September 8, 2006
Minutes**

1. Welcome and Introductions – Marjorie Cypress

2. Approval of Minutes as reported for the meeting held June 2, 2006.

3. DPCP Updates – Heidi Krapfl, Epidemiologist with DPCP

Heidi gave the following updates:

- We're partnering with the DOH tobacco program to get information out to the clinics about the Quit Line (Quit Line cards are available).
- We're partnering with the New Mexico Public Health Association on a legislative advocacy training to be held November 30, the day before the December DAC meeting (scholarships available for DAC members).
- We're partnering with the DOH Office of School Health on an initiative to help make our schools safer for children with diabetes.
- This fall the DPCP program will be recruiting a health educator and a nurse. Please contact Judith Gabriele at 476-7613 if you are interested.
- Starting in December, we're trying to make DAC meetings fragrance-free and comfortable for everyone.
- Thanks to Novo Nordisk for their generous grant towards DAC expenses.

4. Gestational Diabetes Protocols in a Primary Care Setting --

Paula Devitt and a doula from La Familia Medical Center, Santa Fe

Paula said that many patients who are diagnosed during pregnancy really have undiagnosed type 2 diabetes. To address this, La Familia screens all women of conception age for diabetes, educates all pregnant women on healthy nutrition and exercise, and offers a prenatal class for them. Paula stressed the importance of preconception care to avoid pregnancy complications in mothers as well as infants. Paula also touched on care and medical goals during pregnancy, discussing nutrition therapy and physical activity in GDM, as well as insulin therapy and the pros and cons of different types of insulin preparations during pregnancy. She concluded by raising labor, delivery, and postpartum issues. Sylvia, a doula with La Familia, led us through breathing exercises she does with pregnant women.

5. Diabetes in Pregnancy in NM – what do the numbers tell us? –

Heidi Krapfl, DPCP

Heidi talked first about how gestational diabetes prevalence is estimated through various sources including a checkbox on birth certificates (all states plan to have this by 2007), the Pregnancy Risk Assessment Monitoring System (PRAMS), and hospital inpatient discharge data. She then showed us some of the PRAMS data for different regions of NM, as well as by race and ethnicity. Heidi also discussed pregnancy and diabetes trends from 1994 to 2002, showing that overall prevalence doubled (from 2.1% to 4.1%). Some of her conclusions were that diabetes in pregnancy in NM is increasing for all ethnic groups; pre-pregnancy weight plays an important part; and that we need to work with Vital Records and continue to collaborate with UNM's Diabetes in Pregnancy program to stall this upward trend.

6. The CEU Puzzle – Suzy Carlin, DPCP

Suzy went over license/credential renewals for RNs, RDs and CDEs. Details are available on the DPCP website.

7. Lunch and CEU Session – Current Concepts: Diabetes in Pregnancy Diana Clokey

The objectives of this session were to enhance our understanding of fetal and neonatal complications in pregnancy; to discuss the diagnosis and management of GDM and the pharmacology of the different insulin/oral hypoglycemic agents. Diana also introduced ongoing research in the field of diabetes in pregnancy. The adverse effects on offspring were considered, including the long-term effects such as obesity, abnormal glucose tolerance, and neuro-psychological defects. Diana presented screening strategies to determine the level of risk (low, average and high). Nutrition guidelines, safe exercise, glucose monitoring and pharmacotherapy (including insulin use) for pregnant women were presented in detail. Post-partum and breast-feeding recommendations were given. In conclusion, Diana touched on the purpose and design of the HAPO (Hyperglycemia and Adverse Pregnancy Outcome) study, leaving us with this summary of what to expect in the next few years: uniform outcome-based diagnostic criteria for GDM; further research in determining safety and efficacy of oral hypoglycemic agents/insulins in mother and fetus; further research on the offspring of women with diabetes during pregnancy; and a revision of IOM recommendations for pregnancy.

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