

The New Mexico Diabetes Advisory Council

March 7, 2008

Minutes

1. Welcome and Introductions – Yvonne Peperzak-Blake

Approval of Minutes as reported for the meeting held Dec. 7, 2007.

2. DPCP Update – Judith Gabriele

- We are hiring a new health educator who will be working with the public health regions and health councils, as well as in some other areas. We still have a clerk vacancy and that position was just posted.
- We just completed the funding application process in which many of you participated. We plan to fund 16 programs - unfortunately we weren't able to fund all applicants and we appreciate the hard work that organizations put into their proposals.
- We are very happy about the additional funding that ADA and DAC members worked hard to secure for the program. The additional money is allowing us to increase our overall funding to the awarded programs by \$100,000 - much more than we originally anticipated. We are also increasing our reach with three statewide programs: CATCH, Kitchen Creations, and Meters and Strips. Because it is one time funding, we can't hire staff and can only take on as many contracts as our existing staff capacity allows.
- Several DPCP staff recently went to the first annual chronic disease training academy sponsored by the National Association of Chronic Disease Directors.

3. Board Update – Yvonne Peperzak-Blake

Yvonne warmly congratulated DAC and board members who helped get the diabetes bill passed at the 2008 legislative session. She also talked about board activities such as drafting a business plan and thinking ahead about the future of the DAC as a 501c3 non-profit organization.

4. Creating Healthier Schools – Carol Marr, DPCP

Carol gave an update on the Coordinated Approach To Child Health (CATCH) program. After reminding us that CATCH came about as a response to unhealthy eating behaviors and increased physical inactivity, she reviewed the growing childhood obesity trend in the US. Research has been done on CATCH since it took off in the early 90s and improvements in diet and physical activity have emerged. Carol then described in detail the four main components of the program: Physical Education, the Classroom Nutrition Curriculum, the School Nutrition Service (Eat Smart) and the Family and Community piece.

Applications for the CATCH program will be mailed out to all elementary school principals on April 11, 2008. More information about CATCH in New Mexico is available at www.diabetesnm.org.

5. Community Diabetes Initiative – Cathy Garcia and Celina Roybal

The Fit For Life Program is one of the community diabetes initiatives taking place in Española. Its purpose is to provide programming to interested students around physical fitness, nutrition and leadership skills. Cathy and Celina described the team of collaborators, how the funding was identified, and the criteria used for admission to the program. Nutrition activities include information about food choices, labels, safety, and preparation; and examples of physical activities include aerobics, boxing, step aerobics, dance, strength training, pilates and a variety of games that keep the kids engaged. In summary, the ultimate goal is to serve the Española Valley as change agents in a quest to reverse the trend of childhood obesity by promoting and providing physical activities that establish the foundation for personal fitness habits through a non-traditional approach.

6. Cardiac ECHO Teleclinic – Dr. Kathleen Colleran

This was a simulation of an ECHO Teleclinic. The Cardiac ECHO team of experts, lead by Dr. Colleran, was gathered at the UNM telemedicine facility in Albuquerque, while a number of dispersed providers – Dr. Bjorklund from El Centro in Española; Laura Parker, who works for Pediatric Endocrinology in Albuquerque; and Susan Dade, a CDE from the Medical Center in Carlsbad presented patients to illustrate how you can call in from anywhere in the state for advice at the weekly clinics. Providers can join by videoconference or simply by phone and earn Continuing Medical Education units for attending. Several participants at DAC reported in their evaluations that they plan to take this information back to their clinics and encourage colleagues and other providers to take advantage of this unique opportunity available at not cost every week through the UNM telemedicine program. Participants had a chance to experience a clinic in action, and to ask questions about the logistics. A short presentation was also provided audio-visually by Jane Epstein about the Childhood Overweight Medical Management Telehealth Consultation program (COMM-TC) that began in February 2007 and also hosts a team of experts giving advice to practitioners around the state.

The next DAC Meeting will be on June 6, 2008 from 9-1 at the Sandia Resort.