

DIABETES PREVENTION AND CONTROL PROGRAM

Diabetes is a disease that affects the body's ability to produce or respond to insulin, a hormone that allows blood glucose (blood sugar) to enter the cells of the body and be used for energy. Diabetes falls into two main categories: type 1, which usually occurs during childhood or adolescence; and type 2, the most common form of the disease, which usually occurs after age 45, but is increasingly being diagnosed in children and adolescents due to the epidemic of childhood obesity. Approximately 9.1 million or 8.9 percent of all women in the



United States have diabetes; however, about one-third of them do not know it.

The Ohio Diabetes Prevention and Control Program (ODPCP) strives to improve Ohioans' access to quality diabetes care and services for the purpose of reducing the burden of diabetes and its complications. The goal is to make Ohio the place where people with diabetes live better lives. The ODPCP works to establish a widely accepted statewide plan for the control of diabetes, while placing a priority on reaching high-risk, underserved and disproportionately affected populations. Achieving the goals of such a statewide plan will be accomplished by establishing a network of diabetes care, promoting prevention and awareness of the burden of diabetes and fostering:

- Increased awareness of diabetes and its complications.
- Quality care and equal access to such care.
- Partnerships.
- Community involvement and capacity building.
- Utilization of data to better apply resources and improve health outcomes.
- Advocacy.

The ODPCP has several programs and resources to assist Ohio women in preventing and managing this disease:

Take Charge of Your Diabetes is a manual developed by the National Diabetes Education Program (NDEP) that assists persons with diabetes to self-manage their disease. It is offered free of charge to local health departments, Federally Qualified Health Centers, clinics and diabetes educators.

Statewide Web-based resource center-OSU Extension has developed information to place on the ODPCP Web site about local resources for physical activity, diabetes education and medical management in every Ohio county. The resource center link is scheduled to be activated January 2008. The ODPCP Web site address is <http://www.odh.ohio.gov/odhPrograms/hpr/diabetes/diab1.aspx>.

ODPCP Newsletter is produced quarterly and features diabetes trends, treatments and new innovations. Particular attention is given to diabetes and women in most issues. The latest issue features women's heart health as diabetes is a leading cause of heart disease.

Helping the Student with Diabetes Succeed in School is a manual prepared by the NDEP and provided by the ODPCP to every school in Ohio. Program consultants attend school health nurse conferences to explain the manual and are available daily to assist school nurses with questions about children with diabetes.

Educational pamphlets and posters are distributed throughout the state and are available free of charge to the public upon request.

Media campaigns concerning diabetes prevention and control are launched throughout the state every November. Along with diabetes and influenza, a campaign concerning gestational diabetes is going to be emphasized in the next year.

To contact the ODPCP health educator, call Nancy D. Schaefer, R.D., L.D., (614) 728-3775 or e-mail Nancy.Schaefer@odh.ohio.gov.

OHIO HEART DISEASE AND STROKE PREVENTION PROGRAM

Heart disease and stroke are the first- and third-leading causes of death in Ohio, respectively. Reducing sickness and death from cardiovascular disease (CVD) are tasks of such magnitude that only the combined efforts of many organizations and individuals can result in success. Accordingly, the Ohio Department of Health's (ODH) Heart Disease and Stroke Prevention (HDSP) program has formed partnerships with numerous statewide organizations and other ODH programs to support

and engage in various CVD risk reduction activities. The HDSP program is also committed to eliminating disparities associated with heart disease and stroke incidence and mortality among Ohio's diverse populations.

The ODH HDSP program is charged with building consensus among stakeholders in developing a statewide plan to improve cardiovascular health for all Ohio residents. The first edition of this plan was completed in 2003. The HDSP program also facilitates the CVH Alliance whose mission is to guide, promote and participate in the strategic planning process as well as to champion the implementation of the Ohio HDSP Plan. The Ohio Stroke Council is a subcommittee of the alliance that assists in the development of a statewide system of stroke care.

Likewise, the ODH HDSP program also participates in the Great Lakes Regional Stroke Network (GLRSN), a six-state collaborative formed by the Centers for Disease Control and Prevention through the Illinois Department of Public Health. The GLRSN and its member states are committed to increasing public awareness of stroke signs and symptoms, developing and implementing system-level interventions to address primary and secondary prevention of stroke and expanding stroke surveillance activities.

A major initiative of the ODH HDSP program is to increase Ohioans' awareness of heart disease and stroke signs and symptoms – particularly important for women as heart disease claims the lives of more than 500,000 women each year, even though only 20 percent of women identify heart disease as their greatest health concern. Although heart disease is usually considered a man's disease, women of all racial and ethnic groups are at risk. What is more, 38 percent of women, compared to only 25 percent of men, will die within one year of a first recognized heart attack.

As such, it is imperative that women are able to recognize the general warning signs of a heart attack, such as chest discomfort, upper body discomfort and shortness of breath.

Women should pay particular attention to:

- Pain or discomfort in the center of the chest.
- Spreading pain to one or both arms, back, jaw or stomach.
- Shortness of breath and trouble breathing.
- Unexplained anxiety, weakness or tiredness.
- Cold sweats and nausea, paleness or dizziness.

The signs may be mild or severe. If a person is having any of these signs, call 9-1-1 to get help immediately. The more time that passes without treatment, the greater the damage to the heart.



By recognizing the warning signs for a heart attack, lives are saved. For other tips and more information about women and heart disease, visit the American Heart Association at <http://www.goredforwomen.org> or the National Heart, Lung and Blood Institute at <http://www.hearttruth.gov>.

For more information about OH HDSP, contact Janelle Edwards, health educator, at (614) 728-3718 or Janelle.Edwards@odh.ohio.gov.

BREAST AND CERVICAL CANCER PROJECT

The Ohio Department of Health's Breast and Cervical Cancer Project (BCCP) is a statewide, high-quality breast and cervical cancer screening and diagnostic program offered at no cost to eligible women. Women in Ohio are eligible for screening and diagnostic services if they have no insurance; live in households with incomes less than 200 percent of the federal poverty level; and are 40 years of age or older (for Pap tests, pelvic exams and clinical breast exams) or are 50 years of age or older (for mammograms). Services provided by the BCCP include pelvic exams, Pap tests, clinical breast exams, mammograms and diagnostic testing (including biopsy and ultrasound if needed).

For the first time in the history of the Ohio BCCP, state funding has been received to supplement the federal funding that provides the breast and cervical cancer screening and diagnostic services. The new state funds will allow the program to provide screening and diagnostic services to approximately 9,000 additional women in Ohio this year. The BCCP has 11 regional offices that cover all 88 counties. The regional offices will assist



women in determining their eligibility for the program as well as scheduling appropriate screening and diagnostic tests.

The BCCP has more than 600 health care providers and facilities that have helped more than 10,000 women each year with breast and cervical cancer screening and/or diagnostic services. Treatment is not covered by BCCP funds. However, women screened and/or diagnosed with precancerous conditions or cancer through the BCCP may be eligible for Ohio BCCP Medicaid which will cover their cancer treatment in addition to other health care needs. The BCCP is asking for the public's help to identify and serve additional women. If a woman may be eligible for BCCP, friends or family members are encouraged to contact the appropriate regional enrollment site. This information can be shared with community groups and health care partners in areas that serve women who may be eligible for breast and cervical cancer screening and diagnostic services.

Since 1994, the BCCP has diagnosed 1,204 cases of breast cancer, 70 invasive cervical cancers and 844 cervical pre-cancerous conditions. For more information about regional services, contact the Regional Breast and Cervical Cancer Project (see enclosure). Staff will determine eligibility and refer to health care providers in the appropriate community.

For more information about the Ohio BCCP, call Diana McMahon, administrator, at (614) 728-2177 or visit the Web site at http://www.odh.ohio.gov/odhPrograms/hpr/bc_canc/bcanc1.aspx.

WIC (WOMEN, INFANTS AND CHILDREN) PROGRAM

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a fundamental part of Ohio's public health system and is intended to reach income-eligible pregnant, postpartum and breastfeeding women, infants and children up to 5 years of age with a health or nutrition risk.

WIC continues to make history by improving the health of Ohio's families and by supporting the local economy.

WIC is a model of prevention. WIC's history exhibits decades of medical research that shows promoting healthy habits early in life is a prevailing and cost-effective way to reduce infant mortality, to prevent chronic conditions such as diabetes, heart disease and obesity and to support healthy pregnancies. WIC services also:

- Reduce premature births.
- Prevent childhood anemia and lead poisoning.
- Improve cognitive development.
- Increase breastfeeding and immunization rates.

WIC core services include:

- Nutrition and breastfeeding education and support.
- Provision of supplemental, highly nutritious foods.
- Referral to prenatal and pediatric health care and other maternal and child health and human service programs.

For more information, contact Ohio WIC toll-free at 1-800-755-GROW (4769).

EMPLOYEE HEALTH SERVICES: Benefiting Breastfeeding Mothers

With the promotion of breastfeeding for healthier babies, Employee Health Services (EHS) is a front-runner by providing facilities for Ohio Department of Health (ODH) moms to comfortably pump so their babies are given the best chances of a healthy life.

Among the many services provided for ODH employees, the two breast-pumping rooms are the most used. They are specifically designed for breastfeeding moms. Each room has a hospital-grade breast pump and EHS provides the connecting equipment for each mom. These rooms provide privacy and the moms can relax while pumping. A sink is being installed in each room to provide additional privacy for cleaning their individual equipment.

Any ODH employee interested in a tour of these rooms or more information about EHS may contact Pamela McIlwain at (614) 466-7806 or Pam.McIlwain@odh.ohio.gov.

FAMILY PLANNING PROGRAMS

The Ohio Department of Health (ODH) supports three family planning programs:

- The ODH Family Planning Program funded by the U.S. Department of Health and Human Services (DHHS) Office of Population Affairs, Title X Family Planning.
- The Women's Health Services Program funded by Ohio General Revenue Funds.
- The family planning component of the Child and Family Health Services Program.

The programs are located in 75 of Ohio's 88 counties and are sited in county and city health departments, local nonprofit organizations, community health organizations and community hospitals. Together, these programs serve more than 85,000 individuals each year. The majority of patients are ages 18 to 24 and have incomes at or below 100 percent of the federal poverty level. Access to quality family planning services aid in improving birth outcomes, decreasing the incidence of sexually transmitted diseases, decreasing risk behavior and increasing community health prevention behavior.

Services are provided on a sliding-fee scale, with no one denied services because of the inability to pay. All service sites are under contract with Medicaid Managed Care plans and are required to bill appropriately for services. These services include screening for breast and cervical cancer; gynecological examinations and the provision of contraception; laboratory testing; screening for diabetes and pregnancy; colorectal screening for clients over 50 years of age; blood pressure measurement; body mass index screening; risk assessment, education and testing for HIV/AIDS; referral and follow-up of other needed services; counseling to minors on resisting attempts of coercion to engage in sexual activities; domestic violence; smoking cessation; and screening for domestic violence, alcohol and illicit drug use.

The programs report data monthly to the family planning data system, with analyses made quarterly, semiyearly and annually. Data from agencies funded by the DHHS Office of Population Affairs is reported yearly in the Family Planning Annual Report: http://opa.osophs.dhhs.gov/titlex/Final_FPAR_2005_NationalReport_WebPDF.pdf.

All subgrantees are reviewed once every three years and receive an annual site visit to assess quality assurance standards. Standards and guidelines for these programs are provided on CD-ROM for each provider. (This document was placed on the Web at the end of 2007.) For more information about ODH family planning programs, contact Judy Hauser at (614) 644-1107 or Judith.Hauser@odh.ohio.gov.

SEXUAL ASSAULT AND DOMESTIC VIOLENCE PREVENTION PROGRAM

The Sexual Assault and Domestic Violence Prevention Program (SADVPP) receives funds from the Centers for Disease Control and Prevention to provide leadership and resources to local communities for preventing sexual violence and rape in Ohio. The SADVPP currently funds 24 nonprofit agencies to support a variety of activities designed to promote a shift in attitudes, knowledge and behavior that encourages sexual violence. Activities include: prevention programming in schools on healthy relationships; local media campaigns; educating teachers, parents and youth leaders on identifying sexual harassment and bullying and ways to promote respectful relationships; building local partnerships with organizations doing similar work; and assisting Ohio schools in developing the mandated harassment, intimidation and bullying policy (i.e., Ohio Revised Code (ORC), Section 3313.666 and 3313.667).

The SADVPP is also charged with developing Ohio's protocol for sexual assault and medical examination. The protocol ensures Ohio hospitals will provide survivors of sexual assault comprehensive, standardized, nonjudgmental, equitable treatment. The protocol is issued under authority of the Ohio Public Health Council, which is charged by the Ohio General Assembly to establish procedures to gather evidence for victims of sexual offenses (ORC, Section 2907.29).

The Ohio Sexual Assault Task Force is convened by the SADVPP. It is an ongoing group that began meeting in 2001, at which time a statewide needs assessment on sexual assault was conducted. Twenty-two recommendations were made in a report titled: *A Call to Action: Ending Sexual Assault in Ohio*. Since that time, the task force has been working to implement prioritized recommendations from the report. Active subcommittees of the task force include Prevention, Protocol Implementation, Criminal and Civil Law and an ad hoc committee on mental health for survivors of sexual assault and domestic violence. The task force membership consists of representatives of agencies, organizations and professional groups with work related to sexual assault crisis intervention and prevention.

To learn more about the SADVPP and other Ohio organizations that are working to end violence against women, contact Debra Seltzer, administrator, at (614) 728-2176 or Debra.Seltzer@odh.ohio.gov.

WOMEN'S HEALTH PROGRAM

The purpose of the Ohio Department of Health's (ODH) Women's Health Program (WHP) is to improve the health status of women in Ohio. The main objectives are to:

- Identify issues that affect women's health.
- Develop and implement programs to address the identified issues.
- Serve as a source of information regarding women's health.
- Act as an advocate for women's health concerns within state government and throughout the state.

The following are among the activities that fulfill the WHP mission:

Women's Health Week

Starting in 2008, the WHP will coordinate Women's Health Week (WHW), replacing Ohio's Women's Health Month which began in 1986. WHW begins May 11, 2008, on Mother's Day. The State of Ohio will join other states in participating in National Women's Health Week, sponsored by the U.S. Department of Health and Human Services. Activities that promote awareness about women's health issues will take place regionally throughout the state. The WHP will continue to partner with Area Health Education Centers to provide funds to local organizations that present the women's health programs.

Ohio Women's Health Listserv

The Ohio Women's Health e-mail listserv provides a forum for discussion about a wide range of issues related to women's health. These may include but are not limited to research information, available services, Web sites, ethical issues, current events, job postings, announcements of upcoming events and support for those working in the field of women's health. Readers may join by sending their e-mail address to OhioWomensHealth-owner@yahoogroups.com. There is no cost to join or use the list.

Women's Health Update

The WHP newsletter, published biannually with winter and summer issues, serves 2,000 agencies, organizations and individuals throughout Ohio by providing current women's health information. The *Update* includes topical articles as well as lists of print, media and online resources. To receive *Women's Health Update*, contact Joyce Hersh, WHP coordinator, at (614) 728-4885 or Joyce.Hersh@odh.ohio.gov.

GOVERNOR'S OFFICE FOR WOMEN'S INITIATIVES AND OUTREACH:

Ohio Interagency Council on Women and Girls

The recently created Ohio Interagency Council on Women and Girls will work in collaboration with the Governor's Office for



Women's Initiatives and Outreach (GOWIO), which was formed in early 2007 by Governor Ted Strickland. The GOWIO seeks to advance the status of Ohio's women and girls by creating new public policy and examining existing policy, as indicated in its mission statement (see below). The GOWIO will approach the needs of Ohio's women and girls in the areas of economic development, education, health and personal safety.

The Ohio Interagency Council on Women and Girls is a body of representatives from each state agency that will work to support goals as identified by the GOWIO. Members of the interagency council are appointed by the director of each state agency at the governor's request. The council will also provide its representatives the opportunity for professional development, community service, increased public awareness of existing programs for women and girls at their respective agencies and a forum to discuss all issues as they impact women and girls.

Mission Statement: The Governor's Office for Women's Initiatives and Outreach promotes public policy that advances the status of Ohio's women and girls, thereby strengthening our communities and families. The office maintains a diverse approach, and focuses on economic development, health, education, personal safety and other areas impacted by state government. While collaborating with state agencies and non-governmental entities, the office creates public dialogue to assess the needs of the women and girls of Ohio. Reaching across geographic area, race/ethnicity and socioeconomic level, this discourse provides a unique opportunity for women and girls to articulate personal experience and influence public policy.

For more information about the GOWIO, contact Hollie Hinton, director, at (614) 728-6716; Ohio Department of Health, 246 N. High St., Columbus OH 43215 or Hollie.Hinton@odh.ohio.gov.

RESOURCES FOR WOMEN

American Association of University Women (AAUW) Educational Foundation

1111 16th Street, NW
Washington, DC 20036
Phone: (202) 728-7602
E-mail: foundation@aauw.org
Web site: <http://www.aauw.org/About/ef.cfm/>

Mission Statement: *AAUW advances equity for women and girls through advocacy, education and research.*

The AAUW Educational Foundation – the world’s largest source of funding exclusively for graduate women – supports aspiring scholars around the globe, teachers and activists in local communities, women at critical stages of their careers and those pursuing professions where women are underrepresented. The foundation funds:

- Groundbreaking research.
- Fellowships and grants.
- Special awards.
- Vital community-action projects.
- Symposia, roundtables and forums.
- AAUW Legal Advocacy Fund.

Business and Professional Women/USA

Business and Professional Women’s (BPW) Foundation

1900 M Street, NW Suite 310
Washington, DC 20036
Phone: (202) 293-1100
Fax: (202) 861-0298
BPW/USA e-mail: memberservices@bpwusa.org
BPW Foundation e-mail: foundation@bpwfoundation.org
BPW/USA Web site: <http://www.bpwusa.org/>
BPW Career Center Web site: <http://careers.bpwusa.org>

Mission Statement: *To achieve equity for all women in the workplace through advocacy, education and information.*

The BPW Foundation promotes equity for working women through education, information, research and financial assistance. BPW Foundation empowers working women to achieve their full potential and partners with employers to build successful workplaces.

The BPW/USA Career Center is an online job board that was created specifically for women and veterans and for employers with policies that support them.

The Commonwealth Fund

1 East 75th Street
New York NY 10021
Phone: (212) 606-3800
Fax: (212) 606-3500
E-mail: cmwf@cmwf.org
Web site: <http://www.commonwealthfund.org/>

Mission Statement: *To promote a high performing health care system that achieves better access, improved quality, and greater efficiency, particularly for society’s most vulnerable, including low-income people, the uninsured, minority Americans, young children and elderly adults.*

The Commonwealth Fund, among the first private foundations started by a woman philanthropist—Anna M. Harkness—was established in 1918 with the broad charge to enhance the common good. The fund carries out its mandate by supporting independent research on health care issues and making grants to improve health care practice and policy. An international program in health policy is designed to stimulate innovative policies and practices in the United States and other industrialized countries.

Fund for Nonviolence

303 Potrero Street #54
Santa Cruz CA 95060
Phone: (831) 460-9321
Fax: (831) 454-8006
E-mail: mail@fundfornonviolence.org
Web site: <http://www.fundfornonviolence.org/>

Mission Statement: *The Fund for Nonviolence cultivates and supports community-based efforts to bring about social change that moves humanity towards a more just and compassionate coexistence.*

The Fund for Nonviolence focuses on marginalized communities and, in particular, on elevating the voices and leadership of women from those communities in shaping broader social change. Because the fund believes that how it does its work fundamentally influences results, it seeks and encourages proposals that not only meet the criteria of the funding programs but also come from organizations that:

- Pursue structural changes to root causes of race, class and gender injustice
- Value the active involvement of members of the communities most impacted by the violence and social injustice being addressed.

- Understand and articulate the impact of their work on women and promote the leadership of women.
- Reflect the spirit of nonviolence in their organizational relations, structure and process.
- Demonstrate the capacity to reflect on their experience and adapt to lessons and insight.

The fund's operational goals are to:

- Operate with the high standards and excellent practices of a foundation striving to be a leader in progressive philanthropy.
- Be strategic in our grantmaking, setting thoughtful goals for each grantmaking program.
- Have a user-friendly grantmaking process that offers respectful, open communications with grantees and grantseekers.
- Support reflection and self-assessment in the ongoing operation of the foundation in grantee organizations.

Ms. Foundation for Women

120 Wall Street 33rd floor

New York NY 10005

Phone: (212) 742-2300

Fax: (212) 742-1653

E-mail: info@ms.foundation.org

Web site: <http://www.ms.foundation.org/>

Mission Statement: *The Ms. Foundation supports the efforts of women and girls to govern their own lives and influence the world around them. Through its leadership expertise and financial support, the Foundation champions an equitable society by effecting change in public consciousness, law, philanthropy and social policy.*

As the country's first national, multi-issue women's fund, the Ms. Foundation directs resources of all kinds to cutting-

edge projects that nurture girls' leadership skills, protect the health and safety of women and provide low-income women with the tools to lift themselves and their families out of poverty.

Open Meadows Foundation

P.O. Box 150-607

Van Brunt Station

New York NY 11215-0607

Phone: (718) 885-0969

E-mail: openmeadows@igc.org

Web site: <http://www.openmeadows.org/>

Open Meadows Foundation is a grantmaking organization for projects that are led by and benefit women and girls. The foundation funds projects that do not discriminate on the basis of race, religion, national origin, sexual orientation, age or ability. It offers grants up to \$2,000 to projects that:

- Are designed and implemented by women and girls.
- Reflect the diversity of the community served by the project in both its leadership and organization.
- Promote building community power.
- Promote racial, social, economic and environmental justice.
- Have limited financial access or have encountered obstacles in their search for funding. (Organizational budgets should not exceed \$150,000.)

Small and start-up organizations are strongly encouraged to apply.

Women's Grants and Resources

A Web site that lists organizations and foundations that provide resources to women: <http://www.fundsnetsservices.com/women.htm>.

Ohio Department of Health, Violence and Injury Prevention Program - Debra Seltzer, Administrator

Sexual Assault and Domestic Violence Prevention Program:

Debra Seltzer, Administrator

(614) 728-2176 - Debra.Seltzer@odh.ohio.gov

Joyce Hersh, Women's Health Coordinator

(614) 728-4885 - Joyce.Hersh@odh.ohio.gov

Beth Malchus, Rape Prevention Coordinator

(614) 466-8960 - Beth.Malchus@odh.ohio.gov

Amanda Suttle, Rape Prevention Coordinator

(614) 644-7618 - Amanda.Suttle@odh.ohio.gov

Susan Williard-Gibler, Program Secretary

(614) 728-2707 - Susan.WilliardGibler@odh.ohio.gov

Injury Prevention Program:

Christy Beeghly, Administrator

(614) 728-4116 - Christy.Beeghly@odh.ohio.gov

Dara Bakes, Core Injury Consultant

(614) 728-8016 - Dara.Bakes@odh.ohio.gov

Trina Dickerson, Customer Service Specialist

(614) 728-2958 - Trina.Dickerson@odh.ohio.gov

Kara Manchester, Researcher

(614) 466-8437 - Kara.Manchester@odh.ohio.gov

Ed Socie, Epidemiologist

(614) 466-0289 - Ed.Socie@odh.ohio.gov