



ODPCP

OHIO DIABETES PREVENTION & CONTROL PROGRAM

Direction of the Ohio Diabetes Prevention and Control Program

The Ohio Diabetes Prevention and Control Program (ODPCP) was recently awarded continued funding from the Centers for Disease Control and Prevention (CDC) for fiscal year 2003. The intent of the cooperative agreement is to increase the capacity of state diabetes control programs to emphasize the prevention of complications and premature mortality among people with diabetes as well as address lifestyle interventions that could prevent or delay Type 2 diabetes among people at risk for the disease.

The picture of diabetes is grim in Ohio. In 2001, 7.2 percent of Ohioans (613,459) older than 18 reported a diagnosis of diabetes, with the highest prevalence rates among African American and Hispanic adults. According to 1999-2000 Ohio hospital discharge data, 15 percent of the 2.9 million discharges had a diagnosis of diabetes and 89 percent of the persons older than 65 with diabetes were treated for cardiovascular disease. Total in-hospital charges for diabetes-related admissions tallied more than \$5.25 billion. In 1999 diabetes was the underlying cause of death for 3,783 Ohioans and was the fifth-leading cause of death



with the highest diabetes mortality rates in the central and southeast Ohio counties. Ohio has the sixth-highest mortality rate in the nation. Sixty-one of the 88 counties do not have a federally funded public health clinic and nine counties do not have a hospital. Shortages of certified diabetes

educators and registered dietitians, especially in rural areas, and lack of health insurance and inadequate coverage for prescription drugs compound the problem. Additionally, in the last 10 years Ohio is one of four states which has not passed the Diabetes Cost Reduction Act.

The ODPCP continues to address the national objectives to increase the percentage of persons with diabetes who receive foot exams, eye exams, HbA1c tests and flu and pneumonia vaccines, to decrease the ethnic and racial health disparities and to strengthen and maintain statewide partnerships to decrease the burden of diabetes in Ohio. The ODPCP will also expand its role as the model of influence by serving as a catalyst for change at the community level.

Following is a summary of the specific activities that the ODPCP will undertake this year to meet the grant guidelines:

- Increase coordination with the Ohio Primary Care Association to provide educational opportunities and technical assistance to the Federally Qualified Health Centers to enable them to meet the American Diabetes

Continued on page 2

Direction of the Ohio Diabetes Prevention and Control Program *continued from front*

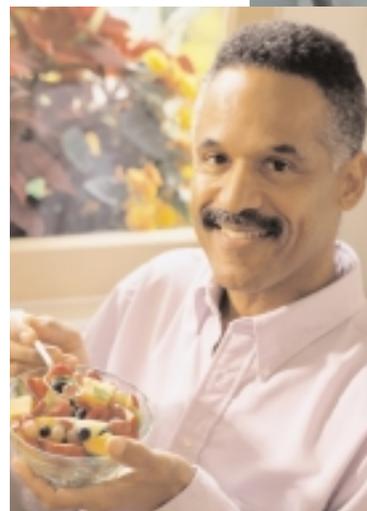
Association's (ADA) Standards of Care, to prepare them for participation in the Diabetes Collaborative, and to improve tracking efforts to better assess the quality of care provided and the at-risk populations that are served.

- Continue coordination with KePRO and the Ohio Diabetes Task Force to promote the standards of care to primary care physicians.
- Continue coordination with the Ohio Department of Health (ODH) Immunization Program, Kroger pharmacies and the Ohio Pharmacy Association to promote the Diabetes and Flu campaign.
- Expand Diabetes Today efforts throughout Ohio for the development of additional local coalitions and partnerships, conducting community assessments and integrating primary and secondary prevention strategies that promote wellness and physical activity for people at risk for and with diabetes.
- Disseminate a school health manual to Ohio schools enabling them to have protocols in place for the management of children with diabetes.
- Collaborate with schools and other agencies to develop pilot nutrition and physical activity programs.
- Build on existing resources and expertise to establish an Ohio Diabetes Network with public and private partners to provide a comprehensive approach for improved networking and decreased duplication.
- Strengthen the collection, analysis and dissemination of data to document the burden of diabetes in Ohio, identify high risk populations and better target new interventions.
- Coordinate efforts with the The Ohio State University (OSU) Extension service to sponsor cooking classes for families affected by diabetes and to monitor outcomes.
- Co-sponsor a statewide diabetes conference in 2004 with the Central Ohio Association of Diabetes Educators.
- Publish and disseminate quarterly newsletters.
- Maintain active involvement with the current task force members
- Strengthen partnerships among various state and local agencies and within programs at ODH for a more significant level of involvement and coordination.
- Improve program assessment and evaluation.

and assuring that quality care and services are available to Ohioans with or at risk for diabetes.

Submitted by:

Christine Goodall, RD, LD
Program Coordinator
Ohio Department of Health
Prevention/Ohio Diabetes
Prevention and Control Program



By completing the outlined activities the ODPCP will have contributed to the achievement of the national objectives. In time the goal of the ODPCP to reduce the burden of diabetes in Ohio can be realized through coordination and continued efforts in promoting lifestyle changes

Comments from a Member of the Ohio Diabetes Task Force

The Ohio Diabetes Prevention and Control Program (ODPCP) grant for the next five years guides us by articulating what it can help the program accomplish. Implementation of the ODPCP five-year grant can and will translate the outcome of scientific research to hospital rooms, examining rooms, community rooms, living rooms and bedrooms across our state. I believe the ODPCP grant provides a substantive hub to coordinate and focus the efforts of so many of us in Ohio who are interested in improving the lives of people with diabetes... until there is a cure.

The simple things identified in the ODPCP grant do count! Foot exams save feet, eye exams save vision,

lower HbA1c levels decrease retinopathy, nephropathy, and neuropathy and probably decrease the number of strokes and cardiac events. Preventing influenza and pneumonia saves lives and decreases periods of illness, lessens the number of work days lost and reduces the need for hospitalizations.

The ODPCP provides program support for communities involved in diminishing the impact of diabetes in our towns, villages and cities and enhances the school experience of Ohio's children with diabetes. The grant targets high-risk populations, evaluates the effectiveness of established and newly evolving programs, such as federally funded health care

centers, and coordinates the efforts of regional and local groups with non-public health venues and objectives across the entire State of Ohio.

Supporting the efforts of the Ohio Diabetes Task Force is worth the time and effort necessary to improve the lives of people with diabetes in Ohio. The ODPCP Work Plan clearly defines what needs to be done now and during the next five years while we wait and hope for a cure to eradicate and prevent diabetes and its afflictions.

Submitted by:

Paul M. Rosman, DO, FACP, FACE
Task Force Member
Chair of Provider and Patient
Information Workgroup

In The News-New Web Resource: *Link For Life*

The American Diabetes Association has announced the launch of an interactive on-line educational tool, **Link For Life**, specifically designed to help people with diabetes learn how they can better manage their disease and reduce their risk for heart attack or stroke. Heart disease is the leading cause of death among the 17 million Americans who have diabetes. However, surveys show a startling lack of awareness of this serious threat among people with diabetes.

Recent research has shown Web-based tools have the potential to improve diabetes management. **Link For Life**, developed through a grant from GlaxoSmithKline, serves as a fun and interactive program

filled with practical tips and valuable information. **Link For Life** complements the *Make the Link! Diabetes, Heart Disease and Stroke* campaign, the association's educational initiative aimed at increasing awareness of the link between diabetes and cardiovascular disease among people with diabetes.

Visitors arriving at the site are greeted by "Type Two Lou," an animated character with type 2 diabetes who hosts the program. The web site features include: -Four distinct chapters: -What is diabetes?; Diabetes and related health problems; The ABCs of diabetes (A1C, Blood Pressure, Cholesterol); and Medications. Tips on meal planning and exercise and questions to ask health care



providers about reducing heart disease and stroke are included as well as a printable medication planner. The site is colorful, user-friendly and contains animated illustrations and creative sound effects.

Call 1-800-DIABETES (1-800-342-2383) or visit www.diabetes.org/MakeTheLink for more information.

The Ohio Diabetes Task Force

The Ohio Diabetes Task Force is a statewide advisory group comprised of representatives of more than 30 organizations and individuals interested in decreasing the burden of diabetes in Ohio. Meetings are chaired by Dr. Sam Cataland, The Ohio State University, and are held three times per year in March, July and October.

Goals of the Task Force are to:

- Monitor data related to outcomes of diabetes activity in Ohio and make recommendations for related Task Force activities.
- Promote education to the public and interested groups about reducing the risk of diabetes and its complications.

- Promote education to healthcare providers, in order to improve health outcomes of persons with diabetes.
- Promote access to quality care and self-management education among persons with diabetes.

The ODPCP welcomes the newest members of the Task Force:

Thomas M. Chester, O.D.

Dr. Thomas M. Chester, O.D., comes to the Task Force as a representative of the Ohio Optometric Association. He is the optometric director for the Cleveland Eye Clinic, a multi-specialty ophthalmology practice located in downtown Cleveland. He is a graduate of The Ohio State University College of Optometry and the Mount Vernon Nazarene College.

Dr. Chester has received many honors to date which include: Governor, Cleveland Optometric Association; President, OSU College of Optometry Class of 1996; President, Fellowship

of Christian Optometrists, 1993-1995; Gold Key International Optometric Honor Society; Wesley-Jessen Academic Excellence Award, 1996; and the Bausch & Lomb Practice Initiation Award, 1996.

To his credit, he has published several articles and manuals concerning corneal topography and management of LASIK and cataract patients. He is also an



accomplished guest lecturer with presentations concerning corneal topography, eye care for the elderly, pharmaceutical treatment of glaucoma, portable tonometry technology under pressure, perioperative management of LASIK, the evolution of refractive surgery, etc.

Dr. Chester is an Ohio native and is active in his church as well as with his family

Sunny Kim, Ph.D.

Sunny Kim, Ph.D., is an assistant research professor in the Department of Psychology at Ohio University and an adjunct assistant professor in the School of Public Health at The Ohio State University. Her duties include guest lecturing, participating in the biometrics lab, mentoring graduate students and serving as a dissertation committee member.

Prior to her current positions, Ms. Kim held several positions dealing with various statistical/epidemiological issues concerning clinical trials and popula-

tion-based surveys. She has also taught, collaborated with researchers and physicians for writing grant proposals, performed statistical analysis of longitudinal (10 years cohort) optometry data, and estimation of various disease prevalence from national databases and served as a staff nurse early in her health care career.

Ms. Kim has published many manuscripts and articles, and co-authored the book *Manual for Applied Survival Analysis Regression Modeling of Time to Event Data*. She has also prepared many technical reports and has pre-

sented numerous topics at health related conferences nationally and internationally.

Ms. Kim received a bachelor of science degree in nursing from Seoul University in Seoul, South Korea; a master of science degree in nursing from the University of Wyoming where she also attended the doctoral program in statistics. In 2000, she received her Ph.D. division of biostatistics/epidemiology from the School of Public Health at The Ohio State University.

Continued on page 5

Ying Studebaker, RN, MS, CS

Ms. Ying Studebaker, RN, MS, CS joins the Diabetes Task Force as a representative of the Ohio Primary Care Association where her role is to recruit and assist Ohio Federally Qualified Health Centers (FQHCs) with participation in the Health Disparities Collaborative.



Ms. Studebaker received a bachelor of arts degree in business administration-

marketing from California State University, a bachelor of science degree in nursing from Wright State University and a master of science degree in community health nursing from Wright State University where she was named outstanding graduate student of the year.

She comes to the Task Force with rich professional experiences in the fields of staff/community/patient education,

business and management and collaboration efforts. She has served as a linkage agent between the Ohio FQHC clinicians and other state and business organizations.

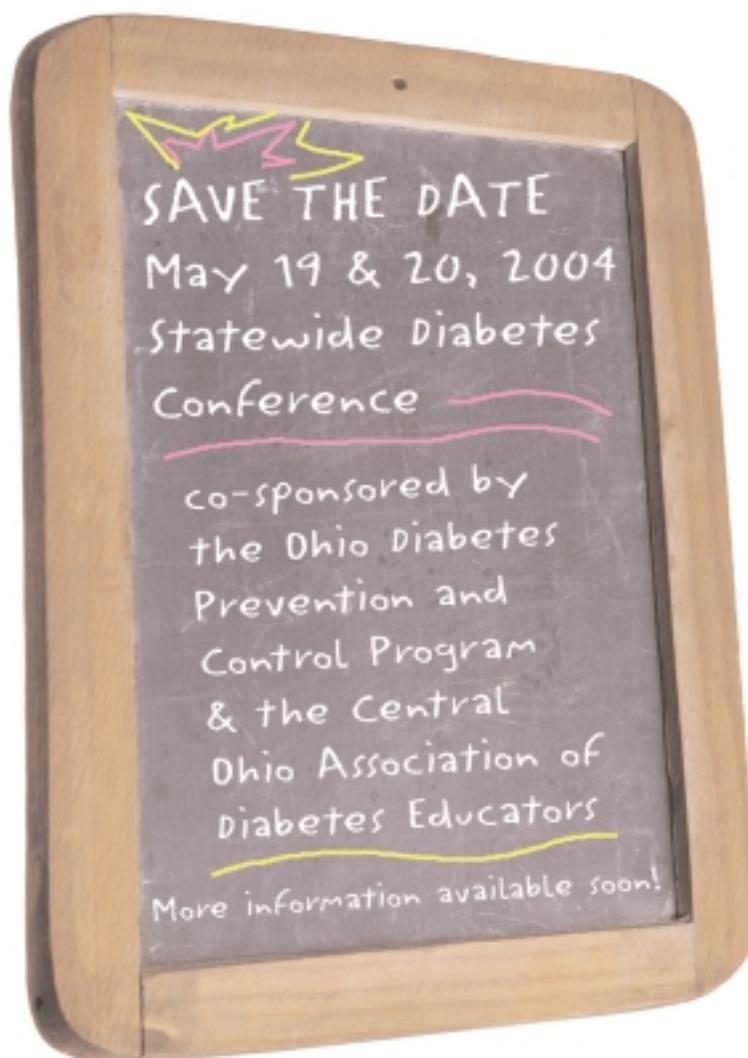
Ms. Studebaker is a former board member of the Clark and Champaign Counties Diabetes Association and is a registered nurse and a clinical nurse specialist in community health. Of special note is her work in reviewing Chinese language diabetic health educational materials for the Association of Asian Pacific Community Health Organizations.

Rosalie Weakland, RN, MSN, CPHQ, CHE

Rosalie Weakland is the director of quality improvement at The Ohio Hospital Association (OHA): The Association for Hospitals and Health Systems. In this position she oversees the CSR program and the ORYX measurement system. Ms. Weakland is the JCAHO Liaison for OHA. She is also working on statewide quality initiatives such as patient safety and quality indicators. Ms. Weakland staffs the Quality Improvement/Accreditation Committee.

Prior to this position, Ms. Weakland worked in different capacities concerning performance improvement. Other related professional nursing experiences include hospital supervision, staff nursing, infection control and clinical instructor for the ADN program and a computer application for the MSN program.

Ms. Weakland received her registered nursing degree from the Mercy School of Nursing in Canton, Ohio; her bachelor's of science degree in nursing and master's degree in nursing from the University of Akron. Her other professional certificates include CPHQ and CHE.



Statewide Diabetes and Health Literacy Conference

The Ohio Statewide Area Health Education Centers (AHEC) program presented a statewide conference April 24, 2003, in Columbus entitled "Best Practices and Real Results Conference: Diabetes and Literacy." More than 100 nurses, dietitians, physicians, health educators and others from a variety of practice settings around the state attended the one-day conference at the Concourse Hotel and Conference Center at Port Columbus International Airport. The conference was co-sponsored by the Ohio Primary Care Association. Continuing education accreditation was through the Medical College of Ohio, in Toledo.

The conference goal was to bring the latest clinical diabetes research and demonstrated diabetes management practice together with proven effective approaches for communicating with the most vulnerable populations for low literacy.

Speakers included Frank Vinicor, M.D.,

director, Division of Diabetes Translation, National Center for Chronic Disease Prevention and Health promotion, Centers for Disease Control and Prevention (CDC); Sue Stableford, M.P.H., M.S.B., director, Maine AHEC Health Literacy Center at the University of New England; Walter J. Clark, M.D., medical director, NorthEast Ohio Neighborhood Health Services, Inc.; Janet Ohene-Frempong, M.S., R.D. and Aracely Rosales, B.S. of the Clear Language Group; Sandra Cornett, R.N., Ph.D., director of the Health Literacy Program at Ohio State University; and Erin Boyle, C.H.E.S., Health Educator at Youngstown Community Health Center, Inc.

The Ohio Statewide AHEC program is an alliance of AHECs affiliated with Ohio's seven medical schools. The mission of AHEC is to bridge academic health centers with local, especially rural and underserved, communities for community-based clinical education of health professions students,

continuing education for the community's practitioners, health career education for the community's young people and health education for community members.

The Ohio Statewide AHEC program identified low health literacy as a major issue impeding appropriate health care more than two years ago and has since proceeded on an initiative of promoting awareness of health literacy among health care providers as well as building a capacity of health professionals trained in the concepts of plain language and clear communication.

The conference was funded in part by a public health conference support grant from the CDC.

For further information about AHEC or the health literacy initiative please contact Kathleen Vasquez, M.S.Ed., director, Ohio Statewide AHEC at <kvasquez@mco.edu>.

Dietetic Technician of the Year Announced

Mary Ann Nicolay, diversity coordinator for the Diabetes Association of Greater Cleveland, has been named the Ohio Dietetic Association Recognized Dietetic Technician of the Year. The award, presented at the association's 82nd annual meeting-April 10, 2003, in Columbus, recognizes significant contributions to the profession and to the association. Recipients must be active in the national, state or district American Dietetic Association by participating in publications, speaking

presentations, exhibits and/or health programs.

Ms. Nicolay has demonstrated such participation with particular concern for diabetes within minority populations in the Greater Cleveland community. Her leadership in program development and provision of diabetes education to minorities has proved her resourcefulness and creativity. She was also recently given the Hispanic Hero Award from El Centro De Servicios Sociales



Ohio's Vision...Awaken to the Challenge Conference

A new statewide partnership will address a looming healthcare issue expected to impact 2.5 million Ohioans in the next 30 years – aging eye disease and blindness. On April 28, 2003, more than 100 policymakers, government officials, social service agencies and others gathered for a day of learning and discussion at the *Ohio's Vision . . . Awaken to the Challenge Conference*. The conference brought to light many of the vision health challenges that will face Ohio seniors and their caretakers over the next three decades. The conference was also the first step in creating a new committee among Ohio leaders to address the impact this vision loss will have on seniors' quality of life and the economy.

According to the report *Vision Problems in the U.S.*, published in 2002 by the National Eye Institute and Prevent Blindness America (PBA), over **187,000** Ohioans age 40 and older are currently legally blind or visually impaired, largely resulting from the eye diseases of diabetic retinopathy, cataract, glaucoma, and age-related macular degeneration (AMD). The number of older Americans affected by these diseases is expected to double over the next 30 years as the Baby Boomer generation ages.

"As a state we must be informed so that we can prepare for the early detection, treatment and rehabilitation services that will be needed. It will also be important to step up the breadth and scope of vision research in Ohio and across the country," said Rick Bunner, Board Chair of Prevent Blindness Ohio (PBO) and member of the *Ohio's Vision Planning Committee*. "The *Ohio's Vision . . . Awaken to the Challenge Conference* is a first step in assembling key health, science, government and education leaders and

establishing the collaborations necessary to bring the challenges of the aging eye disease to the forefront."

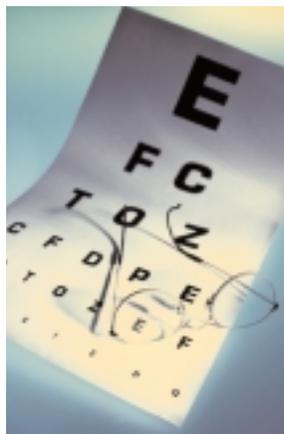
The key to helping aging Ohioans fight the debilitating impacts of vision loss is early detection and comprehensive eye care, said Sherry Williams, President and CEO of PBO, a public health non-profit dedi-

cated to the prevention of blindness and one of the key organizers of the conference. "We need to educate all Ohio seniors now and in the future to adopt a regular regimen of eye care," Ms. Williams said.

At the culmination of the *Ohio's Vision* conference, which was held at the Ohio Aerospace Institute in Cleveland, organizers created the Aging Eye Public/Private Partnership, which will be formed within the Ohio Department of Aging. The Partnership will be chaired by Joan Lawrence, Director of the Ohio Department of Aging, and Robert Newcomb, O.D., M.P.H. It will be comprised of key leaders and experts in the areas of vision health-care, the elderly and social services.

Governor Taft issued a proclamation on the day of the conference, asking partnership members to focus on the following objectives:

- Provide input to various state agencies and organizations concerned with Ohio's aging population to insure a consistent and comprehensive statewide plan of action for aging eye disease.



- Increase awareness about the growing future vision needs of Ohio's aging population.
 - Examine and recommend best practices for seniors in the area of identifying eye problems and maintaining healthy eyes.
 - Identify ways to increase vision research and vision research collaborations that seek the causes of and cures for sight-robbing eye diseases.
 - Provide annual reports which identify and assess the status of the Partnership's work within Ohio and recommend appropriate actions by both the private and public sector.
- The first meeting to plan for this newly formed Partnership will be June 9. Organizations involved in developing the Partnership include NASA Glenn Research Center, National Governor's Association, Office of the Governor, Ohio Department of Aging, Ohio Rehabilitation Services Commission, Ohio Department of Health, Ohio Ophthalmological Society, Ohio Optometric Association, Ohio Veteran's Administration Work Group, Opticians Association of Ohio, Prevent Blindness Ohio and Review of Refractive Surgery.

Submitted by:

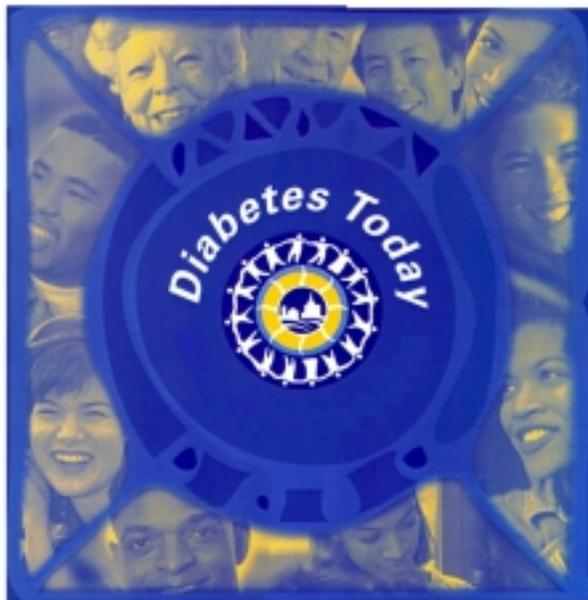
Julie Johnston
Communications Coordinator
Prevent Blindness Ohio

Diabetes Today Update

Diabetes Today is a national training program developed by the Centers for Disease Control and Prevention that looks at diabetes from a public health perspective. The goal of the training is to create community-based diabetes initiatives that focus on the strengths of the community and empower local groups to work together to improve diabetes care and education. The interactive program provides health professionals and key leaders with the skills needed to form a community network, to

assess the needs, resources and barriers of the area, to develop local interventions in collaboration with other agencies and to evaluate the on-going needs of the community. These efforts are designed to increase the awareness of diabetes and to minimize the problems caused by the disease.

Since April 2001 three Diabetes Today classes have been conducted by the Ohio Diabetes Prevention and Control Program with a total of 69 participants from 31 of Ohio's 88 counties. Four participants also attended the train-the-trainer course held in Ohio in October 2000. Agencies represented include 15 hospitals and clinics, 13 local health departments, The Ohio State University (OSU) Extension Service, two voluntary diabetes associations, two parishes, one mentoring program, minority agencies that serve Hispanics, Native American Indians, and African Americans, one physician is office, one community health center that serves the homeless population, one home health agency, and several support groups for persons with diabetes.



Forty-three attendees continue to develop their local coalitions, strengthen partnerships in their counties, network with partners in adjacent counties and implement various programs and services. The following is a summary of some of the community efforts that have been initiated as a result of participating in the Diabetes Today program:

- Provision of books on diabetes to schools, local libraries, and physician offices.
- Billboards, public service announcements and advertising.
- Assessment of community resources and patient needs.
- Formation and continuation of support groups.
- Educational classes and health fairs with speakers.
- Conference with Ohio Action for Healthy Kids.
- Coordination with OSU for the treatment and prevention of gestational diabetes.

- Purchase of equipment and supplies for blood glucose and cholesterol screenings.
- Purchase of computers and software for tracking purposes.
- Health, Wellness and Fitness fellowship.
- A four-part bilingual workshop targeted to the Hispanic population.
- Provision of match dollars for expansion of the AmeriCorps program into six counties.
- Purchase of pedometers for use with exercise classes.
- Cooking classes, food demonstrations, grocery store tours and cookbooks for participants.
- Displays and educational materials for ongoing classes, education and health fairs.
- Dining with Diabetes classes conducted in multiple counties.

The Ohio Diabetes Prevention and Control Program will conduct its fourth Diabetes Today training this fall from 8:30 A.M.– 4:30 P.M., Sept. 23 and 24 in Columbus. Staff from local health departments, community health centers, hospitals, cardiovascular projects and voluntary associations and other interested community leaders are encouraged to attend. There is no registration fee but the deadline to register is Aug. 1, 2003. Class size is limited to 20 participants.

For additional information or to register for the upcoming class, call Chris Goodall, RD, LD, program coordinator, at 614-728-7000.

Setting an Example

Our food choices, lifestyle and environment all affect our health. We know that dietary factors contribute substantially to preventable diseases and premature death: coronary heart disease, stroke, some forms of cancer and Type 2 diabetes. There is an epidemic of obesity in our nation. About

two-thirds of adults are overweight or obese and 15 percent of youth are overweight. About 300,000 deaths a year are associated with obesity. It is, therefore, fitting that those of us who work in public health arenas provide leadership to promote healthful eating at worksite functions. We can model our com-

mitment to good health by creating a healthy work environment and most importantly, by following the proposed suggestions, we can promote our own good health and reduce our personal risk for developing chronic diseases.

When providing food for meetings, seminars, conferences—plan to offer:

Beverages

Bottled water (plain spring water or flavored carbonated water without sugar)

Coffees or teas (have decaffeinated coffee and herbal teas available)

100% fruit or vegetable juices (small containers only)

Low-fat or skim milk

Breakfasts

Fresh fruits, dried fruits, unsweetened juices

Low-fat yogurt

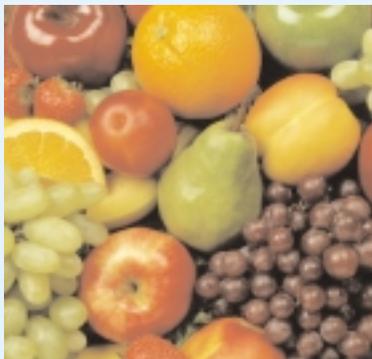
3-1/2 inches or smaller bagels- Include toppings of light margarine, low-fat cream cheese, jam or low sugar fruit spreads.

2-1/2 inches or smaller muffins, mini muffins

Low-fat granola bars

Unsweetened cereals

Lean ham or Canadian bacon, scrambled egg substitutes and vegetarian sausage



Lunches and Dinners

Fresh salads with low-fat dressings on the side

Soups made with vegetable puree or skim milk

Pasta salads with low-fat dressings

Sandwiches on whole grain breads

Lean meats, poultry, fish or tofu

Baked potatoes with low-fat toppings

Ample portions of steamed vegetables

Whole grain breads and rolls

Margarine without trans-fatty acids

Low-fat desserts: fresh fruit, angel food cake with fruit toppings, fruit crisps, etc.

Snacks

Fresh vegetables with low-fat dip

Fresh fruit

Whole grain, low-fat crackers

Baked or low-fat potato chips, pretzels

Baked tortilla chips and salsa

Excerpted from an article prepared by The University of Minnesota, School of Public Health – "Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered events."

Diabetes Summer Camp Information



Camp Hamwi

For more than 35 years, Camp Hamwi has provided youth (age 7-17) an outdoor adventure offering a unique group living experience where campers learn how to live cooperatively with others. Each individual is important at Camp Hamwi for his or her own particular qualities and contributions to the camp community. The camp provides opportunities for self-discovery and creativity through exploring individual potential and abilities. Through a simple group living environment, campers discover an appreciation for each individual's differences and the positive feeling of group accomplishments. It offers young people with diabetes a traditional camping experience, complete with arts and crafts, swimming, horseback riding, archery, hiking and the opportunity to learn more about living with the challenge of diabetes as well as gaining support from other youth with diabetes. Campers are housed in groups of seven or eight with one or two staff members per cabin.

Located at the Camp Mohaven Campgrounds in Danville, Ohio, Camp Hamwi is sponsored by **The Central Ohio Diabetes Association**. Campers are charged \$260 for one week and scholarships are available for children who wish to attend Central Ohio Diabetes Association's day camps and Camp Hamwi. No child has ever been turned down for lack of

ability to pay. Phone 1-800-422-7946 for more information. Register on-line at www.diabetesohio.org

Camp Hamwi 2003 Schedule:

Senior Challenge

Ages 14 to 17,
July 27-August 2

Trailblazer

Ages 7 to 10,
August 3- August 9

Explorer

Ages 11 to 13,
August 10-August 16

Health Care Professionals are needed for the upcoming camping season. RNs, LPNs and paramedics are needed for one-week commitments. Training, a stipend and room and board are provided. Interested individuals should contact Dena Hart at (614) 486-7124 or via e-mail at: dhart@diabetesohio.org



Camp Ho Mita Koda

Ho Mita Koda means "welcome my friend" in the Sioux Indian language. Founded in 1929 by Dr. and Mrs. Henry J. John, this is the oldest continuing camp for children with diabetes in the world. The camp is located east of Cleveland in Geauga

County and is sponsored by the **Diabetes Association of Greater Cleveland**, the American Diabetes Association Heartland Region, the Juvenile Diabetes Foundation Cleveland Chapter and other organizations and individuals. Camp activities include the Red Cross swimming program, boating, canoeing, sailing, fishing, arts and crafts, skits, music, archery, tennis, team sports, hiking, nature study, team challenges, a rope course, field trips and special events.

Experienced physicians from the area's major medical centers and teaching hospitals oversee the care of each camper during regular visits to the camp and medically trained dispensary staff is on duty 24 hours a day. A registered dietitian plans and supervises the well-balanced meals. Diabetes supplies and insulin are provided by the camp.

For more information, call 216-591-0800 or visit the Web site at www.dagc.org



Camp Ko-Man-She

The **Diabetes Association of the Dayton Area** is sponsoring Camp Ko-Man-She for youth with diabetes. The camp provides a safe, healthy and natural environment for each child's camping adventure. A goal of the camp is to teach skills that

Continued on page 11

Diabetes Summer Camp Information *continued*

will help children manage their diabetes. The camp is fully accredited and professionally staffed with physicians, nurses and registered dietitians. The camp is held at Camp Campbell Gard in Hamilton, Ohio, just a few miles from the Americana Amusement Park. The junior camp is scheduled to begin July 13 and the senior camp is scheduled to start July 20.

For more information, call 937-220-6611 or visit the Web site at www.diabetesdayton.org



Camp Korelitz

The American Diabetes Association is sponsoring Camp Korelitz, located at Camp Joy in Clarksville, Ohio. Activities include team sports, waterfront games, campfires, outdoor school, arts and crafts, drama and archery. A major

component of the camp is education in the areas of insulin management, injection site rotation and diet control.

Summer camp is a special experience for every child at Camp Korelitz. An outdoor adventure in which the campers are challenged to be their best, create new friendships and test their own skills is provided. The knowledge gained and friendships made can help boost children's self-confidence and help them come to terms with the emotions involved with having diabetes.

The camp is scheduled for the week of Aug. 2, 2003. For more information, please call 513-759-9330 or visit the Web site at http://www.childrenwithdiabetes.com/camps/d_07_2a0.htm



the daily challenges they face due to their diabetes while having a fun-filled camping experience. Camps are coordinated by physicians, nurses, pediatric diabetes educators, a nutritionist and an exercise physiologist. There is a modest application fee to participate and camp scholarships are available to those who qualify.

Diabetes Resident Camp (ages 10-15): July 6-11, 2003, will be held at Camp Libbey in Defiance and will



Diabetes Youth Program's Summer Camps

The Diabetes Youth Programs' summer camps offer an opportunity for children with diabetes to learn practical approaches to

offer a week-long outdoor adventure to pre-teen and teenage children with diabetes. Campers with diabetes are welcome to share the week with friends or

family members, also age 10-15, who may not have diabetes but who care about someone who does have the condition.

Swimming, nature programs, horseback riding, campfires, games and hiking the 300 acres along



the Maumee River will be experienced along with educational sessions designed to help the camper learn to manage his/her diabetes independently.

Summer Day Camp (ages 6-9): July 28-Aug. 1, 2003, will be held at Olander Park in Sylvania and will provide specialized learning programs designed for elementary school students with diabetes. In a fun-filled recreational setting, the camp offers children practical solutions to problems they confront daily because of their diabetes. The campers spend their days with physicians, nurses, junior counselors, dietitians and a recreational specialist developing the self-confidence and knowledge necessary to help deal with their diabetes. A high point of the week is the family picnic and awards ceremony to celebrate each camper's achievements.



For more information, contact Robin Condon, director, Diabetes Youth Program at 419-578-1796 or e-mail: robin@dyp4kids.org



Diabetes Web Sites

- Diabetes in African Americans
www.niddk.nih.gov/health/diabetes/pubs/afam/afam.htm
- Diabetes in American Indians and Alaska Natives
www.niddk.nih.gov/health/diabetes/pubs/amindian/amindian.htm
- Diabetes in Asian and Pacific Islander Americans
www.niddk.nih.gov/health/diabetes/pubs/asianam/asianam.htm
- Diabetes in Hispanic Americans
www.niddk.nih.gov/health/diabetes/pubs/hispan/hispan.htm
- New Food Pyramids in Different Languages
www.metroke.gov/health/REACH/diabetes.htm
- Childhood Nutrition and Obesity-USDA's Food and Nutrition Service-Eat Smart, Play Hard
www.fns.usda.gov/eatsmartplayhard

Upcoming Events

American Association of Diabetes Educator's
30th Annual Meeting/Exhibits
August 6-9, 2003
Salt Lake City, UT

American Public Health Association's 131st
Annual Meeting and Exposition
November 15-19, 2003
San Francisco, CA

Editorial Staff

Julie Barrett, RN
Christine Goodall, RD,LD
Thomas (Eddie) Joyce, MA
Nancy D. Schaefer, RD,LD

Graphic Designer

Robert Hill

Contributors

Kathy Vasquez, MSED
Julie Johnston
Paul Rosman, DO, FACP, FACE



If you would like to contribute an article for the next newsletter or if you are aware of other upcoming educational opportunities and internet resources, please send us your ideas.

****DEADLINE** - for submitting news for the Fall Newsletter is: September 19, 2003

Use this form to report a change in address or to be removed from our mailing list and/or to share information.

Name
Agency
Old Address
New Address

Please remove my name Please update my address



Return to: Nancy D. Schaefer, RD, LD
Ohio Diabetes Prevention and Control Program
Bureau of Health Promotion & Risk Reduction,
Ohio Department of Health,
P.O. Box 118,
Columbus, OH 43266-0118
Phone: (614) 728-3775

