



ODPCP

OHIO DIABETES PREVENTION & CONTROL PROGRAM
BUREAU OF HEALTH PROMOTION & RISK REDUCTION

Distinguished Community Health Center Physician Named Director of the Ohio Department of Health

Alvin D. Jackson, M.D., in June became the new director of the Ohio Department of Health, after being appointed by Governor Ted Strickland in January.



*Alvin D. Jackson, M.D.,
Director of Health*

A central theme in Gov. Strickland's Turnaround Ohio Plan is to focus on Ohio's public health needs.

Dr. Jackson has been an influential leader of Ohio's Community Health Centers and a long-time member of the Ohio Diabetes Alliance.

Jackson's efforts have gained him

state and national attention. In 2000, he won the Pfizer's Ohio Quality Care award. In 2001, he won the U.S. Department of Health and Human Services' Clinician Award (for outstanding dedication and commitment to the nation's migrant farm workers) as well as a Robert Wood Johnson Community Health Leadership Award.

In 2004 Jackson was awarded Honorary Doctorate of Humane Letters from Heidelberg College for his humanitarian efforts with the migrant population and assistance in foreign relief efforts.

Women's Hearts

Did you know most women list their greatest medical fear as breast cancer? The fact, however, is that more women die from heart disease than from all cancers combined. We also know diabetes is a leading cause of heart disease and one-half million women die each year from heart disease. That's nearly one in two women - and 50,000 more than men.



Women's heart attack signs are also very different from men's; the symptoms can be more subtle. Women can experience the powerful chest pain men do, but many never experience chest pain at all. Rather, pain in the shoulder or jaw may occur, which many women brush off as normal aches and pains. While many women never experience chest pain, most doctors consider chest pain to be the most important heart attack symptom, regardless of gender.

A recent study by the National Institutes of Health found women often experience symptoms as much as a month or more before their heart



See *Women's Hearts* on page 5

Healthy Lifestyle Coaching

An Important Asset to Columbus' Near Eastside

The Near Eastside Healthy Lifestyle Center is addressing the diabetes crisis in Columbus' near eastside. The center provides area residents with a resource to make positive and lasting lifestyle changes. One of the center's most important resources is healthy lifestyle coaching, also referred to as community lifestyle coaches.

"Healthy lifestyle coaching is designed to help people either prevent or effectively manage their diabetes and other lifestyle risks associated with having a chronic disease," said Rhonda Robinson, program director for the Near Eastside Healthy Lifestyle Center.

Community lifestyle coaches have completed the Central Ohio Diabetes Association's Diabetes Education Class Series. The Diabetes Teaching Program has been recognized by the American Diabetes Association for Quality Self-Management Education. Some of the items included in

the education series are:

- Diabetes, its associated risk factors, prevention, early detection, clinical management and complications.
- The importance of lifestyle change in the prevention of diabetes,
- Personal and cultural beliefs about diabetes.
- Barriers and facilitators to lifestyle changes.
- The importance of self-management in the control of diabetes.
- Techniques for finger-stick glucose measurements, blood pressure, weight, height and accurate record keeping.
- Group dynamics, active listening, problem solving and interviewing techniques.
- Ethical considerations in interventions and much more.

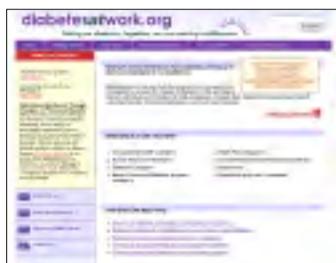


After training, the community lifestyle coaches are assigned individual families with at least one family member diagnosed with type 2 diabetes. The lifestyle coach plays a vital role in the area of intervention, in providing each family member with values clarification and in goal setting. They help families develop a strategy to meet their program goals to lower their blood sugar level through proper diet, healthy nutrition and physical activity. They also provide motivation and support in overcoming challenges that may interfere with achieving their stated health behavior goals.

For more information on becoming a community lifestyle coach for the Near Eastside Healthy Lifestyle Center call (614) 252-6452 or 1-800-422-7946.

America's Health Insurance Plans Highlights *DiabetesAtWork*

America's Health Insurance Plans, the national association representing nearly 1,300 member companies providing health insurance coverage to more than 200 million Americans, recently highlighted



<http://www.DiabetesAtWork.org> in the April issue of their *Medical Affairs Issue Report* in recognition of National Employee Health and Fitness Month.

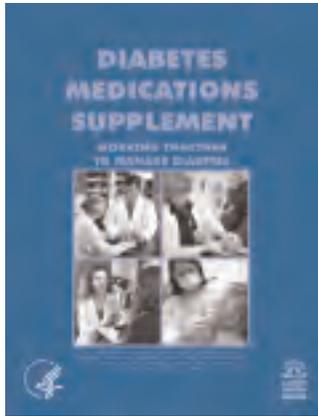
With more than 20 million Americans now suffering from diabetes, and an estimated 54 million more

with pre-diabetes, there are a number of resources health insurance plans can use to inform their enrollees on how best to control diabetes or prevent or delay type 2 diabetes. DiabetesAtWork.org, a central portal for diabetes related information for employers, is recognized by AHIP as a primary source of information for health insurance providers.

Updated NDEP Publications

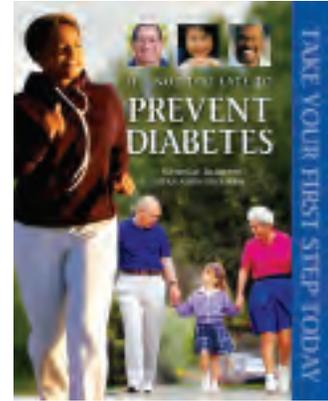
The National Diabetes Education Program (NDEP) is pleased to announce the online availability of the following revised publications: Working Together to Manage Diabetes: Diabetes Medications Supplement; Working Together to Manage Diabetes: Posters; and the It's Not Too Late to Prevent Diabetes - Take Your First Step Today tip sheet for older adults.

The medications supplement and posters are components of Working Together to Manage Diabetes: A Guide for Pharmacy, Podiatry, Optometry and Dental Professionals, which promotes a team approach to comprehensive diabetes care and provides



simple care recommendations to clinicians about making cross-disciplinary treatment referrals. The revised Diabetes Medications Supplement provides a snapshot profile of medications for controlling blood glucose, blood pressure and cholesterol. Available in English and Spanish, the revised patient education posters can be used by health care professionals in exam or waiting rooms to help educate patients on specific steps they can take in collaboration with their pharmacists, eye, foot and dental care professionals to control diabetes.

The It's Not Too Late to Prevent Diabetes - Take Your First Step Today tip sheet for older adults spreads the news that it's never too late to prevent diabetes and gives tips to find new



ways to get moving, have fun and prevent or delay type 2 diabetes. The tip sheet has been revised to incorporate the latest physical activity and nutrition updates, as well a new section called "Get Your Friends and Family Involved" that includes more family-oriented action steps.

These publications can be downloaded from the NDEP Web site, <http://ndep.nih.gov/> and hard copies will be available for order soon through the National Diabetes Information Clearinghouse.

Preventing Type 2 Diabetes When You're On-the-Go

by the National Diabetes Education Program

Summer vacation is the time for fun, relaxation and a break from everyday life. But being on vacation doesn't mean you can forget your healthy eating habits and physical activity routine. If you're at risk for type 2 diabetes, plan how to fit physical activity and healthy eating into your travel plans. With a little effort, you can stay healthy while you're on the road. The key is small steps that lead to big rewards - you don't have



to knock yourself out to prevent diabetes.

When you're not preparing your own food, it can be challenging to eat healthy and not be tempted by convenient fast food restaurants, family-style buffets or large-portioned meals. For starters, take time to look over the menu and make a few healthy choices. Ask about portion sizes and check if the menu shows the calorie content of a meal. Don't be afraid to have your menu selections prepared with less salt and no added fat. A few more tips to make healthy choices include:

- Order first so others do not influence your choices.
- Order a small or half-portion meal or have an appetizer as a main meal.
- Order a salad to start and share a main dish.
- If you drink alcohol, choose wine or light beer. Avoid mixed drinks.
- Choose steamed, grilled or broiled foods instead of those that are fried or sautéed.
- Order salad dressing, gravy, sauces or spreads on the side and eat a small amount.

See Preventing on back page

Foot Care When Traveling (For People With Diabetes)

Why is foot care important?

When you have diabetes, taking good care of your feet is important, especially when traveling. Poor foot care can lead to serious problems.

Whether your trip includes skiing, touring city streets, walking sandy beaches or making business presentations, you will probably spend a lot of time on your feet. This can increase the risk of foot problems.

Following the guidelines will help you keep your feet healthy while you're traveling so you can enjoy your trip.

What should I do before I leave home?

Being well prepared before you leave for your trip will help prevent problems. Follow these guidelines:

- Talk to your doctor about your trip. Ask your doctor how to care for your feet while traveling.
- Write down your doctor's phone number and a current medication list. Keep this information with you in your carry-on bag, purse or wallet. This information will be helpful if you need to see a doctor away from home.
- Don't forget to wear medical identification that states you have diabetes.

What should I pack?

1. Comfortable shoes:

- Break in stiff, new shoes before you leave for your trip to avoid foot irritation.
- Plan to wear dress shoes or high-heeled shoes only when necessary.
- Bring at least two pairs of shoes so you can switch pairs often. Changing shoes helps prevent blisters and sore pressure points.

2. Comfortable socks:

- Socks with padding will protect troublesome pressure points.
- Socks made with natural fibers, including cotton and wool, will keep moisture away from your skin and will protect your feet against fungal infections.



3. First aid kit:

- Pack a first aid kit so you can treat cuts, blisters or other foot sores right away to prevent infection.
- Pack your first aid kit, medications, syringes and testing supplies in a purse or carry-on bag so they are not lost or misplaced. (Be sure to get a letter from your doctor that explains you have diabetes and need to carry syringes and testing supplies with you on the plane.)

What should I consider when traveling to cold climates?

- Choose shoes that will protect your feet from the outdoor conditions (cold, moisture, etc).
- Wear boots or shoes that will keep your feet dry.
- Wear insulated socks to keep your feet warm so you can avoid circulation problems.
- Make sure your shoes, boots or skates fit properly. If you have neuropathy (nerve damage that results in loss of feeling in your feet), you may not notice that your boots or shoes are too tight.
- Be sure to try on footwear with the socks you will be wearing.

- Take time to come indoors frequently to warm up so you can avoid frostbite.

What should I consider when traveling to warm climates?

- Never go barefoot -- protect your feet at all times when you are walking by the pool, in the park, on the beach or swimming in the ocean.

WHY? Walking barefoot increases your risk of cuts from broken glass, wood pieces, broken seashells, coral or other harmful objects. Bacteria can enter your body through cuts on your feet and cause an infection.

- Wear shoes that are specially made for ocean or beach walking. You can buy these at a sporting goods store or possibly at a store near the beach.
- Do not wear open-toed shoes including sandals, flip-flops or other types. When your toes are exposed, you increase your risk for injury and potential infections.

Important foot care guidelines

1. Examine the tops and bottoms of your feet each day. Look for any blisters, cuts, scratches or other sores. Also check for redness, increased warmth, ingrown toenails, corns and calluses.
2. Wash your feet every day with mild soap and lukewarm water. Gently and thoroughly dry your feet.
3. Use lotion on your feet to prevent cracking. Do not apply lotion between your toes.
4. Care for your toenails regularly. Cut your toenails after bathing, when they are soft. Cut toenails

See Foot Care on next page

- straight across and smooth them with an emery board.
- Do not self-treat corns, calluses or other foot problems. Go to a doctor or podiatrist to treat these conditions.
 - Don't wait to treat a minor foot problem. Follow your doctor's guidelines listed below.

First aid guidelines for your feet

What should I include in my kit?

- Antibacterial cream.
- Gauze pads.
- Hypoallergenic tape or paper tape.
- Hypoallergenic bandages or cloth bandages.
- Prepackaged cleansing towelette (in case soap and water are not available).

Additional items that may be helpful to prevent irritation:

- Moleskin (to prevent rubbing at pressure points such as heels, bunions, etc.).
- Lambswool (to prevent rubbing between the toes).

How should I take care of small cuts?

- Gently wash the area with mild soap and warm water.
- Cover the cut with a hypoallergenic bandage, cloth bandage or a gauze pad with hypoallergenic or paper tape.
- Apply antibacterial cream to the cut.
- Change the dressing at least once a day.

How should I take care of blisters?

- Don't try to break or pop the blister. The skin covering the blister helps protect it from infection.
- Gently wash the area with a mild soap and warm water.

- Apply antibacterial cream to the blister.
- Cover the blister with a gauze pad. Secure the gauze in place with hypoallergenic or paper tape.
- Change the dressing at least once a day.
- Wear other shoes until the blister heals.

How should I take care of minor skin irritations?

- Gently wash the area with a mild soap and warm water.
- Cover the irritated skin with a gauze pad. Secure the gauze in place with hypoallergenic or paper tape.
- Keep checking the area to make sure the irritation doesn't get worse.
- Change the dressing at least once a day.

How should I take care of minor burns?

- Don't try to break or pop blisters that may have formed.

- Gently wash the area with mild soap and warm water.
- Cover the burn with a gauze pad and secure it in place with hypoallergenic or paper tape.
- Change the dressing at least once a day.

How should I take care of frostbite?

- Use warm water to warm the skin (98°F to 104°F).
- Call for medical help immediately.
- Don't rub the area or apply creams.
- Don't try to walk on the affected foot.

When should I call a doctor or podiatrist?

- If you do not see an improvement the next day after treating a minor foot problem, such as a cut.
- If you have pain or discomfort that continues for more than two days.
- If you notice any pus developing on the sore or near it.

Women's Hearts *continued*

attack. The most common of these symptoms were unusual fatigue, sleep disturbances and shortness of breath.

Here are some typical symptoms prior to and during an attack. Please remember these are just some of the symptoms; one or more may be present or you may experience no warning at all.

A woman's chance of survival increases dramatically when medical intervention is received early.

Prior to a heart attack:

- Burning sensation in chest, often mistaken for heartburn.

- Unusual feeling or mild discomfort in your back or chest.
- Unusual fatigue, weakness, body ache and overall feeling of illness.
- Sleep Disturbance.
- Shortness of breath.
- Indigestion.
- Anxiety.

During a heart attack:

- Chest pain.
- Shortness of breath.
- Weakness.
- Unusual fatigue.
- Cold Sweat.
- Dizziness.
- Nausea Vomiting.
- Pounding or racing heart.
- Pain in shoulder, back, arm or jaw.

American College of Physicians Launches Tools to Improve Diabetes Care

Eat right, exercise, monitor blood sugar and take medication regularly. This is the advice physicians give the more than 20 million Americans affected with diabetes. Yet implementation of these recommendations is often far from ideal, putting patients at greater risk for damage to the heart, kidneys, eyes and feet.

In an effort to close this gap, the American College of Physicians (ACP) and the American College of Physicians Foundation are unveiling three practical tools for practicing internists who are ACP members, other health care professionals on clinical practice teams and their patients.

"The goals of providing these resources," said Vincenza Snow, MD, FACP, director, Clinical Programs and Quality of Care at ACP, "are to increase awareness of the gap between current practice and acceptable standards of diabetes care; to provide educational interventions to improve diabetes care; to increase physician awareness of what constitutes high quality, evidence-based diabetes care; and to recognize medical practices that improve their diabetes care."

The following materials are designed to help physicians and their staff to implement team-based care strategies, provide them with practical tools and motivate patients to implement lifestyle changes and self-management techniques.

- **Living With Diabetes: An Everyday Guide for You and Your Family** is an innovative model for patient education and empowerment. This self-management guide for patients covers diet, exercise, monitoring blood sugar, insulin and other medications. Available with text in English or Spanish, *Living With Diabetes* is written in a conversational tone at a fifth-grade reading level and includes photographs of patients with diabetes and their families. It gives practical tips and concrete examples of successful approaches to control diabetes. Patients can get a copy of *Living With Diabetes* from their internist.
- **The ACP Diabetes Care Guide for Physicians and Practice Teams** is intended to be used by multi-disciplinary teams providing care to patients with diabetes. It has two components: a printed practice manual (including special tools for better management of practice and patients) and a CD-ROM containing electronic versions of the manual and tools and 81 multiple-choice questions, answers and critiques. One hundred thousand (100,000) copies of the guide will be distributed free to internal medicine physicians (including generalists and endocrinologists), nurses (including nurse practitioners), physician assistants and diabetes educators (including nurses and dietitians). Health care professionals can use

the guide to earn continuing education credits.

- **The Diabetes Portal** (<http://diabetes.acponline.org>) is a free, Web-based resource for physicians and patients that provides tools, resources and research supporting diabetes care. Patients and clinicians can access information specific to their needs. Clinicians can search for information under the headings of quality improvement, practice issues and clinical topics. Information and links are updated regularly, providing clinicians and patients with the latest evidence-based guidance. Patient resources include information about eye, foot, heart and kidney complications caused by diabetes, as well as portions of both the patient and physician guides listed above.

Both **Living with Diabetes** and the **ACP Diabetes Care Guide** can be ordered at <http://diabetes.acponline.org> and are free to ACP members.



About one in four women with diabetes that first develops during pregnancy, also called gestational diabetes, go on to develop type 2 diabetes within 15 years.

About the National Fruit & Vegetable Program

The National Fruit & Vegetable Program is a national partnership to increase consumption of fruits and vegetables by all Americans. Eating a diet rich in fruits and vegetables every day will promote good health and may help reduce the risk of stroke, high blood pressure, diabetes and some cancers.



The program seeks to do this by increasing public awareness of the importance of eating a diet rich in fruits and vegetables every day for better health; providing consumers with specific information about how to include more servings of fruits and vegetables into their daily routines; and increasing the availability of fruits and vegetables at home, school, work and other places where food is served.

In 1991, a partnership was formed between the National Cancer



Institute and the Produce for Better Health Foundation. The nutrition program that was created through this partnership was called the "5 A Day for Better Health Program." The program was one of the nation's largest public-private partnership for nutrition. In October 2005, the Center for Disease Control and Prevention became the lead federal

agency and national health authority for the "5 A Day for Better Health Program.

In March 2007, the 5 A Day program became the National Fruit and Vegetable Program and launched a new public health initiative, Fruits & Veggies- More Matters, in

order to reflect the new dietary guidelines, which recommend more than five servings of fruits and vegetables for some Americans. The national program is a public-private partnership. It is confederation of government, not-for-profit groups and industry working collaboratively and synergistically to increase the consumption of fruits and vegetables for improved public health.

The *Dietary Guidelines for Americans*, released in January 2005, changed fruit and vegetable recommendations for all Americans. Previous dietary guidelines recommended a range of five to nine servings of fruits and vegetables a day. The new guidelines recommend two to six and one-half cups of fruits and vegetables a day or the equivalent of four to 13 servings. Through consumer research, the National Fruit and Vegetable Program recognizes cups are more understandable and more motivating tool for helping consumers visualize the amount of fruits and vegetables they should eat.

Focus on Eye Health: Getting Maximum Benefit

Did you know Medicare helps to pay for a comprehensive dilated eye exam every year for people who are at higher risk for glaucoma? People with Medicare who are eligible for this benefit include the following:

- African Americans age 50 or older.
- Hispanics age 65 or older.
- People with a family history of glaucoma.
- People with diabetes.

The National Eye Institute (NEI) and the Centers for Medicare & Medicaid Services have developed a Medicare benefit card to help spread the word about maximizing this benefit. The postcards are available in English and Spanish and promote Medicare benefits for both glaucoma and diabetic eye disease. Send these cards to people at higher risk and distribute the cards in your office, at health fairs, senior centers and other locations in your community.



You can maximize exposure of this Medicare benefit and the availability of the postcards by sharing this information with your colleagues and constituents. NEI has developed camera-ready, print public service announcements (PSAs) you can download for inclusion in newsletters, magazines and other print publications. These PSAs can also be posted on your organization's Web site. Download at <http://www.nei.nih.gov/medicare>

Preventing *continued*

- It's OK to share a dessert once in a while. Pick healthy desserts such as fruit or frozen yogurt.
- Drink water or skim or low-fat milk instead of sweetened juices or soda.

When traveling, pack a small cooler of foods that are hard to find on the road, such as fresh fruit, sliced raw vegetables and fat-free or low-fat yogurt. Also, pack a few bottles of water instead of sweetened soda or juice. Instead of stopping at rest stops, going to a fast-food drive-through or eating at the airport, bring dried fruit, nuts and seeds to snack on. Because these foods can be high in calories, measure out small portions (¼ cup) in advance.

There are also lots of things you can do to be active during vacation. You

can choose a biking, camping, hiking or canoeing trip to raise your activity level. If you're off to the beach, you can go for a swim, take a long walk or play a beach game. When driving for long periods, include time for a walk every few hours. If you're staying in a hotel, check out the gym, walk a few extra blocks instead of taking a taxi, swim in the hotel pool, rent bikes for the day, hike a nature trail or spend the evening dancing. Include at least 30 minutes of physical activity each day.

Being active and making healthy food choices while on vacation will help you stay on track to prevent or delay type 2 diabetes. To learn more about diabetes prevention and to order a free copy of *Your GAME PLAN to Prevent Type 2 Diabetes*, contact the National Diabetes Education Program at <http://www.ndep.nih.gov> or call 1-800-438-5383.

Save the Date

Global Diabetes Summit

Dates

11/29/2007 to 12/1/2007

Location

Hilton Easton and Columbus Convention Center

Columbus, Ohio

For more information

www.medicalcenter.osu.edu/go/diabetessummit

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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: Oct. 1, 2007**

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

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