

INControl

Diabetes & Cardiovascular Health



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DIABETES & CARDIOVASCULAR HEALTH SECTION:

TO REDUCE THE BURDEN OF DIABETES AND CARDIOVASCULAR DISEASE IN INDIANA THROUGH DATA SURVEILLANCE, HEALTH COMMUNICATIONS, HEALTHY SYSTEMS DEVELOPMENT, AND DEVELOPMENT AND IMPLEMENTATION OF COMMUNITY INTERVENTIONS AND PROGRAMS.

A New Year . . . with a Chronic Condition

Many Hoosiers will begin 2012 with the tradition of making a New Year’s Resolution. “Lose Weight”, “Get Fit”, and “Quit Smoking” are listed on the “Top ten” Resolution charts each year. For people managing and preventing a chronic condition keeping their Resolution could have a profound impact on their health.

The challenge of making a change can be overwhelming. Information and support are often key in the success of those who are ready to achieve a healthy lifestyle. Making small simple changes, such as a 5 percent to 7 percent reduction in weight (*if overweight*) and slowly building up to 30 minutes of moderate activity five days a week, can accomplish big results.

More opportunities for individuals to receive guidance, direction, and encouragement in accomplishing each small change will make success more possible. On page 2, some resources and information are detailed where individuals, community members, worksites, and healthcare professionals can find ways to be a part of the change.



FEB.03.2012

National Wear *red* Day®



Healthy Lifestyle Resources (cont. from page 1)



YMCA Diabetes Prevention Program

The YMCA's Diabetes Prevention Program is 16-week education and support program that encourages eating healthier, increasing physical activity and losing a small amount of weight. Research shows a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58% if they reach their goals.

Programs available in:

- Indianapolis—317-266-9622; email agraves@indymca.org
- Fort Wayne—260-918-2148; email YDPP@fwymca.org
- Monroe Cty—317-332-5555; email swoods@monroecountymca.org



National Diabetes Education Program

Resources are FREE. Do you want to learn more about diabetes, making a change in your life or your community? Click below and find publications, factsheets, toolkits, videos, and other online resources to assist in your efforts!

[Am I at risk? How can I prevent diabetes?](#)

[I have diabetes? How do I manage diabetes?](#)

Resources for:

[Healthcare Providers](#) [Schools](#) [Businesses](#)



Diabetes Education Empowerment Program with Tobacco Control

Learn how to manage your diabetes and get the support you need.

This 8 week series will give you the resources and support you need to take control of your diabetes and be empowered to lead a healthier, stronger life.

[To find a Class near you!](#)



INShape Indiana motivates, educates, and connects Hoosiers to valuable resources that help them eat better, move more and avoid tobacco

FIND RESOURCES, LOCAL SUPPORT, AND JOIN THE ONLINE COMMUNITY TO:

EAT BETTER

MOVE MORE

AVOID TOBACCO



Living a Healthy Life With Chronic Conditions

These 2 ½-hour workshops are held each week for six weeks and will assist you in making a step-by-step plan to improve your health—and your life.

- *Find the support you need*
- *Discover practical ways to deal with pain and fatigue*
- *Learn better nutrition and exercise choices*
- *Understand new ways to talk with your doctor and family about your health.*

To find a class near you—
Or for more information
CALL **1-800-986-3505**
visit www.diabetes.in.gov



[CLICK here](#)
for the online
interactive
version



"Making the healthy choice the easy choice"

Enhancing the lives of Hoosiers by promoting good nutrition, regular physical activity, and a healthy weight through policy, environment, and lifestyle change.

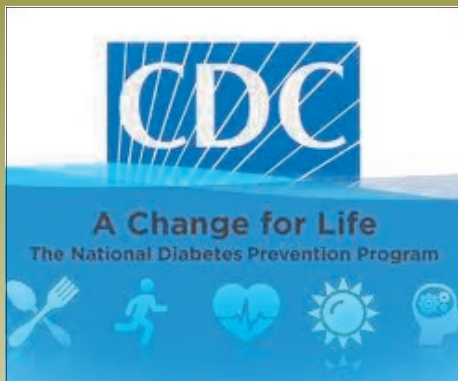
Find resources to change your community!

- [Nutrition Resources](#)
- [Physical Activity Resources](#)
- [Healthy Worksite Toolkit](#)
- [Model School Wellness Policy](#)
- [6 VIDEOS on changing your community: Complete Streets, Garden On The Go, Worksites, Breastfeeding, What a Healthy Community Looks Like, The Indiana Healthy Weight Plan 2010-2020](#)
- [Download the Plan](#)



Learn more about the National Diabetes Prevention Program

The National Diabetes Prevention Program is a CDC-led program that supports evidence-based lifestyle intervention people at high risk for type 2 diabetes.



[View the video to learn more about the Diabetes Prevention Program](#)

The lifestyle program in this study showed that making modest behavior changes, such as improving food choices and increasing physical activity to reduce the risk of developing type 2 diabetes by 58 percent in people at high risk for diabetes.

A one-year lifestyle change program that includes 16 core sessions (usually one per week) and six post-core sessions (one per month).

The National Diabetes Prevention Program encourages collaboration among federal agencies, community-based organizations, employers, insurers, health care professionals, academia, and other stakeholders to prevent or delay the onset of type 2 diabetes among people with prediabetes in the United States.

[Click here to read more about the program](#)
[Click here to learn how you can become a partner](#)

Promoting Policy & Systems Change to Expand Employment of Community Health Workers (CHWs)

e-learning Opportunity

- Program managers, policy experts, coalition representatives, CHWs, and others involved with policy and systems change.
- Six self-paced sessions: topics range from roles and functions of CHWs to examples of state policy and systems changes resulting from stakeholder advocacy.

**In the U.S., CHWs help us meet our national health goals by conducting community level activities and interventions that promote health and prevent diseases and disability.*

Evidence demonstrating their value and impact in preventing and managing chronic conditions is outlined in:

[Addressing Chronic Disease through Community Health Workers: A Policy and Systems-Level Approach](#)



e-Learning Training

Promoting Policy and Systems Change to Expand Employment of Community Health Workers (CHWs)

- ▶ Six self-paced sessions: topics range from roles and functions of CHWs to examples of state policy and systems changes resulting from stakeholder advocacy.
- ▶ Each session lasts 30 to 45 minutes. Audiences include program managers, policy experts, coalition representatives, CHWs, and others involved in policy and systems change.
- ▶ Contains assessments at the end of each session to evaluate user satisfaction.

e-learning format with narration | Transcript available for the hearing impaired
 No cost to access | User-friendly | All audiences welcome

http://www.cdc.gov/dhdsp/pubs/chw_elearning.htm

Uniting Efforts

“**Cardiovascular** & **Diabetes** Coalition of Indiana—**CADI**”



The Diabetes Advisory Council initiated their effort to address the growing number of people with diabetes overwhelmed by the risks and complications of heart disease in 2011. With the creation of the **Cardiovascular and Diabetes Coalition of Indiana (CADI)**, the members progressed to the forefront of a National movement to explore new initiatives and partnerships that improve the lives of every individual.

With the ringing in of 2012, **CADI** will be challenged with uniting healthcare professionals and programs statewide to face the future of preventing and treating each patient, educating healthcare professionals, and increasing awareness of diabetes and cardiovascular disease.

Uniting the experts in all areas pertaining to healthcare will enable **CADI** to reduce the burden of cardiovascular disease and diabetes in Indiana.

CADI will resume meeting in 2012 on Wednesday, January 25. All meetings are held at the Indiana State Department of Health, Rice Auditorium, 2 N. Meridian Street, Indianapolis, IN 46204.

Are you interested in learning more or participating in CADI?

Contact: Jena Grosser, CADI Interim Director, jena.grosser@gmail.com
<http://www.in.gov/isdh/19709.htm> or call 317-233-7449



Learn “Everyday Choices” to improve your health and prevent cancer, diabetes, and heart disease.

(Tools for individuals, healthcare providers, policy makers, & more)



Heart disease and stroke are two of the leading causes of death in the United States. Of the more than 2 million Americans that have a heart attack or stroke each year, 800,000 of them will die.

Million Hearts is a national initiative to prevent one million heart attacks and strokes over the next five years. Co-led by the CDC and the Center for Medicare and Medicaid Services, the plan emphasizes a combined approach to reach clinicians and communities. Other federal agencies and key private-sector partners will support the efforts by promoting the use of ABC’s, smoking cessation, improved nutrition, and reduced blood pressure to reach their goal and reduce the burden of cardiovascular disease in the nation.

The Million Hearts initiative is greatly concerned with improving care for those especially at risk for heart disease. In light of the increased prevalence of diabetes and obesity, the public and private partners are to work to expand the Diabetes Prevention Program. A program designed to promote weight loss, improve nutrition, and increase physical activity in those at risk populations.

[Click here to learn more about “Million Hearts” and join the effort!](#)

NEW Tobacco & Diabetes Webinars

from the Michigan Department
of Community Health



Tobacco & Diabetes: A Deadly Combination

from the National Latino Tobacco
Control Network



Tobacco & Diabetes: A Dangerous Combination

from the Washington State Department of
Health; Chronic Disease Training & Outreach Center



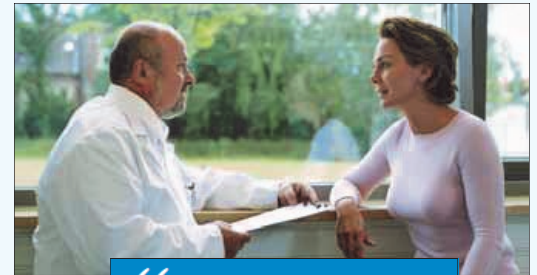
Integrating Tobacco Treatment into Diabetes Care Systems



What to Tell Your Patients About Smoking

A Report of the Surgeon General: How Tobacco Smoke Causes Disease

Click here to download a one-page fact sheet from the CDC explaining new scientific findings as well as talking points to help medical providers speak with patients about quitting tobacco use



“ You can quit, and I can help. ”

Diabetes & Tobacco Health Care Provider Toolkit

This project is a collaborative effort of the Indiana Diabetes Prevention and Control Program & the Indiana Tobacco Prevention & Cessation.

Guidelines, resources, and referral information for Indiana health care professionals are included to help treat tobacco use and dependence in patients who are diagnosed with or considered at high-risk for developing diabetes in the future.

TO DOWNLOAD THE
COMPLETE TOOLKIT:
www.diabetes.in.gov



Help your patients **QUIT NOW**
www.indianatobaccoquitline.net

Tobacco Resources



Get Involved February is Heart Month



Your actions make a difference! Join the American Heart Association—click on a link below to get involved. Stand up and make a change in the health of your community.

Get Involved — Celebrate by wearing RED on Feb. 3, Join the Tell 5 and Save Lives Online campaign

Go Red For Women — Empower the women in your community to take charge of their Heart Health! Join the online BetterU Program

Heart Health Tools — Healthcare Providers play a special role in improving heart health in their community. Get the tools to help!

Go Red Corazon — Materials to reach the Spanish speaking in your community! Get traditional recipes and more.

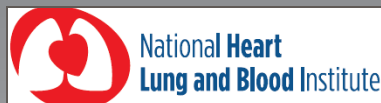


February is American Heart Month!

“Every 25 seconds, an American has a coronary event”

Find ways to get involved in February to educate your community about heart disease, risk factors, signs and symptoms, and prevention.

- [Heart Month Feature](#)
- [CDC e-cards for Heart Month](#)
- [Heart Podcasts](#)
- [Risk Factors](#)
- [Signs & Symptoms](#)
- [Prevention](#)
- [Factsheets & Data](#)
- [Materials for Patients](#)



Your involvement is key. Find a way you can deliver the message

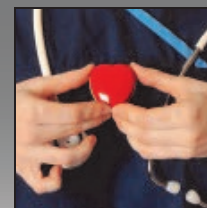
Five Ways to Take Action in Your Community Campaign Materials (brochures, posters, factsheets, & more)

Toolkits have everything you need to encourage heart health in your workplace, church, and other community organizations

- [Health Professional Materials](#)
- [Faith-Based Toolkit](#)
- [Speaker's Toolkit](#)
- [National Wear Red Toolkit](#)
- [Online Toolkit](#)

Encourage your online community with tools for your website, twitter, facebook, and more

Social Media Tools - **New Videos** - **Register your event**



Quick communication tools to promote Heart Month

- [Ways to Get Involved](#)
- [Community Announcement Template](#)
- [Newsletter Sample](#)
- [Sample Tweets and Other Social Media Ideas](#)
- [Web Badge](#)

Coming Soon

Cardiovascular Burden Report

[Visit the Cardiovascular Webpage](#)

◆ March 8, 2012 ◆



March 8th
WORLD KIDNEY DAY



According to the CDC:

- Diabetes is the leading cause of kidney failure , accounting for 44 percent of all new cases in 2008.
- More than 35 percent of people aged 20 years or older with diabetes have Chronic Kidney Disease (CKD).
 - More than 20 percent of people aged 20 years or older with hypertension have CKD.
 - Heart disease is the major cause of death for all people with CKD.

There's a lot you can do to take charge and prevent kidney problems. A recent study shows that controlling your blood glucose can prevent or delay the onset of kidney disease. Keeping your blood pressure under control is also important. People with early CKD tend not to feel any symptoms. The only ways to detect CKD are through a blood test to estimate kidney function, and a urine test to assess kidney damage.

On March 8, use the resources below to educate and inform yourself and your community about kidney disease, risk factors, prevention, and treatment!

- [Resource materials from the CDC](#) ◆ [CDC Factsheets, Podcasts, & Publications](#)
- [CDC Chronic Kidney Disease Initiative](#) ◆ [Promotional materials from World Kidney Day](#)
 - [Resource materials from the National Kidney Foundation \(NKF\)](#)
 - [Promotional materials from NKF](#)

March to Prevent and Control Diabetes

 **American Diabetes Association®**
ALERT! DAYSM

March
27,
2012

The CDC encourages Americans to observe this one-day by educating themselves and their communities on the seriousness of diabetes, ways to prevent diabetes, and ways to control diabetes and its complications.



- [Read the CDC Announcement: "Diabetes is Common, Disabling, Deadly, and On the Rise"](#)
- [Are you at Risk for Diabetes?](#)
- [What is Prediabetes?](#)
- [How can I prevent Diabetes?](#)
- [Get more data on Diabetes](#)
- [State and County Level Estimates for Diabetes and Obesity](#)

What are You Doing for Diabetes Alert Day?

March 27

American Diabetes Association Alert DaySM
– a national day of awareness to know your risk for type 2 diabetes. What are you doing to spread the word? Contact the American Diabetes Association to add your event to its list of statewide activities on Diabetes Alert Day.

Take ACTION to educate your community!
[Download Ideas and Tools to get you started](#)

Are you at Risk?
[Take the ADA Diabetes Risk Test](#)

Communities take ACTION



Bloomington/Monroe County Action Communities for Health, Innovation, and Environmental Change (ACHIEVE)

In 2009, Bloomington/Monroe County received ACHIEVE funding to focus on policy and environmental changes that will make the healthy choice the easy choice for the residents of a community. As they continue in their efforts, mini-grants were given to community and business organizations dedicated to supporting policy or system changes that expanded access to healthy and active lifestyles. The Active Living Coalition (ALC) of Monroe County utilized their support to begin the “Healthy Restaurant Bloomington” campaign.

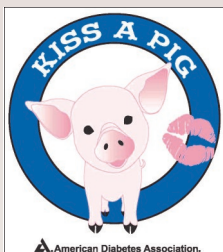
READ MORE in: [Local Restaurants become “healthy restaurants”](#)

Business Leaders Tackle Economic Impact of Diabetes *(-Joy Mahoney)*

Dozens of business and community leaders wrapped up American Diabetes Month® on Nov. 30 with the first-ever Stop DiabetesSM Think Tank to address the nearly \$4 billion impact of diabetes on Indiana’s economy. The forum was hosted by the American Diabetes Association at the Indiana Chamber of Commerce in Downtown Indianapolis. Special guests included First Lady Cheri Daniels; Indiana State Health Commissioner Dr. Gregory Larkin; Dr. Ann Albright, Director of Diabetes Translation for the Centers for Disease Control and Prevention; *Inside Indiana Business* host and founder Gerry Dick; and Wellness Council of Indiana director Chuck Gillespie. The group’s discussion revolved around how businesses can better address diabetes in their employee populations. The American Diabetes Association will be incorporating the feedback and ideas shared at the event into its 2012 strategic plan for the state of Indiana starting this month. To get involved in future think tank discussions, please contact Carol Dixon (cdixon@diabetes.org or 317-352-9226, ext. 6732).



American Diabetes Association Upcoming Events



Kiss a Pig, Help Stop Diabetes

Yep – that’s right. Kissing pigs helps Stop DiabetesSM in Indiana! Pigs were the first source of insulin for people with diabetes, and the American Diabetes Association will honor the pig this spring with its wild and wacky Kiss a Pig campaign. Business and community leaders will compete to raise funds for the American Diabetes Association. The winner will kiss a real, live piglet during halftime of the Indiana Pacers home game on **March 29**. Find out how you can be part of this hilarious and important fundraising campaign. Contact Judi Williams (juwilliams@diabetes.org or 317-352-9226, ext. 6727).



Ride Your Bike to Stop Diabetes

Join the American Diabetes Association for the Indiana Tour de Cure® -- the exclusive cycling event on the Indianapolis Motor Speedway! Your support raises funds and awareness to fight diabetes for people living with all types of the disease, including type 1, type 2 and gestational diabetes. [Register now](#) to ride on **June 9** and raise at least \$200 to Stop DiabetesSM. Go to www.diabetes.org/indytour.



Step Out Date Set

Walking is a great way to regulate blood glucose levels. Register to walk with the American Diabetes Association at the 2012 Step Out Walk to Stop Diabetes, set for Sunday, October 7, at Celebration Plaza in Downtown Indianapolis. Go to www.diabetes.org/indywalk for more info!

NEWSLETTER CONTRIBUTIONS

The Diabetes and Cardiovascular Health Section will be publishing newsletters on a quarterly basis during 2012. The intent of the newsletter is to network diabetes and cardiovascular health care professionals around the state of Indiana, make readers aware of current programs and opportunities throughout the state, and to provide you with the most current data and information on diabetes.

If you have any suggestions, articles, current events or topics in your area, that you would like to be a part of the next newsletter, please call Gail Wright at 317.233.7755. The deadlines are as follows for 2012:

2nd Quarter Deadline
Submission: March 28, 2012

3rd Quarter Deadline
Submission: June 27, 2012

4th Quarter Deadline
Submission: Sept. 26, 2012

SAVE THE DATE!

2012 Indiana Joint National Public Health Week Conference

“A Healthier America Begins Today”

April 2-4, 2012
IUPUI Campus Center
Indianapolis, IN

Join hundreds of public health professionals to look at behavior changes as a way to improve health. Topics will focus on:

- Active Living and Healthy Eating
- Alcohol, Tobacco, and Other Drugs
- Communicable Diseases
- Reproductive Sexual Health
- Mental and Emotional Well-Being

[Click here for more information!](#)

Hosted by: Indiana Minority Health Coalition, Indiana Public Health Association, Indiana Public Health Training Center, Indiana State Department of Health, Indiana Society for Public Health Education, Indiana University School of Medicine Department of Public Health, Indiana University Department of Applied Health Science, Purdue University Department of Health and Kinesiology



Upcoming Events

Click on each event for details

March 2, 2012

Spring Into Quality Symposium

8:00 a.m. to 4:00 p.m.

Primo West Banquet and Conference Center; Plainfield

June 14-15, 2012

15th Annual Rural Health Conference

JW Marriott; Indianapolis



Upcoming Events

Click on each event for details

Wear Red Day

Feb. 3, 2012

Learn more on how you can take action to bring awareness this day in your community & wear red to support the cause.

AHA Go Red for Women Luncheon

Feb. 17, 2012— 9:30 a.m. – 1:30 p.m.

JW Marriott Downtown; Indianapolis

Join more than 1,000 women for the annual Go Red for Women Luncheon presented by St. Vincent Heart Center of Indiana. The event inspires and educates women to love their hearts.

Tickets are available by calling 317-732-4700

AHA Go Red For Women National Casting Call

Feb. 18, 2012— 11:00 a.m. – 2:00 p.m.

Macy's Castleton Square Mall; Indianapolis

Go Red For Women is launching a nationwide search for women willing to share their heart stories and the choices they make to live a heart-healthy lifestyle, empowering others by example. Share your story for an opportunity to become a national spokesperson

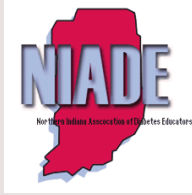
Call for information (317) 873-3640

National Walking Day

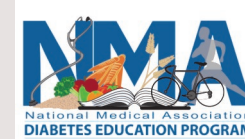
April 4, 2012

Lace up your sneakers and start walking on this day set aside by the AHA to encourage people to get physically active.

Collaborative Partners



Indiana Central Association
of Diabetes Educators
ICADE



* Logos used with permission of organizations.

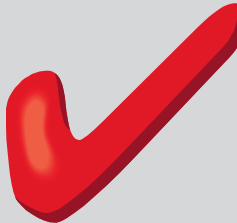
The National Medical Association (NMA) Diabetes Education Program is now on Facebook. This social media tool is another instrument the program uses to inform the public about diabetes and programmatic developments. The NMA Diabetes Education Program is in its fifth year of existence. Through the utilization of the six established NMA coalitions in Atlanta, Houston, Los Angeles, Pine Bluff, the District of Columbia and Indianapolis, the NMA has been able to cover significant ground and share information about diabetes to African Americans and the wider community as a result of its collaborative outreach efforts. Since the program's inception five years ago, over 205 outreach activities have been completed.

**Indiana State
Department of Health**

Visit the Diabetes/Cardiovascular Section Website for:

- Up-to-date facts and figures
- Current news, events, (*Archived Newsletters*)
- Online webinars and trainings
- Resources and forms*

*Did you know about . . .
the "*Application for Insulin and Township Claim*" for Indiana residents who are in need of insulin and who are financially unable to purchase it.
To be completed by the physician and local county health officer.



CHECK OUR WEBSITE IN FEBRUARY FOR THE FIRST

"BURDEN OF CARDIOVASCULAR DISEASE IN INDIANA"

Your License Plate Can Help Stop DiabetesSM



Renewing your Indiana license plate this month? Choose the new Stop Diabetes license plate and support research, education and advocacy in Indiana.

Select the Stop Diabetes license plate when you register or renew your vehicle at www.mybmv.in.gov or any Indiana license branch. Your plate could help change the future of diabetes in Indiana. Join the MillionsSM in the movement to Stop Diabetes®!


**Indiana State Department of Health
Diabetes Prevention and Control Program
Health and Human Services Commission**

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If you would like to be added to the email mailing list to receive this quarterly newsletter, please contact: Diabetes/Cardiovascular Health Section, Phone: 317.233.7755 or Email: gawright@isdh.in.gov

