

**The New Mexico  
Diabetes Advisory Council  
June 2, 2006  
Minutes**

**1. Welcome and Introductions – Yvonne Peperzak-Blake**

**2. Approval of Minutes** as reported for the meeting held March 3rd, 2006.

**3. DPCP Updates – Judith Gabriele, Program Manager**

Judith gave the following updates:

- We are wrapping up the 2006 fiscal year.
- The state is changing its HR system to improve efficiency and consistency, and this will be in place by July 1<sup>st</sup>.
- We hope the new venue will help increase partners from all over the state.

**4. Are our Schools Safe for Children with Diabetes?**

**Dr. Jane McGrath, Office of School Health**

Dr. Jane McGrath conveyed to us the current situation. School districts struggle to meet the needs of children with diabetes for two reasons: 1) there are not enough school nurses and 2) it is not clear to districts what their obligations are to provide care. Parents are not always available to provide daily care during school hours, and yet school districts lack the funding to hire more nurses. Dr. McGrath offered ideas on what might be done to improve this situation.

**5. School Wellness Policies – Jennie McCary, Albuquerque Public Schools**

Jennie McCary covered three main areas in her talk on school wellness: 1) brief review of federal and state school wellness policy requirements; 2) highlights of the APS wellness activities; and 3) opportunities for partnering in local school wellness initiatives. She described what is happening in New Mexico with the Competitive Foods Nutrition and the School Wellness rules, and with the new Health and Physical Education Standards. The APS Schools “Making it Happen!” program includes daily PE, fitness runs, walking clubs and kids cooking programs. The key to success with these programs is the collaboration between schools, parents and the community.

## **6. Diabetes, Diet and the Family Garden – Hank Bruce and Tomi Jill Folk, Hunger Grow Away**

The speakers described the history of “Hunger Grow Away”, a non-profit whose work focuses on food security, micro-enterprise and the use of micro-intensive family gardens. The purpose of the organization is to explore some of the possible causes of diabetes and look for solutions. It does this by providing a means for families and individuals to change their diet. Emphasis is placed on the value of fresh, home-grown produce and the increased use of vegetables in the diet. When a family can grow their own fresh vegetables and traditional food resources in micro-intensive, water-efficient Abundant Harvest Gardens, they can make a difference both today and for future generations. Information about Abundant Harvest Gardens was provided.

## **7. Lunch and CEU Session – The Diabetes Epidemic and our Children Dr. Francine Kaufman**

Dr. Francine Kaufman posed the question - “What do we know about type 2 diabetes in youth – is it an epidemic?” Childhood diabetes is increasing at the rate of 25% for type 2 and 3% for type 1. She contrasted the characteristics of type 1 and type 2 diabetes in youth, and pointed out that there is controversy over the nature of the epidemic. Dr. Kaufman is leading STOPP-T2D (Studies to Treat or Prevent Pediatric Type 2 Diabetes) to look at the risk factors for Type 2 diabetes in an 8<sup>th</sup> grade health screening. Type 2 diabetes is associated with significant beta cell failure as well as insulin resistance (especially intense in puberty). Dr. Kaufman presented lifestyle elements that lead to childhood overweight, a risk factor for type 2 diabetes. She confirmed that these include the consumption of sweetened beverages, fast food, watching too much TV and a decline in physical activity. She described treatment goals and issues that come up. Dr. Kaufman concluded with ways to approach prevention, the key to which is balancing energy intake and energy expenditure. She stressed the need for a multi-level involvement in change that includes the health sector, the community, schools, workplaces, the media, the food industry, government, the individual and the family. The treatment of type 2 diabetes in youth clearly requires a comprehensive approach.

**The next DAC meeting will be held on Friday September 8, 2006 from 9:00 am - 1:00 pm at the **Sandia Resort** in Albuquerque.**

