

New Mexico Diabetes Advisory Council

Quarterly Meeting Sandia Resort & Casino 30 Rainbow Road NE Albuquerque, NM March 6, 2009

Minutes

1. Welcome and Announcements. Rosemary Anslow

- The meeting was called to order at 8:45 a.m. by Rosemary Anslow.
- Rosemary acknowledged Kathleen Garcia and Elaine Valdez for their work on Brown Ribbon Day at the Roundhouse. Charm Lindblad discussed two recent awards received by the NMTOD and thanked NMDAC members for their support during the award application process.
- Rosemary reminded members that the September meeting will be held on the second Friday, Sept. 11.
- Also reminded members about donations to offset meeting expenses and receipts are available for them.
- Lee Dubois mentioned his book "The Born Again Diabetic"
- Reminder on upcoming diabetes conferences across the state.
- Members were asked to complete two different evaluations (meeting and demographic) to be entered in raffle to win a hand-made afghan.

2. DPCP Update. Judith Gabriele

- Judith Gabriele mentioned that an open nursing position closes today.
- Brief mention of state budget and that cuts were expected for fiscal year 2010. Not sure how much will be cut, but should expect that budget will be less than 2009.
- Judith discussed the integrated CDC application for diabetes with funding from Tobacco, Healthy Communities. Also spoke about STOMP meeting held to help DOH staff understand how to address issue of tobacco and diabetes. Focusing also on more online training to address diabetes and depression. Mentioned working with Native Americans and Pueblos on media campaign promoting clean indoor air. DOH has added additional programs for medical marijuana for painful neuropathy. Focus for next five years to address health disparities and update 2010 plan.
- Mentioned meeting with Native American taking place later in the day.

3. Board Update. Rosemary Anslow

- Rosemary Anslow read a statement about how the NMDAC does not endorse or support any medical products, devices, treatments or pharmaceutical although it does allow vendors to have displays at meetings.
- Lisa Chakos Knapp was introduced as the new NMDAC coordinator.
- Rosemary announced that while CEU for social workers are not available, we can supply a letter of attendance at the meetings.

4. Presbyterian Diabetes Community Gift. Patricia Nelson; Michele Campbell

- Michelle Campbell gave overview and history of Presbyterian Health Services, its community support and not-for-profit mission.
- Patricia Nelson discussed Presbyterian Health Services' plan to partner with other community organizations for community health improvement projects in order to bring proven diabetes care to underinsured and uninsured adults. Will create a medical home and start with 5 counties most in need of services. Will expand to other areas in subsequent years.
- Valerie Quinn made a comment about reimbursement for CDE, and the NMDAC will write a letter to our legislators. Harrison Platero commented about CHW's getting credit for the education they receive at various conferences, etc.

5. National Diabetes Education Program (NDEP). Charlene Avery

- Dr. Charlene Avery gave an overview of NDEP, its structure and workgroups, and discussed its mission and main messages.
- The NDEP has launched a number of public awareness and education campaigns to reach out to high-risk minority audiences.

- She informed the membership on the wealth of resources available from NDEP for diabetes prevention, education, and outreach. Materials may be obtained via the Web site or by mail for printed publications.
- First 25 items free from NDEP, but Dr. Avery may be able to get more free items if you contact her directly.

6. Diabetes Health Strips/Health Literacy. Ana Matiella

- Ana Matiella spoke about the need to make health material more understandable for those who may be less literate or functioning at a lower literacy (6th grade reading) level.
- She developed a diabetes health strip model based on the photo novellas that are popular in Latin American countries and in which stories are told with pictures and simple conversation bubbles.
- With support from the DOH/DPCP, the first diabetes health strip will be published in the Santa Fe New Mexican's *La Voz* beginning March 17 and will continue weekly thereafter.
- This health strip will be the first of its kind in the nation.

7. CEU Session: Motivating Seniors Living with Diabetes to Exercise. Jackie Camborde

- Jackie Camborde was introduced by Dr. Sue Perry.
- Jackie discussed ways to get seniors who may be resistant to exercise to start moving.
- She talked about her own experience working with participants in the Silver Sneakers program and how she encouraged her clients to find ways to fit exercise into their everyday routines.
- Jackie demonstrated some simple exercises that members could use to help their clients and then had members participate in chair-based exercises that work well for more sedentary seniors.
- Jackie discussed setting benchmark for clients so they can monitor and mark progress with exercise programs.

**The next NMDAC Meeting will be on June 5, 2009
from 8:30-1:00 at the Sandia Resort & Casino.**