

# *New Mexico Diabetes Advisory Council*

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## **Quarterly Meeting Sandia Resort & Casino 30 Rainbow Road NE Albuquerque, NM September 11, 2009**

### **Meeting Notes**

#### **1. Welcome and Announcements**

Rosemary Anslow

- The meeting was called to order at 9:10 a.m. by Rosemary Anslow.
- Rosemary announced that the spring meeting will be February 26, 2010, at Sandia Resort and Casino.
- Kathleen Garcia announced that Diabetes Day at the Roundhouse will be Tuesday, February 9, 2010, from 8 a.m. to 3:30 p.m. She has reserved 24 tables and will be sending out an e-mail to NMDAC members.
- Rosemary thanked Madeleine's Place Event Center for allowing the Steering Committee and Board to have an orientation on September 10 at no charge. She also thanked the Center for Non-Profit Excellence for the talk at the orientation. She thanked Yvonne Bryan's Bookkeeping Services for helping the meeting coordinator with setting up the new Quickbooks program.
- Rosemary asked each of the vendors one thing that they wanted NMDAC members to know about their display. BD has new needle technology, Merck has information on the ABCs of Diabetes Care, Novo Nordisk has a flex pen, and Sanofi Aventis has a solo star insulin pen.
- Rosemary announced that there will be a contest for the best NMDAC logo and more information will follow soon.
- Rosemary thanked everyone for coming to the meeting. NMDAC can accept checks as donations but can't accept cash.
- Dr. Charlene Avery announced new products from the National Diabetes Education Program (NDEP). There are posters "Managing Diabetes: It's Not Easy, but It's Worth It." "Diabetes at a Glance" and "Changing the Way Diabetes is Treated" are updated resources for health care professionals. "Tips for Kids: How to Lower your Risk for Type 2 Diabetes" is for 8 to 12 year olds.
- Dita Wexler announced that there are copies of the Health Promotion Practice Journal at the New Mexico Diabetes Prevention & Control Program booth.
- Lee Dubois announced that his survival guide for newly diagnosed diabetes Taming the Tiger is available at Amazon.com.
- Corazon Halason announced that the Native American Partnership would be meeting at 1:30 p.m..
- Susan Fernandez asked about a meal planner in Spanish. Dr. Sue Perry suggested Month of Meals from the American Diabetes Association.
- Sue Perry announced that Prescription Trails Santa Fe rolled out in August.
- Elaine Valdez announced that the Community Health Worker Association conference will be held October 28-30.

- Naomi Harrington announced that SIPI is trying to get a 2 year nursing degree started.
- Judith Gabriele announced that there are scholarships available for Community Health Workers or other participants of the New Mexico Community Health Worker Association Annual Conference who choose the Diabetes Education track.
- Ray from the Navajo Nation Special Diabetes Program said they are looking for physical fitness trainers.
- The Crownpoint Health Center is looking for a Public Health Nutritionist.
- Judith Gabriele stated that BRFS is part of the integrated funding mentioned in the notes from the June 5th meeting. Susan Dade moved that the notes of the June 5th meeting be approved as corrected. Sue Perry seconded the motion. Motion carried.
- Rosemary asked for nominations for the Steering Committee.

## 2. Diabetes Prevention & Control Program Update and Overview

Judith Gabriele

- DPCP is fully staffed. Amy Wilson, RN, is completing an MPH degree. She will be involved in provider training, pre-diabetes, disease management, and ABCs.
- There is a deficit in the state budget; there is going to be a special legislative session. There will be budget cuts. DPCP was cut \$27,000 in professional services. It won't affect any of the existing contracts.
- The Department of Health is preparing for the H1N1 flu season. The main effect has been planning for vaccination distribution and implementation of vaccination clinics. A structured approach, the Incident Command structure is being used. Because the vaccine will be coming in allotments, priority groups have been established. The people who should get the first wave of the vaccine are: pregnant women, household members and caregivers of children less than 6 months old, children 6 months to 4 years of age, children ages 5 to 18 years of age with chronic disease, and health workers and EMTs who have direct patient contact. Adults with chronic conditions are not prioritized for the first wave. Adults with chronic health conditions like diabetes should get their seasonal flu shot as soon as possible. There is flu information at the DPCP booth.
- The New Mexico Department of Health has a relatively new Office of Community Health Workers (OCHW). This office has been charged with developing a certification process in the state. In July, OCHW and DPCP organized a meeting of CHWs/CHRs and others who support or work with them. The OCHW wants to make sure that certification does not create divisiveness or alienate those who choose not to be certified. The difference between core competencies (e.g. communication skills) and curriculum was discussed.
- Short term and long term actions:
  1. Identify core competencies for generalist CHW/CHR/Promotora curriculum and then move to specialty areas like diabetes
  2. NMCHW Community of Practice Website on Google Group <http://groups.google.com/group/nmchw-cop?hl=en&Ink=>
  3. Increase communication, measurement, and evaluation
  4. Coordinate ongoing efforts
- OCHW has received approval from the New Mexico Office of Recovery and Reinvestment to submit an American Recovery and Reinvestment Act grant application (stimulus funding). The grant is to teach workers the necessary skills for and help them pursue careers in health care. OCHW is collaborating with the

UNM Health Services Center of Community Health to fund OCHW to assure that Community Health Workers are adequately trained, certified, placed, and compensated and that their employers are reimbursed for CHW-provided services.

### **3. Financial Report**

- Treasurer Marie Castillo reviewed the financial statement for FY 2009.

### **4. UNM Diabetes Coordinating Group**

Denise Wheeler, Manager of Telehealth Program Development, UNM

- UNM Diabetes Coordinating Group coordinates and collaborates with the following groups:
  - Curriculum Sub Committee: coordinates and collaborates for training of Community Health Workers, Certified Diabetes Educators, and Health Professionals.
  - Research Sub Group: coordinates research with CDEs, funding for retinal eye exams and training to read the eye exams, Pre-Diabetes Center at UNM, clinical trials, and Project Dulce (Community Health Workers).
  - Policy Sub Group: works with legislation, USDA, payment for providers, and rural clinics.
  - Governance Sub Group: coordinates rules for the road, standards, and moving forward.

### **5. UNM Hospital: Pre-Diabetes classes**

M L Johnston, RD, CDE Coordinator, Center for Diabetes Education, UNM Hospital  
Andrea Zurawski, RN, Pre-Diabetes Class Instructor

- Diabetes education consists of both individual and group education. Patients need to be referred. There are interpreter services and video interpreter services available.
- Those who want to participate in a pre-diabetes class need a wellness referral. The class is available in English and Spanish and is taught by an RN.
- Following the ADA 2009 recommendations, a BMI of greater than 25, being inactive, a 1<sup>st</sup> degree relative with diabetes, high risk for diabetes, PCOS, hypertension, insulin resistance, and CVD are reasons for a referral to the pre-diabetes class.
- The class teaches lifestyle changes to prevent or delay diabetes. 150 minutes of moderate activity per week and a 10 percent weight loss are recommended. The class stresses “first do no harm” non-pharmacological approaches to preventing or delaying the diagnosis of diabetes. The class provides what the patient wants and needs. Family involvement is encouraged.

### **6. Zuni Pueblo’s Dive into Prevention Strategies (DIPS) Program**

Kathy Natachu, Coordinator, Zuni DIPS

- The DIPS program collaborates with the Special Diabetes Program and the Zuni Public School District.
- In order to enroll in DIPS, the individual must be diagnosed with pre-diabetes or metabolic syndrome.
- The goal is to enroll 48 participants.
- The DPP Lifestyle Balance Program curriculum is used. It consists of 16 weeks of classes on nutrition, physical activity, and behavior modification. The goals are a 7 percent loss in body weight, reducing fat and calorie intake, and increasing physical activity to 150 minutes per week. Lab values are completed every 6 months.

- The DIPS program networks with the healthy lifestyle program, Zuni WIC Program, Zuni Sr. Center, Nutrition Task Force, local restaurants and grocery stores. Incentives include “veggie vouchers” at the local grocery store.
  - The DIPS program does door-to-door recruitment, screening at community events, program presentations, and community outreach.
  - Family involvement is encouraged. With continued support at home, the participant has a better chance of completing the 16-week program.
- 7. CEU Session: Pre-Diabetes/Metabolic Syndrome-Definition, Risk Factors, Intervention; An Opportunity to Motivate Patients to Change Behavior**
- Kathleen Colleran, MD, Assoc. Prof. of Medicine, UNM School of Medicine
- Diagnosis of metabolic syndrome is waist circumference or more than 35 inches for women and more than 40 inches for men, triglycerides over 150, HDL less than 40 for men and less than 50 for women
  - In the 1960s there were 2 million people diagnosed with diabetes in the U.S. In 2008 there were 24 million.
  - Now 1 in 5 people in the U.S. are either overweight or obese. In the future, 1 in 3 people in the U.S. will be overweight or obese.
  - Causes of overweight/obesity are genetic predisposition, inactivity, food accessibility, and increased television and screen time.
  - Ways to reduce the risk of diabetes are eating at home more often and moving during television commercials.
  - Motivational interviewing is used to negotiate healthier lifestyles with patients/clients.
  - Determining where a patient is in the stages of change can help the educator make realistic suggestions for intervention.
  - Present lifestyles are increasing the risk for diabetes.
  - Lifestyle interventions can prevent diabetes.

**The next NMDAC Meeting will be on December 4, 2009  
from 10 a.m. to 2 p.m. at the Sandia Resort & Casino.**