

MINUTES  
ALABAMA DIABETES NETWORK (ADN) MEETING

January 18, 2012

The Alabama Diabetes Network meeting was held at the Montgomery County Department of Human Resources located in Montgomery, Alabama. The following individuals were in attendance:

NETWORK MEMBERS	EX-OFFICIO MEMBERS (State Health Department Staff)
Mike Bice Ethelyn Brown Tina Brown Dr. Evelyn Crayton Elizabeth Dean Dr. Pamela Foster Michael Henderson Dana Herazo Dr. Alethia Hill Laurie Kittrell Mary A. Ledford David Mann Kay Melnick Lannie Sears Mitchell Israel Moore Dr. Mark Swanson Kathy Zicarelli	Debra Griffin Heidi Hataway Dr. Jim McVay Shanone Medlock Carol Mysinger LaMont Pack Sondra Reese James K Reid  <b>GUEST SPEAKERS</b> Dr. Carol B. Centrallo Koushik Kasanagoth Amy Plunkett Dr. Barbara Strumpler

**CALL TO ORDER/INTRODUCTIONS**

The meeting was called to order at 10:15 a.m. by *Evelyn Crayton, Ph.D., Chair*. She greeted everyone and thanked them for attending. She allowed time for introductions of all attendees.

**UPDATES/BUSINESS SESSION**

*Jim McVay, Dr.P.A., Director, Bureau of Health Promotion and Chronic Disease*, greeted the network and gave an update on the diabetes financial situation. He stated that the diabetes program does not have large sums of money, but that we would look at what resources we do have in the state. According to *Dr. McVay*, we do have model programs and that we just need to multiply to improve diabetes care and make lifestyle changes.

**James K. Reid, RN, BSN, M.S.**, stated we are teaching chronic disease self-management classes in Tuskegee. He stated CDC wants us to do a lot of collaboration with partners. We are considering meeting twice a year with all of the programs. Heidi Hataway is working with a grant she received from CDC for \$715,000. The goal is to get the most bang for our buck.

**LaMont Pack, P.A., M.P.A., Director, Diabetes Prevention and Control Program**, stated there is an epidemic of diabetes. We are interested in improving clinical outcomes. We need to talk to healthcare providers to encourage them to teach the elderly population about the importance of diabetes care. Our plans are to work with the Federally Qualified Health Centers. The media campaign will include PSAs with earned media. He asked all attendees to be involved with diabetes media promotion.

**Mark Swanson, O.D., Assistant Professor, UAB School of Optometry**, stated they are trying to get everyone up to speed about what is going on in the world of Optometry.

**Heidi Hataway, R.D., Director, Healthy Communities Branch** stated we are sending everything out to inform our partners about how to make an impact to cut programs and roll out the Coordinated Chronic Disease program (CCD).

**Evelyn Crayton, Ed.D, R.D., Assistant Director, Family and Consumer Sciences, Auburn University**, addressed Healthy People, Healthy Communities programs; Alabama Cooperative Extension System (ACES) offices are all over the state and we would like to help out. Healthy cooking schools are located in ACES office in every county. Our goal is to educate the rural area. We are currently training six people right now in the ISPP and plans are to hire RDs once they have completed the training. The Expanded Food and Nutrition Education Program started in 1964, covering five states. Those states were given money to pilot a program in nutrition education. The program is funded by the Office of Management and Budget.

**Koushik Kasanagoth, Ph.D. candidate, University of Alabama, Tuscaloosa, Alabama**, replaced Dr. Michael Robinson and discussed the Encourage Study which includes diabetes education in the Blackbelt. The student organization responsible for this program is called DIET, which stands for Diabetes Initiative Education Team. Dr. Pamela Foster is faculty and mentor for the training. The program provides informal conversation about diabetes. The organization has over 50 students. UAB has 200 subjects in the Encourage program and it has been ongoing for the past four months.

**Amy Puckett, Food Assistance Program Supervisor, Montgomery, County Department of Human Services**, discussed the Food Assistance program. She stated if you make less than the documented amount, you qualify, if you make \$1 over you don't qualify. One of the problems that we are experiencing is that there is no education program for our clients. She stated that the EBT cards are accepted at the farmer's market.

**SNAP-ED program** is the food assistance program that provides nutrition education. The program covers 46 rural counties. Four groups receive funding from Auburn University that include Mobile, Alabama A and M, Alabama Department of Public Health and select counties. This program provides adults with nutrition education at Food Stamp offices in 46 counties. The offices are open most days of the week during peak hours from 7:30 a.m. - 9:30 a.m. The goal of the program is to increase fruit and vegetable consumption. DHR funds the program with a 3.5 million dollar budget.



**Body Quest Food and the Warrior** is a program that reaches 2,000 third graders who can read, write and fill out evaluations. The program is a 17-week program which includes 25 teams of educators and I-pad laboratories which are taken into the classroom. Some of the positive effects of the program include enhanced sleep hygiene, family involvement, animated characters, poster and a t-shirt. Every week they are required to taste four fruits and vegetables and they click in their answer, data is analyzed. The goal of the program is to teach nutrition education. A report is compiled in 17 weeks. The participants are provided pencil and paper, \$150.00 incentive, a curriculum, and playing cards. After 8 weeks of the program, a 10% increase in the consumption of fruits and vegetables is noted. The I-pads are used to teach nutrition education.

**Carol B. Centrallo, M.B.A., Ph.D., Financial Management, Auburn University, ACES**, stated her focus is financial management and how does it connect to diabetes. She specializes in the following topics: consumer sciences, personal financial management, entrepreneurship and career development. The economic impact of diabetes according to CDC is \$198 billion dollars a year/medical and non-medical expenses and the impact on employers. Between the 18-64 year age group, 8.3 days is lost from work compared to 1.7 days for non-diabetics. Initiatives are ongoing with employees. The National Business Coalition on health has plans to help employers get involved with employees. The economic impact is \$10,071 dollars per capita. Some other services that her organization provides include University of Alabama health coaching sessions, helping people with the Small Business Development in Alabama, start a business, estate planning and develop a living wills. (Alabama Securities Commission, heir property)

Everyone needs financial education and career development. The following programs are offered by the financial education program: 1) Small steps to Health and Wealth-Rutgers University 2) Alabama Saves-teach specific strategies about how to go about saving 3) Record organization-financial medical records (free), and 4) money management calendar 2012-distributed over 90,000 copies in Alabama for free. Announcements were made about the 11<sup>th</sup> Annual Diabetes and Obesity Conference to be held at the Embassy Suites Hotel and Conference Center, April 22-24, 2012. The Rural Health Conference titled Rural Rebound: Emergency Preparedness and Crisis Response conference is scheduled to take place April 20, 2012 in Tuscaloosa, Alabama.

The following items were distributed in the diabetes packet: Directions to the Montgomery County Department of Human Resources, the ADN agenda, and the September 21, 2011 minutes. The National Diabetes Education Program (NDEP) News & Notes: NDEP welcomes the New Year and New Leadership and three items from the Summary of Revisions for the 2012 Clinical Practice Recommendations: Executive Summary: Standards of Medical Care in Diabetes-2012, Diabetes Management at Camps for Children with Diabetes, and Diabetes and Driving.

**Network Feedback** was provided and Dr. Crayton reminded the attendees of the upcoming 11<sup>th</sup> Annual Diabetes and Obesity Conference on April 22-24, 2012, in Montgomery, AL, sponsored by ACES and partners.

**Acknowledgement/Adjourn** was conducted by Dr. Crayton, when no further comments were given.

Respectfully submitted:



Debra Griffin, Nurse Educator/Coordinator  
Diabetes Prevention and Control Unit



LaMont Pack, Director  
Diabetes Prevention and Control Unit