

## **Wiregrass Diabetes Coalition**

**Satellite Conference and Live Webcast  
Monday, March 16, 2009  
2:00-4:00 p.m. (Central Time)**

Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division

## **Faculty**

**Elizabeth Dean, RN, BSN  
Coordinator  
Wiregrass Diabetes Coalition**

## **Objectives**

- Understand how the Alabama electronic system improves care coordination
- Recognize complications smoke has on diabetes and cardiovascular disease
- Gain knowledge of smoking cessation plans and the Alabama QuitLine

## **Objectives**

- List contributing factors to successful diabetes coalitions in rural Alabama counties and identify where a coalition is needed
- Know how to recruit and develop new partnerships to create a successful community coalition
- Identify three themes for community training programs

## **Objectives**

- Become familiar with how to create an action plan and communicate with physicians and primary care providers

## **Coalition Members**

- Public health agencies
- Funding organizations
- Governmental organizations
- Business/economic sector
- Non-profit organizations

### **Coalition Members**

- Private health providers
- Elected officials
- Health system networks
- Food suppliers/vendors

### **Goal**

- To provide community leaders with the tools to work together to plan, implement, and evaluate community level programs to prevent and control diabetes and its complications

### **Mission**

- To assist medically indigent patients of the Wiregrass to access proper diabetes care to improve the quality of life of their lives

### **Wiregrass Area**

- Includes all counties in Public Health Area X
  - Crenshaw
  - Pike
  - Barbour
  - Geneva
  - Henry
  - Coffee
  - Houston
  - Dale

### **Wiregrass Coalition**

- Have assisted patients in all counties in Area X
- In 2008
  - Serviced approximately 85 individuals with assistance of medications and/or supplies

### **Wiregrass Coalition**

- Approximately 100 individuals attended monthly diabetes classes
- Approximately 75 attended quarterly support group meetings

## Offerings

- Diabetes education classes are held monthly
- A quarterly support group meeting for individuals and their families
- Assistance with medications and/or supplies
- Annual diabetes wellness and prevention workshop

## Workshop

- Collaboration with Dothan Leisure Services and the City of Dothan
- Annual event
- Free to the public
- Free health screenings
- Diabetes educators and speakers

## Workshop

- Free breakfast and lunch
- Door prizes
- CEU's

SCHEDULE OF DIABETES WORKSHOP ARENA EVENTS	DIABETES WELLNESS WORKSHOP SPONSORS	8th ANNUAL DIABETES PREVENTION & WELLNESS WORKSHOP
<b>7:30 - 9 a.m.</b> ..... Breakfast & Vendors <b>9:00 a.m.</b> ..... <b>Dr. Steven J. Pflaum, Ph.D.</b> Professor & Interim Chair, Dept. of Pharmacology & Toxicology, UAB School of Medicine "Using Drugs to Treat Diabetes: What you need to know." <b>10:00 a.m.</b> ..... <b>Dr. Charles T. Jaffery, Jr.</b> M.D., Ph.D., F.A.A.P. Southeastern Pediatric Endocrinology (Dothan) "Type 1 Diabetes: Something Old, Something New." <b>11:00 a.m.</b> ..... <b>Dr. A. Jay Cohen, M.D.</b> F.A.C.E., C.E.C., Endocrinology Practice, Metairie, LA "Helping Patients At Improved Control AND Their Lives." Sponsored by an education grant from Eli Lilly <b>12 Noon - 1:00 p.m.</b> ..... Lunch (Free coffee, hot beverage) <b>1:00 p.m.</b> ..... <b>Constance Brown-Riggs,</b> M.Ed., R.D., CDE, CDEP, Registered Dietitian-Certified Diabetes Educator Metairie, LA "Eating Savourily and Healthily with Diabetes" Sponsored by an education grant from Takeda <b>ALABAMA INSTITUTE FOR THE                      DEAF AND BLIND WILL PROVIDE                      SIGNING SERVICES ON REQUESTED                      PLEASE CALL 334-678-3333</b> <b>\$1,000 in CASH to be given                      away by Mike Schmitz                      at 2:00 p.m.                      (NOT SUBJECT TO TAX)</b>	<b>CORPORATE SPONSORS</b> Dothan Houston County Health Department JACK'S DRUGS Davita Extensor Dothan Brace Shop ACCU-CHEK <b>CONTRIBUTING SPONSORS</b> SOUTHEAST ALABAMA MEDICAL CENTER SUBWAY WESTSIDE TERRACE REHABILITATION CENTER PROFESSIONAL LAKE CENTER AIBS BGVF	<b>8th ANNUAL DIABETES PREVENTION &amp; WELLNESS WORKSHOP</b> <b>Thurs., Oct. 23, 2008</b> Dothan Civic Center 7:30 A.M. - 2:00 P.M. <b>Free to Public</b> Free Health Screenings Diabetes Education, Speakers Vendors & Demonstrations Free Breakfast & Lunch (The center will serve healthy Snacks & Drink Prices of \$2.00 Beverages - \$2.00) No Need to Register in Advance (Late Info on Registration, Expenses and Transportation of Diabetes) <b>\$1,000 in CASH</b> SPONSORED BY MIKE SCHMITZ (NOT SUBJECT TO TAX) Refreshers provided by educational grants from Eli Lilly, Takeda, Novartis, and Takeda For more information contact: Dothan Leisure Services 334-615-3700

KNOWLEDGE	+ RECREATION	= WELLNESS
<b>Are You At Risk?</b> ✓ Overweight? ✓ Ethnic Heritage At Risk? ✓ 45 Years Old Or Older? ✓ Family History Of Diabetes? ✓ High Blood Pressure? ✓ High Cholesterol? ✓ Inactive? <b>Free Diabetes Classes</b> Houston County Health Department 10000 Highway 160 Dothan, AL 36021 334-678-2290 <b>Signs of Diabetes</b> ✓ Frequent urination ✓ Excessive hunger ✓ Excessive thirst ✓ Unusual weight loss ✓ Dry skin ✓ Increased fatigue ✓ Irritability ✓ Blurry vision <b>Get Active!</b> TALK TO YOUR DOCTOR: ✓ WALK ✓ RISE & BIKE ✓ SWIM ✓ DANCE ✓ HIKE & TRAIL JOIN AN EXERCISE CLASS VISIT A PARK Dothan Leisure Services offers opportunities for all types of recreation for children through senior adult. See the Leisure Service booth for an activities calendar and winter programs. <b>Prevention</b> Live a healthy lifestyle by: ✓ Maintaining a healthy diet ✓ Maintaining a healthy weight ✓ Maintaining a regular exercise routine ✓ Schedule regular check-ups <b>Purpose of Event</b> To educate the public on the prevention, diagnosis and treatment of diabetes. ✓ Free to Public (No Registration Fee) ✓ Free Health Screenings ✓ Diabetes Education ✓ Vendors ✓ Recreation Demonstrations ✓ Golf Prizes ✓ CEUs Offered (No Registration Fee)	<b>BREAKOUT SESSIONS SCHEDULE</b> <b>Room B</b> <b>8:00 a.m. - 11 a.m.</b> <b>"Ask the Expert"</b> Experts from various specialties to answer your questions one on one <b>Room C</b> <b>8:00 a.m. - 12:00 Noon</b> <b>Lower Extremities and Feet Assessments</b> by Dothan Brace Shop & Diabetes Experts <b>Room D</b> <b>9:00 a.m. &amp; 10:00 a.m.</b> <b>Healthy Cooking Demonstrations</b> Beth Blocker and Jamie Sharp Davis and Powers Hospital Speakers provided by educational grants from Eli Lilly, Novartis, and Takeda. <b>PROFIT FROM THIS EVENT IS DONATED TO THE WIREGRASS DIABETES COALITION A CHARITABLE ORGANIZATION WITH NO HEALTH COVERAGE</b>	

## Approximately 450 Wiregrass Citizens Took Part In The Day's Activities

- Speakers
- Vendor's booths
- "Ask the Expert" Room
- Lower extremities assessment room

**Approximately 450  
Wiregrass Citizens Took  
Part In The Day's Activities**

- Fitness demonstrations by Dothan Leisure Services
- Breakfast and lunch
- Door prize drawings
- Cooking demonstrations

**Speakers**

- Dennis J. Pillion, Ph.D.  
Professor and Interim Chair  
Dept. of Pharmacology & Toxicology  
UAB School of Medicine  
– “Using Drugs to Treat Diabetes:  
What You Need to Know”

**Speakers**

- Claude T. Ashley, Jr., M.D., Ph.D,  
F.A.A.P.  
Southeastern Pediatric Associates  
– “Type 1 Diabetes, Something Old –  
Something New”

**Speakers**

- A. Jay Cohen, M.D., F.A.C.E., C.E.C.  
Endocrinology Practice  
Memphis, TN  
– “Helping Patients Fit Improved  
Control Into Their Lives”

**Speakers**

- Constance Brown-Riggs, MEd, R.D.,  
C.D.E.  
New York, New York  
– “Eating Soulfully and Healthfully  
with Diabetes”

**“Ask The Expert”**

- Perico G. Osby, Regional Extension  
Agent III, Diet and Health
- Dr. Warren Thompson, M.D., Retina  
Associates
- Medtronic insulin pump  
representative
- Speakers were available for one on  
one questions

### **Workshop**

- The funds generated from the workshop are donated to the Wiregrass Diabetes Coalition to help promote the mission of the organization

### **Total Donations to Wiregrass Diabetes Coalition**

2003	\$5,700.00
2004	\$7,145.00
2005	\$8,389.00
2006	\$8,900.00
2007	\$8,210.00
2008	<u>\$9,000.00</u>
<b>TOTAL</b>	<b>\$47,344.00</b>