

## **Diabetes Today and Bibb County Schools**

**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**

**Barbara Terry, RN  
Bibb County Lead School Nurse  
KidCheck Executive Steering  
Committee**

## **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

## **Actions of Bibb County Diabetes Coalition**

- Bibb County school health fairs
- Diabetes support group

### **Bibb County Successes**

- **Health Fairs**
  - In school health fairs performed for 15 years in Bibb County
  - Dr. Marsha Adams & RN students from Capstone College of Nursing
  - Support from BCBS, AL Power & Sight Savers, community businesses and volunteers

### **Bibb County Successes**

- **Diabetes support group**
  - For students & their families with diabetes

### **Health Fairs**

- Identifies students undiagnosed or at risk for developing diabetes
- Indicators
  - Elevated weight, glucose or cholesterol; inactivity, lack of doctor's visits for physical exams, positive family history
  - School nurse works with families to secure health insurance through All-Kids, Medicaid or BCBS

### **Common Health Fair Findings**

- Students with cavities
- Students with vision problems
- Students with an acute infection
- Students with elevated blood pressure
- Students with Acanthosis Nigracans

### **Extreme Health Fair Findings**

- Students with cardiac problems
- Student with growth on tonsil
- Student with tumor behind ear drum
- Students found to be physically abused

### **Extreme Health Fair Findings**

- Students with elevated glucose
- Student with severe eye disease
  - Mother is a teacher and was unaware of problem

### **Information Stations**

- Display tables are set up and manned with people from
  - Bradford Health Service
  - AL Department of Public Health
    - HIV Education & Tobacco Prevention
  - AL Cooperative Extension Service
    - Healthy food & fast food info.

### **Parental Notification**

- Parents are sent a letter with explanation of health fair findings
  - In non-medical terms
- Parents receive pamphlets with diabetes prevention tips
  - Healthy food suggestions & exercise tips suitable for each age group are included

### **Helping Families**

- Diabetes support group formed to provide resources for students with diabetes and their families
- Meetings are held several times a year
- Students enjoy healthy snacks and assist with creating a new recipe

### **Helping Families**

- Games are an important aspect of the meetings
  - Kids enjoy playing, not realizing that they are exercising!

### **Goals and Future Plans**

- Primary goal is to positively impact families, creating a healthier community
- Expand the concept of school based health fairs
  - KidCheck- throughout Alabama with support from Gov. Riley & the Alabama Rural Action Commission

### **KidCheck**

- Governor Riley has appointed Senator Gerald Dial to over-see the inception of KidCheck health screenings in school systems throughout the state

## **For More Information**

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Bibb County Lead School Nurse  
KidCheck Executive Steering Committee  
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