

# Diabetes Alert Day

## Diabetes is Common, Serious, and Costly!

### NMA Diabetes Education Program

#### Diabetes Alert Day

In commemoration of the events that marked the 20th Annual American Diabetes Association (ADA) Diabetes Alert Day, the NMA pledges to increase public awareness that type 2 diabetes is common, serious, and costly. This awareness will go a long way to prevent and control this chronic disease.

To bring attention to this issue for its members, the National Medical Association (NMA) is highlighting three valuable resources for the medical provider to use in his/her practice to identify a patient's risk for diabetes; to educate patients about the disease, the associated risk factors, and the complications of diabetes; and to provide beneficial nutrition and physical activity information. These three resources include the following:

- [ADA Diabetes Risk Test](#) To determine if your patient is at risk for type 2 diabetes, they can answer seven brief questions to calculate diabetes risk.
- [NMA Diabetes Education Program: Physician Tool Kit](#) This tool kit consists of diabetes "prevention" and "control" resource materials for providers to use in educating their patients.
- [National Diabetes Education Program: Power to Prevent](#) This curriculum helps African-American families and communities prevent and control diabetes through healthy eating and increased physical activity.

#### American Diabetes Association (ADA) Risk Test

The American Diabetes Alert Day is an opportunity for the ADA to stress the "seriousness of diabetes." <sup>1</sup> This year the ADA is promoting a Diabetes Risk Test. This short on-line test asks participants questions that are geared at determining the users "potential risk for diabetes." <sup>1</sup>

[Click here to take the test](#)

#### NMA Diabetes Education Program: Physician Tool Kit

In an effort to provide resources to our member physicians, the NMA Diabetes Education Program has developed a diabetes "Physician Tool Kit." This resource can be found on the Program's [website](#). The tool kit includes the latest NDEP materials and resources to assist the

clinician to educate patients in their practice who are at risk for diabetes and to help those patients with diabetes to take control of their disease.<sup>2</sup>

[Click here for the Physician Tool Kit.](#)

Also included in the "Physician Info" section of the NMA Diabetes Education Program website are PowerPoint presentations that physicians and others are free to utilize for lectures, workshops, or personal education. [Click here for these presentations.](#)

## National Diabetes Education Program: Power to Prevent

***Power to Prevent***, a family lifestyle approach to diabetes prevention, is a reader friendly curriculum developed by the NDEP African American/African Ancestry Work Group. It contains twelve 60-90 minute interactive modules focusing on physical activity, nutrition, and diabetes prevention. The curriculum was developed for community-based organizations, faith-based institutions, diabetes educators, and other program leaders. It is designed to assist facilitators in leading small groups and includes a leader's guide with steps for a successful program. Ideally, these small groups will learn to incorporate healthier behaviors into their lives to enhanced diabetes prevention, care, and management. When ordered, free diabetes materials are provided on the CD ROM to augment the program. This resource is copyright free.

[Click here to link to \*Power to Prevent\*.](#)

To order one or more copies, go to <http://www.ndep.nih.gov/diabetes/pubs/catalog.htm> and request *Power To Prevent*, NDEP-69ENT.<sup>3</sup>

## The Diabetes Education Program

The NMA Diabetes Education Program, funded by a five-year cooperative agreement from the Centers for Disease Control and Prevention (CDC), is in the fourth year of grant activities. To address the disproportionate prevalence of diabetes in the Black community, the program has formed six coalitions to conduct outreach and education in areas with a diabetes prevalence of eight percent or higher. The coalition cities include Atlanta, Houston, Indianapolis, Los Angeles, Pine Bluff (Arkansas), and Washington (District of Columbia). (*Objective #1*)

The Program also has educational objectives that are to:

- Conduct outreach activities (e.g., risk assessments, workshops, lectures, local media campaigns) through collaboration with local community and faith-based entities, as well as other public and private agencies. (*Objective #2*)
- Educate the public about diabetes, associated risk factors and complications, and healthful lifestyle behaviors to prevent or delay the disease. (*Objective #3*)
- Educate NMA physicians (i.e., at local, regional and national levels). (*Objective #4*)

## Contact Us

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Visit the website of the NMA Diabetes Education Program!

[www.NMAdiabetesnet.org](http://www.NMAdiabetesnet.org)

## Sources

1. Retrieved from American Diabetes Association web site, March 25, 2008, at [http://www.diabetes.org/communityprograms-and-localevents/american-diabetes-alert.jsp?WTLPromo=Home\\_flash\\_031408](http://www.diabetes.org/communityprograms-and-localevents/american-diabetes-alert.jsp?WTLPromo=Home_flash_031408).
2. Retrieved from the NMA Diabetes Education Program web site, March 25, 2008, at [http://www.nmadiabetesnet.org/index.php/physicianinfo/tool\\_kit\\_description](http://www.nmadiabetesnet.org/index.php/physicianinfo/tool_kit_description).
3. Retrieved from the National Center for Chronic Disease Prevention and Health Promotion web site, March 25, 2008, at [http://www.cdc.gov/diabetes/ndep/power\\_to\\_prevent.htm](http://www.cdc.gov/diabetes/ndep/power_to_prevent.htm)