

DIABETES ALERT DAY!

NMA mobilizes the community for diabetes education.

Introduction

The NMA Diabetes Education Program, funded by a five-year cooperative agreement grant from the Centers for Disease Control and Prevention (CDC), continues to make significant strides in maintaining its active diabetes coalitions. Entering the third year of the grant, the sustained emphasis of the Program is to support community outreach efforts implemented by the Program's coalitions and the national office.

Diabetes Epidemiology and Prevention

NMA encourages its members to be aware that diabetes is still a common and serious disease! In the United States, 20.8 million people have diabetes. An estimated 14.6 million people have been diagnosed; unfortunately, 6.2 million (or nearly one-third of the above total) are unaware that they have the disease. For African Americans, 3.2 million people, aged 20 years and older (or 13.3% of this population), have diabetes. Further, 54 million people, ages 40-74 years old, have "pre-diabetes" or high blood sugar levels that are higher than normal, but not yet high enough to be diagnosed as diabetes. By taking small steps in practicing key preventive measures (e.g., healthful eating habits, regular physical activity, weight loss if obese or overweight, etc.), diabetes can be prevented or delayed.

Diabetes Risk Factors

The risk of developing type 2 diabetes, which accounts for 90-95% of all types of diabetes, increases with the number of risk factors. Common risk factors include:

- Over age 45
- African American heritage (As well as Latinos, Native Americans, Asian Americans and Pacific Islanders.)
- Family history of diabetes
- Diabetes during pregnancy
- History of having a baby weighing over 9lbs
- High blood pressure
- Physical inactivity
- Overweight or obesity
- High cholesterol
- High triglycerides



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Diabetes Program

To address the disproportionate prevalence of diabetes in the Black community, the NMA Diabetes Education Program continues to focus on its core educational objectives: 1) provide outreach, such as screenings, community workshops, and media campaigns; 2) educate patients on preventative behaviors, as well as healthy disciplines to maintain good health while affected by the disease; and, equally important, 3) educate NMA physicians.

Much of the Program's diabetes education is geared towards prevention for the general public, as well as education about self-management for individual with the disease. Patients who have diabetes can develop a series of complications if diabetes is not monitored adequately. It is important to note that 65% of all deaths in people with diabetes are directly related to heart disease and stroke. Diabetes is the leading cause of blindness and eye disease (retinopathy), in adults 20-74 years of age; kidney disease (nephropathy), with 44% new cases occurring in 2002; and other complications such as damage to the nerves (neuropathy), amputations, and dental problems.

Coalitions

The Coalitions that comprise the NMA Diabetes Education Program are supported by the grant to conduct diabetes outreach and education in their respective communities. The coalition sites include Atlanta, Houston, Indianapolis, Los Angeles, Pine Bluff (Arkansas), and Washington (District of Columbia).

This article features two of the six Coalitions, Los Angeles and Indianapolis.



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Los Angeles Coalition

During the past year, Los Angeles (LA) has convened a **Town Hall Meeting** to engage community leaders and advocates and conducted educational outreach at community events such as the **NBC 4 Health and Fitness Expo** and the **50+ Fitness Jamboree** (see photos). At the latter event, over 700 people attended and diabetes educational materials were disseminated. The team in LA includes Dr. Cynthia Cotharn, MD, MPH, Dr. Art Fleming, and Dr. John Anderson. Mrs. Dolores Caffey-Fleming is the Auxiliary representative. Dr. C. Freeman was the president during year 2 of the grant.



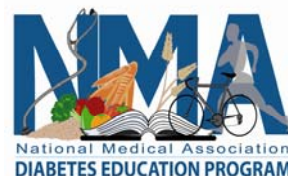
Town Hall Meeting, 2/6/07



50+ Fitness Jamboree, 4/2006



NBC Health Fair, 6/2006

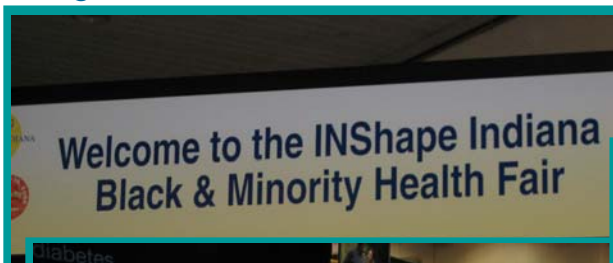


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Indianapolis Coalition

Indianapolis has been one of NMA's most productive diabetes coalitions! From July 6-16, 2006, 18, 000 people attended Indianapolis' **38th Annual Indiana Black Expo**. The Indianapolis Coalition provided diabetes materials, health screenings exams, and blood glucose testing (see photos). The team in Indianapolis include Drs. Lili A. Leavel-Hayes (lead), Virginia Caine, Jarnell Craig.

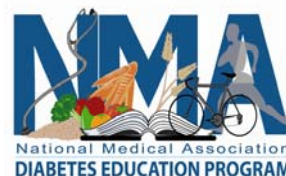


Diabetes Exhibit Table

Blood Glucose Screening



Diabetes Workshop



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Diabetes Alert Day Observance

The American Heart Association (AHA) has created and begun to promote the **American Diabetes Alert Day**. This health observance is an annual, one-day call-to-action, held on the fourth Tuesday of March, for people to find out if they are at risk for diabetes. The goal of this day is to raise the awareness that diabetes is serious, that you can have diabetes and not even know it, and that taking the **Risk Test** is an easy way to find out if you are at risk for diabetes.

The NMA Challenge

In honor of **American Diabetes Alert Day** and in support of the educational objectives of the CDC grant, on Tuesday, March 27th, NMA members are encouraged to “**know your risk for diabetes.**” Find out your risk! Take the risk test by clicking here: <http://www.diabetes.org/risk-test.jsp>

NMA Diabetes Tool Kit

In observance of American Diabetes Alert Day, a tool kit containing selected educational materials from the National Diabetes Education Program (NDEP) and other items will be sent to NMA members and made available on the new NMA diabetes web site at www.nmadiabetesnet.org. Additionally, a patient tool kit will also be available online.

Contact Us

The NMA Diabetes Education Program is coordinated by Wilma Wooten, M.D., M.P.H., Principal Investigator; Ivonne` Fuller, Program Administrator; and Roslyn Douglas, the new Program Coordinator. For information or to assist with this initiative contact rdouglas@nmanet.org and visit www.nmanet.org.

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