

### November is National Diabetes Awareness Month

This year, the National Diabetes Education Program (NDEP) is focusing on family health history as an important risk factor for developing type 2 diabetes.

DPAC is partnering with NDEP to spread the message to **“take steps now to prevent diabetes in the future.”** DPAC members are encouraged to visit the NDEP website for materials that can be used with their patients, clients and families at <http://ndep.nih.gov/>. This includes the two posters that are featured in this newsletter (<http://ndep.nih.gov/a-m-i-at-risk/family-history/index.aspx#main>.)

If every DPAC member could distribute a handout in patient education settings or at family gatherings -- *Four Questions You Should Ask Your Family About Health History*-- this simple action could help someone prevent type 2 diabetes in their future.

The document can be downloaded from the NDEP website and contains these questions:

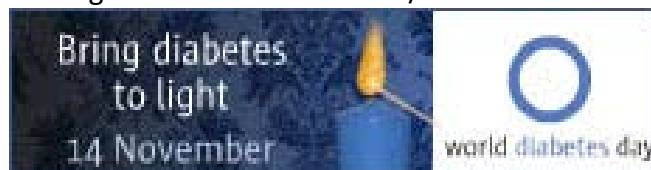
1. Does anyone in the family have type 2 diabetes? Who has type 2 diabetes?
2. Has anyone in the family been told they might get diabetes?
3. Has anyone in the family been told they need to lower their weight or increase their physical activity to prevent type 2 diabetes?
4. Did your mother get diabetes when she was pregnant? This is also known as gestational diabetes (GDM).

Check out our website at  
[www.dpacmi.org](http://www.dpacmi.org)

### November 14th is World Diabetes Day

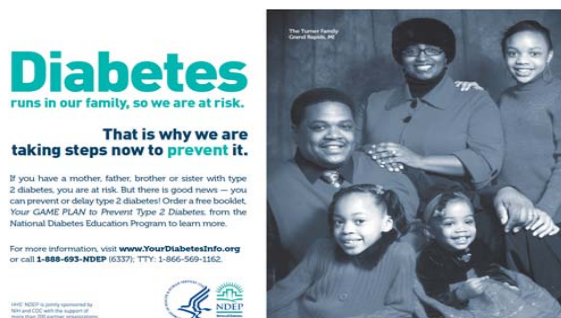
*Let's Take Control of Diabetes. Now.*

is the campaign slogan for World Diabetes Day. The World Diabetes Day logo is the blue circle which signifies the unity of the global diabetes community in response to the diabetes pandemic. DPAC members are asked to display this logo on their websites and/or materials.



Visit <http://www.worlddiabetesday.org> for more information about World Diabetes Day.

### Community Health Worker from Grand Rapids Featured on NDEP Poster



Latecia Turner recognizes that she and her three daughters are at risk for diabetes because her mother has diabetes. As a community health worker at Spectrum Health who recently presented at the October 8<sup>th</sup> DPAC meeting, Latecia devotes her time to teaching others about eating right and exercising — and she makes sure to follow her own advice at home. When she was unhappy with her weight, Latecia lost 85 pounds, and works every day to keep that weight off. She changed how she prepares food for her family and walks, rides bikes, and skates with her daughters. She also supports her mother who recently joined a diabetes management program and is working to lose weight.

## Time Well-Spent: Diabetes Self-Management Education

By Dawn Crane, MS, ACNS-BC, CDE, MDCH

For the month of November, DPAC members are encouraged to refer their patients to diabetes self-management education programs with the following message:

If you have type 2 diabetes, do you know it took years to develop? It's a complicated disease and it did not happen overnight. It took its time, sometimes up to 10 years. Diabetes can affect every part of you, including your energy level and mood. So, why would spending a few minutes on-line, or just reading a pamphlet or one page diet, give you all you need to know about a disease that will greatly impact your health and the rest of your life?

What to do? Get educated. **Really** educated! Certified Diabetes Self-Management Education programs are offered at 89 Michigan sites and have registered nurses and dietitians who can help.

Personal Action Toward Health (the Stanford Self-Management Education Program) has been shown in research to improve peoples' disease management and lives. Class information for both programs is available at <http://www.michigan.gov/diabetes>.

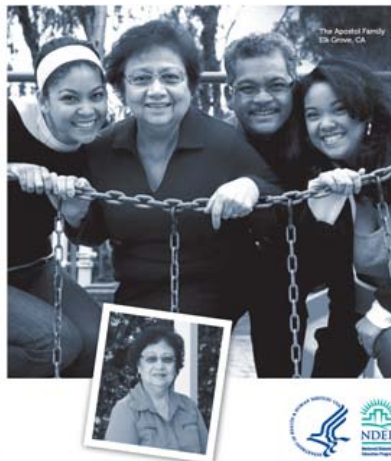
## Diabetes runs in my family.

**I manage my diabetes  
— and I am teaching my family  
how to prevent it.**

If you have type 2 diabetes, your mother, father, brother, sister, and children are at risk. Talk to your family about your diabetes so they can take steps to prevent it now. Order a free booklet, Your **GAME PLAN** to Prevent Type 2 Diabetes, from the National Diabetes Education Program for your loved ones.

For more information, visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.

NDEP is jointly sponsored by NIH and CDC with the support of more than 200 partner organizations.



## Important Facts to Know for World Diabetes Day

Diabetes is the sixth leading cause of death in Michigan and the seventh leading cause of death nationwide. In Michigan, an estimated 701,000 adults have been diagnosed with diabetes and an estimated 364,400 are currently undiagnosed. An estimated two million Michigan adults have prediabetes. (Michigan Department of Community Health)

### World Diabetes Day Activities in Michigan

#### American Diabetes Association Diabetes Update – Free Patient Education Program

Saturday, November 6, 8:30 am – 1:00 pm  
Northwest Activities Center  
18100 Meyers Road, Detroit, 48235  
To register, call 1.888.DIABETES, ext. 6697

#### Diabetes Awareness Session for Michigan House, Senate and Staff

Capitol Building Rotunda

Tuesday, November 9, 9:30 am – 1:30 pm

For more information, contact Sally Joy at the National Kidney Foundation of Michigan at 800-482-1455

#### University of Michigan Comprehensive Diabetes Center Health Fair

Saturday, November 13, 2010, 9:00 am to 1:00 pm  
Advance registration requested:  
Sign up online at [www.med.umich.edu/diabetes](http://www.med.umich.edu/diabetes) or  
contact at (734) 763-0177

#### Diabetes Awareness and Fundraising Activities Through UPDON

Contact at 906-228-9203

**This is not meant to be a complete list; contact  
organizations in your area to learn of other activities.**