

**SAVE THE DATES: DPAC FULL MEMBERSHIP MEETING – MONDAY, APRIL 27, 2009
DIABETES & KIDNEY DISEASE ADVOCACY DAY – TUESDAY, APRIL 28, 2009**

Take the PATH to Better Health

PATH (Personal Action Toward Health) is a six-week workshop designed to provide knowledge and skills to adults with long term or chronic health conditions such as diabetes, arthritis, heart disease, emphysema, asthma, bronchitis and depression.

Classes are led by two trained leaders who hold informal, small group discussions and provide easy-to-understand course materials. Workshop topics include ways to reduce pain and stress, cope with fatigue, how to use medications wisely and the benefits of exercise. Participants also learn goal setting skills that can enhance daily activities. The program is suited for people who have been newly diagnosed with a chronic condition as well as those seeking more aggressive management. The program is also suitable for those caring for someone with a chronic condition.

The PATH program has been proven in studies to reduce symptoms and physician visits as well as increase self-management abilities and communication with doctors.

For additional information on PATH or to find a workshop near you, please visit www.MiPATH.org or contact Karen Olson at olsonk2@michigan.gov or 517-335-1236.

Michigan's newest DON Director



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Diabetes and Smoking Module

Diabetes and Smoking, the tenth education module developed by the Michigan Department of Community Health and MDON, received MNA approval for two years on October 1, 2008. The module was approved for 2.0 contact hours and will be available by the end of the year at www.diabetesinmichigan.org.

New & Updated Resources from the National Diabetes Education Program

NDEP has released revised fact sheets reflecting the most recent diabetes statistics, including prevalence rates for high-risk groups including African Americans, Hispanics/Latinos, American Indians and Alaska Natives, Asian Americans and Pacific Islanders, and a brand new fact sheet for older adults. The 2007 National Diabetes Fact Sheet indicates that the prevalence of diabetes in ethnic minority populations continues to rise, heightening concerns about health disparities among those populations.

The following information can be found in fact sheets tailored to each of these high-risk groups:

- * 3.7 million African Americans have diabetes. Non-Hispanic blacks are about 1.8 times more likely to have diabetes as non-Hispanic whites 20 years and older.
- * 10.4 percent of Hispanics/Latinos ages 20 or older have diagnosed diabetes.
- * About 16.5 percent of American Indians and Alaska Natives ages 20 years and older who are served by the Indian Health Service have diagnosed diabetes.

Update on Diabetes Safe at School Legislation (HB 6555)

This bill probably won't go anywhere between now and December 31, 2008, the end of this legislative session. We will wait to see if it is re-introduced in 2009. Meanwhile, we will continue to monitor this bill and keep you updated.