

The economic headlines for Michigan haven't been a bright spot this summer, but hopefully everyone has had a change to enjoy the beautiful weather and activities of the season.

In this issue, we are excited to share updates from the workgroups, a spotlight article and information about new resources. Thank you for your continued contributions to DPAC...they DO make a difference! If you have comments or ideas for future newsletters, please direct them to Leslie Biskup Ahmad at [lahmad@its.inj.com](mailto:lahmad@its.inj.com)

## Workgroup Updates

### Training and Education Programs Workgroup

The Diabetes Community Health Worker presentation and user packets were distributed at the May meeting. The program will be available on the MDCH/DPAC website later this summer.

**Oral health will be a prominent focus** for future efforts, and details will be shared once the group determines the course of action.

### Advocacy and Policy Workgroup

The Healthy Michigan Fund and the Diabetes and Kidney Programs lines were both maintained at full funding in the final Michigan Department of Community Health budget for fiscal year 2008-2009. **MANY THANKS to DPAC members who were part of the advocacy team that helped to maintain these funds. Please forward any success stories from state-funded programs to Kim Walsh at [walshk@michigan.gov](mailto:walshk@michigan.gov) or Sally Joy at [sjoy@nkfm.org](mailto:sjoy@nkfm.org). Your stories help us to inform legislators how their appropriations help people and save health care spending.**

“...at least 57M American adults had pre-diabetes in 2007. Nearly 1 in 4 does not know they have diabetes.”

CHECK OUT THE CDC WEBSITE FOR MORE FACTS AT [HTTP://WWW.CEC.GOV/DIABETES/](http://www.cec.gov/diabetes/)

## **DATES TO REMEMBER...**

**Sept. 6 Brighton Kidney Walk** – Contact Erica Perry at 800-482-1455.

**JDRF – Ann Arbor/Dexter Walk and Warren Walk** – Both on September 14. Contact Rita Combest at 248-355-1133 or [rcombest@jdrf.org](mailto:rcombest@jdrf.org).

**September 20:** Detroit Diabetes Expo, Rock Financial Showcase, Novi.

**Kids and Kidney Walk** – September 21 - Contact Jodi Burke at 800-482-1455.

**ADA, Step Out to Fight Diabetes: October 4** (Battle Creek and Lansing),

**October 11** (Grand Rapids and Royal Oak),

**October 12** (Ann Arbor). Contact Information: 1-888-DIABETES.

**DPAC Full member meeting – October 8**



### **SPOTLIGHT Article by Roni Evans, ECDON, Flint**

Healthy Families Start with You (HFSY) is an innovative community-based health education and behavior change program started in 2006 by the National Kidney Foundation of Michigan (NKFM). *Since the inception, this multi-generational program has served over 300 families*, to increase healthy lifestyle habits in two different populations: preschool-aged children and their care-givers and families. HFSY is modeled after the very successful Healthy Hair Starts with a Healthy Body™ and Dodge the Punch: Live Right™ programs.

In the HFSY program, Family Service Coordinators at Head Start programs provide motivating “health chats,” risk surveys and educational brochures to parents. This program capitalizes on the unique, trusting relationship that these coordinators have with Head Start parents through their frequent interactions. Head Start nurses also provide blood pressure and healthy weight evaluations. This program has the option to include a six-part curriculum, “Eat the Colors of the Rainbow,” which emphasizes eating fruits and vegetables. Outcome measurements include behavior changes such as decreased television time, decreased fast food consumption, increased exercise and increased fruit/vegetable consumption, all of which have shown positive trends.

For more information, contact the NKFM at (800) 482-1455.

### **New resources from the National Diabetes Education Program:**

**Tip Sheets for Teens with Diabetes:** For teens between the ages of 11 and 17, these five tip sheets have new graphics, updated health information and are written in a style appropriate for teens. Free copies can be downloaded and copied. Visit NDEP's website at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or 888-693-NDEP.

**Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention:** This new curriculum is designed to provide program leaders with the tools they need to increase diabetes prevention and control within African-American communities. It can be downloaded or ordered for free at [www.ndep.nih.gov](http://www.ndep.nih.gov)