

Diabetes Prevention and Control Program

FYI – May, 2011

Greetings from the Diabetes Prevention and Control Program (DPCP)! My name is Zach Parsons, I am the new DPCP coordinator. I'm originally from Pierre and graduated from the University of South Dakota with a BS in physics and mathematics. I did a year of service with AmeriCorps in Olympia, WA working as a chronic disease case manager at a free health clinic. I then worked three and a half years at Sea Mar Community Health Centers, also in Olympia, as a chronic care coordinator.

I look forward to communicating with all of you through this monthly newsletter, but hope our contact doesn't end there. Feel free to get in touch with me anytime for resources, information, or to share what you are doing in your community/workplace.

Thanks,



Happenings

- It is time to spring into action with another Healthy Challenge—**Move More...Outdoors!** The Challenge will be held May 14-June 30. Have a little friendly competition at your worksite or in your community! Sign-up now by clicking on www.HealthySD.gov and receive a pedometer!
- PESI HealthCare is offering a class entitled *The Ultimate One-Day Diabetes Course: Managing Diabetes: Improving the Outcomes*. The class will be held June 10, 2011, at the Sheraton Hotel in Sioux Falls. For more information or to register, visit www.pesihealthcare.com.

Resources

- **Attention Diabetes Educators:** The DPCP is no longer putting out the Diabetes Information Link packets. The packets contained a variety of diabetes information from foot care to a cookbook. Patients requested the packets by filling out a postcard and sending it in to the DPCP. If you have any more of the postcards, please dispose of them.
- **From the SD Diabetes Coalition:** The SD Diabetes Coalition is developing a pre-diabetes toolkit for community organizations. The toolkits will contain a DVD with presentations by health care professionals about implications of pre-diabetes, diabetes risk factors, how nutrition and physical activity can prevent type 2 diabetes and other chronic diseases, screening tips and more. More information to come as the project progresses.

- **School nurses and personnel:** The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) has released an updated edition of *Helping the Student with Diabetes Succeed: A Guide for School Personnel*. Free copies of the guide are available by emailing the DPCP Coordinator, zach.parsons@state.sd.us, or directly from NDEP at: <http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=97#main>
- **For your patients:** The dLife website is currently featuring a printable guide for persons with diabetes that will help them better understand their lab results. Download this practical resource at: http://www.dlife.com/diabetes/doctor_and_you/healthcare_team/lab-report-format?utm_source=Educator-20110224&utm_medium=eNewsletter&utm_content=Update-newsletter&utm_campaign=dLife-eNewsletter.
- **New county level data about physical inactivity:** CDC has released new county and county equivalent-level estimates of leisure-time physical inactivity, complementing previously released county level data on both obesity and diagnosed diabetes. The county-level estimates are posted at: http://apps.nccd.cdc.gov/DDT_STRS2/NationalDiabetesPrevalenceEstimates.aspx?mode=PHY.
- **Want to learn about the overall health of your county?** A new set of reports, the *County Health Rankings* look at a variety of measures that affect health, such as high school graduation rates, access to healthier foods, air pollution levels, income, and rates of smoking, obesity, and teen births. You can find it online at: <http://www.countyhealthrankings.org>.

Articles/Research

- **Oral medication update:** The Agency for Healthcare Research and Quality, Effective Health Care Program, recently released an update on oral diabetes medications for adults with type 2 diabetes. The research review and associated products can be found at: <http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productid=645>.
An article based on the report was published in the *Annals of Internal Medicine*: <http://www.annals.org/content/early/2011/03/11/0003-4819-154-9-201105030-00336.abstract>.
- **Effect of the Affordable Care Act (ACA) on states:** A new report by the Robert Wood Johnson Foundation estimates the effects of the ACA on states, in particular the increases in insurance coverage, subsidies in the exchanges, Medicaid enrollment, and federal spending. The report can be accessed at: http://www.rwjf.org/coverage/product.jsp?id=71952&cid=XEM_205591.
- **Long-Term Impact of Neonatal Breastfeeding on Childhood Adiposity and Fat Distribution Among Children Exposed to Diabetes In Utero.** Crumb, TL, et al. *Diabetes Care*. 2011 February; 34(3):641-645.
(<http://care.diabetesjournals.org/content/34/3/641>).

The objective of this study was to evaluate whether breastfeeding attenuates increased childhood adiposity associated with exposure to diabetes in utero. The researcher concluded that adequate breastfeeding protects against childhood adiposity and reduces the increased adiposity levels associated with exposure to diabetes in utero. These data provide support for mothers with diabetes during pregnancy to breastfeed their infants in order to reduce the risk of childhood obesity.

- **Diabetes Mellitus, Fasting Glucose, and Risk of Cause-Specific Death.** The Emerging Risk Factors Collaboration. *New England Journal of Medicine*. 2011 March 3; 364(9):829-41.

(<http://www.nejm.org/doi/full/10.1056/NEJMoa1008862>).

Researchers examined the risk of death from cancer and other nonvascular conditions among persons with diabetes mellitus and hyperglycemia. Diabetes was associated with premature death from several cancers, infectious diseases, external causes, intentional self-harm, and degenerative disorders, independent of several major risk factors.

- **Prevalence of Tobacco Use and Association Between Cardiometabolic Risk Factors and Cigarette Smoking in Youth with Type 1 or Type 2 Diabetes Mellitus.** Reynolds, K, et al. *The Journal of Pediatrics*. 2011 Apr;158(4):594-601.e1. Epub 2010 Dec 3

(<http://www.ncbi.nlm.nih.gov/pubmed/21129757>).

Researchers from this CDC Division of Diabetes Translation-funded study examined the prevalence of tobacco use and coexistence of cardiometabolic risk factors among youth with diabetes mellitus. They concluded that tobacco use is prevalent in youth with diabetes mellitus and that tobacco prevention and cessation programs should be a high priority to prevent or delay the development of cardiovascular diseases.

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