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Letter from the Director

How Are Your 2007 Resolutions Going?

It is good to occasionally take stock of our progress during the year. Because our resolution is to change diabetes, we are checking in early to make sure we are on track.

To be sure, ours is a big task. In 2005, 1.5 million people in the United States were diagnosed with diabetes, and while we are working on changing this situation on many fronts, we must keep in mind that success does not happen all at once - and can not be accomplished alone. Just like those most common resolutions of all - getting in shape or quitting that bad habit - it's the long-term change that matters most and the support of others that can make the difference between success and failure.

With these thoughts in mind, it was my great pleasure to see everyone who attended the Chairman's Luncheon and Federal Spending Study Briefing on February 7. Those who attended the Luncheon offered valuable reports on each of NCDP's projects, and your enthusiastic participation made it the perfect environment for Martin Soeters, the President of Novo Nordisk, and Andrew Purcell, Vice President for Strategic Business Development, to hear your suggestions.

I would also like to extend a special thanks to Mathematica Policy Research Inc., the esteemed research firm that undertook with us to examine how the government spends money on diabetes in the United States. We know this report will be groundbreaking when the results are announced to policymakers and the public this spring, and we look forward to the outcome of joining together to make recommendations to Congress. Thank you to everyone who came to hear a briefing of the results and offer your insights; it was an inspiring day for us and for everyone who works to change diabetes.

We are also excited about the recent launch of NCDP.com, the new Web site of the National *Changing Diabetes* Program. For anyone with questions about NCDP's vision and activities, the site is a great place to visit to learn more. You can also reach out to me directly if you are interested in getting involved in a specific initiative or if you have a new idea.

This month, as the weather begins to warm up and we start to see the results of those resolutions we made in January, let's renew our commitment to long-term change. I look forward to spending the year *changing diabetes* with each of you.

Sincerely,

Dana Haza



Senior Director
National *Changing Diabetes* Program

Chairman's Luncheon and Federal Spending Study Briefing



Martin Soeters

On February 7, the National *Changing Diabetes* Program invited partners and members of the diabetes community to Washington, DC to discuss current projects and hear about exciting new research on diabetes in the United States.

The first of two meetings brought together Novo Nordisk executives, NCDP leadership and action committee leaders to examine the progress of current projects. In a lively luncheon discussion, advisers and key participants from NCDP work groups reported on achievements and next steps for projects like the Employer Work Group and WIRED Web site. They shared anecdotes about the impact of NCDP projects on people affected by diabetes, and discussed new partnerships and ideas for growing projects while upholding the NCDP principle of measurable systemic change.

The afternoon session consisted of a special briefing held by NCDP and research firm Mathematica Policy Research Inc. to present new research concerning federal spending on diabetes prevention and care in the United States. Senior research fellow Marsha Gold presented select unpublished findings from the study which examined the extent of spending by all U.S. federal agencies on the prevention and care of diabetes. The full results of the study and accompanying recommendations will be made public this spring.

The federal spending study reveals the extent to which federal agencies are involved in the funding of diabetes care, either directly through activities like medical research or indirectly through activities like employee benefits planning. The study also examined funding for comparable health risks, and compared the federal funds spent on diabetes prevention to funds spent on treatment. Representatives from partner organizations like the American Diabetes Association, American Association of Diabetes Educators and the Agency for Healthcare Research and Quality weighed in on the research and made recommendations on how to best use these findings to help change diabetes.

NCDP would like to thank all partners, action committee chairs and advisers for attending and making the meetings possible.



Dana Haza, Andrew Purcell

How the Diabetes Information Network Can Help You

By this time of the year, many New Year's resolutions are already losing steam. We may have grand plans for ourselves and our health for 2007, but sometimes we lack the know-how and support to take a resolution or a goal and create a real actionable plan. For people with diabetes, there is an online resource, DiabetesInformationNetwork.org, that can help turn these daunting goals into real-life accomplishments.

In November 2006, the NCDP Maryland Action Committee launched the online resource to link people with diabetes to relevant diabetes resources in their area. The project, led by Kathy Gold, R.N., M.S.N., C.D.E. of the Diabetes Research and Wellness Foundation, was inspired by the idea that people with diabetes, especially those who have been recently diagnosed, may have trouble carrying out a doctor's instructions to eat well, exercise, or stick to a medication regime. Even when we mean well, there is often a gap between knowing what to do and knowing how to get started.

The Diabetes Information Network site is based on the seven diabetes self-care behaviors outlined by the American Association of Diabetes Educators. Visitors to the site can select themes like healthy eating, being active, healthy coping, reducing risks and monitoring, and search for resources in their neighborhoods to help them with these aspects of their own care.

For instance, a person who wants to be more physically active but needs motivation to stay with a program can visit the "Being Active" section of the site and search a list of local recreational facilities, support programs and athletic clubs. Because organizations come to the site to post their events and information, the resources are continually being updated. People with diabetes can be empowered to seek out the resources they need to keep themselves in good diabetes control.

This program is the first state-wide initiative of its type, but its flexible design means that the concept could be replicated in your neighborhood. Even if you don't live in Maryland, visit DiabetesInformationNetwork.org and tell us what you think. It is an important principle of NCDP to take successful programs and expand them to a national level, so we are interested in how you would use links to relevant, local diabetes resources to help you with your New Year's resolution – keeping healthy with diabetes.

National Changing Diabetes Program Partner Spotlight

NCDP recognizes the outstanding people who are making a difference in *changing diabetes*.



Kathy Gold
R.N., M.S.N., C.D.E.

Kathy Gold,
R.N., M.S.N., C.D.E.

Occupation:

Kathy serves on the Medical Advisory Board and operates a national diabetes helpline at the Diabetes Research and Wellness Foundation (DRWF). DRWF is an international non-profit foundation which raises funds for diabetes research and offers programs to keep people with diabetes healthy. Kathy is also editor of *Diabetes Wellness News*, a national monthly publication that provides support to 20,000 patients and families affected by diabetes.

NCDP Project:

As the Action Committee Chairperson for the National *Changing Diabetes* Program initiative in Maryland, Kathy helped launch the Diabetes Information Network of Maryland at DiabetesInformationNetwork.org, a Web-based guide that links people touched by diabetes to statewide resources for learning about the importance of adopting positive self-care behaviors. Since its launch in November 2006, the site has received more than 61,000 online visitors.

Personal History:

Kathy is Certified Diabetes Educator whose background in nursing has laid the foundation for a prolific career in diabetes care and prevention.

Kathy knows that underserved populations may be particularly vulnerable to complications and poor control of diabetes. To help correct this imbalance, Kathy provides a Diabetes Clinic at the Federal City Homeless Shelter in Washington, DC. Kathy also works with health professional graduate students in George Washington University's Iscopes Project to provide health education for the residents of the Emery Homeless Shelter. She has developed staff educational programs for Unity Healthcare and the DC Primary Care Association and raises awareness of the seriousness of diabetes and the importance of good control when speaking to business groups, church and community groups and government agencies in her outreach efforts for DRWF.

Affiliations:

Member, Public Affairs Committee, American Association of Diabetes Educators
Board Member, National Capital Area American Association of Diabetes Educators
Chairperson, Virginia Diabetes Council
Member, Virginia Diabetes Council Patient Issues Committee

Questions with Kathy

What inspired you to create the Diabetes Information Network Web site?

"Having talked with callers on DRWF's helpline (800-941-4635) for the past nine years, I realized that many individuals with diabetes have no contact with diabetes educators, nor do they have any understanding of diabetes. Yet they struggle with fluctuations in their blood sugar and the many complications of diabetes. Many callers have asked me, 'Why didn't someone tell me this before? I had no idea that diabetes would cause these problems.'

"I hoped that we could create a resource that would be available for all the citizens of Maryland to show them the many options available and help them receive the help and support they need to manage their diabetes. One size does not fit all, and we tried to include a wide variety of resources that could benefit people who are dealing with diabetes on a daily basis, seven days a week, 24 hours a day, 365 days a year."

What is your favorite past or current project and why?

"My ongoing work with the homeless population has provided great rewards. These individuals have so little yet they are highly motivated to make positive lifestyle changes.

"Homeless people with diabetes have little control over their food intake and they spend much of their day walking the streets of DC, engaging in physical activity. With the proper tools to test their blood sugar and an understanding of their medication and the impact of food on their blood sugar, they are able to manage their diabetes successfully. With the education and support we provide in the clinic, they are empowered to manage their diabetes."

What advice would you give to health care professionals interested in treating patients with or at risk for diabetes?

"Provide hope for patients, and be positive and encouraging. It is difficult to change behavior and many times patients are not successful in their first attempts. Encourage them to make small changes and build on their successes. Consider yourself a coach or a cheerleader for your patients, give them the tools they need to manage their diabetes and be positive. Most importantly, listen to your patients and really hear what they are saying."

If resources and time were unlimited, what would you do about diabetes in the United States?


"I would work very hard to develop an awareness campaign on the seriousness of diabetes and develop a national television campaign about diabetes prevention and the importance of good control of blood sugar, blood pressure and cholesterol. This campaign would include specific suggestions on positive actions individuals may take to lose weight and increase their physical activity. Commercials could engage patients in short periods of armchair exercises. I would offer positive messages emphasizing that changing behaviors are difficult but very possible."

Visit NCDP.com today!

If you haven't had a chance to check out the new Web site for the National *Changing Diabetes* Program yet, visit NCDP.com today for up-to-date details on NCDP initiatives. Project updates, newsletters, Action Committee leader bios and information about NCDP vision and strategy are just some of the resources available on our new site. Be sure to check the Partners page for helpful links to organizations and members of the diabetes community. Send links to a friend with a few clicks, or contact us to tell us what you think!

**national
changing diabetes™
program**

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The Vision, the Passion, the Bold Ideas to Create a New Reality and Reverse the Trends.

There is no question that diabetes is one of the greatest health challenges facing this country. It contributes to the death of more than 200,000 Americans annually - and death rates are anticipated to rise for the foreseeable future. The human and economic toll of diabetes is staggering. Unless we do something to reverse current trends, one in three of our children may develop the disease during the course of his or her lifetime.

We cannot allow this to happen.

The **National Changing Diabetes Program** (NCDP) is an unprecedented and monumental step toward changes in the U.S. health care system that may dramatically improve the prevention and care of diabetes.

We invite people who are interested in learning more about diabetes to visit the **National Changing Diabetes Program** Web site often for the latest program news and updates. By working together across the country, we can *change diabetes*.

Newsletter



Changing Diabetes in 2007
Visit NCDP's [DiabetesXChange.org](#) Web site to learn more about promising initiatives across the country.
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Featured Partner



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OF DIABETES EDUCATORS**

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National Diabetes Alert Day is March 27

The American Diabetes Association (ADA) is a resource for millions of Americans *with diabetes* every day, but on one day each year ADA and its partners raise a special alert to educate people *without diabetes* about their potential risk for the disease. On March 27, ADA will observe National Diabetes Alert Day by encouraging Americans to take a short test to assess their risk factors and learn about ways to reduce their risk of developing diabetes in the future. National Diabetes Alert Day reminds us all that diabetes and its complications can be prevented or delayed and the first step is education. To learn more about Diabetes Alert Day, visit diabetes.org.

