



I CAN Prevent Diabetes Program

What: This training will set the stage for you to begin offering the I CAN Prevent Diabetes Program in your community

When: Monday, December 10, 2007, 10:00 AM - 5:00 PM
Tuesday, December 11, 2007, 8:30 AM - 5:00 PM
Wednesday, December 12, 2007, 8:30 AM - 12:30 PM

Where: Paul and Sheila Wellstone Community Center
Neighborhood House
179 East Robie Street
St. Paul, MN 55107

We will provide beverages and bagels each morning, a box lunch, afternoon beverages and a light snack. On Wednesday, you will be on your own for lunch as you return home.

Our trainer will be Dr. David Marerro, Professor of Medicine and Director of the Diabetes Prevention and Control Center at Indiana University School of Medicine. He has lead training and interventions for the original Diabetes Prevention Program (DPP) study and has subsequently trained facilitators to offer the DPP to small groups of people with prediabetes, offering successful programs at the Indianapolis YMCA. Assisting him will be Emily Anderson MA CCRP, the Diabetes Prevention Projects Coordinator at Indiana University School of Medicine. She has conducted health behavior change interventions, research, and group facilitator trainings for the last 8 years, primarily at the University of Minnesota. She now lives in Indianapolis and assists Dr. Marrero with training of group facilitators of the successful diabetes prevention projects at the Indianapolis YMCAs.

The training will cover the details of the DPP curriculum, including the materials and suggestions on how to present them effectively. Group skills will be incorporated throughout the training to help build your confidence in integrating group discussion into specific topic areas. In addition, you will have the opportunity to prepare some of the lessons and obtain feed back from Dr. Marerro or your team members.

We will review plans for regular phone calls with Dr. Marerro which will give us an on-going opportunity for problem solving with him through out the 16 week program. Each participant will receive the in depth I CAN Prevent Diabetes training manual, and Continuing Education Units for their professional portfolio. Other details about the I CAN Prevent Diabetes program, such as incentives and participant handouts that MDH will provide, and more details about collecting the weekly weight data to help evaluate the program will be covered at this time as well.

Hotel options:

Please make your reservations directly with the hotel of your choice, if you are coming from out of town. We recommend downtown St. Paul Hotel options which are about a mile from the training site. For sites requiring reimbursement for travel costs, please contact your community Steps Coordinator for details on submitting expenses.

Registration: Please complete the registration form and return to Diane Lauren by November 27, 2007

For more information, contact:

Rita Mays, Minnesota Diabetes Program at 651-201-5433 or E-mail at rita.mays@health.state.mn.us or Leslie Gross, Steps to a Healthier Minnesota at 651-201-5482 or E-mail at leslie.gross@health.state.mn.us



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If you prefer not to stay downtown, other areas with hotels further from the site include Bloomington (Mall of America area) and Roseville.

Hilton Garden Inn St Paul City Center
411 Minnesota Street, St Paul, Minnesota, USA 55101
Tel: +1-651-291-8800
Government Rate: \$121

Crowne Plaza Hotel, St. Paul Riverfront
11 East Kellogg Boulevard, St. Paul, MN 55101
Hotel Front Desk: 1-651-2921900
Government Rate: \$121

Holiday Inn, St. Paul-Downtown (Rivercentre)
175 West 7th Street
St. Paul, MN 55102
Hotel Front Desk: 1-651-225-1515
Government Rate \$121

Best Western Kelly Inn St. Paul Hotel
161 St. Anthony Avenue, St. Paul, Minnesota 55103
Phone: (651) 227-8711
Government Rate \$89

Directions to Neighborhood House at the Paul and Sheila Wellstone Center for Community Building (179 Robie Street East)

FROM THE NORTH: Take 35E South to 52 South and take the Concord Street exit. Take a RIGHT onto Concord/Cesar Chavez. Take a RIGHT onto Ada Street (1 block before the stop light). Take a LEFT onto Robie Street

FROM THE SOUTH: Take 35E North to 494 East to 52 North and take the Concord Street exit. Take a LEFT onto Concord/Cesar Chavez. Take a RIGHT onto Ada Street (1 block before the stop light). Take a LEFT onto Robie Street.

FROM THE EAST: Take 94 West to 52 South. Take the Concord Street exit. Take a RIGHT onto Concord/Cesar Chavez. Take a RIGHT onto Ada Street (1 block before the stop light). Take a LEFT onto Robie Street.

FROM THE WEST: Take 94 East to 52 South. Take the Concord Street exit. Take a RIGHT onto Concord/Cesar Chavez. Take a RIGHT onto Ada Street (1 block before the stop light). Take a LEFT onto Robie Street.

Registration: Please complete the following information and return to Diane Lauren by November 27

(E-mail: diane.lauren@health.state.mn.us or Fax: 651-201-5800)

Site of Diabetes Primary Prevention program:

Willmar Steps Rochester Steps St. Paul Steps West Side Clinic St. Paul

Other (Please list): _____

Name: _____ Credentials (for certificate and CEU purposes) _____

Title: _____ E-mail _____

Organization _____

Address: _____

Please list any special needs (e.g. dietary restrictions etc.): _____

Role in the I CAN Prevent Diabetes program at your site (please check all that apply):

facilitator back-up facilitator recruiting patients with prediabetes in clinic

coordinating community program other (specify) _____