

# MAKE STRIDES!

Steps to a HealthierMN Newsletter



November/December 2007

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*Steps to a HealthierMN is part of a national program funded by the U.S. Department of Health and Human Services focusing on the prevention of diabetes, obesity and asthma.*

For more information, visit [www.stepstohealthiermn.org](http://www.stepstohealthiermn.org).

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## What's New?

- ★ Steps to a HealthierMN began the fourth year of our five-year funding cycle in late September. A final report on Year 3 activities is being submitted to the Centers for Disease Control and Prevention this month.
- ★ November also holds our quarterly community retreat in which staff from all four communities gather for a day of business, training and sharing. This quarter's retreat is being held on November 13 at the Arboretum and will include training on giving effective presentations as well as a systems dynamic model for diabetes.
- ★ The Steps to a HealthierMN team at MDH is undergoing staffing changes. We are happy to announce the arrival of Leslie Gross, MPH who is a Centers for Disease Control and Prevention Public Health Prevention Service Fellow (PHPS). PHPS is a three-year training and service program for master's level public health professionals. The program focuses on public health program management and provides Prevention Specialists with experience in program planning, implementation and evaluation through specialized hands-on training and mentorship at CDC and state and local health agencies. After a competitive process in which Steps was among 105 possible placements, Leslie joined us October 1 and will be working with Steps for two years. In addition, Steps has two student workers who joined us over the summer months. Brooke Ahlquist, MA and Katie Wahl are both completing their Master of Public Health degrees at the University of Minnesota in Administration and Policy and Nutrition, respectively.

## Small Steps

1. Walk to a co-worker's desk instead of emailing or calling them.
2. Try eating at least two vegetables with dinner.
3. Be active - Walk the dog, don't just watch the dog walk.
4. The smaller your plate, the smaller your portion. Eat your meals at home on a smaller plate.

For more information and a complete list of small steps you can take for a healthier lifestyle, visit [www.smallstep.gov](http://www.smallstep.gov).

# Steps Spotlight



November is Diabetes Month. Steps to a HealthierMN is in the planning phase of an exciting program to prevent diabetes:

Steps to a HealthierMN is collaborating with the Minnesota Diabetes Program at the Minnesota Department of Health to help design, implement and fund a new diabetes prevention program- Individuals and Communities Acting Now to Prevent Diabetes (I CAN Prevent Diabetes). This innovative approach involves enrolling persons recently diagnosed with prediabetes into a 16-week lifestyle intervention. (For more information on pre-diabetes, see the Q&A section on page 4). Following a predetermined, evidence-based curriculum, trained facilitators lead groups of 10-12 individuals through classes and activities designed to promote positive lifestyle changes around nutrition and exercise. This format is based on a randomized, multi-site clinical trial conducted by the Diabetes Prevention Program Research Group (DPP) in 1996 - 1999. That study provided a lifestyle intervention program for persons diagnosed with prediabetes and proved extremely successful in preventing or delaying the onset of diabetes. After the study, participants were followed for nearly three years and demonstrated a 58 percent lower incidence of progression to diabetes<sup>1</sup>. Other outcomes included weight loss and increased physical activity. Steps is following a format of the program adapted by David Marrero, PhD and Ronald T. Ackermann, MD, MPH, in 2003 intending it to be a more cost-efficient, group-based intervention (versus an individual intervention)<sup>2</sup>. The focus, format and success rate of this intervention suggest it is well suited for the Steps program and may prove to be an invaluable tool for improving the health of our communities.

The four Steps sites are currently in the planning process and are deciding the best format for this intervention in their communities. This is a dynamic model that offers each community flexibility in structuring the details of their plan while retaining certain core principles and practices to achieve consistent results, including:

- Collaboration with state/local public health and local clinics and community/fitness centers.
- Basic structure is a 16-week, lifestyle intervention that offers education and support to encourage positive behavior changes for persons diagnosed with prediabetes.
- Intervention is community- based, evidence-based and goal-based.
- Participants must have a recent, laboratory confirmed diagnosis of prediabetes, be at least 18 and be healthy enough for moderate exercise.
- Conforms to HIPPA regulations and clinic consent protocols.
- Includes data collection pre and post intervention to facilitate program evaluation and encourage sustainability.
- Reports findings back to the community and other stakeholders.
- Steps communities and their local partners will send key personnel to a two and a half day facilitator training in Minneapolis on December 10-12, 2007.

State Steps and Diabetes staff have begun community site visits to assist with program planning, much of which is already underway. Implementation will begin during the first quarter of 2008 with some sites beginning even earlier. As we begin to wind down the year, work loads expand while our available time seems to shrink. This makes the enthusiasm and energy behind this initiative that much more notable. Stay tuned for more information about I CAN Prevent Diabetes in the coming months and visit the [Diabetes Prevention Program Study Repository](http://www.bsc.gwu.edu/dpp/index.htmlvdoc) (<http://www.bsc.gwu.edu/dpp/index.htmlvdoc>) to view the DPP curriculum, protocols and other study documents.

For more information or questions about the I CAN Prevent Diabetes program, contact Leslie Gross at [Leslie.Gross@health.state.mn.us](mailto:Leslie.Gross@health.state.mn.us) or 651-201-5482. (Leslie Gross authored this article.)

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<sup>1</sup> The Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med.* 2002 Feb 7;346(6):393-403.

<sup>2</sup> Adapting the Diabetes Prevention Program Lifestyle Intervention for Delivery in the Community: The YMCA Model. Ronald T. Ackermann and David G. Marrero. *The Diabetes Educator*, 1 2007; vol. 33: pp. 69 - 78.

In addition to the I CAN Prevent Diabetes program, the following diabetes-related programs are taking place throughout the four Steps communities:

***Minneapolis and St. Paul:***

Steps to a Healthier Minneapolis and Steps to a Healthier St. Paul collaborated to produce a diabetes program with Emergency and Community Health Outreach (ECHO). The program aired in six languages (Spanish, Hmong, Somali, Vietnamese, Khmer and Lao) earlier this year and is available for viewing on the ECHO Web site. The diabetes program, along with an asthma and nutrition and physical activity program, were copied on to language-specific DVDs. A discussion guide for the programs was developed and piloted with Latino, Somali and Hmong audiences. Statewide distribution of the DVDs and discussion guide is underway in collaboration with the Minnesota Diabetes Program at the Minnesota Department of Health. (See Announcements on page 5 for information on how to order the DVDs.)

In addition, Steps to a Healthier Minneapolis has provided technical assistance with billing codes that generate reimbursement for diabetes services and helped the Native American Community Clinic better utilize their disease management software to track outcomes of diabetes-related patients.

***Willmar:***

Steps to a Healthier Willmar is working with the Rice Diabetes and Nutrition Center to distribute Diabetes Self Empowerment Cards to Rice's patients who have been diagnosed with diabetes. Originally created by Steps to a Healthier Minneapolis, the card includes spaces to write test results and provides reminders for diabetic patients about their health care in an effort to reduce diabetes complications.

***Rochester:***

Nearly 60 community members participated in diabetes screenings in partnership with the Eliminating Health Disparities Initiative – Family Fun Night Event, the Rochester Area Family Y, Olmsted Medical Center and Steps to a Healthier Rochester. Those identified with prediabetes were referred to their health care provider or to the Good Samaritan Free Clinic. BMI and blood pressure screenings have also been conducted at worksites and health fairs, reaching over 600 people.

*For more information about diabetes, visit the Minnesota Diabetes Program's Web site at [www.health.state.mn.us/diabetes](http://www.health.state.mn.us/diabetes).*



## In the News

An article titled “Treating Diabetes and Understanding Cultures” (Theo Francis) appeared in the October 23, 2007 issue of *The Wall Street Journal*.

The article addresses the issue of cultural-competency to ensure that patients from disparate backgrounds get proper care. One example is Dr. Huajun Huang of New York’s Elmhurst Hospital clinic who is adapting dietary and other lifestyle advice to the needs of a diverse population. [View the article online \(http://online.wsj.com/public/article/SB119309800931467791.html\)](http://online.wsj.com/public/article/SB119309800931467791.html)

## Did you Know?

The Minneapolis Sculpture Garden is the largest urban sculpture garden in the country.

Akeley, MN is the birthplace and home of world's largest Paul Bunyan Statue. The kneeling Paul Bunyan is 20 feet tall. He might be the claimed 33 feet tall, if he were standing.

(Source: [www.50states.com](http://www.50states.com))



## Q&A

**Q:** What is prediabetes?

**A:** Prediabetes occurs when an individual has blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. There are 54 million people in the United States who have prediabetes. Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during prediabetes.

Research has also shown that taking action to manage blood glucose when an individual has prediabetes, can delay or prevent type 2 diabetes from ever developing. For some individuals, lifestyle changes alone (diet and moderate exercise) are effective enough to bring blood glucose levels back down to a healthy range.

For more information on prediabetes, visit CDC’s [Q&A about prediabetes \(http://www.cdc.gov/diabetes/faq/prediabetes.htm\)](http://www.cdc.gov/diabetes/faq/prediabetes.htm)

(Source: American Diabetes Association, <http://www.diabetes.org/pre-diabetes.jsp>)

# Announcements

## **November Health Observances:**

American Diabetes Month

<http://diabetes.org/communityprograms-andlocalevents/americandiabetesmonth.jsp>

Great American Smokeout, November 15

<http://www.cancer.org/docroot/subsite/greatamericans/Smokeyout.asp>.

## **Steps Events in November/December:**

Please see the Steps to a HealthierMN Web site for a listing of other various community activities and events in November and December.



## **Save the Dates - Get Fit Twin Cities**

Over 7,500 people signed up for Get Fit Twin Cities in 2007! Sponsored by the Steps communities of Minneapolis and St. Paul, Get Fit Twin Cities is a fun, team-based, fitness challenge designed to jump start healthy habits that will help people feel better, look better and live longer, healthier lives.

For Get Fit Twin Cities 2008:

- ★ Families are encouraged to include their children.
- ★ Minutes of Activity will be tracked; there is no weight loss division.
- ★ The challenge will run January 16 – April 24 or 100 days.
- ★ Cost is \$5, but the first 10,000 Minneapolis and St. Paul residents or worksites who register can register for free.

Gather your team of 2 to 10 people and check the Get Fit Twin Cities Web site at [www.getfittwincities.org](http://www.getfittwincities.org) for registration information beginning in mid-December. Updated information about Get Fit Twin Cities 2008 will also be posted on the Steps Web site.

For questions, comments or suggestions about *MAKE STRIDES!* or to be added to or removed from the distribution list, please contact Rachel Cohen at [Rachel.Cohen@health.state.mn.us](mailto:Rachel.Cohen@health.state.mn.us) or 651-201-5442. You may also sign up to receive the newsletter on the Steps to a HealthierMN Web site: [www.stepstohealthiermn.org](http://www.stepstohealthiermn.org).

## **Other Announcements:**

### **Health Programs in Six Languages**

The Emergency and Community Health Outreach (ECHO) collaborative, Steps to a Healthier Minneapolis and Steps to a Healthier St. Paul have created three health programs for individuals with limited English proficiency:

- ★ *Understand Asthma* (Asthma & Respiratory Diseases)
- ★ *Get Fit, Eat Smart and Be Well!* (Nutrition and Exercise)
- ★ *Put an End to Hidden Diabetes* (Diabetes Prevention and Control)

The 20 minute programs aired on public television in 2006-07 and include a story as well as question and answer period with local health experts.

The programs are available on DVD in Hmong, Khmer, Lao, Somali, Spanish and Vietnamese. All programs are subtitled in English. *Put an End to Hidden Diabetes* also appears in English on each DVD.

A discussion guide is available with each DVD to assist in using the programs as part of an educational or community gathering.

To order free copies of the DVDs for use in your community, school, health clinic or church, visit [www.health.state.mn.us/diabetes/echodvd](http://www.health.state.mn.us/diabetes/echodvd).

