



Walk Texas! Diabetes Program News

Highlights from *Lubbock and Uvalde*



As the current four-year funding cycle comes to a close, Dr. Sandy Graham, UT program evaluator, made site visits to selected CDSP locations that represented different geographic regions and program size. The purpose of each visit was to provide on-site observation of the program, its staff and participants, and learn directly about program goals and accomplishments over the past four years.



SAVE THE DATE!!

One Day Conference:

March 20, 2007

8:30 am-4:30 pm

J.J. Pickle Commons Center

Rm. 1.102

The University of Texas at Austin, in collaboration with the Diabetes Program/ Council of the Texas Department of State Health Services, is presenting a one-day workshop on community-based prevention of chronic disease. This workshop is ideal for public health professionals who are implementing community-level interventions that target the primary risk factors for chronic disease who want to ensure that their work is coordinated with state-wide efforts. The workshop will highlight interventions throughout Texas for tobacco and diabetes prevention, along with child-center efforts to increase activity and improve diet.



Community Health Center of Lubbock: Primer Paso Promotora Program

On January 23, Sandy visited with Christina Cavarrubio (Project Coordinator) and her staff. She was given a tour of their offices, participated in a meeting of the promotoras, made a site visit to the First United Methodist Church who offered their indoor track to host Diabetes activities, and observed the first meeting of a self-management class held the following day at that church.

The physical activity segment of self-management classes was conducted by Carol Hernandez, LVN outreach educator, who provided information, distributed pedometers, and gave instructions on their use. The group then 'saddled up' with pedometers on their waists, did a few stretches, and began the walking the indoor track. Cumulatively, the group of fifteen walked over 25,000 steps. A great beginning!



To conclude an enjoyable two-hour session, the group lunched on turkey wraps made earlier that morning by the promotoras. Participants as well as promotoras and staff talked and laughed as they shared their experiences and expressed commitment to continue the program.

Community Health Development Center of Uvalde: DREAM

On February 1, Sandy visited Sylvia Ocasio, Dream Project Client Service Representative, who provided a description of the DREAM program activities, and

gave Sandy a tour of a senior nutrition center where Yolanda, outreach educator, conducted the Sit and Fit monthly physical activity session. About twenty seniors enjoyed the chair activities and the door prizes given. Sandy also met with Vicenta Moreno, Project Coordinator, and Ernest Garza, Community Health Director, who talked about program goals and outcomes.



Sandy will also travel to Dallas and Progreso in the near future to continue to learn more about the CDSPs 'in the field.'





Dry Land Swimming

In the midst of a beach/surfing decorated room, a physical activity training was conducted by The University of Texas staff during the first 30 minutes of the CDSP training on Thursday, December 7th. The main focus of the class was to teach attendees how to perform dry land swimming. Dry land swimming consists of different water exercises that can be performed above water by those who do not have access to a swimming pool. After a brief explanation of the concept of dry land swimming by Dr. Esbelle Jowers, everyone was led by Becky Garza, a UT graduate student in Health Education, through a series of exercises that follow the “ABCD Workout.”

The ABCD Workout involves an **Action** warm-up, **Balance** training, **Circuit** training, and **Decompression**. The Action warm-up is a very important starting point because it prepares you for the rest of the workout by getting an individual’s blood to flow to his/her body’s extremities. Different exercises that are used during the warm-up are the “I Surrender” pose, the Titanic stretch, and marching in place.

Balance training consists of exercises like stirring the pot where the individual uses one hand to stabilize themselves and uses the other to move as if stirring a large pot. This movement teaches individuals to stabilize themselves by contracting the abdominal muscles as they reach further forward to stir the pot. The Circuit training that was demonstrated during the session was the Cha-Cha. Everyone stepped forward, backward, and sideways along with the song “Wipeout” by The Surfaris. The last phase of the ABCD Workout is Decompression. During this final phase of the workout the stretches in the warm-up are repeated, and a slow walk can be performed to cool down.

The physical activity class was a huge success and provided a great way to start off the morning. Participation was excellent, and everyone seemed to enjoy themselves. It is anticipated that the concept of dry land swimming will be spread amongst others and incorporated into many people’s lives on a regular basis. Dry land swimming can be used at the start or end of a class, or as a class in and of itself. In addition, the same exercises can be performed in the water if a pool is available. Make sure to keep the “ABCD Workout” in mind next time you teach a class!

