



Walk Texas! Diabetes Program News

STAFF PLANNING DAY – Everything is Bigger in TEXAS!

Sandra A. Graham, PhD

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John Bartholomew, PhD

Another year has passed and we are again reviewing our progress and setting new goals for the Texas Diabetes Prevention and Control Program (TDPCP). The third annual staff development day was held on September 1, 2009 in Austin where Program Specialists and program administrators from DSHS met with program coordinators and faculty from The University of Texas at Austin Department of Kinesiology and Health Education to focus on “Our Role in the Big Picture: Leading Texas through Linking Community Efforts.”

A Year in Review: Texas Diabetes Council/Program Director Cassie DeLeon led an open discussion of what worked, what was the evidence of change, what needs further attention, and what’s next. She reviewed her four years with the program and acknowledged the vision and hard work of the staff and community diabetes program coordinators. She noted the successful partnership with the American Diabetes Association (ADA) in presenting the Annual Diabetes Summit. Additionally, she mentioned the accomplishment of developing and implementing PMATS, the flexibility and willingness of staff to meet the challenges of policy changes, the use of new tools, and the ever-changing state and federal diabetes landscape.



Role as Consultants: Program Specialists (PS) take on various roles as they work to support the Community Diabetes Program (CDP) coordinators. Focusing on their roles as consultants, John Bartholomew, Associate Professor in Kinesiology and Health Education, reviewed ways PSs assist their CDPs: provide tools, guide toward environmental changes, and motivate toward success. In discussing the importance of good data, he noted the use of monitoring and evaluation as tools for helping programs assess their progress and effectiveness. Additionally, he pointed out the psychological stress involved in evaluation and common coping behaviors.

Advocating for Change with PhotoVoice: A picture is worth 1000 words. Through the use of still photos and videos clips of contrasting environmental conditions, PSs and CDPs can create visual stories that promote structural and policy changes. This technique was demonstrated to CDPs who to advance the conversation with their coalition members. By knowing their communities and members who participate in diabetes programs, CDPs can help coalitions take the initiative to visually capture evidence of community needs and assets. This will help to raise awareness, build followers, and stimulate action regarding access to care, food, physical activity, and education.



Movement Heats Up: Mark Faries, UT Health Education doctoral student, led the staff in a demonstration of NEAT (Non-exercise activity thermogenesis). The staff performed five selected movements (sitting on a balance ball, sitting while fidgeting, standing, walking in place, and walking in place while fidgeting) while Mark explained the associated caloric expenditure. Caloric burn increases with movement, however minor it may seem. This idea and technique can be useful for staff to practice at all work places and to introduce to their CDPs.



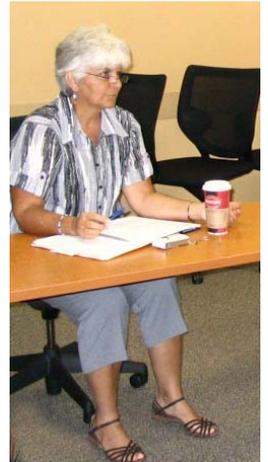
CDP Training – June 2009

Esbelle Jowers, PhD

Mark Faries, M.S.

Lauren Grieco, M.A.,

The quarterly training for the Community Diabetes Programs staff was held in Austin June 15-17, 2009. Two topics were covered in the discussions – Developing a Standard Assessment Tool and PMATS Hit the Deck Trivia. Participants reviewed a draft of an assessment tool designed for use in diabetes self-management classes statewide. The goal is to measure pre and post behavioral indicators of program impact at all Texas DPCP sites and to aggregate scores that demonstrate program impact individually, site-wide, and statewide. Discussions led to insightful suggestions that will be incorporated into further development.



PMATS Hit the Deck Trivia was a practice exercise where two teams competed for points by answering PMATS questions quickly and accurately. All enjoyed the practice, learned and confirmed information, and left with two decks of jumbo playing cards.

