



Walk Texas! Diabetes Program News



The Dance Zone helped make physical activity fun during two breaks at the one-day conference!

The annual conference co-sponsored by The University of Texas at Austin, Texas Department of State Health Services Diabetes Council/Program, and the American Diabetes Association, opened with a welcome and introductions by Dr. John Bartholomew, associate professor at The University of Texas at Austin. The audience of almost one hundred attendees included representatives from various state and county health departments, community health centers, diabetes associations and programs, and educational and medical facilities from across Texas.

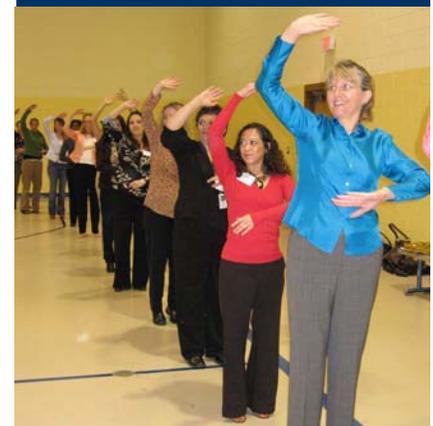
The program provided an opportunity for public health professionals to learn of best practices in community-based interventions aimed at diabetes prevention and management. Dr. Philip Huang, Chronic Disease Medical Director at DSHS, and Cassie Deleon, Texas Diabetes Program Director, spoke on the status of diabetes statewide and program best practices. Brianna Smith of Youth InterACTIVE presented an exemplary program focused on empowering youth to drive positive trends in health education and civic engagement. More information can be found on their website: youthinteractive.org

Lourdes Rangel, Laredo Community Diabetes Service Projects (CDSP) coordinator, gave a comprehensive review of the successful integration of the diabetes programs developed and implemented through Gateway Community Health Center, Inc. over the course of more than ten years. The panel of presenters fielded questions and comments from the audience about prevention and interventions. Dr. Bartholomew engaged the audience in a discussion on the motivation of behavioral change. Audience introductions and networking gave the participants opportunities to share program successes and challenges and open communications agencies. Evaluations by participants indicated positive and successful professional experiences and potential for future affiliations.

"Lessons Learned" Conference a Success!



March 20, 2007
J.J. Pickle Research Campus
The University of Texas at Austin





Highlights from Site Visits to Four CDSP Locations

Continuing with site visitations as part of the final evaluation of the four-year funding cycle, Dr. Sandy Graham, UT-Austin program evaluator, was hosted by another four CDSP programs: Dallas Concilio, REACH Promotores Community Projects of Progreso, St Mark's Medical Center - LaGrange, and City of Fort Worth Public Health. Each site presented their respective programs through facility tours, meetings with staff and community members, program descriptions, and materials.



Dallas Concilio of Hispanic Service Organizations: February 5, 2007

Through the AVANCE Parent-Child Education program, Silvia Gallegos, Community Health Manager revives hope by teaching young parents about diabetes and nutrition at local elementary schools. The Paso Saludables (*Healthy Steps*) founded by Silvia, are community walking groups that have grown and sustained participation for at least two years. More than thirty walking groups represent a culturally accepted model for physical

activity that attracts people of all ages, with the highest percentage of the participants between ages 26-35 years. Fifty percent or higher prefer to walk in groups and walk 4-5 times/week. Together Silvia and Cynthia, the Community Outreach Specialist, work with trained promotores who are an essential part of all programs offered by the Concilio.

Silvia begins the diabetes self-management class at a Dallas ISD elementary school taught to all Spanish-speaking young mothers and their children.

St. Mark's Medical Center- LaGrange: April 11, 2007

The County Extension Programs (Colorado, Fayette, Lee) are essential collaborators with the CDSP programs led by Gina Lagrone and Donna Vasut. The *Do Well Be Well* nutrition programs are co-taught by the CDSP and county extension agents. The diabetes education program, *Healthy High*, is present in Schulenberg and Weimar independent school districts. Continued strong collaboration and support has come from the Swift Foundation and the Stanzel Foundation who are interested in improving the health of school age children.



A healthful, delicious and easy-to-prepare lunch was made and enjoyed at the 'Do Well Be Well' nutrition class held at Colorado County Extension Center in Columbus, Texas.



REACH Willacy Promotores Community Projects of Progreso: February 15, 2007

Rebecca Garza, Associate Director for Migrant Health Promotion, and Genoveva Martinez, Program Coordinator, proudly introduced their promotores and staff to Sandy Graham. After taking a riding tour through the local colonias, they discussed their programs at length. The primary deliverers of the diabetes awareness and education program are two paid promotores, husband and wife, Erik and Mary. They bring the self-management, nutrition, and physical activity elements of the program to the colonias where they meet at the homes of participants. Additionally, they present at health fairs and other community-wide events. As promotores, they utilize culturally appropriate methods including music and role playing, and bring a familiarity of Mexican-American migrant border life. They are very accessible, genuine, knowledgeable, and well received by the communities.

REACH promotores, Erik and Mary (upper left), and Genoveva work with other community outreach workers making materials for teaching self-management and nutrition in the colonias.



Ibiso "On the trail to a healthy heart" works diligently to spread the word.



City of Fort Worth Public Health: April 23, 2007

Ibiso Charles, CDSP, works hard to bring awareness of the program to many sectors of the city. Ibiso has been working with Tarrant county extension, Tarrant County Diabetes Collaboration, public health department, and the University of North Texas. Together, they have provided information and interventions relating to diabetes self-management, nutrition, and physical activity to schools, the Texas Department of Transportation, senior citizen groups, churches, and community events.