



Walk Texas! Diabetes Program News

PMATs Training at UT-Austin with CDPs & DSHS

September 13, 2007



John Bartholomew from UT-Austin discusses the PMATs system updates with CDPs.

UT-Austin led the CDPs and diabetes program staff in a half-day training regarding the online system PMATs. All participants were informed of the status of the system, the updates made since the last training, and were guided to enter sample data for typical field scenarios. The UT-Austin staff created field worksheet tool for each type of activity including: Intervention, Media and Public Displays, Information and Referral, Administration and Capacity Building, and Coalition Building. These worksheets can be taken to classes in order to record the information from the event and be able to enter the information into PMATs at a later date.



CDPs participate in a PMATs orientation.

Reviewing Resource Documents Available from Walk Texas! September 14, 2007

UT-Austin staff, after providing the physical activity training, discussed the various resource documents available for use for evaluation of programs. Dr. Jowers and Dr. Bartholomew presented each CDP with a copy of the following: Walk Texas! List of Clinician Guides, the Quick Start Guide to a Physically Active Organization, the Diabetes Prevention Project Executive Summary, and a list of all other resources available on the Walk Texas! Website. Each resource was discussed including how it could be modified to meet the various needs of the CDPs. UT-Austin staff answered any questions regarding evaluation methods, measurement of adiposity/physical activity, and activities in a clinical setting.



Save the Date:

*Diabetes Summit, April 17-18th
Hilton Airport Hotel, Austin, TX*

Scarf Juggling Activity

Scarf Juggling was performed during the first 20 minutes of the quarterly CDP training on Friday, September 15, 2007. The main focus of the session was to teach attendees how to perform "scarf juggling." Participants were given 3 scarves each and shown how to engage in light, but fun physical activity using scarves as juggling devices. This activity can be completed by individuals in wheel chairs or individuals who are limited to light activities. All CDPs were given a set of 30 scarves to take back to their communities. The CDPs can offer scarf juggling classes to their communities and/or use as a physical activity that can start or end a class.





Staff development day at the J.J. Pickle Research Campus, UT-Austin “Balancing It All”

A staff development planning day was conducted at the J. J. Pickle Research Campus on September 6, 2007. A full day was facilitated by UT-Austin staff with the Diabetes Program staff. Dr. Huang presented information regarding the status of state-wide diabetes issues and chronic disease. Goals and tasks for the upcoming year were discussed.



Diabetes Program group photo after Balancing Game



John Bartholomew and Esbelle Jowers lead DSHS Staff in a fun, interactive word scramble game.



Happy New Year! Diabetes program sets goals for upcoming year.

