

**MINUTES OF
DOUGLAS DIABETES SURVEY WORKING GROUP MEETING
ARIZONA TEAM**

**First Presbyterian Church
760 10th Street
Douglas, Arizona**

Tuesday, December 15, 1998 1:00-4:00pm

The meeting began with a welcome speech from Jill de Zapien and introductions from everyone who attended. Mike Lebowitz briefly described the work that had already been done in Douglas and proceeded with a presentation of the data and follow-up data results from the survey. A handout accompanied this presentation. Emma Viera-Negron presented the data in Spanish. The major points raised in this presentation were as follows:

- 13% of the sample had previously been diagnosed with diabetes
- 81 % of known diabetics did not have their glucose levels under control (i.e. 110 mgidl or more)
- Of the 225 with results of 126 mgidl or higher, who were told to see a physician, 60 individuals had gone to the physician and 63 had not at the time of follow-up.
- The study conservatively estimated an 18% prevalence of diabetes in Douglas.
- Mike pointed out that this prevalence is indeed an epidemic, as the expected rate was 8% (the average prevalence of diabetes among Hispanics in the United States)

Discussion of the data was brief. Group members expressed concern over the data and had some specific questions. The discussion was followed by a break.

After the break, Katie Careaga and Carmen Ramirez presented some methods and resources for community-based interventions. These were presented to give the group inspiration in developing their own plan for their community. Several methods were discussed:

- School-based Prevention
- Control: classes, relaxation and behavior modification techniques, community health advisors
- Community-wide dissemination: media, events
- Physician Continuinfl Education and Training the Trainer

Carmen presented three programs and manuals used to train outreach workers and service providers. Katie and Carmen stated that there is a wide variety of free or inexpensive resources available to the group. Linda Murphy contributed to this presentation by adding that potential funding could be identified, and encouraged the group to use Carmen as a resource for both information and funding sources.

The focus of the meeting then shifted to the community representatives and dividing up tasks among work groups. Although the group did not physically split into sub-groups, natural sub-groups became evident in the course of the discussion. The following suggestions for action were made:

Prevention

- bring school nurses and administration to the discussion
- present to PTO/PTA
- establish Health Care Council in the schools
- build on existing Turning Point program
- establish program of diet and activity

Control

- bring physicians, nurses, and hospital board to the discussion
- establish diabetes support group
- link and integrate patients and resources with Chiracahua Community Health Center's Diabetes Clinic, which provides screenings, education, and transportation and with Cochise County Health Department, which focuses on screening
- use *promotoras* to address isolated elderly population

Dissemination

- use radio and newspaper
- bilingual
- work with Arizona Department of Health Services to convey that data is preliminary
- approach churches, schools, Chamber of Commerce, and service clubs, and bring them into the discussion

People commenting extensively on certain topics were organized into subcommittees. The following people agreed to lead each group:

Prevention

- Julia Larez
- Lucy Spjkes
- Yolanda Caruzo
- Mjke Lebowitz
- Carmen Ramírez
- Ginger Ryan

Control

- Ginger Rvan
- Molly Sweeney
- Irene Cornejo
- Carmen Ramírez
- Jill de Zapien

Dissemination

- Rosa Ortega
- Carol Huddleston
- Cecilia Rosales
- Emma Viera-Negron

Each subcommittee will discuss who is missing and contact these additional people to arrange for to meet and develop an action plan.

Finally, discussion focused on possible funding opportunities that may present themselves quickly. Jill mentioned that guidelines for a new Rural Health Outreach Grant are coming out and such a funding initiative would be a natural avenue for the work of the group. Ginger offered to be the applicant agency for such a proposal and work with the group to submit a collaborative proposal.