



# ODPCP

OHIO DIABETES PREVENTION  
& CONTROL PROGRAM

BUREAU OF HEALTH PROMOTION  
& RISK REDUCTION

OFFICE OF  
HEALTHY OHIO

## H1N1 Influenza

The Centers for Disease Control and Prevention (CDC) has issued a public health alert due to the increase of H1N1 influenza (swine flu) cases in the United States. Individuals have an important role in protecting themselves and their families.

- Stay informed. Health officials will provide additional information as it becomes available.
- Everyone should take these everyday steps to protect your health and lessen the spread of this new virus:
  - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
  - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
  - Avoid touching your eyes, nose or mouth. Germs spread this way.
  - Try to avoid close contact with sick people.
  - If you are sick with a flu-like illness, stay home for seven days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.
  - Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

For people with diabetes, being sick can raise blood glucose levels and illness can prevent them from eating properly, which further affects blood glucose.

Influenza is spread mainly person to person through coughing or sneezing of infected people. If you develop influenza:

- Be sure to continue taking your diabetes pills or insulin. Don't stop taking them even if you can't eat. Your health care provider may even advise you to take more insulin during sickness.
- Test your blood glucose every four hours, and keep track of the results.
- Drink extra (calorie-free) liquids, and try to eat as you normally would. If you can't, try to have soft foods and liquids containing the equivalent amount of carbohydrates that you usually consume.
- Weigh yourself every day. Losing weight without trying is a sign of high blood glucose.
- Check your temperature every morning and evening. A fever may be a sign of infection.

Call your health care provider or go to an emergency room if any of the following happen to you:

- You feel too sick to eat normally and are unable to keep down food for more than six hours.
- You're having severe diarrhea.
- You lose five pounds or more.
- Your temperature is over 101 degrees F.
- Your blood glucose is lower than 60 mg/dL or remains over 300 mg/dL.
- You have moderate or large amounts of ketones in your urine.
- You're having trouble breathing.
- You feel sleepy or can't think clearly.

For more information, visit the following Web site: <http://www.cdc.gov/h1n1flu/>

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# F as in Fat: How Obesity Policies are Failing in America 2009

Adult obesity rates increased in 23 states and did not decrease in a single state in the past year, according to a report released recently by the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). In addition, the percentage of children who are obese or overweight is 30 percent or higher in 30 states.

Mississippi had the highest rate of adult obesity at 32.5 percent, marking the fifth year in a row that the state topped the list. Four states now have adult obesity rates above 30 percent, including Mississippi, West Virginia (31.2 percent), Alabama (31.1 percent) and Tennessee (30.2 percent). Ohio's adult obesity rate is now 28.7 percent. Adult obesity rates now exceed 25 percent in 31 states. Colorado (18.9 percent) remains the only state where less than 20 percent of adults are obese. The F as in Fat report contains rankings of state obesity rates and a review of federal and state government policies aimed at preventing or reducing obesity. The report also offers recommenda-

tions for addressing obesity as part of health reform. Some key recommendations include:

- Ensuring every adult and child has access to coverage for preventive medical services including nutrition and obesity counseling and screening for obesity-related diseases such as type 2 diabetes.
- Increasing the number of programs available in communities, schools and child care settings that help make nutritious foods more affordable and accessible and provide safe places for people to engage in physical activity.
- Reducing Medicare expenditures by promoting proven programs that improve nutrition and increase physical activity among adults ages 55 to 64.

The report also calls for a National Strategy to Combat Obesity that would define roles and responsibilities for federal, state and local governments and promote collaboration

among businesses, communities, schools and families. It would seek to advance policies that:

- Provide healthy foods and beverages to students at schools.
- Increase the availability of affordable healthy foods in all communities.
- Increase the frequency, intensity and duration of physical activity at school.
- Improve access to safe and healthy places to live, work, learn and play.
- Limit screen time.
- Encourage employers to provide workplace wellness programs.

To access the full report visit the following Web site:

<http://www.rwjf.org/childhoodobesity/product.jsp?id=45050>

The Healthy Ohio obesity prevention plan can be viewed at: <http://healthyohioprogram.org/ASSETS/0B9A7DFFF7E64202AE5A704AEB9A9EC0/ohobe-spln.pdf>

## What is ACHIEVE?

**ACHIEVE**  
Healthy Communities

ACTION COMMUNITIES FOR HEALTH, INNOVATION & ENVIRONMENTAL CHANGE

ACHIEVE (Action Communities for Health, Innovation and EnVironmental change) is an initiative sponsored by the Centers for Disease Control and Prevention (CDC). Selected national organizations collaborate with CDC to enhance local communities' abilities to develop and implement policy, system and environmental change strategies that will help prevent or

manage health-risk factors for heart disease, stroke, diabetes, cancer, obesity and arthritis. Specific activities are directed toward reducing tobacco use and exposure; promoting physical activity and healthy eating; improving access to quality preventive health-care services; and eliminating health disparities. The five national organizations that have been selected to

collaborate with CDC's Healthy Communities Program in conducting ACHIEVE are:

- The National Association of Chronic Disease Directors (NACDD).
- The National Association of County and City Health Officials.
- The National Recreation and Park Association.

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# What is ACHIEVE?

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- YMCA of the USA and (Y-USA).
- The Society for Public Health Education.

The five national organizations support community health action response teams (CHARTs) in the selected communities through their local affiliates. Communities receive technical support from national organizations as well as assistance from national experts to implement strategies that support and sustain healthy lifestyles where people live, work, learn and play.

In January 2008, 10 initial communities were jointly selected by the NACDD and the Y-USA to pilot the ACHIEVE model. Stark County, Ohio, was selected as one of the first communities in the nation to participate in this initiative. Under the lead-

ership of ACHIEVE coaches Sherry Smith and Erin McGuire (Stark County General Health District), a dedicated CHART has been developed that has implemented:

- A well-recognized community wellness brand-Live Well Stark County.
- Walking paths for 60 local businesses.
- Signage for workforce wellness reminders.
- A wellness scorecard for the local workforce.
- Worksite wellness policies.
- Additional physical activity opportunities via a supplemental obesity grant from the Ohio Department of Health.

In March 2009, 43 additional communities were selected to join ACHIEVE. In Ohio, communities in Butler and Lake counties were chosen to participate. It is anticipated that an additional 250 ACHIEVE communities will be funded within the next three to five years.

## ACHIEVE Site Visit for 2009

The first site visit of the 2009 ACHIEVE-funded communities took place in June in Lake County. NACDD ACHIEVE project consultants Ali Jaglowski, David Yum and Randy Kirkendall traveled to Lake County, Ohio, to visit with Tori Luyster and Maureen O'Hearn (ACHIEVE coaches), the CHART members including the ODH state health department expert adviser Nancy Schaefer. The Lake County team is a diverse group of community leaders representing the YMCA, family services, the aging population, mental health organizations, education, parks and recreation, OSU Extension, the county commissioners and city planners/engineers, among others. Over the course of a day-and-a-half visit, the NACDD team toured a local community college and met with the Lake County Parks & Recreation staff. A windshield tour of the county was also conducted that focused on the residents' accessibility to physical activity opportunities and nutritious food. The NACDD project consultants and the Lake County CHART team discussed the initial steps necessary for assessing the community using the tool developed for the ACHIEVE initiative.

The ACHIEVE Action Institute was held in Denver July 20-24, 2009. ACHIEVE leaders and national policy experts (including Mark Fenton and Larry Cohen) presented information detailing the opportunities for local community interventions via policy and systems changes.



**Lake County CHART members who attended the ACHIEVE Action Institute:**

**Front row** (Left to right): Maureen O'Hearn, (Lake County General Health District), Steve Madewell (Lake MetroParks), Tory Luyster (Lake County General Health District), Lisa Siciliano-Miller (OSU Extension) and Traci Salkiewicz (Lake County engineers).

**Back Row** (Left to right): Dick Bennett (Lake County YMCA), Wayne Lindstrom (Crossroads-a community based mental health/alcohol/drug addiction organization serving children, adolescents and their families in Lake County, Dan Troy (Lake County commissioner), Dick Kotapish (Lake County GIS), Nancy Schaefer (ODH) and Sharon Minjares (Lake Hospital System).