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Words from CADI'S President– Danielle Patterson

Thank you for your patience as we re-organize the Diabetes Advisory Group into the Cardiovascular and Diabetes Coalition of Indiana. I know this has been a long process, but we have had a few dedicated members who continued to serve on the Transition Team and the Evaluation Committee. Now that we have the Coalition leadership in place, it is time to start the work on reducing the burden of cardiovascular diseases and diabetes in Indiana.

I appreciate the following people who will also provide leadership for the Coalition: *Vice Chair Jennifer Pferrer*, American Diabetes Association; *Secretary Robin Meleski*, St. Joseph County Health Department; *Treasurer Lanet Owen*, Memorial Hospital and Health Care Center Tri-State Health Ministry Organization.

Let us also thank and acknowledge *Temí Ekiran*, Coalition Coordinator, for coming on board and keeping the Coalition on track during this time. She brought the energy the Coalition needed to stay together and get organized.

Lastly, as a Coalition we will convene to go through a strategic planning session to develop, plan and chart our course for a successful year. Details regarding a planning session will be sent to you soon. In the meantime, make sure you have submitted your application for membership and volunteer for a workgroup in CADI.

I look forward to working with you.

Danielle L Patterson

Chair, Cardiovascular and Diabetes Coalition of Indiana

Notes from Temi, This is the time of year I call perfect. The weather is not too cold or too hot. It's a time to go for

April Showers

Bring May Flowers



walks and get a little bit of exercise. It's also the time of showers bringing us beautiful flowers. *It's spring!* Spring is also allergy season and all across the country people with allergies are sniffing, sneezing, and generally suffering from a surfeit of spring allergies. It's nearly impossible to completely avoid spring allergies if you live in an area where plants grow. However, you can ease sniffing, sneezing, and watery eyes by avoiding your main allergy triggers. Here are a few tips.

- *Try to stay indoors whenever the pollen count is very high (pollen counts usually peak in the mornings).*
- *Keep your doors and windows closed whenever possible during the spring months to keep allergens out. An air purifier may also help.*
- *Clean the air filters in your home often. Also, clean bookshelves, vents, and other places where pollen can collect.*
- *Wash your hands after going outside.*
- *Vacuum twice a week. Wear a mask because vacuuming can kick up pollen, mold, and dust that were trapped in your carpet.*



Individuals with chronic diseases should consult with their physician before taking over the counter medications for allergy.

Healthy Lifestyle

Breathe Flowers Not Smoke !

The Indiana Tobacco Quitline is a free phone-based counseling service that helps Indiana smokers quit. The Quit Now line is **now** available to youth tobacco users. The evidence based telephone counseling program is designed to help youths ages 13-17 quit using tobacco permanently.

Services include:

- *One on one coaching for tobacco users who have decided to quit.*
- *Resources for healthcare providers who want to improve patient outcomes.*
- *Best practices for employers who want to implement smoke-free policies.*
- *Support for family and friends who want to help loved ones stop smoking.*
- *Health education and information.*
- *Refusal and problem-solving skills development.*
- *Discussion of triggers, peer influences, environmental/household exposure to tobacco use, and stressors.*
- *Relapse prevention through planning and preparation.*

Services are available to you 7 days a week in more than 170 languages.

Ready to quit? call 1-800-QUIT-NOW (800-784-8669) or visit : <http://www.in.gov/quitline/>



IU Health Garden on the Go! Indiana University Health's Garden on the Go is a strategic effort to improve access to affordable fruits and vegetables in neighborhoods of need in Marion County. The goal is to get more produce into the hands of those without easy access to affordable fruits and vegetables. This is part of IU Health's larger scale initiative to fight the obesity epidemic by improving access to healthy foods and safe places for physical activity in high-poverty neighborhoods.

HOW IT WORKS

Garden on the Go operates Monday – Friday, year-round, stopping at the same locations and times each week. Produce comes from local and regional sources and features a variety of fruits and vegetables. Cash, credit cards and food stamps (SNAP/EBT) are accepted. Anyone is welcome to shop on the truck, regardless of residency or income.

For more information about *Garden on the Go* or to check truck schedule visit <http://iuhealth.org/garden-on-the-go/>



INShape Indiana : INShape Indiana motivates, educates, and connects Hoosiers to valuable resources that help them eat better, move more, and avoid tobacco. IN-Shape Indiana encourages Hoosiers to adopt healthier lifestyles. Visit the website and find out how to make yourself, your family and your community healthier!

<http://www.inshapeindiana.org/>



Continuing Education

Mini- Medical School - Indiana University School of Medicine Terre Haute 18th annual **Mini Medical School Continuing Education Program** continues through **April 2013**. All sessions are held from 6:30pm-8:30pm at the Landsbaum Center for Health Education located at 1433 N. 6th Street, Terre Haute, Indiana.

The theme for all sessions is “prevent chronic disease & move towards a state of wellness”.

Below is the list of session topics and dates.

- *April 9: Older Adult Fitness and Aging*
- *April 16: High Blood Pressure*
- *April 23: COPD/Smoking Cessation*
- *April 30: Managing the Health Care System.*



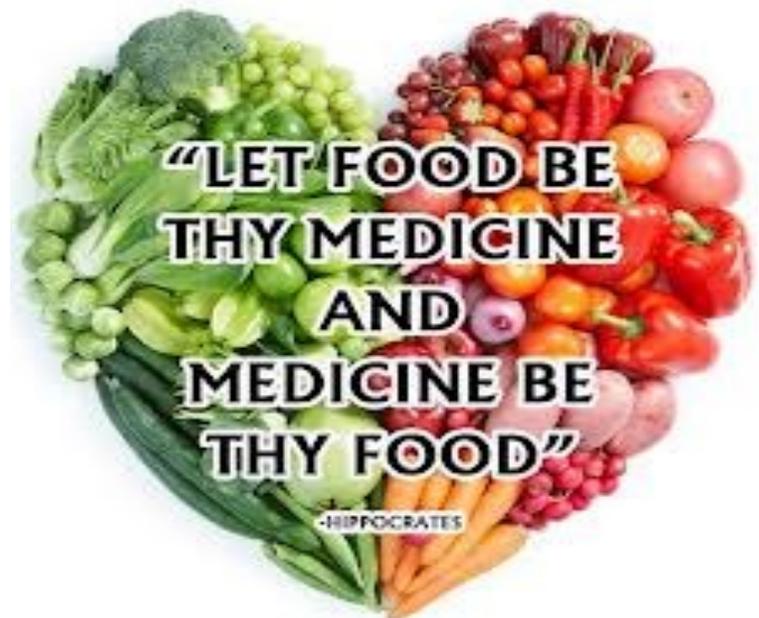
SCHOOL OF MEDICINE
INDIANA UNIVERSITY

There is no charge for the Mini Medical School Program, but a reservation is recommended. For more information about the program or to register call [812-237-2345](tel:812-237-2345) or visit

<https://isu-aceweb-001.indstate.edu/showGroups.awp> and click on continuing education.

Food as Medicine: A Feast of Science & Wisdom– is a clinical nutrition training program by The Center of Mind and Body Medicine for physicians, medical students, registered dietitians, nurses and other healthcare professionals. The purpose of this course is to learn how to integrate nutrition into clinical practice, medical education and community health. This course will be held **June 6-9, 2013** at JW Marriott, Indianapolis, Indiana. Topics to be covered during this course include:

1. *Nutrition in Practice*
2. *Digestive Healing*
3. *Core Imbalance*
4. *Brain Health*
5. *Condition Specific*
6. *Nutrition Therapy*
7. *Enhancing Counseling*
8. *Laboratory Assessment*
9. *Obesity*
10. *Mindful Eating*
11. *Community Nutrition*
12. *Sustainable Agriculture*
13. *The Food as Medicine Kitchen.*



For more information about the courses or for registration visit www.CMBM.org or call 317-860-5800

Awareness Months

Minority Health Month—April is Minority Health Month! In an effort to reduce health disparities and improve the health status of the Minority populations, many states and organizations are celebrating National Minority Health and Health Disparities Month in April to raise awareness of minority health issues. The Office of Minority Health, along with its statewide partners is planning activities for Minority Health Month in Indiana.



The following are some of the activities planned for the month.

- *April 4– DE Mujeres Program (Women Program: Mental Health)*
- *April 6- Latino Health Organization Health Fair*
- *April 6– Prostate Cancer Workshop*
- *April 8– Wayne County Minority Health Month Celebration*
- *April 8– Howard Regional Hospital—Cultural Competency Training*
- *April 8– American Indian Center Indiana– Running Buffalo*
- *April 9– Prevent Child Abuse Annual Conference*
- *April 9– Women’s Health Day*
- *April 11– Native Americans and Health Disparities*
- *April 13– 3rd Annual Indiana Black Barbershop Health*
- *April 13– Family Resources Day*
- *April 14– Indiana Latino Institute Tobacco Control Presentation Sportzone*
- *April 25– The Minority Health Coalition of Grant County Annual Minority Health Month Luncheon.*
- *April 26– Sickle Cell: The Ultimate Health Disparity*
- *April 16 & 23– Indiana Latino Institute “Tobacco Control Presentation Latino: Pregnant Women/ Women of Child Bearing Age.*
- *April 2 & 16– Diabetes Clinic / Diabetes Care and Health Screening.*



For more information about event location and activities surrounding Minority Health Month in Indiana visit

<http://www.in.gov/isdh/25114.htm> click on programs and events.

Awareness Months

Stroke Awareness Month - May is National Stroke Awareness Month. Throughout the month of May there will be activities to help the community understand the risk factors and symptoms of stroke, a leading cause of death and serious long-term disability in the United States.

Time is crucial in the treatment of stroke. On average, every 40 seconds someone in the United States has a stroke and roughly every four minutes someone dies from a stroke.

The earlier a stroke is recognized and the patient receives medical attention, the greater chance of recovery. Strokes occur when a blood vessel carrying oxygen and vital nutrients to the brain is either blocked by a clot or ruptures. When this occurs, part of the brain is deprived of blood and oxygen, destroying millions of valuable nerve cells within minutes.

"If you suspect a stroke, remember the word FAST – F-A-S-T,"

"F is for face - is your face drooping? A is for arms - can you lift both arms? S is for speech - are you slurring your words and T is for time, call 9-1-1 immediately because with stroke, time is brain."

The primary stroke symptoms include:

- *Sudden numbness or weakness on one side of the face or facial drooping.*
- *Sudden numbness or weakness in an arm or leg, especially on one side of the body.*
- *Sudden confusion, trouble speaking or understanding speech.*
- *Sudden trouble seeing in one or both eyes.*
- *Sudden trouble walking, dizziness, loss of balance or coordination.*
- *Sudden severe headache with no known cause.*

About Stroke

According to the American Stroke Association, approximately 795,000 people experience a new or recurrent stroke each year, and 87 percent of these are ischemic strokes. An acute ischemic stroke occurs when an obstruction, such as a blood clot, blocks blood flow to the brain. The obstruction deprives the brain of blood and oxygen, destroying valuable nerve cells in the affected area within minutes. The resulting damage can lead to significant disability including paralysis, speech problems and emotional difficulties.

Treatment may be available if you get to the emergency room immediately upon recognition of stroke symptoms. Living a healthy lifestyle, including lowering risk factors like high blood pressure and weight, can also help reduce your stroke risk.

For more information about stroke and to order stroke awareness/ prevention educational materials, visit www.strokeawareness.com. Also, information about stroke for the general public can be found at www.strokecall911.com.



Upcoming Events, News, & Announcements

Indiana University Clinical Research Study: Indiana University is seeking volunteers with type 2 diabetes between ages 18-60 for a clinical research study.

The study includes

- 3-4 visits to the Indiana CTSI Clinical Research Center over 4-5 months.
- Physical exam at no cost.
- Laboratory tests at no cost.
- Diabetes treatment during the study at no cost.
- The study is continuous, no deadline.
- Compensation for time and effort of participating.



This research study is being conducted at the Indiana CTSI Clinical Research Center located at 410 W. 10th Street, Indianapolis, IN. 46202.

If you have any questions about the study or would like to find out if you are eligible, please contact the **Study Coordinator at 317-274-7679.**

The University of Virginia's Diabetes and Driving Safety Research: The University of Virginia is enrolling drivers with type 1 diabetes into the National Institute of Health's internet intervention study. This study is designed to potentially help adults ages 18-70 who are at risk or experience hypoglycemia while driving and hopefully avoid driving mishaps. Participants need to enroll by May 2013.

This study is done entirely over the internet requiring no clinic or doctor's visit. This study is open to anyone living in the U.S. with internet access. Participants will be compensated for participating in this study.

For more information about the study visit www.diabetesdriving.com

ABC's of Diabetes—Free diabetes self-management classes from Marion County Public Health Department.

The ABCs of Diabetes program is a free four part series program offered by the Marion County Health Department to teach people with diabetes about medication, nutrition, exercise, monitoring, complications, and available community resources. Class members will participate in individual consultations with a registered dietitian, registered nurse, and health educator free of charge. The class is open to anyone with diabetes, pre-diabetes, family members and friends. For more information please call: 317-221-2094. You must register to participate, View and register for 2013 free classes at www.mchd.com/diabetes.



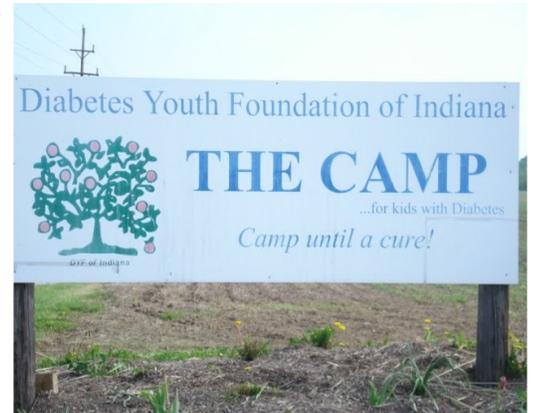
**MARION COUNTY
PUBLIC
HEALTH
DEPARTMENT**

Prevent. Promote. Protect.

Upcoming Events, News, & Announcements

The Diabetes Youth Foundation of Indiana Presents: Camp Until A Cure- Camp Until A Cure is an overnight and day camp that focuses on educating children and teens ages 5-15 with type 1 diabetes on how to live a healthy life with diabetes. This a fun, educational, camping experience that incorporates activities such as swimming, paintball, archery, creek walks, nature center, arts and craft, diabetes education, camp-fire, and much more. The overnight camp is open to children and teens ages 7-15 and the day camp is open to children ages 5-8, Monday—Friday 9am –3pm. Dates and time for camp sessions are below.

- *2103 Session 1 overnight: June 9th-15th.*
- *2013 Day Camp Session 1: June 17th-21st (Daily from 9am-3pm).*
- *2013 session 2 Overnight: June 16th– 22nd.*
- *2013 Day Camp Session 2 ; June 24th– June 28th (Daily from 9am-3pm).*
- *2013 Session 3 Overnight : June 23rd– June 29th.*



For more information about the camp, camp fees, directions to camp site , or to register, visit <http://www.dyfofindiana.org/index.php?id=11>

Kiss a Pig Night with the Indiana Pacers: *Would you Kiss a Pig to stop diabetes?* Join the American Diabetes Association in a fun and wacky celebration of progress in the fight to stop diabetes on Monday, April 12th at the Indiana Pacers home game at Bankers Life Fieldhouse (125 S. Pennsylvania St., Indianapolis).

The purpose of the Kiss a Pig event is to:

- Increase awareness about diabetes and the American Diabetes Association.
- Encourage prompt diagnosis and proper treatment of diabetes.
- Raise funds to support the American Diabetes Association's research, education services and advocacy programs.

Candidates will compete to raise funds for the mission of the American Diabetes Association. The candidate that brings home the most bacon will pucker up and kiss a pig at the center court during half time.

Why a pig? Pigs were the first source of insulin for people with diabetes.

Become a candidate or vote for your favorite at www.diabetes.org/indykisspig



Upcoming Events, News, & Announcements

Indiana Minority Health Coalition's Evidence-Based Intervention Programs : IMHC offers evidence-based educational programs to children and adults in safe and comfortable community settings. Working in small groups, facilitators encourage discussions about healthy eating, active living, mental health, and disease management. Below are the programs offered to meet the specific needs of their communities' residents.

- *Chronic Disease Self-Management Program*
- *Bienvenido Program*
- *Body & Soul Program*
- *Diabetes Self-Management Program*
- *First Place Weight Management Program*
- *Have a Healthy Baby Program*
- *Heart Power Programs*
- *Operation Fit Kids Program*
- *Search Your Heart/ Conozca Su Program*
- *Smile Smart Oral Health Program*
- *S.I.S.T.A (Sisters Informing Sisters About Topics on AIDS) Prevention Program*



These programs are continuous and offered all year round. For more information about these programs visit <http://imhc.org> or call 317-926-4011

Indiana Rural Health Association 16th Annual Conference—Rural Health: Adapting for a Healthier Future

The IRHA Annual Conference is designed to provide health care leaders in rural/ small communities networking and educational opportunities, as well as renewed motivation to tackle their challenging jobs. Join IRHA for a three day conference packed with valuable information, From **August 6-8, 2013 at JW Marriott, 10 S. West Street, Indianapolis, IN., 46204.**

Last year, more than 500 health care providers, government representatives, rural community leaders, educators, and students attended the IRHA Conference.

For more information about the conference or to register visit

<https://asoft729.secsites.net/secure/freedomweb/index.php>
[src=forms&ref=2013+IRHA+Conference+REGISTRATION&id=2013+IRHA+Conference+REGISTRATION](https://asoft729.secsites.net/secure/freedomweb/index.php?src=forms&ref=2013+IRHA+Conference+REGISTRATION&id=2013+IRHA+Conference+REGISTRATION)



Upcoming Events, News, & Announcements

The American Diabetes Association Indiana is hosting a summer camp (**Camp John Warvel**) for children and teens ages 7-17. Camp John Warvel is **June 9-15, 2013** at YMCA Camp Crosley near North Webster, IN. This camp is designed to give children ages 7-15, a safe place to learn how to better manage their diabetes while making new friends and enjoying the outdoors. A special program is offered for teens ages 16-17.

For more information about the camp, fee and registration process visit www.diabetes.org/adacampjohnwarvel or contact the American Diabetes Association Indiana Area at 317-352-9226, ext 6732. **Application deadline is April 27.**

The American Diabetes Association Presents: Indiana Tour de Cure

Do you like biking? Ride to Stop Diabetes at the Indiana Tour de Cure and raise funds to support research, education, and advocacy in Indiana. Join the American Diabetes Association on **Saturday, June 8, 2013**, for the exclusive cycling event on the legendary Indianapolis Motor Speedway located at **4790 W. 16th Street, Indianapolis, IN.**

Register to join the team and raise \$200 to help Stop Diabetes at www.diabetes.org/indytour



Thanks to our partners !!!



Newsletter Contributions : CADI's Newsletter is published on a quarterly basis. The intent of this newsletter is to inform health professionals around the State of current programs, opportunities, and information on cardiovascular health, stroke, and diabetes in Indiana. If you have any questions, suggestions, articles, programs events, or other information you would like to include in the next newsletter, Please contact [CADI Coordinator](#). The deadline to submit information for the third quarter newsletter is **June 21, 2013**.

CADI is recruiting partners and volunteers to be part of the coalition and to serve on one of the following committees: systems of care, community linkages, advocacy & partnership, data, surveillance and evaluation, and resource development. **If you are interested in learning more or participating in CADI**, contact the Coalition Coordinator.

CADI meets quarterly; the next meeting will be June 12th (1-4pm) at Indiana State Department of Health, Rice Auditorium, 2N. Meridian Street, Indianapolis, IN. 46204.

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