



## Diabetes Month

November was Diabetes Month. NMDI distributed 19 toolkits to 17 different locations across the 12-county region. Toolkit favorites were Diabetes Treatment Recommendations, Diabetes Risk Test, and the NMDI Business cards.



Pictured above is staff from MMC Diabetes Education and NMDI at their display for Diabetes Awareness Month in November.

If you would like a toolkit for Diabetes Alert Day on March 24, contact Amanda Woods at [awoods@mhc.net](mailto:awoods@mhc.net).

## E-Blast

Don't forget to have your patients sign up for the quarterly NMDI e-blast! Questions about the e-blast, contact Amanda at [awoods@mhc.net](mailto:awoods@mhc.net)

## Upcoming Events

Diabetes Partners in Action Coalition  
April 30, 2015

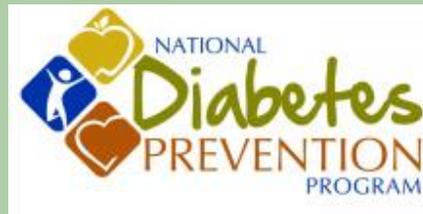
For more information, click [here](#).

## Standards of Medical Care in Diabetes 2015

"The new American Diabetes Association *Standards of Medical Care in Diabetes* published in January 2015 adjusted the definition of overweight body habitus and obesity for Asian American is using different BMI cutoffs, limiting time spent being sedentary by sitting no more than 90 minutes at one time, and also are supporting, but not outright recommending, universal use of statin therapy for all diabetic patients over the age of 40." –Co-Medical Directors Dr. Lamie and Dr. Vollbrecht

Click [here](#) to access the full report.

## Diabetes Prevention at OMH By Jill Moore, RN, CDE



This past year, OMH started a Diabetes Prevention Program. We had two sessions, one during the day and then one in early evening. The day session actually had more participants than the early evening session. As time went on, we had a few drop outs, but overall retention was pretty good. As our 16 weekly sessions came to a close, we realized that our time went by way too fast, and we knew we would miss our little DPP "family." Our experience was mostly positive and the people who enrolled all seemed to benefit from the emotional support the group provided as well as losing weight. Our figures are not in yet as far as total weight loss amounts, but one of participants showed up with a lab report of her A1c having gone from 6.2% to 5.7%. All of the 14 participants lost weight, some up to 10 pounds. We plan to continue with the post-core sessions next month and will start another DPP class in April of 2015. To find a Diabetes Prevention Program in your area, click [here](#).