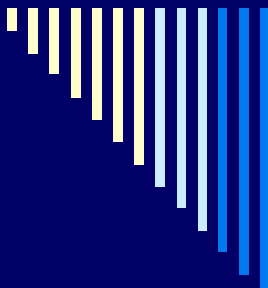


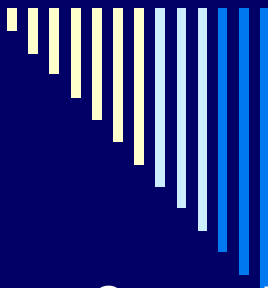

The Diabetes Advisory Council:

**Shaping Florida's Shared Vision for
Diabetes Prevention and Control**



What is the Diabetes Advisory Council?

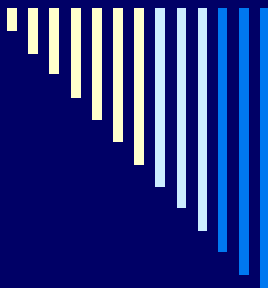
- Governor-appointed
 - Advises the Governor and Florida's Surgeon General on diabetes-related needs for the state of Florida
 - Advises the CDC-funded Diabetes Prevention and Control Program
 - Recommends policy and legislation changes for emerging diabetes issues affecting overall care, medical treatment, and quality of life for Floridians with diabetes
-



What is the Diabetes Advisory Council?

Categories of representation are defined in Section 385.203, Florida Statutes. Members are appointed by the Governor.

- ❑ American Diabetes Association
- ❑ ADA-Recognized Community Education Program
- ❑ Adult Endocrinology
- ❑ Pediatric Endocrinology
- ❑ Dietary CDE
- ❑ Nursing CDE
- ❑ CMS Diabetes Regional Program
- ❑ Juvenile Diabetes Research Foundation
- ❑ Community Health Center
- ❑ County Health Department
- ❑ Employer
- ❑ Insurance Industry
- ❑ Ophthalmology or Optometry
- ❑ Osteopathic Medical School
- ❑ Pharmacy
- ❑ Podiatric Medicine
- ❑ Psychology
- ❑ University of Florida Medical School
- ❑ University of Miami Medical School
- ❑ University of South Florida Medical School
- ❑ Interested Citizens with Diabetes (3)
- ❑ Interested Citizens (2)



Why do we need all these partners?

Parent obesity predicts childhood obesity

<i>Parent weight status</i>	<i>Risk of overweight child</i>
<input type="checkbox"/> Both parents normal weight	<input type="checkbox"/> <7%
<input type="checkbox"/> 1 parent overweight	<input type="checkbox"/> 40%
<input type="checkbox"/> 2 parents overweight	<input type="checkbox"/> 80%
<input type="checkbox"/> More than 2/3 of obese children >10 y.o. will be obese adults	<input type="checkbox"/> For obese 3-5 year old children the risk of adult obesity increased from 24% with no obese parent to 62% with at least one obese parent

Whitaker RC et al. N Engl J Med
1997;337;869-73



Childhood obesity predicts adult obesity (Bogalusa Heart Study)

2617 subjects 2 – 17 years old re-examined at 18 – 37 years with mean follow-up of 17 years.

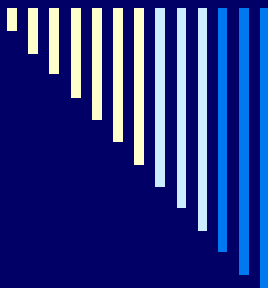
RESULTS:

- Of 186 overweight children (BMI \geq 95th centile) **77%** (144) were obese as adults.
- Only **7%** of 1317 normal weight children became obese adults.



OBESITY IS ASSOCIATED WITH METABOLIC SYNDROME

- Obesity is associated with insulin resistance and metabolic syndrome
- 65% of obese 5-10 year old children have at least 1 cardiovascular disease risk factor
 - hypertension, hyperlipidemia, abnormal glucose tolerance
- 25% of obese 5-10 year old children have 2 or more risk factors



Physical Fitness, Personal Wellness, and Diabetes

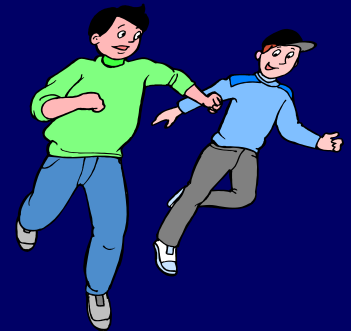
- Physical fitness, improved nutrition, moderate weight loss, and personal wellness are essential to help prevent diabetes among those at risk and prevent complications among those with diabetes
 - The Diabetes Prevention Program (DPP) found that losing 5-7% of body weight and exercising 150 minutes/week can reduce or delay the onset of type 2 diabetes by 58% among those with pre-diabetes, more effective than treatment with medication
 - People with pre-diabetes can normalize their blood glucose levels with modest weight loss
-



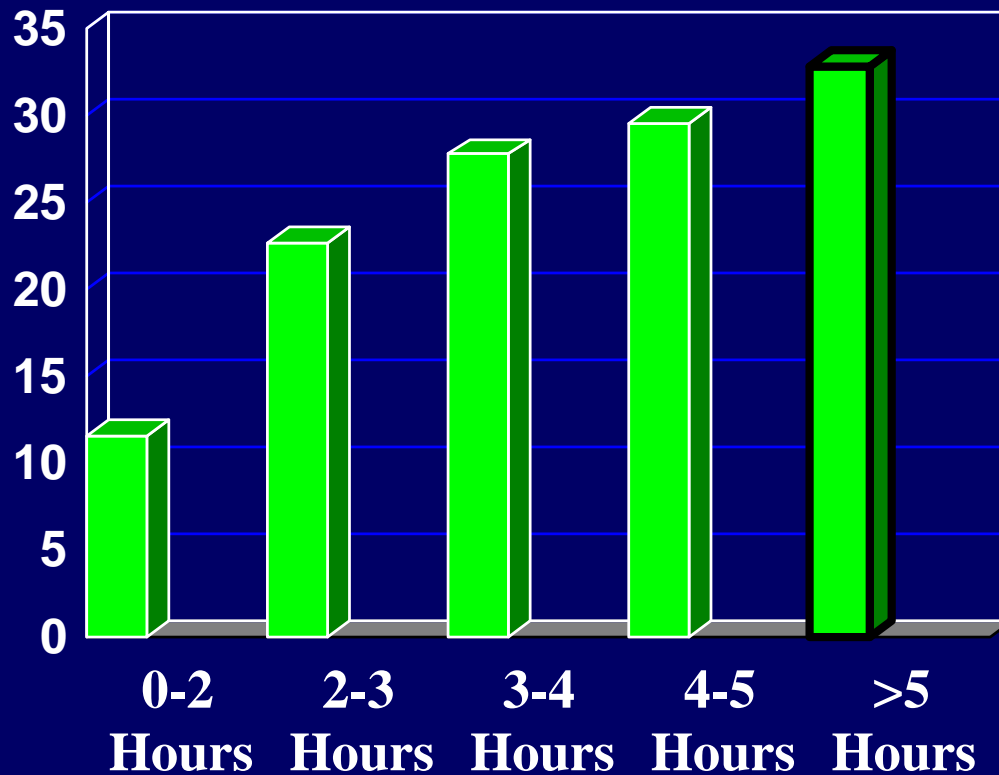
Preventing obesity can prevent metabolic syndrome and T2DM

Treating obesity can delay progression to T2DM

- Only 50% of U.S. young people 12-21 years regularly participate in rigorous physical activity
- 25% report no physical activity
- From 1991-1995 daily attendance in school PE classes decreased from 42% to 24%



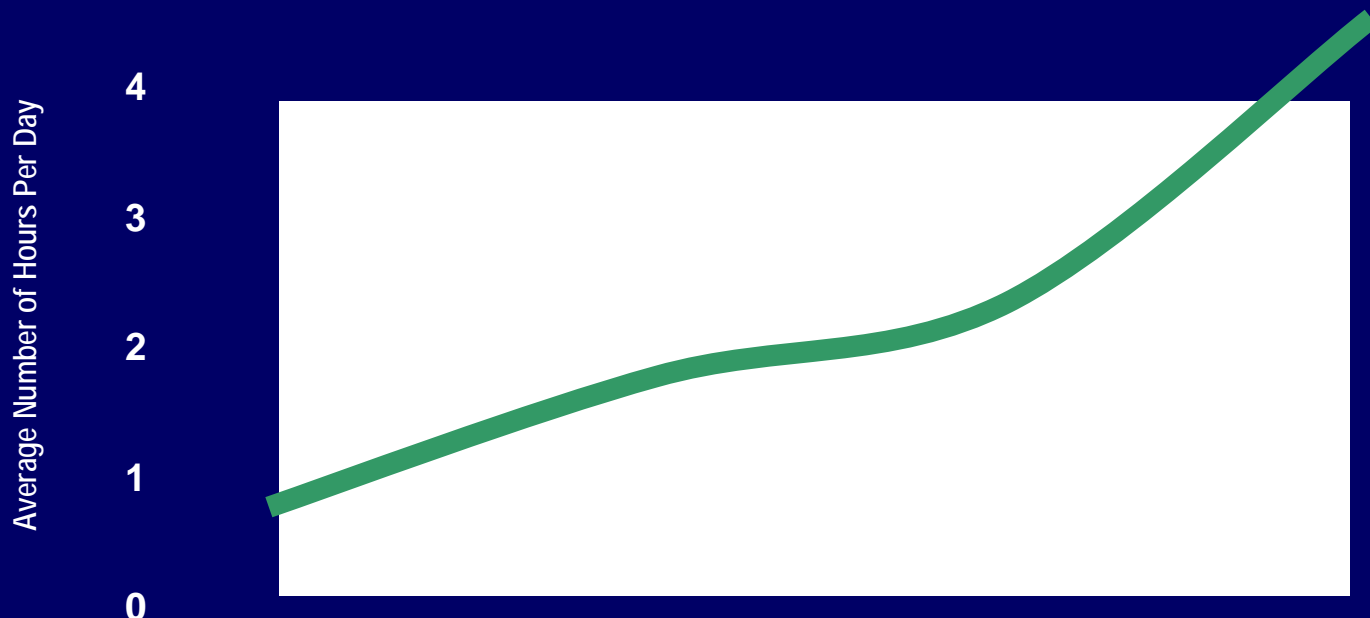
Relationship Between Prevalence of Overweight and Daily TV Hours



■ % Overweight

Gortmaker et al., 1996

Television Viewing



1970

1980

1990

2000



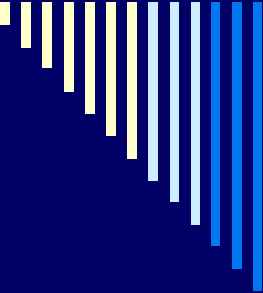
1970

1980

1990

2000

Task Force Report,
LA County DHS,
2002
lapublichealth.org/mch



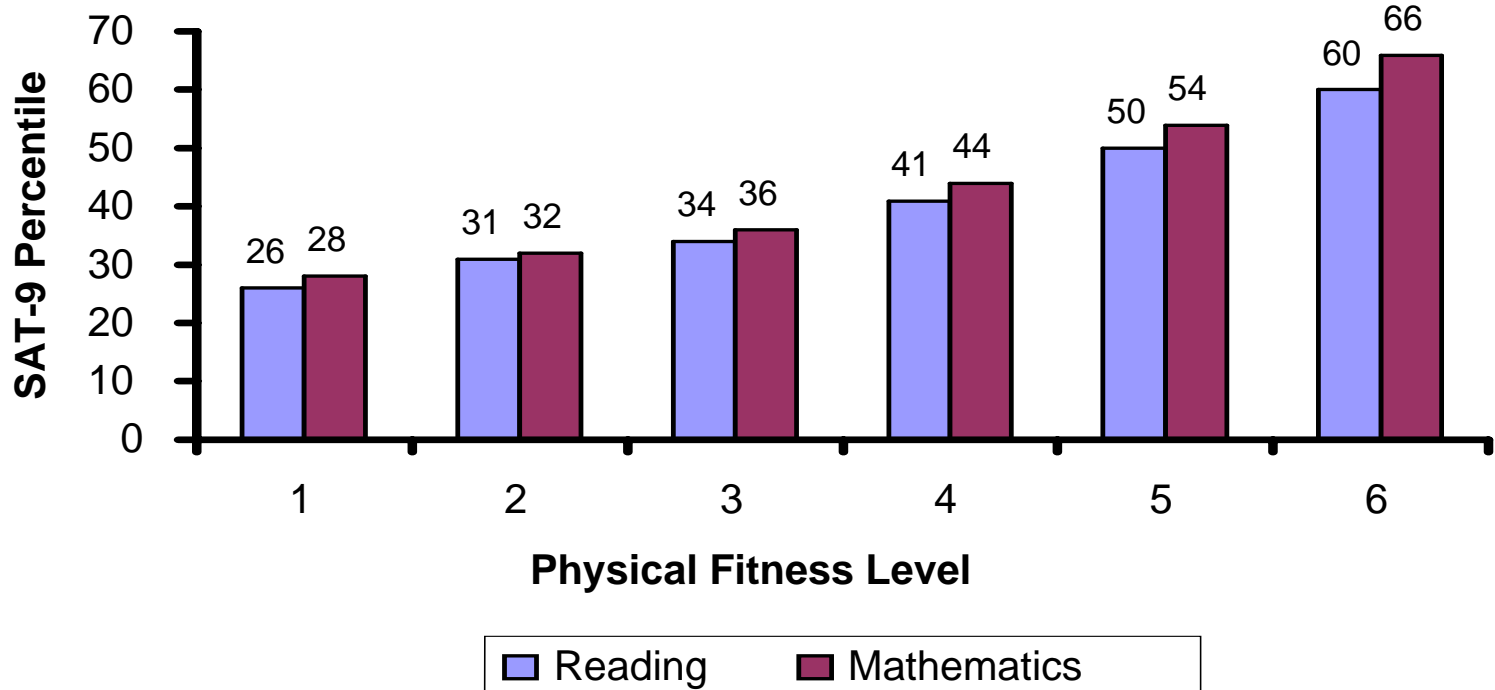
American Diabetes Association Position Statement on Diabetes and Exercise

Benefits of exercise for the patient with type 2 diabetes are substantial and specifically impact:

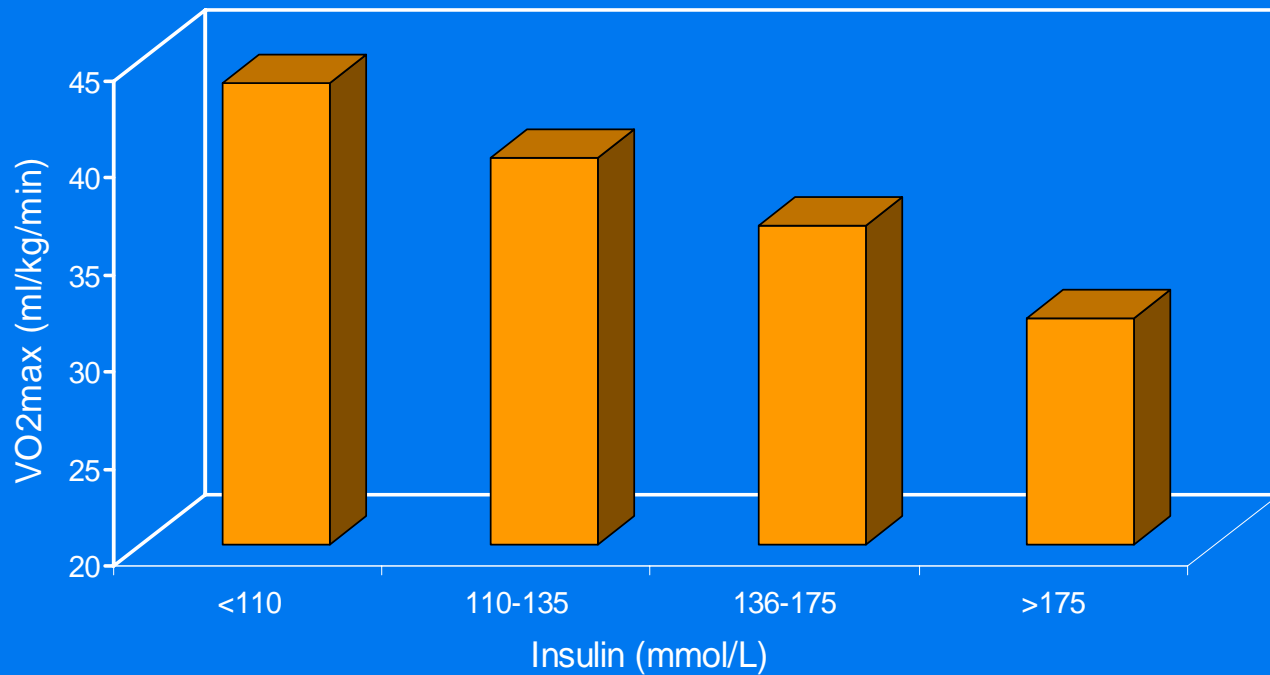
- ❑ Glycemic Control
 - ❑ Increased self-esteem
 - ❑ Increased cardiovascular fitness
 - ❑ Decrease risk of cardiovascular disease
 - ❑ Hyperlipidemia
 - ❑ Hypertension
 - ❑ Insulin sensitivity
 - ❑ Obesity
-

Academic Achievement and Physical Fitness – 7th Grade

Grade 7 SAT-9 and Physical Fitness Scores



Aerobic Fitness with Respect To Fasting Insulin Levels



McMurray et al. *Eur J Appl Physiol*. 1999

Ensure that All Children/Youth Have 60 Minutes of Physical Activity Every Day*

- ❑ Family affair: Establish physical activity as routine part of everyday life for entire family
- ❑ School affair: Mandatory PE for schools at all grade levels
- ❑ Built environment
- ❑ Support participation in non-competitive and competitive activities, including funding and transportation for after-school programs.
- ❑ Educate parents to instill active lifestyle habits early in the child's development:
 - Stairs instead of elevators
 - Walking or biking to school
 - Active recreation: hiking, biking
 - Turn off the TV- 1 hour max unless matched by exercise



* Jakicic JM, Endocrinol Metab Clin North Am 32:967-980, 2003



Interventions Supported by the Diabetes Advisory Council

- Increasing access to diabetes self-management education (DSME) through Medicaid coverage
 - A Florida Diabetes Prevention & Control Program study and a national study found that receiving formal DSME is consistently a predictor of engaging in preventive behaviors and receiving diabetes-related health services
 - Diabetes Advisory Council's No-Candy-in-the-Classroom campaign emphasizes improving the nutritional value of foods and snacks in schools
-



Take-Home Messages

- Identifying pre-diabetes and diabetes is important for optimal diabetes control
 - Successful management of pre-diabetes can prevent or delay the onset of diabetes
 - Management of diabetes can prevent or delay the onset of complications of diabetes
 - Diabetes Self-Management Education results in better personal wellness among those with diabetes
 - Activity, nutrition, and wellness are keys to diabetes prevention and control
-



Contact Information

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 - www.floridiadiabetes.org
 - diabetes@doh.state.fl.us
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