

## Healthy Delawareans with Disabilities Advisory Council Meeting

Wednesday, December 1, 2010

2:00 pm- 4:00 pm

Center for Disabilities Studies

461 Wyoming Road

Newark, DE

### Minutes

#### Welcome and Introductions

Present: Ilka Riddle, Eileen Sparling, Fran Russo-Avena, Joanna Zaremba, Pat Maichle, Jane Miller, Kathy Stroh, Cory Nourie, Brian Whitaker, Don Whitaker, Kyle Hodges, Bob Goodhart, Lee Perkins, Gerard Gallucci, Linda Heller (calling in Griff Campbell)

Please complete the Advisory Council survey, we appreciate your feedback!

#### Approval of Minutes

The group approved the minutes from the September 1, 2010 meeting.

#### Presentations

Kathy Stroh, DE Division of Public Health, presented about the Diabetes Prevention and Control program with a focus on programs and resources in Delaware.

Resources of interest:

There are many resources available for diabetes prevention and control.

- National Diabetes Education Program (NDEP)
  - [www.ndep.nih.gov](http://www.ndep.nih.gov)
- Delaware Diabetes Coalition
  - Email Betsy Wheeler- [betsy@managetool.com](mailto:betsy@managetool.com)
  - If there is information that you want to put into the diabetes resource guide, contact Betsy.
- Diabetes Medical Emergency Fund from the DPCP
  - There is money available for diabetes supplies, services, and/or medications for Medicaid recipients with diabetes
  - There is an additional \$100 available per month for women with gestational diabetes
  - This can be accessed through the State Service Centers
- Diabetes Support Groups

- Diabetes Self-Management Programs. Delaware is implementing the Stanford Diabetes Self-Management Program.
  - Free 6-week classes
  - All topics related to controlling diabetes are discussed: exercise/physical activity, healthy eating, working effectively with health care providers
  - Offered in community locations
  - Teaches the skills needed for the day-to-day management of diabetes
  - If you know some location where you would like to have the class offered, call The Diabetes Prevention and Control Program at (302) 744-1020.

Joanna Zaremba, YMCA's Diabetes Prevention Program, presented about her involvement with the Diabetes Prevention Program- (YDPP), a Partnership with Division of Public Health.

- Partners in this program include the CDC, UnitedHealth Group, and YMCA of the USA
- The YDPP is a 16-session program
  - 1 hour per week followed by monthly maintenance sessions
  - Various branches of the YMCA and community sites
  - Sessions focus on healthy eating, healthy lifestyles, etc.

#### Qualifications for the diabetes program

- Participant must be overweight/obese and at high risk for developing diabetes
- If you know clients that would benefit from this program, please refer them to this program. To participate in the program, participant can complete registration form (found on <http://www.ymcade.org/diabetes.cfm>) or visit <http://www.ymcade.org/pdfs/diabetes/diabetesflyer.pdf> for a flyer and fax or mail it to Joanna.
- Physician/healthcare provider will be updated on participant's progress
- Costs: YMCA members- \$79, All other individuals- \$149, income-based financial assistance is available

There was discussion about the appropriateness of the Stanford Diabetes Self-Management Program for individuals with intellectual disabilities.

\*Topic for follow-up: Can program curriculum be adapted for individuals with developmental disabilities, cultural competency, etc.? Dr. Gallucci suggested creating a pilot program to collect pilot data to show that it can have similar outcomes for different populations. Who are the people that might benefit from the program and how can we benefit them? A group will convene to explore this issue.

Brian Whitaker presented about resources available for returning veterans.

Veteran's Center  
2710 Centerville Road, Suite 103  
Wilmington, Delaware 19801

Resources of interest:

- Medical Benefits Package for all Enrolled Veterans
- Preventative Care Services, Ambulatory Diagnostic and Treatment Services, Mental Health and Substance Abuse Services, Hospital Diagnostic and Treatment
- Delaware Suicide Prevention Coordinator- Kent Johnson

Thank you to all of our presenters for sharing your valuable resources with us!

### **Review of Proposed Project Year 5 Work Plan**

Strategic Plan Progress HDWD Years 2, 3 &4

As you all know we are about to start mapping out year 5 priorities for our grant, we are in the continuation process for the 5<sup>th</sup> year of the grant right now. The Centers for Disease Control and Prevention (CDC) has a new director, Dr. Freidan, who came to the office with 6 of his own priorities for programs. As a grantee of the CDC, we must try to work with these priorities.

The Priorities are: Obesity and obesity reduction, Smoking Cessation, HIV prevention, Motor vehicle and deaths, Hospital acquired infections, Teen Pregnancy

#### Feedback from Group on Priorities:

Pat Maichle-

- Secretary of DHHS is making "Keeping yourself safe from abuse" a big priority and wants to hold a summit to help people being harmed in some way, but also how to support people when they have been affected by that type of crime.
- Need to include people who are "medically fragile" in the work that we do-that is often a group that is not addressed.

Kyle Hodges- add "reasonable accommodations" into the language for goals

May want to go to HHS Secretary Barbieri and talk with Secretary about HDWD findings (Disability and Health Report)

Gerard Gallucci- Possibly in goal 3, look at emotional and mental health populations in

public announcements/public health campaigns for people with disabilities. Dr. Gallucci will draft language to integrate into CDC proposal.

Griff Campbell- Suggests becoming more aggressive in the area of education. Is there any education or advocacy that can be contracted out for little money?

Pat Maichle- There is a Legislative Day planned for Legislative Hall April 6<sup>th</sup> if you have any topics you want to discuss.

HDWD is very open to suggestions for activities, hopefully no later than Wednesday December 8, 2010. We also value your feedback on what's "realistic" for our project to complete.

### **Updates from Partners**

**Life Conference** January 19<sup>th</sup>, 2010, Dover Sheraton

**Dental Program**-January Kick-off for training of professionals, dentists and dental techs, as well as, oral health in the home. Practice with Pressure will also be implementing a tooth-brushing program for family members of individuals with disabilities. Contact Jane Miller, (302) 832-2800.

**Conference on Effective Healthcare Transition**- Cory Nourie will send save the dates for a Nemours March 25<sup>th</sup> Conference on Effective Healthcare Transition for providers focused on the program at A.I. Dupont and partnership with Christiana for transition care.

**Catch Program in schools**- Fran Russo-Avena- school nurse, Catch program by Nemours to promote and do programs in the school, the school was originally excluded from eligibility for funding for the program but Fran helped pushed to have the school included in the Catch program. HDWD should consider pursuing if there are other schools that face the same exclusion for the program.

**Next Meeting:** Friday March, 11, 2001

10:00 am to 12:00 pm

Delaware Tech, Terry Campus, Dover