

#

Judging Dept.

Susan Millstein

Student

HPM&B

6

Maureen Spence, MS RD

Dept or Program Years in program

Mentor

Reducing Risk Factors for Diabetes in Adults and Children in New York State

Author (s)

Susan Millstein

Introduction: Over one million, or 8.1 percent of the population, have been diagnosed with diabetes and approximately one-third more have diabetes, but don't know it. This represents nearly a 100 percent increase since 1994. Approximately 450,000 more individuals have undiagnosed diabetes. In addition, there has been an alarming increase in obesity and overweight in children, and with it has come a parallel increase in the diagnosis of type 2 diabetes in children. There is a very real threat of devastating complications that could significantly decrease the life expectancy of our next generation. In addition, there has been a decrease in school physical education, an increase in the availability of unhealthy foods and beverages in schools, communities that are no longer safe for outdoor play and a culture of sedentary life and poor food choices in the home.

Project: The New York State Department of Health Diabetes Prevention and Control Program supports fifteen Community Coalitions for Diabetes Prevention and eight projects to reduce risk factors for type 2 diabetes in children. Through technical assistance and guidance, these contractors developed workplans addressing public health outcomes that include increasing children's opportunities for healthier food choices and physical activity; primary and secondary prevention of diabetes in adult populations; professional education; and policy/systems/environmental change. SMART process objectives were developed as a guide for program monitoring and process evaluation.