Georgetown County Diabetes CORE Group
Celebrates 15 Years of Service

On March 12, 2012, the Georgetown County Diabetes CORE (Community Outreach Resources & Education) Group celebrated 15 years of service in the community with a Diabetes Gala. The Georgetown County Diabetes CORE Group is a grass-root initiative founded by Florene Linnen in 1997. It all started when she was invited to attend a workshop called “Diabetes Today” in which she learned so much that she decided to go back into her community and share the information.

The Diabetes CORE Group's collaborates with many community organizations, institutions and government agencies to help people with diabetes and their families. They have been invited to present at several conferences, meetings and engagements. In addition, they have travelled in and out of state addressing diabetes and other related health disparities. Some out of state places they have travelled include Chicago, IL, Seattle, WA and Boston, MA. Currently, they are mentoring an upcoming diabetes group in Andrews, SC. Over the years they have held a number of plays on diabetes awareness and have received numerous fundings.

FOUNDED: 1997
FOUNDER: Florene Linnen
POPULATION (2010 Census): 60,158 (33.6% African Americans)
SERVICES PROVIDED:
- Diabetes Self Management Classes
- Diabetes Education Classes & Workshops
- Fitness Classes & Wellness Activities
- Nutrition and Healthy Cooking Classes
- Community/Group Training
- Individual Referrals for Resources
- Diabetes Medication & Supplies Assistance
- Community Gardens & Training
- Men’s Health Campaign
- Health Fairs
- Youth Programs

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Georgetown Diabetes Gala
March 10, 2012

Honoring Survivors & Celebrating 15 Years of Service
NC Public Health Foundation

Areas of Service: Hyde County, NC

Results to Date: The DIRECT Legacy Advisory for Men Committee has collaborated or partnered with the 6 health and service agencies to support them in getting programs and services to the targeted community.

They have also held a total of ten (10) Executive, Advisory or Church Advocacy Planning Committee Meetings, two (2) screenings, a Diabetes Self Management Program Refresher Workshop and currently holding a 15-week series Eat Smart Move More Weigh Less Workshop.

Sustainability Plans: The DIRECT Legacy for Men Advisory Committee (a coalition of mostly community members and health and service agencies) have begun plans for sustainability, which includes involving the Care Share Health Alliance, Inc (CSHA). CSHA is a non-profit organization that assists community coalitions with planning approaches to sustain projects that gets needed services to the community.

Caffe, Caffe & Associates, PHF

Areas of Service: Forest, Washington and Jackson Counties, MS

Results to Date: 1) Five staff members have received training from the American Diabetes Association on implementing the Project POWER Program 2) Identified and met with targeted churches and ambassadors 3) Collected, copied and distributed the manuals and materials for the Project POWER Program 4) Began drafting the churches healthy lifestyle policies 5) Trained 7 churches in the Project POWER Program and 6) Regularly conducts teleconferences with staff on program deliverables.

Sustainability Plans: They will continue to integrate diabetes deliverables into their current programs while also applying for other funding on an ongoing basis. They have found that integration of overlapping program components is an effective means of sustaining and continuing the work. Also, they are pleased with the POWER Project training, in that their trained staff can now train others to implement the program, thereby decreasing the out of pocket costs for churches who are interested. This will allow churches who are challenged by funding constraints to be able to host the program as well.

Elizabeth City State University

Areas of Service: Pasquotank County, NC

Results to Date: 1) Recruited and enrolled 25 heads of households in their Steps of Faith Diabetes Prevention and Management Care Program 2) Started the process of determining personalized individual action plans for participating heads of households using the Counsel-Challenge and Report (CCR) action plan determination process 3) Completed counseling/teaching on 2 broad topics of the program’s diabetes intervention action plans:
- Learn About Diabetes
- The ABC of Diabetes

4) Used pre and post test assessments/questionnaires to document learning and understanding of important points of the counseling topics 5) Successfully challenged each participant on physical activities and diet which are 2 important elements for preventing onset of diabetes among individuals that are at risk and 6) Started counseling on managing diabetes.

Sustainability Plans: Continue using the CCR process to determine full action plans for all program participants and initiate the maintenance phase. Encourage and mentor other churches to start health and wellness programs through the NC Council of Churches.

Columbia College

Areas of Service: Richland County, SC

Results to Date: 1) Planted a children’s garden and a community garden 2) Conducted a monthly walking programs 3) Completed training modules 4) Started a Crockpot recipe cookbook and 5) Completed a Gardening Manual.

Sustainability Plans: The Legacy Project grant provided resources for infrastructure development, training for faith-based organization members to be on-going walking captains, to be able to maintain and further develop their gardens, to distribute Crockpot recipes and to follow-up with other faith-based organization members. The end goal is that the faith-based organizations participate in the project development in each aspect, takes ownership, and advocate with other faith-based organizations to develop a similar project. This is an exercise in mobilizing social resources to organize for changes in health behavior.
Calendar of EVENTS

JUNE

16 Saturday
South Santee Senior Mission Walk-A-Thon
7:00am - 1:00pm
Old McClellanville Middle School
711 Pinkney Street
McClellanville, SC 29458

19 Tuesday
Charleston County Diabetes Coalition Monthly Meeting
5:30 - 7:00pm
Jeanene Batten Community Center
3742 Dorchester Road
North Charleston, SC 29405

20 Wednesday
Georgetown Diabetes CORE Group Monthly Meeting
5:30 - 7:00pm
Choppee Health Complex
8189 Choppee Road
Georgetown, SC 29440

23 Saturday
Community Health Screening & Education @ Greater St. Peters Church
9:00am - 12:00pm
2062 Savage Road
Charleston, SC 29407

JULY

4 Wednesday
Independence Day Holiday
REACH office is closed

10 Tuesday
Charleston County Diabetes Coalition Monthly Meeting
5:30 - 7:00pm
Jeanene Batten Community Center
3742 Dorchester Road
North Charleston, SC 29405

14 Saturday
Taste of Lowcountry Gardens
10:00am - 1:00pm
Dunbar Community Park
1946 Dunbar Road
Georgetown, SC 29440

18 Wednesday
Georgetown Diabetes CORE Group Monthly Meeting
5:30 - 7:00pm
Choppee Health Complex
8189 Choppee Road
Georgetown, SC 29440

28 Saturday
Community Health Screening & Education @ Greater St. Peters Church
9:00am - 12:00pm
2062 Savage Road
Charleston, SC 29407

AUGUST

14 Tuesday
Charleston County Diabetes Coalition Monthly Meeting
5:30 - 7:00pm
Jeanene Batten Community Center
3742 Dorchester Road
North Charleston, SC 29405

22 Wednesday
Georgetown Diabetes CORE Group Monthly Meeting
5:30 - 7:00pm
Choppee Health Complex
8189 Choppee Road
Georgetown, SC 29440

25 Saturday
Community Health Screening & Education @ Greater St. Peters Church
9:00am - 12:00pm
2062 Savage Road
Charleston, SC 29407
Georgetown County Diabetes CORE Group PRESENTS...

Taste of Lowcountry Gardens

You’re invited to sample dishes made from fresh produce from our local community gardens

Also, giveaways, fun activities and games for the whole family!

July 14, 2012
10:00 am - 1:00 pm
Dunbar Community Park
Georgetown, SC

For vending and more info call:
Florence Linnen @ 545-8723 ext. 114

Program funded in part by REACH US: SEA-CEED - Grant Cooperative Agreement 1u58DP001015-05 from the Centers of Disease Control and Prevention (CDC)
Save the Date

DIABETES INITIATIVE of South Carolina

18th ANNUAL DIABETES FALL SYMPOSIUM for PRIMARY HEALTH CARE PROFESSIONAL

SEPTEMBER 20-21, 2012

North Charleston Convention Center

For more information contact Julie Benke-Bennett
(843) 876-0968  benkej@musc.edu

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MOJA heritage day
Health and Wellness Fair

September 29, 2012
11:00am - 4:00pm

Hampton Park
Charleston, SC

For information on vending and participating in "Healthy Highlights" segments contact Cherry D. Seabrook, (843) 327-8016 or Veronica McDaniel, (843) 571 0723.
Physical Activity Challenge
Let's Walk Together

The REACH US SEA-CEED team joined MUSC staff, faculty and its President on April 4th at the kick off of The American Heart Association (AHA) National Walking Day. On that day, the AHA encouraged companies, organizations, and individuals across America to wear sneakers to work to take a 30 minute walk and pledge to live heart-healthy lives. The opening remarks were given by MUSC’s President Dr. Ray Greenberg. Each team of walkers were given a pedometer and a map prior to the 1 mile walk. At the end of the walk, participants were given door prizes in several categories, including most spirited walker and team walker spirit award (note: The REACH Team won for most team participants). Departments were encouraged to do the walk as a group and consider making this a regular activity.

The REACH team has taken on this challenge and takes a 30 minute walk at least 3 times per week during their lunch and participate in other wellness activities after work.

Walking plans and paths, activity trackers, etc
www.startwalkingnow.org

The City of Charleston's
100,000 Pound Challenge

On March 26, 2012, Joseph P. Riley, Jr., the Mayor of Charleston, SC announced a 100,000 Pound Challenge for the City of Charleston through the Lighten Up Charleston Wellness Initiative.

Over the past thirty years, America have experienced a dramatic rise in the incidence of obesity, diabetes and cardiovascular disease. Medical care sustains but cannot cure people suffering with these health problems. As a result, medical care costs accelerate while health deteriorates. Many of these health problems are due to lifestyle choices. This takes a heavy toll on children and society and carries a heavy burden on seniors’ health. However, these problems can be prevented, cured and moderated by exercising and eating healthier regularly.

The mission of Lighten Up Charleston is to reduce obesity by promoting healthy eating and physical activity. Lighten Up Charleston will help residents identify local community organizations, programs and facilities to make healthy food and exercise choices clear and accessible. The program is open to all residents of the region, not just the city, and will be guided by an interactive web site. Participants can go on line to find diet and workout programs.

For more information visit www.lightenupcharleston.org
USDA Study

Are Healthy Foods Really More Expensive?

A study\(^1\) recently published by the U.S. Department of Agriculture’s Economic Research Service explored if healthy foods are more expensive than less healthy foods. They concluded that most Americans consume diets that do not meet the federal dietary recommendations. To investigate this assumption, the authors compared the prices of 4,439 healthy and less healthy foods using three different price metrics: the price 1) per calorie, 2) per edible grams, and 3) per average portion. They also calculated the cost of meeting the recommendations for each food group. For all metrics except the price of food energy, the authors found that healthy foods cost less than less healthy foods (defined for this study as foods that are high in saturated fat, added sugar, and/or sodium, or that contribute little to meeting dietary recommendations).

Solution: Community Gardens

Research on community gardening suggests a variety of additional benefits, for both individuals and for communities. One study\(^2\) reported that community gardeners have greater consumption of fresh vegetables compared with non-gardeners, and a lower consumption of sweet foods and drinks. One project\(^3\) estimated savings of between $50 and $250 per season in food costs for community gardeners. Many of the REACH Partners and Legacy Projects are now growing community gardens and are encouraging individuals in their communities to start their own gardens as a way to encourage healthy eating practices. The produce grown in the gardens are given to the community and are used in healthy cooking demonstrations and other educational projects. In addition, healthy cooking recipes and cookbooks are also distributed.

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Awards, Recognitions & Announcements

REACH Student Employee Receives Doctorate

Promoting PA in Type 2 Diabetes Patients

Mary Armstrong, one of many REACH student employees over the years, has successfully defended her DNP Project "Promoting Physical Activity in Patients with Type 2 Diabetes" and earned a dual degree – Doctor of Nursing Practice (DNP) and Master of Science in Nursing (MSN) from MUSC College of Nursing. Mary’s study proposed that patients with Type 2 diabetes can avoid costly and sometimes fatal complications associated with their condition by adapting lifestyle changes through the use of education, motivation, and accountability. She used the Chronic Care Model (CCM) framework for her project which utilizes community resources, embraces self-management support, shifts the focus of how care is delivered, and incorporates decision support and evidence in treating patients with chronic diseases. Patients suffering from chronic conditions usually have multiple unhealthy behaviors that contribute to their condition. In Type 2 diabetes, the most problematic modifiable behaviors include physical activity (PA) and diet.

For over a year, Mary conducted her intervention study at a local diabetes clinic in Charleston that specializes in intensive diabetes education and interventions. At the clinic, she distributed education packets to health care providers that included current physical activity guidelines, research on best practices to increase exercise in patients with Type 2 diabetes, and a listing of local facilities that can be utilized for physical activity. In addition, providers were given packets to disperse to patients that included education about the benefits of exercise with their diagnosis, ideas to incorporate physical activity into their lifestyle, a list of local exercise facilities, an activity log, and a self-management goal sheet. Pre and Post assessments were given to each patient to determine their current level of physical activity. After two weeks and six weeks, the patient received a follow-up phone call or e-mail, depending on their preference, to see how they were doing and if they had any needs or concerns. At the patients’ three month follow-up appointment, the patients completed another physical activity assessment to determine if there was an increase in the amount of regular physical activity. At the onset of the project, PA assessments indicated that patients were exercising for at least 30 minutes of moderate PA or 20 minutes of vigorous PA an average of 2.45 times each week. At 3 months, this number increased to 4.41 times each week. Approximately 64% of the patients increased the number of times each week they were physically active. At end of project, 91% were meeting American Diabetes Association’s PA guidelines compared to 40% at the onset of the project.

The study concluded that education, goal making, and patient follow-up can help motivate patients to increase the amount of PA in which they participate on a regular basis and practitioners need to address the patient’s PA at all diabetes visits, educating about current guidelines and helping create realistic goals. More studies are needed to investigate concrete measures on health and long term effectiveness.
From May 6-11, 2012, Dr. David Bang, Project Officer from the CDC and REACH US: SEA-CEED staff (Dr. Carolyn Jenkins, LaTanya Fisher and Syndia Moultrie) conducted site visits of REACH SEA-CEED partners and Legacy Projects coalitions. This year’s visit focused heavily on assessing sustainability of activities and programs and offering suggestions to strengthen and expand their program and services. The program sites visited were:

**May 6-7th**  
**Elizabeth City State University Legacy Project**  
**Sites:** Faith & Victory Christian Church, ECSU Health Resource Center and Community Gardens  
Elizabeth City, NC

**May 8th**  
**Project DIRECT Legacy for Men**  
**Sites:** 2 hour tour of various activity sites in Hyde County, NC  
Washington, NC

**May 9th**  
**Columbia College Legacy Project**  
**Sites:** Columbia College, Saint John Baptist Church, Grace Christian Church and Community Gardens  
Columbia, SC

**May 10th**  
**REACH SEA-CEED Partner Coalition & Quarterly Meeting**  
**Sites:** CARES Clinic, ECCO, Charleston Trident Urban League and REACH offices  
Charleston, SC

**May 11th**  
**Georgetown County Diabetes CORE Group**  
**Sites:** Andrews Diabetes Coalition (at the Georgetown County Library) and Community Garden  
Georgetown, SC
On May 5, 2012, Syndia J. Moultrie, a registered and licensed dietitian and one of the REACH program's diabetes educators successfully completed the certification examination for Diabetes Educators administered by the National Certification Board for Certified Diabetes Educators. Syndia can now add “CDE” to her credentials.

Dr. Carolyn Jenkins, REACH US SEA-CEED’s Principal Investigator and MUSC College of Nursing Professor received the "Outstanding PhD Faculty Award" at the College of Nursing’s Spring Convocation held May 17th at The Cathedral of St. Luke and St Paul in Charleston. Awards are presented each year to faculty in recognition for their support of students and outstanding teaching skills.
Read All About It!!

DIABETES EDUCATION TRAINING
COMING SOON...

Our Diabetes Curriculum Training for Lay Educators is near completion. Training for this module will be held in early July. If you are interested in this training, register at reachseaceed@musc.edu (name and contact information) no later than June 30, 2012. Space will be limited.

More information (i.e. date, time, location) will follow via REACH e-mail listserve.

~The Diabetes Educators~
Strawberry Cheesecake Minis

12 Servings   Prep: 15 mins   Bake Time: 15 mins. + cooling

**Nutritional Facts:** 1 cheesecake equals Calories 217, Protein 5g, Carbohydrates 29g, Fiber 1g, Cholesterol 44mg, Total fat 9g, Saturated 5g, Sodium 209mg.

**Diabetic Exchanges:** 2 starch, 2 fat

**Ingredients**
- 2 packages (8 oz each) reduced-fat cream cheese
- ½ cup sugar
- 1 teaspoon vanilla extract
- ¼ cup egg substitute
- 1 can (12 oz) strawberry and pastry filling
- ½ cup sugar substitute
- 1 egg, lightly beaten
- 12 reduced-fat vanilla wafers

**Instructions**
- In a small bowl, beat cream cheese until smooth. Gradually beat in sugar substitute and sugar. Beat in vanilla. Add egg and egg substitute; beat until blended.
- Place each vanilla wafer flat side down in a foil-lined muffin cup. Fill with cream cheese mixture. Bake at 350° for 15-20 minutes or until puffed and set. Cool on a wire rack for 1 hour (centers will sink slightly).
- Spoon pastry filling into the center of each cheesecake. Store in the refrigerator.

Yield: 1 dozen.

**Cook’s Tip**

Note: This recipe was tested with Splenda No Calorie Sweetener and Solo brand cake and pastry filling. Look for both products in the baking aisle.

Strawberry slices or pureed seedless, sugarless jam can be substituted for strawberry filling.

Recipe published in Light & Tasty Magazine December/January 2006, p. 33
To Our Currently Funded Partners
The REACH SEA-CEED program’s current grant funding is ending. All subcontracts and Legacy Project grants will end **July 31, 2012**. Below are our close out reminders:

**Last Day to Spend Grant Funds:**
7/31/2012
**no exceptions**

**Final Reports Due:**
8/15/2012

**Final Invoice Due:**
8/31/2012

**Last Business Day:**
9/28/2012

The current REACH U.S. SEA-CEED funding ends in September, however we are exploring ways to obtain additional funding. Many of our current efforts will be sustained thru community volunteers and the Diabetes Initiative of South Carolina.

If you need My Guide to Sugar Diabetes, diabetes brochures etc, please pick them up from our office at anytime **Monday - Friday 9:00am - 5:00pm. They are available on a first come, first dispersed basis.**

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**ABOUT US:**
SEA-CEED (the Southeastern African American Center of Excellence in the Elimination of Disparities in Diabetes) is funded by the Racial Ethnic Approaches to Community Health across the United States (REACH U.S.) grant from the Centers for Disease Control and Prevention (CDC) to decrease disparities for African Americans at risk for and with diabetes.

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REACHing Out is a quarterly newsletter published by the REACH U.S. SEA-CEED program.

If you would like to contribute to the next issue, send an e-mail to reachseaceed@musc.edu.
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