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“CAUSA’s Project DIAL’s main goal is to help empower underserved communities to monitor and manage their health, and at the same time strengthen the ties of its member agencies to the communities they serve.” said Carmen Sierra, Executive Director of CAUSA. “ We saw a need to help people help themselves by engaging the communities we serve with events like this one that deliver health information that is culturally appropriate. Many of the communities we serve have trouble receiving adequate diabetes care and education because of poverty, language barriers, or cultural differences,” Ms. Sierra continued.

To help Connecticut’s Latino community understand a disease for which they are at high risk, CAUSA held the first ever, Spanish-language Diabetes Conference (April 10, 2004) in Hartford. The conference is first of its kind in the State.

Spanish-language Diabetes Conference

Draws Hundreds from Across the State



Conference participants network and share personal stories.



Carmen Sierra, Exec. Dir. CAUSA welcomes Pfizer representative.



Dr. Elizabeth Estrada, CT. Children's Medical Center presents critical information regarding children with diabetes.



Sofia Segura-Perez R.D. from the Hispanic Health Council and Chef Moriah Bechtold, R.D. entertain audience with cooking demonstrations during "El Cucharon Con El Sabor" workshop.

The long lines at the door on a chilly April Saturday morning were an indication that the first Spanish-language Diabetes Conference held in Connecticut was going to be a success. Volunteers and Staff members from the Connecticut Association for United Spanish Action, Inc. (CAUSA) knew they were in for a busy day. After 10 months of planning they were ready to deliver what later proved to be a quality event that touched the lives of hundreds of people.

amongst people of color, Juan Figueroa, President of the Universal Health Care Foundation of Connecticut, Inc. (formally known as Anthem Foundation) connected with the audience. As the primary funder for CAUSA's 3-year diabetes initiative, the Connecticut Health Foundation's Executive Director, Pat Baker welcomed the crowd that reached close to 600 adults.

Nationally, more than two million Latinos aged 20 years and older have diabetes. Here in Connecticut more than six

"This disease affects all of our families, and like family, we are going to combat it together,"

The lobby of the Learning Corridor's Theater of Performing Arts Center in Hartford echoed with the rich sounds of diverse Spanish accents. Members from Puerto Rican, Peruvian, Colombian and Central American communities showed up in record numbers. They learned that Latinos are almost twice as likely to suffer from diabetes as their non-white counterparts. Participants told their stories of either having the devastating disease themselves, having someone in their family that is affected or know that they are at high risk. That day, they were going to learn about how to live day-to-day with diabetes and or if they are at risk. "This is a family disease, and like family, we are going to combat it together," stated Carmen Sierra, Executive Director of CAUSA.

percent of this population suffer from the disease and another six percent go undiagnosed. Dr. Elizabeth Estrada from the Connecticut Children's Medical Center, stressed the importance of healthy eating habits as one of the best preventive actions against complications such as heart disease and stroke. "When preparing

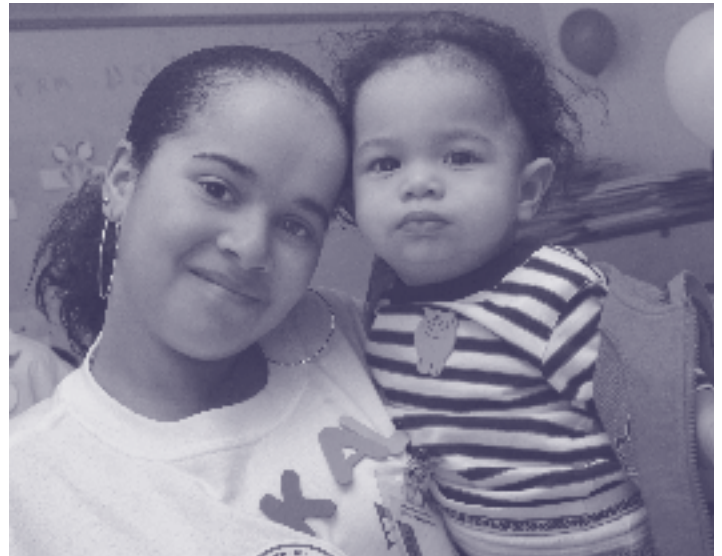


meals, small changes can go a long way toward maintaining a healthy lifestyle. Use less salt and oil, leaner cuts of meat, poultry without skin, fish, beans, fruits, vegetables, and lots of fresh herbs and spices for flavor" she stated.

The conference and health fair focused on three important lifestyle changes that can help you "give life to your day", which was also the theme for the conference. The Living Day to Day workshop, led by Noemi Cruz, R.D. from Hartford Hospital



More than 50% of the participants completed surveys and evaluations of the conference.



"Thanks CAUSA for of all the valuable information for me and my family"
Conference Participant

included a simple exercise program. Jeffrey Shealey, a local personal trainer demonstrated an entertaining segment using Salsa music, a foot care demonstration and the importance of keeping your regularly scheduled visits with your doctor were also part of the key messages delivered in this session.

In the Children and Diabetes session, Dr. Estrada shared critical information for parents that can help save children's lives. In the very popular third session, titled "El Cucharon con el Sabor Latino" Chef Moriah Bechtold, R.D. and Sofia Segura-Perez, R.D., from the Hispanic Health Council provided a cooking demonstration. Their key message here was that you can still have your favorite Latino dishes, however, preparation and portion is the key.

Many exhibitors including Pfizer, Aetna health, Medtronic MiniMed, Novo Nordisk and UCONN Medical Center stated that the traffic and interest was so incredible, they had never seen anything like this.

CAUSA recognized early on that in order to get the parents full attention to the program, it was going to be imperative to have a good childcare program in place. More than 100 children participated in a kid's camp while their parents attended the sessions and visited with the twenty exhibitors. The children enjoyed a magician, face painting, salsa lessons, a puppet show, games and of course a visit from the Easter bunny since it was held on that holiday weekend.

As a statewide conference, transportation was provided from 6 cities across the state. Buses filled with senior citizens and families proved to the conference planning team that the information delivered was not only welcomed, but that there is an incredible thirst for this type of information in the language they can understand. Evaluations indicated that this community is also interested in issues around asthma, heart disease and obesity. It is clear that CAUSA's success during this program has paved the way for similar future events.



Carmen Sierra, Juan Figueroa, President of Universal Health Care Foundation of CT. Inc., and Marilyn Alverio, Principal, Ethnic Marketing Solutions, LLC and conference consultant.



Close to 100 children participated in Kids Camp at the conference.

The facts about diabetes

in the Latino community

Diabetes is the fifth-deadliest disease in the United States, and it has no cure. The total annual economic cost of diabetes in 2002 was estimated to be \$132 billion, or one out of every 10 health care dollars spent in the United States.

Two million (8.2%) of all Hispanic/Latino Americans aged 20 years or older have diabetes. On average, Hispanic/Latino Americans are 1.5 times more likely to have diabetes than non-Hispanic whites. Mexican Americans, the largest Hispanic/Latino subgroup, are more than twice as likely to have diabetes than non-Hispanic whites. Similarly, residents of Puerto Rico are 1.8 times more likely to have diagnosed diabetes than U.S. non-Hispanic whites.

The American Diabetes Association has compiled the following statistics:

Total

18.2 million people 6.3% of the US population

Diagnosed

13 million people

Undiagnosed

5.2 million people

- About 206,000 people under 20 years of age have diabetes. This represents 0.25% of all people in this age group.
- Approximately one in every 400 to 500 children and adolescents has type 1 diabetes.
- Clinic-based reports and regional studies indicate that type 2 diabetes is becoming more common among Native American/American Indian, African American, and Hispanic and Latino children and adolescents.
- Age 20 years or older: 18 million. 8.7% of all people in this age group have diabetes.
- Age 60 years or older: 8.6 million. 18.3% of all people in this age group have diabetes.
- Men: 8.7 million. 8.7% of all men aged 20 years or older have diabetes.
- Women: 9.3 million. 8.7% of all women aged 20 years or older have diabetes.



For More information on diabetes contact

American Diabetes Association

1-800-Diabetes (342-2383)

www.diabetes.org

Hartford Hospital

Amigos en Salud

(860) 545-4195

www.harthosp.org

Hartford Hospital

Diabetes LifeCare

(860) 545-3526

www.harthosp.org

Saint Francis Hospital

Diabetes Care Center

(860) 714-4402

www.sainfranciscare.com

Saint Francis Hospital partners with

Bristol Hospital

(860)582-Well (9355)

www.bristolhospital.org

Hospital of St. Raphael

Diabetes Health Center

(203) 789-3355

www.srhs.org



“Promotores de Salud”

Project DIAL team members will recruit, train and support a group of bilingual, volunteers, for its new initiative, “Promotores de Salud,” Lay Health Promoters. The use “Promotores de Salud” is based on a “community health advisor” model. Generally, community health advisors are members of a community who serve as a bridge between providers of health care services and the community.

The “Promotores de Salud,” will help members of the Latino community throughout the state by teaching culturally appropriate health information and diabetes prevention. The “promotores” present the cultural and linguistic barriers that exist and disseminate information, provide health education and social support.

We are looking for people with the following characteristics:

- Spanish speaking
- Good communication skills
- Interpersonal skills
- Understands the community
- Teaching skills (formal experience/education not necessary)
- Presentation skills

The “promotores” will receive informational materials in Spanish and English for distribution. The group will help create strategies and techniques that can reach the communities they serve. After the initial training, the “promotores” will attend monthly meetings to continue learning, support each other and their share progress. In addition to the training and recognition received through participation in the program, “promotores” will receive stipends for attendance at trainings and required team meetings.

For more information, please call 860.424.0077 or visit our website at www.causainc.org.

DIABETES TYPE 2 PREVENTION TIPS

- Try to eat sensible meals and snacks at regular times throughout the day
- Eat foods with little or no added sugar
- Eat a healthy diet
- Eat low fat foods
- Exercise regularly
- Have your blood sugar level checked
- Maintain a healthy weight
- Cook with a variety of spices instead of salt
- Make sure you eat breakfast every day

CAUSA RECEIVES CAPACITY BUILDING GRANT

As CAUSA continues in its efforts to improve the quality of life in urban places and insure that urban policies promote social equity, they will begin the process of enhancing the ability for member agencies to deliver quality services.

A recent capacity building grant received by St. Paul Travelers Foundation will help strengthen the effectiveness and organizational capacity of this nonprofit institution. CAUSA staff and member agencies will receive technical assistance in the areas of Fund Development, Marketing and Board/Staff development.

“Enhancing leadership skills within these individuals will increase our standards as non-profit organization” stated Carmen Sierra, Executive Director of CAUSA. Capacity-building is a process of developing and strengthening skills, abilities, processes and resources that organizations and communities need to survive, adapt, and thrive in a fast changing world. Consultants will begin sessions in the fall of 2004 and continue through early 2005. If you are interested in becoming a member agency and participate in these workshops, please contact a CAUSA staff member.



**Project
DIAL**
Diabetes Information and
Action for Latinos

2004 Mini-grant Awards

Project DIAL is generously supported by a grant from the Connecticut Health Foundation.

Project DIAL is a collaborative effort with the following organizations:

American Diabetes Association
Amigos en Salud
Hartford Hospital
Connecticut Primary Care Association
Connecticut Department of Health, Diabetes Control Program
Community Health Services
CAUSA member agencies
Hispanic Health Council
Yale-Griffin Prevention Research Center
La Iglesia de Dios, Inc.
First Hispanic Mission of Manchester
Burns Elementary School

1st Hispanic Mission of Manchester

Project L.E.A.D. will host a Diabetes Awareness Day

Hartford Hospital

Hartford Hospitals program "Amigos En Salud" will conduct monthly support group sessions.

Spanish Speaking Center

Diabetes Conference for bilingual health care professionals

Goodwill Industries/ Hispanic Services Program

"Viaje Contra La Diabetes"

Provide education to the Latino population of Bridgeport about the cause, prevention and maintenance of diabetes by conducting a Diabetes Awareness Event.

Iglesia Cristiana Pentecostal de Avivamiento

"Alcanse" Reach out: Diabetes Awareness Day

Mi Casa, Family Service & Educational Center, Inc.

Diabetes Awareness Workshops

Hispanic Clinic/ Connecticut Mental Health Center

Diabetes Awareness Workshop Series

Hispanos Unidos, Inc.

"Uniendo Fuerzas Contra la Diabetes"

(United Against Diabetes)

Radio campaign on diabetes awareness targeting faith-based organizations

Institute for the Hispanic Family

Diabetes workshops and screenings

Casa Otoñal, Inc.

"Saber ser saludable" Diabetes awareness and cooking classes for seniors

The Village for Families & Children, Inc.

Diabetes awareness workshops for parents and students at Burns School



The Connecticut Association for United Spanish Action, Inc. (CAUSA), founded in 1975, is Connecticut's largest coalition of Latino community-based organizations. CAUSA works to strengthen its member agencies, conduct research on Hispanic/Latino issues and to advocate on behalf of the state's fastest growing population. CAUSA was originally founded to provide technical assistance to Hispanic organizations funded by the Connecticut Department of Social Services.

In 2001, CAUSA's by-laws were amended to expand membership to include any organization serving the Hispanic community. CAUSA's member organizations throughout Connecticut reached over 30,000 people last year-about 10% of the state's Latino population. CAUSA agencies are trusted neighborhood hubs offering everything from ESL classes to employment services to childcare and youth programming to computer skills & internet access through CAUSA's Project Nexa. Thousands Latino men, women and children in Connecticut rely upon services provided by CAUSA agencies.

Excerpts from the Connecticut Health Foundation Annual Report

The Connecticut Association for United Spanish Action, (CAUSA), took action to confront the high rate of diabetes in the state's Latino communities. Through a grant from the Connecticut Health Foundation, CAUSA created Project DIAL, an acronym that stands for Diabetes, Information and Awareness for Latinos. The grant has several components that includes mini-grants for member agencies that run local diabetes prevention and initiatives, an annual free community diabetes conference and health fair, a clearing house for centralized resources on diabetes issues and training for community educators.

With the success the first conference held in the spring of 2004, the outreach was of massive proportion. More than 600 people participated in a family focused event that provided medical check-ups, a kids camp, health screenings and health cooking classes "Latino style".

"People thanked us for doing this...they asked us to please give them more" says Carmen Sierra, CAUSA's executive director. Fortunately with the DIAL initiative, we will be able to continue this work. "We learned from this conference that people really do want to change their life styles and give life to their day" Ms. Sierra added.

Spanish-language Diabetes Conference Participants Talk

"We saw a need to help people help themselves by engaging the communities we serve with events like this one that deliver health information that is culturally appropriate. Many of the communities we serve have trouble receiving adequate diabetes care and education because of poverty, language barriers, or cultural differences."

Carmen Sierra, Executive Director of CAUSA

"I felt it was educational but most of all Hispanics in general need to be educated about lots of illnesses, they want to know but don't have the means of finding out. This was very good for us Latinos."

Conference Participant

"The best thing about the conference is that it was in Spanish, and we were able to understand everything without a translator, I congratulate you for this conference, so important to all; it was well organized."

Conference Participant

"Great service to our community, especially with most of them being poor and uneducated. Thanks for this conference many of them were able to learn for free. These events should continue in our communities."

Conference Participant





CAUSA NEWS

Contributors
Carmen Sierra
Marilyn Alverio

Marketing
Marilyn Alverio
Principal
Ethnic Marketing
Solutions, LLC

Design
Influential Designs
info@influentiald.com

Photography
©2004 galezucker
www.gzucker.com

For more information visit
our website at
www.causainc.org

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Supporters and funders for the first Spanish-language Diabetes Conference

Aetna, Inc. & Aetna Foundation
Universal Health Care of Connecticut, Inc.
Foxwoods Resort & Casino
Fleet
Goya
Sprint
Hartford Hospital
Telemundo
SINA
The Learning Corridor
HPN (Hispanic Professional Network, Inc.)
WPRX "La Puertorriqueñísima"
Connecticut Children's Medical Center
Hipolito Cueva
C.P.T.V.

Connecticut Health
Foundation



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Service Members for Project DIAL

Louise Butcher
Noemi Cruz
Cheryl Hanley Munoz
Ana Hernandez
Cindy Kozak
Sofia Segura-Perez
Margot Zaharek
Israel Garcia
Dr. Elizabeth Estrada
Dr. Victor Villagra
Michael D. Crampton
Hillary Norcia



C.A.U.S.A., Inc.
555 Windsor Street
Hartford, CT 06120

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