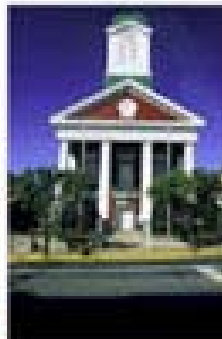
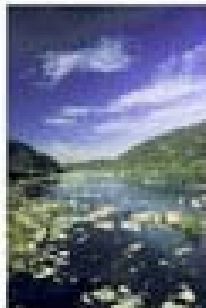


WEST VIRGINIA

"WILD AND WONDERFUL WEST VIRGINIA."



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Vision and Eye Health:

A Community-based Diabetes Health Education Curriculum Module

Norma K Bowyer, OD, MS, MPH, FAAO
Healthy Eyes Healthy People Coordinator
West Virginia Optometric Association
Morgantown, WV 26501
APHA Annual Meeting
November 5, 2007

Process, Partnerships,
and Implementation of
Healthy People 2010

10 *Healthy People* Vision Objectives

- 28-1. Dilated Eye Exams
- 28-2. Preschool vision screening
- 28-3. Refractive error
- 28-4. Impairment in children and adolescents
- 28-5. Diabetic retinopathy
- 28-6. Glaucoma
- 28-7. Cataract
- 28-8. Occupational eye injury
- 28-9. Home and recreational eye safety
- 28-10. Vision rehabilitation

Healthy People 2010 Launch, 1/2000



Healthy People 2010-Vision



Healthy People 2010-Vision

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Collaborative Partnerships



Collaborative Partnerships



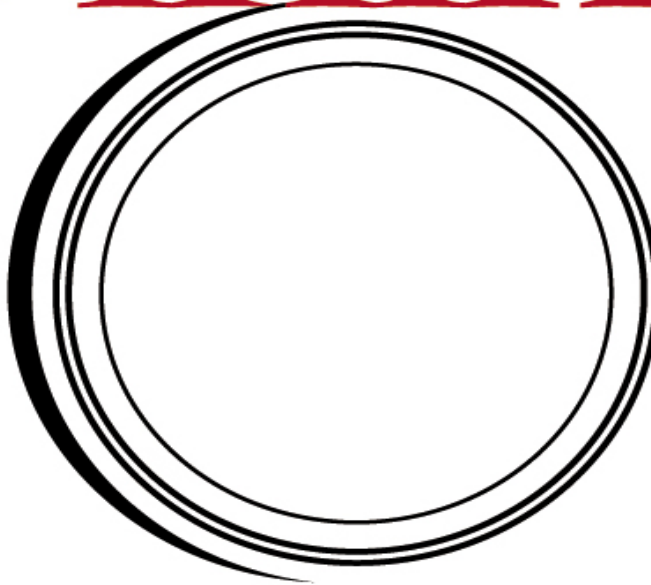


American Optometric Association

Healthy Eyes
Healthy People

A close-up photograph of a human eye, showing the iris and pupil, is positioned on the right side of the blue banner. The eye is looking slightly to the right.

Dining



with Diabetes

Desire for Knowledge

How diabetes impacts vision and eye health?

Void of Knowledge

Knowledge of rehabilitation/low vision options.

Who is involved?

- WVU Extension Educators
- WV Bureau for Public Health
- Health Care Partners
- Community Partners
- Volunteers
- CDC/US DHHS
- NIH/NEI
- AOA/WVOA
- Industry



PROGRAM GOALS_(CONT)

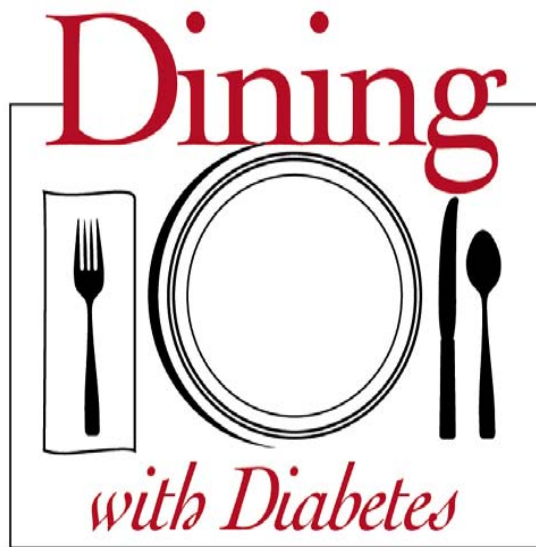
- Increase knowledge of healthy food choices
- Present healthy versions of familiar foods
- Demonstrate cooking techniques that use new or more healthful ingredients
- Encourage behavior changes by providing tastings of healthy foods.

PROGRAM GOALS (CON'D)

- Provide info on diabetes self-management
- Demonstrate the potential of WV Extension Service to provide basic diabetes education in partnership with health professionals
- Provide opportunities for participants to share and learn from one another.

DINING WITH DIABETES

Extension Service
West Virginia University



- CLINICAL TESTING
- EXERCISE
- TASTING
- TEACHING

What is *Dining with Diabetes*?

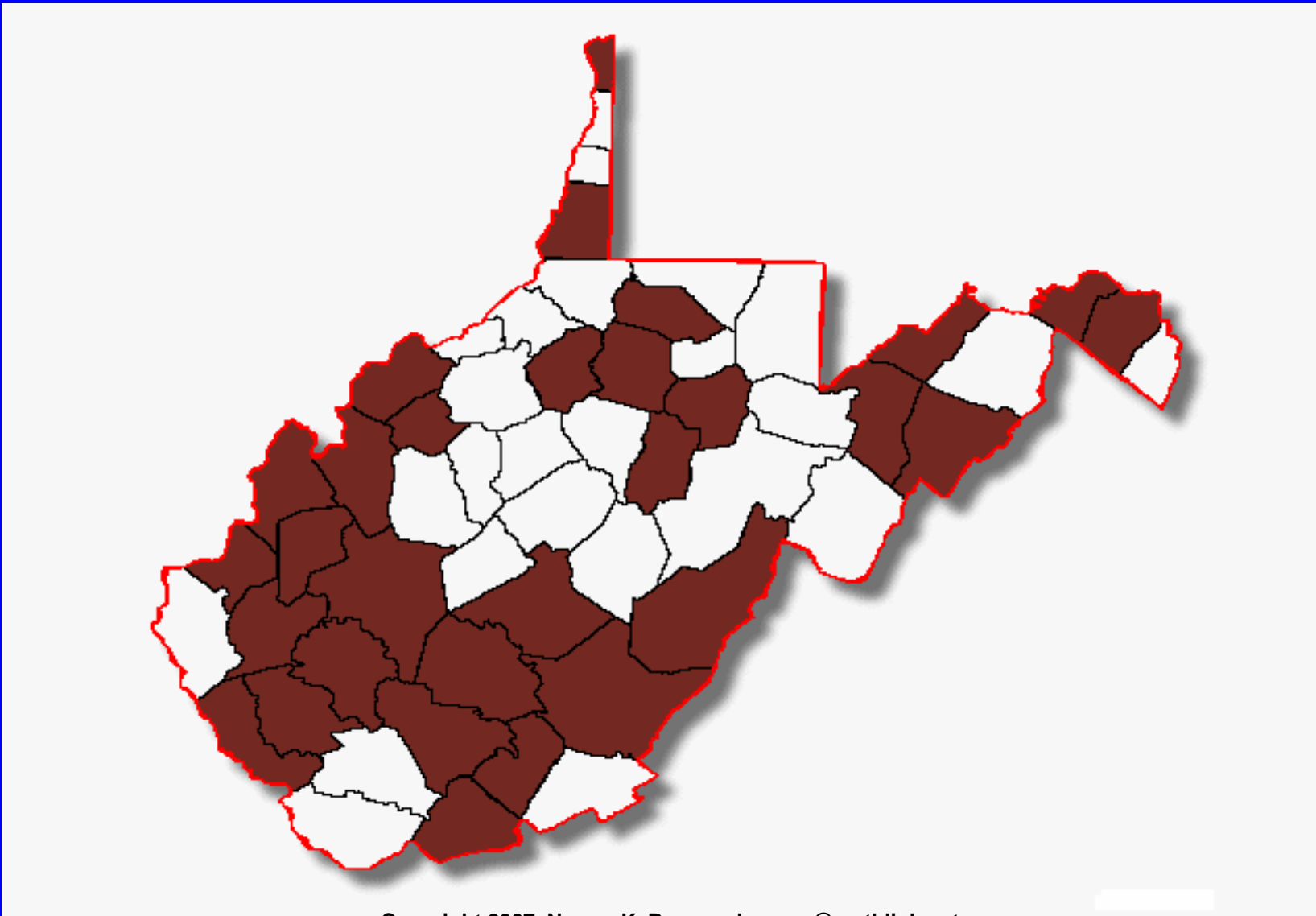
- A community-based education program for people with diabetes and their families
- A series of 5 sessions
 - Diabetes/nutrition education
 - Healthy food Preparation/Demonstration/Tasting,
 - Physical activity
 - Clinical testing

Participant Profile

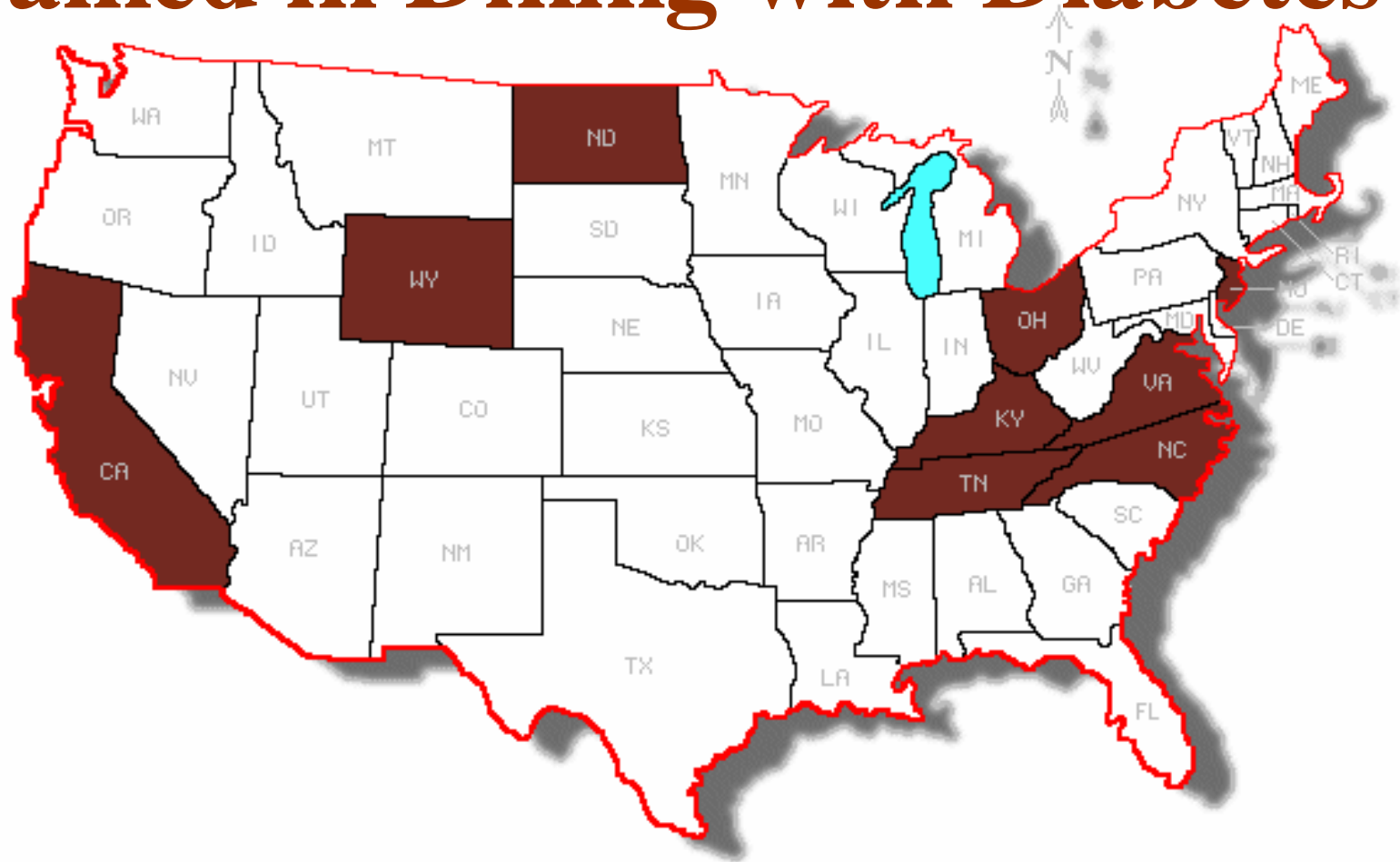
January – June, 2007

Total programs.....	24
Total participants.....	512
Participants attending all sessions.....	269
Participants with diabetes (self reported).....	73%
Participants 65 years or older.....	63%
Annual household income < \$25,000.....	50%

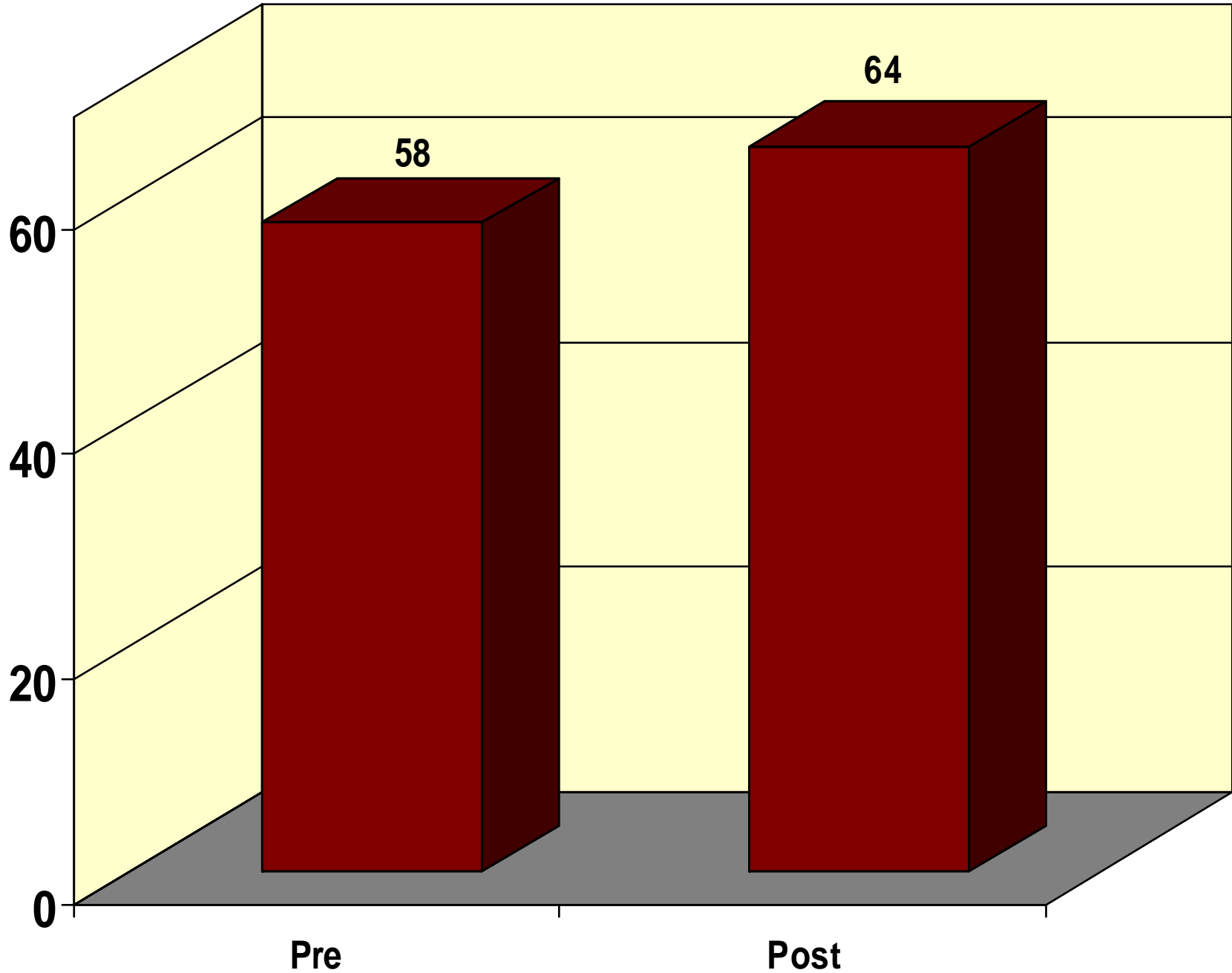
Counties Offering Dining w/ Diabetes (2006)



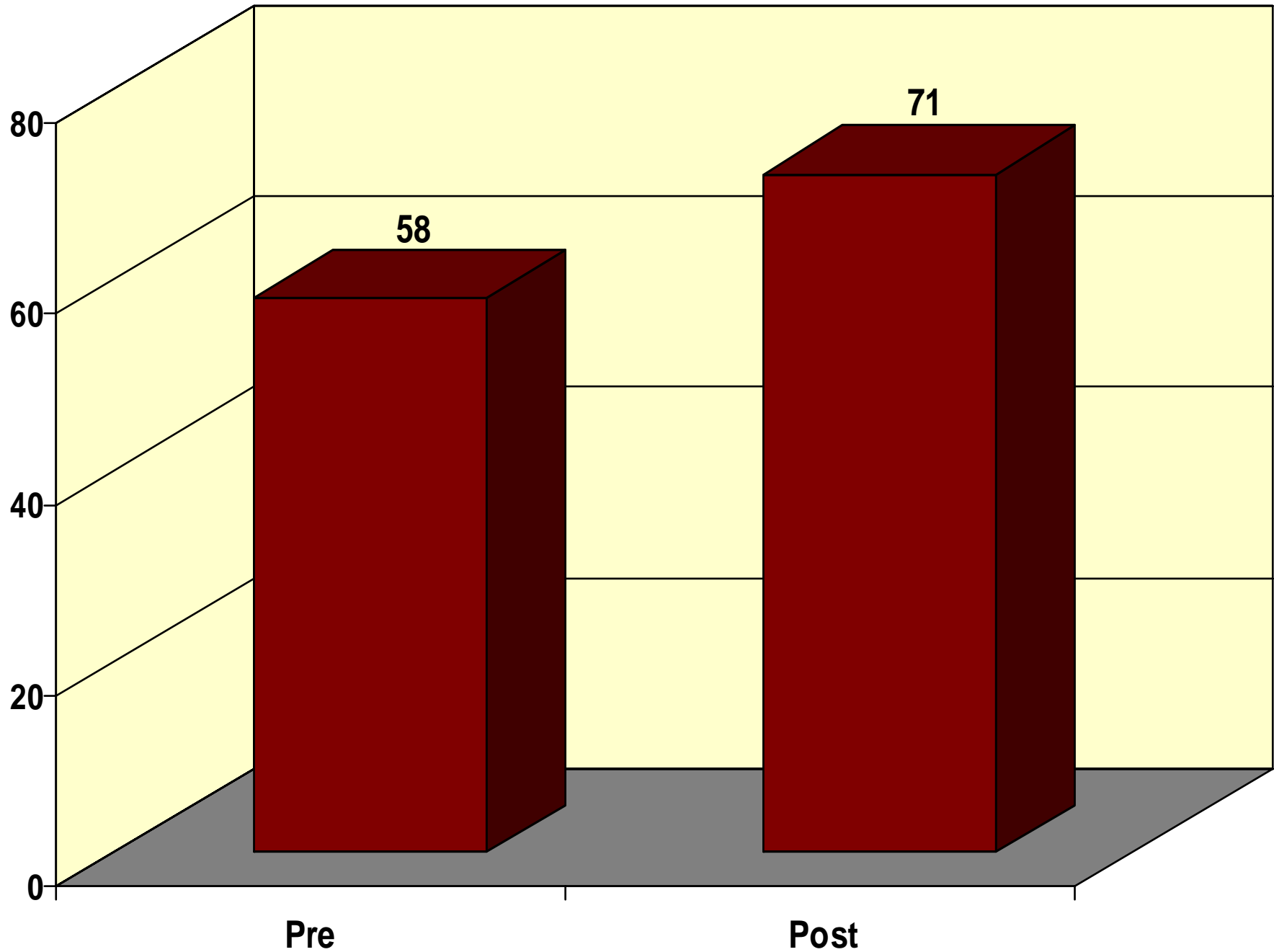
States Trained in Dining with Diabetes



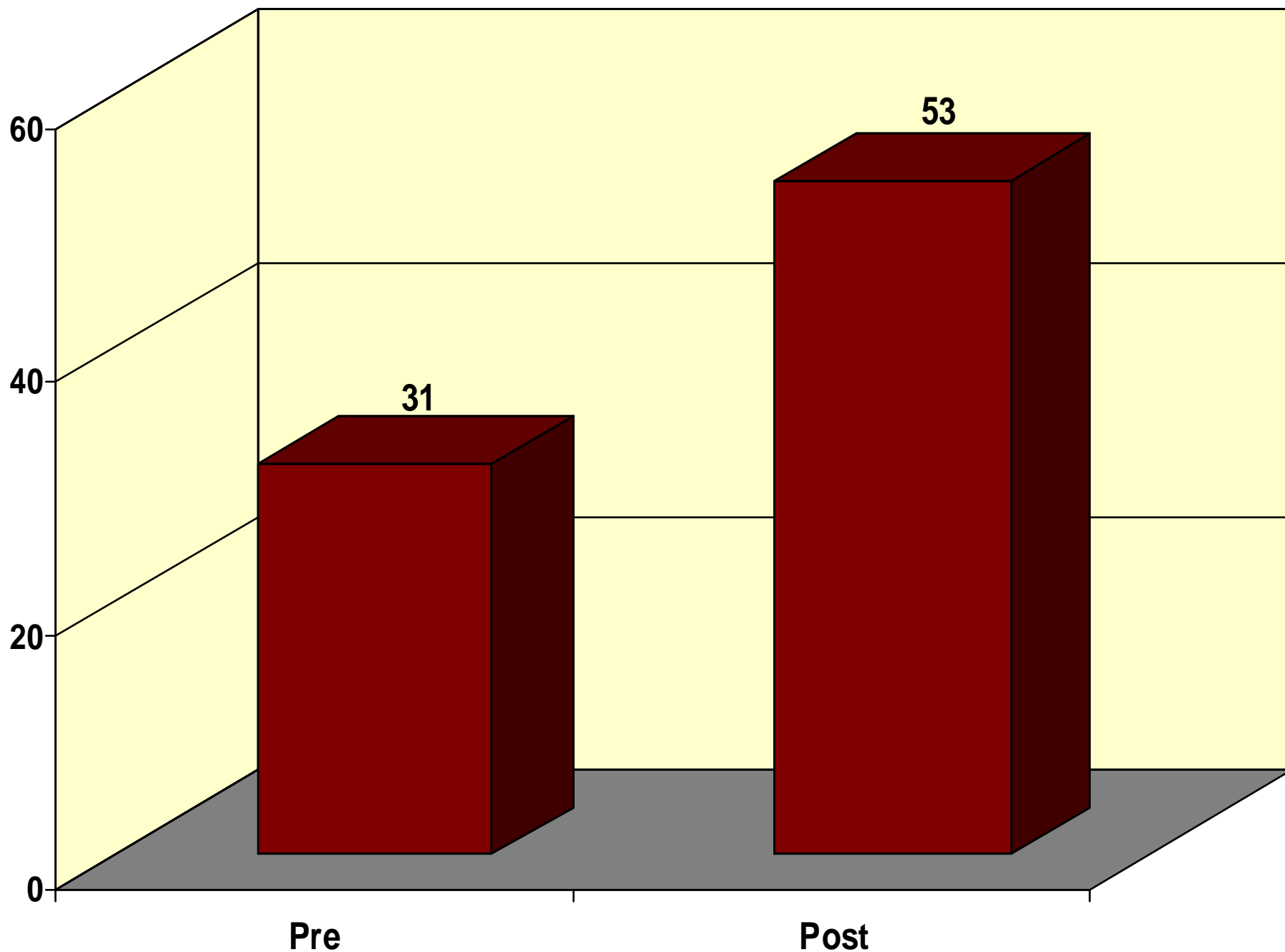
% Of Participants Eating 5 Or More Fruits And Vegetables In A Day



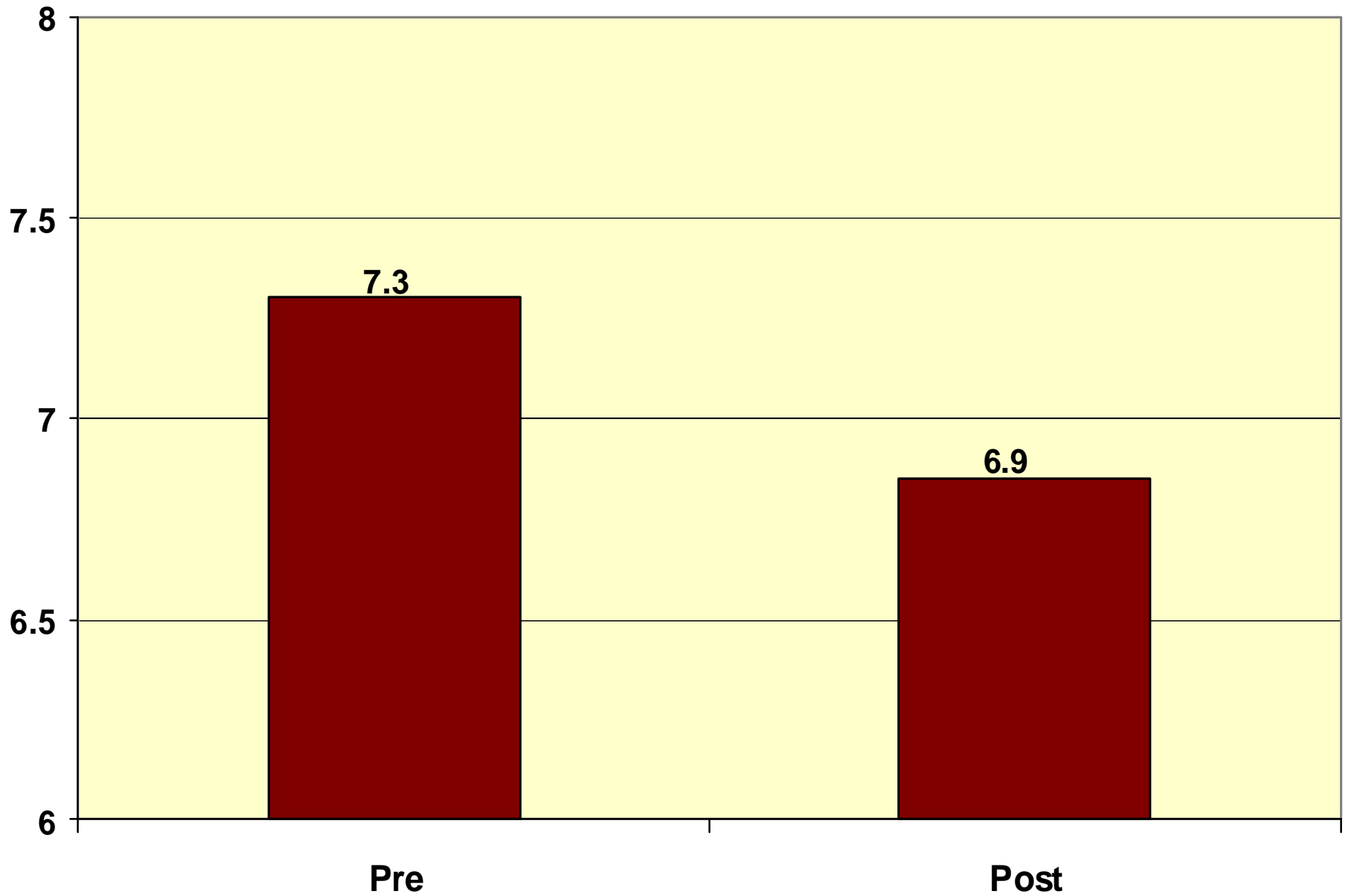
% Of Participants Using Nutrition Facts Label



% Of Participants Exercising 20 Minutes Or More 4-7 Days Per Week



Hemoglobin A1c



p = .000

Participants' Comments

- “..enjoyed being able to ask questions about things doctors don't have time for!..”
- “...enjoyed being able to taste recipes so I could determine whether I want to cook them...”
- “...did not realize how many parts of your body were affected by diabetes!..”
- “...Doctors need to send patients w/diabetes to these classes...”



Program Outcomes and Impacts

- Improves awareness:
- Diabetes/ diabetes self-mgmt
- Encourages behavioral lifestyle changes
- Increases the potential for improvements in Clinical Findings (HA1c, BP, DFE)
- Builds relationships w/ healthcare/community partners

Healthy Eyes Healthy People:

Provided funding for state associations to design and implement community projects that support *Healthy People 2010* vision objectives.

- In past four years
 - Distributed \$620,000
 - 144 HEHP grants.



FOR MORE INFORMATION

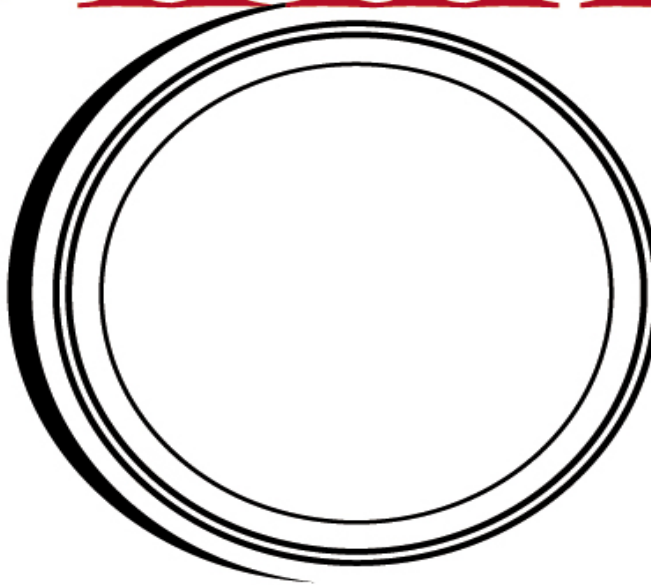
or **www.aoa.org**

John Whitener, OD, MPH

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(800) 365-2219 X 4284

Dining



with Diabetes



American Optometric Association

Healthy Eyes
Healthy People



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