

First-Ever NCDP Peer Reviewed Research Published Research Also to be Presented at Upcoming Conferences

The April edition of *Population Health Management* features the first two manuscripts from the Economic Barometer and also represents the first peer reviewed publications from research commissioned by NCDP. These two journal articles, *Distinguishing the Economic Costs Associated with Type 1 and Type 2 Diabetes* and *The Economic Costs of Undiagnosed Diabetes* highlight two of the four areas of research that the Economic Barometer focused on. The next two manuscripts, which analyze the cost of gestational diabetes and also pre-diabetes, will be published in the June edition of *Population Health Management*.

Additionally, NCDP work will be featured at the upcoming AcademyHealth Annual Research Meeting this June in Chicago, IL. Research from both the Economic and Clinical Barometers will be presented at this event.

- **Economic Barometer:** *Burden of Gestational Diabetes Mellitus in 2007* will be a speaking presentation in the "Gender & the Practice of Care" session of the meeting. This presentation will highlight the research and findings related to the cost of gestational diabetes in America.
- **Clinical Barometer:** *Quality Measurement in Diabetes Care* will be featured in the poster program session of the meeting. This work focuses on the need of measurement harmonization and addressing key gaps in the current quality measurement arena.

Research from the Clinical Barometer will be a part of the ADA Scientific Sessions. *The Evidence Base for Diabetes Quality Measures* was selected for publication in the 69th Scientific Sessions Abstract Book, the June 2009 supplement to the journal *Diabetes*.

Champion Spotlight: Coppin State University



Coppin State University, a historically black university in Maryland and National Diabetes Goal Champion, has shown its ongoing commitment to achieving the Goal through a variety of campus and community based initiatives. These initiatives are championed by Coppin's President, Dr. Reginald Avery, and the entire campus. As Dr. Avery states, "we recognize diabetes as a major public health problem that disproportionately impact our campus and community populations... we continue to be committed to increasing awareness, detection, and prevention activities on campus and in the community that address diabetes and its contributing risk factors."

Coppin State University has utilized their Goal Champion status as a catalyst to engage campus, community, and health agencies in the quest to ensure that all its stakeholders know their "diabetes numbers" and are educated to make healthy lifestyle choices. Since becoming a Goal Champion last fall, Coppin has launched the Healthy Campus 2010 Initiative which has included diabetes as a major focus of its activities.

During the spring 2009 semester Betsy Simon, Director of the Student Life Center, is partnering with C.H.A.M.P., a community health partner, to bring "I Can, I Will, Be Happy, Be Healthy" to Coppin. This initiative

focuses on increasing physical activity, losing weight, and changing eating habits for a healthier lifestyle. A main component of this program is a 10-week session focusing on various health and nutrition topics such as recipe modification, goal-setting, and exercising. These sessions are taught by a registered dietician, a certified blood pressure specialist, and a certified aerobics instructor.

Mrs. Simon has also partnered with the American Diabetes Association-Maryland to launch a series of four "Power Over Diabetes" sessions taught by diabetes educators. As Mrs. Simon explains, the aim of these initiatives is straight-forward: "Our overall goal is to address the prevalence of diabetes and pre-diabetes among our campus family and the surrounding communities."

Coppin will continue its focus on diabetes by improving the health and well-being of students and the local community through weight reduction programming such as Weight Watchers and "I Can, I Will" student-led physical activity classes such as Swing/Hand Dance classes with two nationally acclaimed instructors, Line Dance instruction by a well known radio personality, and an encouragement promo to "Simply Walk More."

To learn more, please visit the Coppin State University Web site at: www.coppin.edu/slc.



The National Changing Diabetes® Program is Now On Twitter!

Follow NCDP at: www.twitter.com/NCDPnews

NCDP is a program sponsored by Novo Nordisk Inc.
Changing Diabetes® is a registered trademark of Novo Nordisk A/S.

© 2009 Novo Nordisk Inc. All rights reserved. May 2009.

