

Research Grant & Foundation Support

- ◆ Center for Disease Control and Prevention
- ◆ Center for Healthy Births – Los Angeles Best Babies Collaborative
- ◆ Children’s Institute International
- ◆ National Institute on Aging
- ◆ National Center for Minority Health and Health Disparities
- ◆ National Center for Research Resources
- ◆ National Institute of Diabetes, Digestive and Kidney Disease
- ◆ National Institute of Health
- ◆ RCMAR—Resource Centers for Minority Aging Research, UCLA

Corporate Sponsors

- ◆ Amgen
- ◆ Boehringer Ingelheim Pharmaceuticals, Inc.
- ◆ Aqua Day Spa
- ◆ Chaya Brasserie
- ◆ Diabetic Delectables
- ◆ Jamba Juice—Santa Monica
- ◆ mini yogis
- ◆ Pearl Art Supply
- ◆ Soleil Films, Inc.
- ◆ Trader Joe’s—Santa Monica
- ◆ And many others

In-kind Sponsors

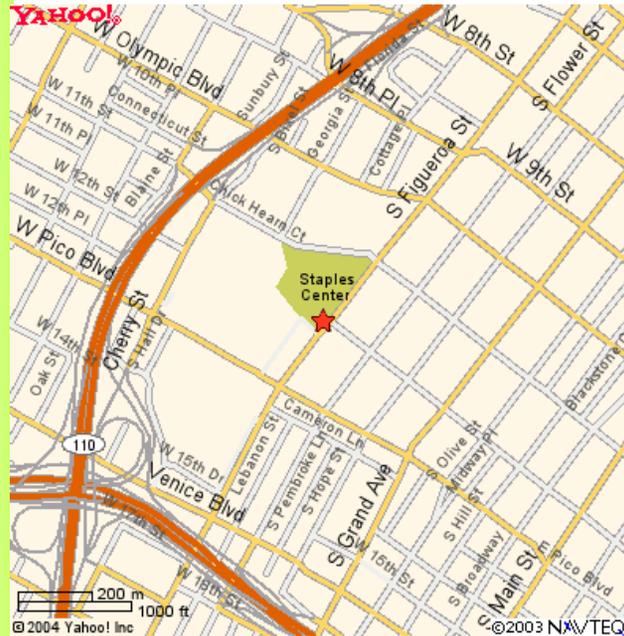
- ⇒ Many Diabetes Conference Planning Committee Members have generously donated items to the raffle.

In Collaboration with:

- ◆ Mayor James K. Hahn, City of Los Angeles
- ◆ Congressman Xavier Becerra, 31st District
- ◆ Congresswoman Maxine Waters, 35th District
- ◆ State Senator Sheila Kuehl, 23rd District
- ◆ Assemblywoman Karen Bass, 47th District
- ◆ Assemblyman Mervyn M. Dymally, 52nd District
- ◆ Assemblyman Mark Ridley-Thomas, 48th District
- ◆ Supervisor Yvonne Brathwaite-Burke, 2nd District
- ◆ Councilwoman Jan Perry, 9th District
- ◆ Councilman Antonio Villaraigosa, 14th District
- ◆ And many others

MAP OF LA CONVENTION CENTER

{next to the Staples Center}

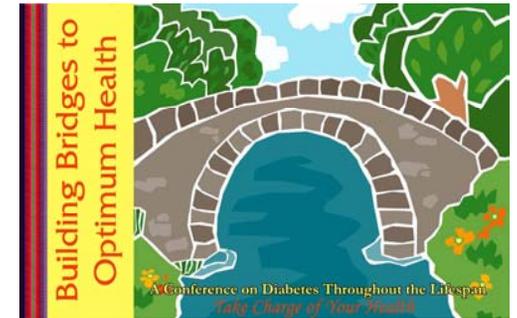


SPACE IS LIMITED

SIGN UP TODAY!

RSVP by FEBRUARY 18, 2005

Healthy African-American Families II,
Charles R. Drew University,
UCLA and RAND
present



FREE

Building Bridges to Optimum Health:

A Conference on Diabetes Throughout the Lifespan

March 3 and 4, 2005

7:30 a.m. to 5:00 p.m.

Los Angeles Convention Center

1201 South Figueroa Street

Los Angeles, CA 90015

Registration opens at 7:30 a.m.
Program begins at 8:30 a.m.

Brought to you by



Healthy African American Families II



Take Charge of Your Health

Conference Description

The Diabetes Awareness Conference will address diabetes from community-based, medical, and mental health professional perspectives. It will focus on prevention, screening and diagnosis, treatment and intervention, and policy/advocacy change through keynote speakers and educational, interactive breakout sessions. A community planning committee of over 150 organizations have used their expertise to design this event, including its post-conference activities. The conference design invites attendees and community at large to participate in working groups to focus their efforts to create change in our communities and to be a part of Community-Partnered Participatory Research.

Objectives

After attending this conference, the attendee will be able to:

1. Increase knowledge of various aspects of diabetes (e.g. prevention, symptoms, risk factors, disease indicators, treatment options, high risk groups, avenues of policy/advocacy);
2. Increase awareness of culture, language, beliefs, and attitudes towards diabetes related issues and their impact on health behaviors;
3. Identify the barriers to accessing and navigating diabetes related services;
4. Share knowledge of community-based and academic-based best practices related to diabetes;
5. Work with other community attendees and create community linkages to broaden their resource base;
6. Learn of existing ways to improve health attitudes and behaviors within the medical, community, and mental health areas;
7. Participate in ongoing community working groups that will continue their work beyond the conference to create diabetes related action plans that will positively impact the community.



**Healthy
food,
healthy you!**

Invited Partners

Any individual that has diabetes or works with diabetic clients, children, and those families affected by diabetes, including community members, doulas (birth companions), promotoras, health educators, mental health providers, social workers, dietitians, lactation consultants/educators, public health workers, teachers and other school administrators, policy makers, politicians, celebrities, governmental organizations, nurses and physicians.

Contributing Faculty

Keith Norris, MD

Associate Dean of Research
Director, NIH Research Center for Minority Institutions Clinical Research Center/Project EXPORT
Charles R. Drew University

Richard Baker, MD

Biomedical Research Center/RCMI
Charles R. Drew University

Ricky Bluthenthal, PhD

Charles R. Drew University/RAND Corporation

Mayer Davidson, MD

Director of Clinical Trials Unit
Charles R. Drew University

Loretta Jones, MA

Executive Director
Healthy African-American Families II

Paul Koegel, PhD

RAND Corporation

Carol M. Mangione, MD MSPH

Professor of Medicine
UCLA, David Geffen School of Medicine

Moraya A. Moini, MPH

Public Health Consultant
PHP Consulting

Chrys Terry, BA INH

Project Manager, Project EXPORT
Charles R. Drew University, Clinical Research Center

See program on the day of the event for an inclusive list of all contributing faculty.

Continuing Education Units

CME and CEUs will be available for the following disciplines: MD, RN, BSN, RD, LCSW, MFT, CHES



The Perinatal Advisory Council: Leadership, Advocacy and Consultation (PAC/LAC) is an approved provider by the California Board of Registered Nursing Provider Number CEP 5862 for 13 contact hours of continuing education credit (Day 1=7, Day2 =6). The Perinatal Advisory Council: Leadership, Advocacy and Consultation (PAC/LAC) is an approved provider of continuing medical education. Physicians attending this course may report up to 10 hours of Category 1 credit toward the California Medical Association Certificate in Continuing Medical Education and the American Medical Association's Physician Recognition Award (Day 1=5, Day 2=5).

Support materials will be provided to RDs for 10 hour equivalent of CPEUs (Day 1=5, Day 2=5).



Phillips Graduate Institute/California Family Counseling Center (PGI/CalFam) is an accredited provider of continuing education for Marriage and Family Therapists and Licensed Clinical Social Workers by the Board of Behavioral Science (Provider #PCE 677). These mental health professionals may report up to 6 hours on day one and 5 hours on day two of this conference.



The USC Master in Public Health program has submitted an application to the National Commission for Health Education Credentialing, Inc. for 13 CHES Category 1 contact hours.

All conference attendees will receive certificates of attendance.

Agenda

March 3, 2005

- 7:30a Registration and Continental Breakfast
- 8:30 Welcome and Mission of Conference
- 9:00 Introduction to Diabetes
- 9:15 Diabetes In Our Communities
- 10:30 Community Dialogue Sessions
- 12:00p Lunch (provided), Raffle
- 1:00 Keynote Speaker
- 2:15 Interactive Panel Discussions
- 3:30 Interactive Panel Discussions
- 4:45 Closing Comments, Raffle

March 4, 2005

- 7:30a Registration and Continental Breakfast
- 8:30 Welcome and Introductory Remarks
- 9:00 Community-based Best Practice Models
- 10:30 Academic-based Best Practice Models
- 12:00p Lunch (provided), Raffle
- 1:30 Interactive Panel Discussions
- 3:00 Interactive Panel Discussions
- 4:30 Closing Comments, Evaluation, Raffle

Filming may take place during the conference.

FREE

Information and Registration

For registration & questions, please contact:

Healthy African American Families II
3856 Martin Luther King Jr. Blvd., Ste 209
Los Angeles, CA 90008
T: 323-292-2002
F: 323-292-6209

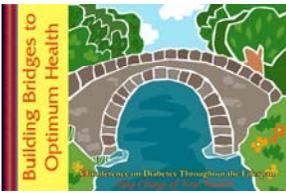
Email: LJonesHAAF@aol.com

⇒ Visit www.projectexport.org for more information.

Please see insert for registration form.

Parking

Located off of Cherry Street. Cost is \$10/day. Please visit www.yahoo.com for directions to the L.A. Convention Center.



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**BUILDING BRIDGES TO OPTIMUM HEALTH:
A Conference on Diabetes Throughout the Lifespan**
March 3-4, 2005
Los Angeles Convention Center
7:30am–5:00pm

TRACK DESCRIPTION FORM

Please follow the directions below and indicate your preferences for the track and interactive panel discussions on the CONFERENCE REGISTRATION FORM INCLUDED IN THIS MAILING. Thank you!

1. Choose one preferred track (A, B or C).
2. Choose 4 preferred interactive panel discussions in that track.
3. Choose 2 alternate interactive panel discussions in that track.
4. Indicate your choices on the **CONFERENCE REGISTRATION FORM**.

TRACK A - Interactive Panel Discussions

1. Diabetes & Pregnancy, including Gestational Diabetes
2. Complications of Diabetes: Heart Disease, Kidney Disease, Eye Disease, Amputations, High Blood Pressure, and other Comorbidities
3. Building Cohesive Patient-Provider Relationships: Inspiring Change and Sharing Power
4. The role of Breastfeeding for Preventing Type 2 Diabetes
5. A Review of National and Local Campaigns Focused on Reducing the Risk of Developing Diabetes and Supporting Healthy Living
6. Faith-based Approaches to Diabetes
7. Psychological and Emotional Well-Being among People Living with Diabetes
8. Understanding High Blood Pressure, High Cholesterol and Diabetes: A Deadly Combination
9. Key Strategies for Preventing Heart Disease: The Leading Cause of Death in Persons with Diabetes

TRACK B—Interactive Panel Discussions

1. Parenting a Child with Diabetes
2. Pre- or Borderline Diabetes: Its Signs, Symptoms, Monitoring, and Prevention
3. Media and Environmental Influences: Changing Community Norms to Support Healthy Living
4. Keeping Health Professionals Healthy
5. Bridging the Gap: Addressing Racial and Ethnic Disparities in the Prevention, Diagnosis, and Treatment of Diabetes
6. Alternative and Complementary Health: A Natural Approach to Diabetes
7. Supporting and Taking Care of the Elders in our Communities: An Approach to Assisting Elders Living with Diabetes and its Complications
8. The Issue of Stem Cell Research: Is There a Future for It?

TRACK C - Interactive Panel Discussions

1. Practical Tools for Healthy Living— Part 1: Nutrition and Exercise
2. Practical Tools for Healthy Living—Part 2: Food Preparation and Food Security
3. Type 1 Diabetes (Insulin Dependent) - Basic Facts
4. Track 2 Diabetes (Non-Insulin Dependent) - Basic Facts
5. Self-Management Strategies and the Inclusion of Family Support
6. Barriers to Access & Navigation of Health Systems in relation to Diabetic Services— Part 1: What Should I Know?
7. Barriers to Access & Navigation of Health Systems in relation to Diabetic Services—Part 2: What Should I Do and How Do I Maintain Adherence?
8. Community-based Strategies and Best Practices to Changing the Lives of People Living with Diabetes— Part 1: Interventions
9. Community-based Strategies and Best Practices to Changing the Lives of People Living with Diabetes— Part 2: Policy and Advocacy Change
10. The March from Overweight to Type 2 Diabetes in Children

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BUILDING BRIDGES TO OPTIMUM HEALTH:
A Conference on Diabetes Throughout the Lifespan
March 3-4, 2005
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PLEASE PRINT CLEARLY

NAME _____ POSITION _____

ORGANIZATION/AGENCY _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____ WEBSITE _____

TEL _____ FAX _____

PROFESSIONAL LICENSE (please check) MD RN/BSN MFT LCSW RD MPH CHES

Please see Track Description Form Insert

PREFERRED TRACK (A, B or C) _____

Preferred Track Breakout Sessions (list 4 numbers in track)

Alternate Track Breakout Sessions (list 2 numbers in track)

WILL YOU NEED (please check):

DISABLED PARKING Yes No

DISABLED SEATING Yes No

DIABETIC/LOW CALORIE LUNCH Yes No

SIGN LANGUAGE TRANSLATION Yes No

LANGUAGE TRANSLATION (Spanish Other _____)

Email questions to:

LJonesHAAF@aol.com

More conference
information at:

www.projectexport.org

Register by **FEBRUARY 18, 2005**

Fax or mail this form to:

Healthy African-American Families II

Andrea Jones

3856 Martin Luther King Jr. Blvd, Ste. 209
Los Angeles, CA 90008

Fax: 323-292-6209

Phone: 323-292-2002

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