

## SPECIAL DIABESITY EDITION

### Obici Healthcare Foundation Welcomes Francine Kaufman, M.D., Internationally Renowned Physician, Author

The Obici Healthcare Foundation is thrilled to welcome Dr. Francine Kaufman as the keynote speaker for the comprehensive "Diabetesity Forum" the Foundation is sponsoring on March 11, 2011.



Francine Kaufman, M.D.

Dr. Kaufman has numerous publications, awards, and honors to her credit. Her book, *Diabetesity: The Obesity-Diabetes Epidemic that Threatens America — And What We Must Do to Stop It*, illustrates the link

between obesity and diabetes and calls for changes in public policy to reverse the slide toward inactivity and poor dietary habits. Her book will be available at the book signing to conclude the Diabetesity Forum.

In Dr. Kaufman's own words, "I'm hooked on children! I am a pediatric endocrinologist and I've devoted my career to diabetes in children, and maybe a little bit of diabetes in adults as well. Particularly now, when we are at the point of an epidemic of childhood obesity and obviously, adult obesity – and the development of type 2, or adult diabetes in children,

I have realized that to make a difference, we have to change the environment for children."

Dr. Kaufman, internationally renowned, is a leading research pediatric endocrinologist. She is the director of the Comprehensive Childhood Diabetes Center, the head of the Center for Endocrinology, Diabetes and Metabolism at Children's Hospital Los Angeles and is a former president of the National American Diabetes Association.

She also serves as a co-principal investigator of the Keck Diabetes Prevention Initiative at University of Southern California, a program designed to identify and address the interrelated factors that lead to obesity and diabetes in certain areas of Los Angeles. A diplomat of the American Board of Pediatrics and board certified in pediatric endocrinology and metabolism, Dr. Kaufman is the principal investigator of two trials sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institute of Health (NIH): the "Treatment Options for Type 2 Diabetes in Adolescents and Youth" study, which seeks to identify the best treatment of type 2 diabetes in children and teens ages 10 to 17, and HEALTHY, a school-based study to lower diabetes risk factors in middle school students, which is part of a broader research initiative "Studies to Treat or Prevent Pediatric Type 2 Diabetes" (STOPP T2D).

"I appreciate the opportunity to help launch the Diabetesity prevention effort in your community," Dr. Kaufman said.

### DIABESITY FORUM

*A Call to Action Around the Growing Obesity and Diabetic Epidemic*



Friday, March 11, 2011

9:00 a.m. - 2:30 p.m.

Suffolk Center for Cultural Arts  
110 W. Finney Avenue  
Suffolk, Virginia

Featuring keynote speaker and internationally renowned physician and author

**Francine Kaufman, M.D.**

author of

*Diabetesity: The Obesity-Diabetes Epidemic That Threatens America and What We Must Do About It*

Leading research pediatric endocrinologist, Distinguished Professor of Pediatrics University of Southern California, named to the Best Doctors in America, American Diabetes Association 'Woman of Valor' and former president of the National American Diabetes Association

9:00 a.m.	Welcome
9:45 a.m.	Workshops on Nutrition ~ Activity ~ Community Engagement
11:45 a.m.	Healthy, diabetic-friendly food sampling featuring local vendors and fresh fare
1:00 p.m.	Dr. Kaufman, Keynote Address
2:00 p.m.	Book signing with Dr. Kaufman

**Register by March 4, 2011**  
**Suggested donation of \$10**  
**SPACE IS LIMITED**  
**Register at [www.obicihcf.org](http://www.obicihcf.org)**

### PRESENTING COMMITTEE:

American Diabetes Association  
Children's Hospital of The King's  
Daughters  
Consortium for Infant and Child  
Health (CINCH)  
Eastern Virginia Medical School/  
Strelitz Diabetes Center  
JDRE, Hampton Roads  
Obici Healthcare Foundation  
Optima Health/ Health &  
Preventive Services  
Sentara Obici Hospital  
Suffolk Center for the Cultral Arts  
Suffolk Family YMCA  
Suffolk Parks and Recreation  
Suffolk Partnership for a Healthy  
Community  
Suffolk Public Schools  
Virginia Diabetes Council  
Western Tidewater Health District  
WHRO Center for Regional Citizenship



Gina Pitrone

## Western Tidewater Must Act Now to Defeat Diabetes

By Gina Pitrone, Executive Director, Obici Healthcare Foundation

Being number one in sports is an enviable place to be. It is an indicator of finishing first.

Conversely, when examining health data, being number one usually brings bad news. That was the case in the fall of 2010 when the Virginia Department of Health released diabetes statistics for the Commonwealth. The Western Tidewater region was number one.

Unfortunately, that dubious

distinction meant that the City of Suffolk and the Counties of Isle of Wight, Southampton, Surry and Sussex have the highest death rate from diabetes in the state. Diabetes is also a major concern in Gates County, North Carolina.

These disturbing findings reinforced the wisdom behind the Foundation's decision early last year to focus its grantmaking on four Strategic Priority areas – Access to Basic Healthcare, Insure More People, Obesity Prevention and Chronic Disease Management. The obesity and chronic disease (particularly diabetes) priority areas take center stage in the assault that must be waged on diabetes and obesity in Western Tidewater – the Foundation's service area and Gates County.

Combining the words diabetes and obesity formed a

new term called "Diabetes." Diabetes and obesity are linked, because obesity eventually triggers type 2 diabetes. Then, diabetes can lead to heart attacks, strokes, kidney failure and blindness. Diabetes has reached epidemic proportions. About a third of Americans including Western Tidewater residents, find themselves in the obese and diabetic categories.

Diabetes is a major concern for the Foundation. Its prevalence in this community, the ability to prevent it and, in some cases, reverse it, makes this challenge a desirable target. What makes this contest so inviting? We can win!

Accepting the challenge posed by state diabetes data, the Obici Healthcare Foundation and a broad-based coalition of community stakeholders are poised to take action. This commitment will be demonstrated in the Foundation's grantmaking and our community partners' willingness to share their time and talents that will motivate residents to engage in more physical activity and practice better eating habits.

This broad-based coalition of stakeholders is inspired to make our region a healthier community.



Members of the Driver Elementary School demonstrated their agility, athleticism and impeccable timing during a recent performance. This group of jumpers and Double-Dutch rope turners will participate in the Diabetes Forum. This event is scheduled for March 11 from 9 a.m. – 2:30 p.m. at the Suffolk Center for the Cultural Arts, 110 Finney Ave.

## Connecting Weight and Diabetes

The term "Diabetes" illustrates the relationship between obesity and type 2 diabetes. The more a person weighs, the more likely the person will develop diabetes. Considering that 60-90% of all patients with type 2 diabetes have been obese in the past, or are currently obese, it is clear the association exists. Dr. Nancy Welch, acting Director of the Western Tidewater Health District, has borne witness to the trend of diabetes in the United States, and Suffolk.

Dr. Welch knows first-hand how obesity and diabetes effect a community. With the exception of the City of Franklin, Suffolk has the highest diabetes-related hospital discharges in Western Tidewater. The same holds true for obese adults, with Southampton County having the highest percentage. Unfortunately, no accurate measure of local childhood obesity exists. Medical professionals estimate that approximately 25% of children in Suffolk are obese. This is higher than the national average—currently estimated to be one in five children.

Not only is obesity strongly linked to diabetes, but carrying excess body fat is a risk factor for other chronic diseases as well. Cardiovascular disease, high blood pressure, hyperuricaemia (the cause of gout), respiratory disease, osteo-arthritis and depression are also considered co-morbidities of being overweight or obese. For children, other effects such as bullying,

social discrimination, low self-esteem and lack of academic success can be factors.

According to Dr. Welch, the integrated program with the private medical community that exists in Franklin and Southampton County shows success. The local health department offers diabetes education and medication

assistance. "Data have shown that [diabetic] patients receiving this service had a 42% drop in their hemoglobin A1c, and this translates to dramatic reduction in risk of complications," reports Dr. Welch.

However, Dr. Welch believes the health of a community goes beyond treating existing patients with medication. There is much to be said for prevention, especially in children and youth. Suffolk Public Schools and the Suffolk Partnership for a Healthy Community are indicators that the city is embracing a healthier lifestyle. Suffolk schools are integrating nutritional education and introducing more nutritious lunches. The Partnership is engaging the community through projects such as community gardens. "The unfortunate fact is that less healthy foods are less expensive and,

therefore, more appealing during tight budgetary times," says Dr. Welch. "Programs such as the community gardens are an excellent beginning."

Dr. Welch suggests that professionals who are concerned about the health of our community participate in the upcoming Diabetes Forum. "It's an excellent opportunity for those who can take advantage of it."



Nancy Welch, M.D.



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