

» About our logo...

The roots and leaves of the pandanus tree symbolize support, flexibility, and resilience—all necessary ingredients in dealing with diabetes. Its fruit and the variety of products made from its wood, roots, buds, and flowers represent the ingenuity, diversity, and versatility of our communities.

Even its thorns are representative of the difficulties that we face in addressing diabetes. Removing the thorns makes the leaves suitable for weaving—a process which embodies unity and cooperation. The weaving process also includes preparation, assessment, and planning to turn out a finished product that displays indigenous simplicity, while being based on many cultural practices, at the heart of which are relationships and rapport.

» About Papa Ola Lōkahi (POL)

POL is a consortium of public agencies and Native Hawaiian non-profit organizations striving to improve the health and well-being of Native Hawaiians and other native peoples. It is a non-profit corporation registered in the State of Hawai'i and was created by the Native Hawaiian Health Care Improvement Act in 1988. Funding comes from the federal government and from private foundations and contributions.

Our Vision (Ka Ikena): A thriving Native community composed of healthy individuals and families informed about their rich heritage and culture, living in a state of lōkahi (unity and harmony), and making informed choices and responsible decisions in a safe island society that is pono (righteous and virtuous)

Our Mission (Ke Ala Malamalama): To improve the health status and well-being of Native Hawaiians and others by advocating, initiating, and maintaining culturally appropriate strategic actions aimed at improving the physical, mental, and spiritual health and wellness of Native Hawaiians.

Partnerships

Hawai'i

Association of Hawaiian Civic Clubs
Hawai'i State Department of Health
Diabetes Prevention and Control Program
American Diabetes Association
Hawai'i EXPORT Center
Hawai'i Maoli
Hui Malama Ola Na 'Oiwai
Na Pu'uwai
Ho'ola Lahui Hawai'i
Ke Ola Hou O Lana'i
Ke Ola Mamo
Hui No Ke Ola Pono

American Samoa

American Samoa Diabetes Association
American Samoa Department of Health

CNMI (Saipan)

Pacific Diabetes Today Group
CNMI Department of Public Health

Federated States of Micronesia

Chuuk Women's Council
Kosrae Diabetes Today
Pohnpei Lipaiere
Baagnal Health Organization
FSM Department of Health Education & Social Affairs

Guam

Guam Diabetes Association
Guamerica Lions Club
Guam Department of Public Health and Social Services

Republic of Belau

Ulkerreuil A Klengar
Belau Bureau of Public Health

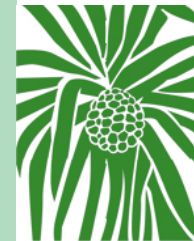
Republic of the Marshall Islands

Majuro Diabetes Group
Jaluit Community Group
Ebeye CHA Task Force
Marshall Islands Ministry of Health
Youth to Youth in Health

PDEP Staff

Nia Aitaoto - Program Coordinator
Megan Fong - Program Specialist
Donna Oshiro - Support Staff
Henry Ichiho - Evaluator
JoAnn Tsark - Program Administrator

Pacific Diabetes Education Program



Partnering with
Communities to
Improve Diabetes
Education in Hawaii
and the Pacific



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» What is the Pacific Diabetes Education Program?

The Pacific Diabetes Education Program (PDEP) is a five-year project funded by the Centers for Disease Control and Prevention to improve the availability and dissemination of culturally and linguistically appropriate diabetes education materials. PDEP is a program of Papa Ola Lōkahi, a community organization that focuses on Native Hawaiian health.



» PDEP's Goals

- To establish an advisory council that includes consumers of diabetes care services, health care providers, local diabetes programs and Diabetes Prevention and Control Programs (DPCP) in Hawai'i and the Western Pacific.
- To develop awareness and education interventions designed to improve knowledge, attitudes, skills and behaviors related to diabetes prevention and control and to improve clinical outcomes for people with diabetes.
- To establish partnerships with local community-based programs, DPCP programs, and consumers of services related to diabetes prevention and care.
- To develop and distribute diabetes education materials that are culturally and linguistically appropriate, for use by community programs and health care providers.



» 3 Initiatives To Promote Diabetes Awareness And Education



Small Steps. You can prevent type 2 diabetes by building up to 30 minutes of physical activity a day 5 days a week and following a low-calorie, low-fat eating plan.

Big Rewards. Preventing type 2 diabetes means peace of mind and a healthier and longer life without serious complications such as heart disease, stroke, blindness, kidney failure, and amputations.



Control Your Diabetes. For Life.

Diabetes can be controlled by eating healthy foods in the right amounts, getting regular physical activity, taking diabetes medications as prescribed, and testing your blood sugar on a regular basis.



Be Smart About Your Heart.

About 65 percent of people with diabetes will die from a heart attack or stroke, yet two out of every three people with diabetes are unaware of their increased risk.

Control the ABCs of Diabetes: A1C, Blood Pressure, and Cholesterol. Small improvements in blood glucose (A1C), blood pressure, and cholesterol levels lower the risk for heart disease, so that people with diabetes can live long, healthy lives.