

NMA Diabetes Program 2007 End of Year Recap

The National Medical Association (NMA) with its awarded five-year cooperative agreement, from the Centers for Disease Control and Prevention (CDC) under the “National Diabetes Education Program” (NDEP), has had another successful year of diabetes outreach programs in an effort to educate consumers about preventing and controlling diabetes.

According to the American Diabetes Association 54 million people, ages 40-74 years old are pre-diabetic; 20.8 million people in the United States already have the disease. Diabetes is now recognized as an epidemic within the African American community. **3.2 million African Americans aged 20 and older are diabetic.**

Dr. Wilma J. Wooten, MD, MPH, Principal Investigator and project staff in collaboration with local NMA affiliate societies have maintained six diabetes coalitions in Atlanta, Georgia; Houston, Texas; Indianapolis, Indiana; Los Angeles, California; Pine Bluff, Arkansas; and Washington DC. Since their formation in conjunction with the Central Office, NDEP and NMA related materials have been distributed in ninety (90) different health related outreaches and meetings. Since its launch in March 2007, the NMA Diabetes Education Program’s web site has had over 17, 000 visitors – www.NMA diabetesnet.org.

The purpose of the program is to continue strengthening and building the NMA’s capacity to reduce the disproportionate burden of diabetes among African Americans through education and prevention that focuses on diet, nutrition and exercise programs consistent with the Health People 2010 Diabetes goals and objectives.

As November is Diabetes Awareness Month, the NMA Diabetes Program will be launching a media campaign. Last year the release of the article, “Five Small Steps to Prevent Diabetes” reached 56 million persons in 23 different states. The radio Public Service Announcements also reached an audience of almost 4 million.

Contact Us

The NMA Diabetes Education Program is coordinated by Wilma Wooten, M.D., M.P.H., Principal Investigator; Ivonne Fuller Bertrand, N.R.P.P., M.P.A., Program Administrator; and Roslyn A. Douglas, M.A., Program Coordinator. For more information or to assist with this initiative, contact rdouglas@NMA net.org; 202-347-1895 or visit www.NMA diabetesnet.org.