

What is it?

Health is Wealth is a diabetes prevention research study developed by Anne Leake, PhD, a nurse practitioner at the University of Hawaii, School of Nursing and Dental Hygiene, Center for 'Ohana Self-Management of Chronic Illnesses. This **FREE** program is designed to help people at risk for diabetes stay healthy.

If you have **parents or siblings with diabetes** and want to take the first step to wellness, contact us today to find out if you are eligible to participate in this **FREE** program.

Our partner for this study is the Philippine Nurses Association of Hawaii



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What about my privacy?

All of your information will be kept confidential.

You can make a difference!

Results from this study may be used for the future prevention of diabetes in the Filipino community. Do it for you, your loved ones, and future generations.

How do I enroll or get more information?

Enrollment starts in

March 2009

Contact Us Today!

Call: 956-0987

Email: Venus Bermudo, Research Associate, at vbermudo@hawaii.edu

Online Information:

<http://manoa.hawaii.edu/P20>



Health is Wealth Kalusugan ay Kayamanan A Diabetes Prevention Project for a Healthy Lifestyle

University of Hawaii at Manoa
School of Nursing and Dental Hygiene
2528 McCarthy Mall, Webster #436
Honolulu, Hawaii 96822

Phone: 808-956-0987

Fax: 808-956-3257

E-mail: vbermudo@hawaii.edu

Health is Wealth Kalusugan ay Kayamanan



Prevent Diabetes Invest with a Healthy Lifestyle

***Enrollment in
March 2009***

***If you are interested
in participating,
please call 956-0987***

Program Details

Who can apply?

Participants must:

- Be at high risk for diabetes or pre-diabetes
- Be between 18-62 years old
- Live on the island of Oahu

How does it work?

Eligible participants will be randomly assigned to one of two groups:

- 1) Health is Wealth Group
- 2) Waitlisted Control Group

Participants will not get to choose which group to be in, but both groups will get the prevention program. Group 1 will attend the program between April and September 2009 and Group 2 between October 2009 and March 2010.



Benefits and Services:

- * 8 sessions lasting just one hour over a 6 month period
- * You choose the dates and frequency - once a month or every week – you decide!
- * Sessions on Sunday afternoons
- * Beautiful outdoor setting at Blaisdell Park in Aiea
- * Blood pressure and blood tests for diabetes at no charge
- * \$10 gift certificate for completing blood tests and surveys
- * Small gifts at every session for cooking and exercise

How do I enroll?

Attend one of five enrollment sessions on Sunday afternoons March 1, 8, 15, 22 or 29, 2009 between noon and 4 pm in Blaisdell Park in Aiea (98-319 Kamehameha Hwy and Kaahumanu Street)

Good News about the Project!

The sessions for learning how to change your lifestyle to prevent diabetes will be held at convenient times (Sunday afternoons) in the centrally located outdoor setting of Blaisdell Park in Aiea. Multiple offerings of each of the 8 sessions will be scheduled over a 6 month period to

make it easy for you to attend the whole program. Families can come along to enjoy time outdoors together.

Did you know?

Diabetes is preventable and treatable!

Diabetes touches many people of all ages and ethnicities in Hawaii, especially our Native Hawaiian, Japanese, and Filipino populations. There are over 72,000 people in Hawaii who are diagnosed with diabetes—plus about 25,000 who are undiagnosed. Research indicates this chronic illness is on the rise. So now, more than ever, we encourage you to take a healthy approach to life by staying active, educated, and informed.

Are you wondering if you or someone you know might have diabetes? Take a quick diabetes risk test: <http://www.diabetes.org/risk-test.jsp>