



ILLINOIS PREVENTION
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More Chicagoans Obese or Diabetic

Diabetes rates in Chicago have almost doubled from 5.8% in 1998 to 10.5% in 2006, and obesity rates have risen from 17.8% to 25.5%.

But More Exercise

Chicago adults are more active, but more of them are diabetic or obese, according to the new data collected by the Illinois Department of Public Health.

More adults reported in phone surveys in 2006 that they have been diagnosed with diabetes, almost doubling from 5.8% in 1998 to 10.5% in 2006. While diabetes rates have been increasing across the country, Chicago's diabetes rate is still significantly higher than the national average.

The data also reveals that obesity, a risk factor for diabetes, continues to rise. More than a quarter of Chicago adults were considered obese in 2006, compared to 17.8% in 1998.

The good news is more adults reported exercise in the previous month. In 1998, 27.2% reported no exercise, but last year that number dropped to 22.4%.

These data were collected by the Illinois Behavioral Risk Factor Surveillance System data, the primary source of information on behaviors and conditions related to the leading causes of death for Illinois adults. The information is gathered by monthly telephone surveys and organized by county. The data are reported annually.

"This information is very valuable for health planners at the city, county, and state level," said IPRC researcher William Baldyga, who has collaborated on projects with the Illinois Department of Public Health (IDPH). "It tells us where we need to concentrate our efforts," he said.

IPRC-affiliated researchers provide guidance to the health department on this system.

The department has improved the quality, accessibility, and increased use of these data for health program planners throughout Illinois because of this involvement, according to Bruce Steiner, Chief of Surveillance for the IDPH.

More information and survey results are available from the Illinois Department of Health at <http://app.idph.state.il.us/brfss/>.

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Free Health Screening Offered



Marilu Sanchez (left) has her blood pressure taken at a free diabetes and kidney screening held at Holy Cross Hospital on October 31. The IPRC's Making the Connection Healthy Living Program held several screening events at locations throughout Southwest Chicago, in partnership with the National Kidney Foundation of Illinois, during the fall.

IPRC Researchers' Activities Around the State

The Latino Organization of the Southwest (LOS), a long-time IPRC community partner, hosted a community genomics forum on October 12, at Holy Cross Hospital, 2701 W. 68th St. The forum, titled "**Genomics, Community, and Equity: A Continuing Dialogue,**" brought together community members and researchers for a discussion on health disparities, family history and the use of advances in genetics and genomics to improve community health. The forum was organized by LOS executive director, Hector Rico, who also serves on the Centers for Disease Control and Prevention National Community Committee, part of the Prevention Research Centers program. Illinois was one of five states selected to host the forum, which included interactive video-conferencing sessions with the other sites. The National Human Genome Research Institute supported the event.

IPRC faculty William Baldyga worked with local organizations to develop a community education conference, "**Breast Cancer: What We All Should Know.**" The conference was a collaboration between IPRC State Representative Al Riley (D-IL 38th) and was held on November 10 at Prairie State Community College in Chicago Heights. Dr. Baldyga worked with Dr. Richard Warnecke of the UIC, the Chicago and Illinois Departments of Health, representatives from local hospitals, and advocacy organizations including American Cancer Society, National Cancer Information Service, National Black Leadership Initiative on Cancer, Illinois Department of Public Health, Sisters Network, University of Illinois Extension Service. The conference was open to all women living in the south Chicago district who wanted to learn more about breast cancer and the resources available to them.

Annual Community Wellness Fair Held



Nurse Nancy LePain (left) from the National Kidney Foundation of Illinois reviews screening results with a community resident at the 2007 Community Wellness Fair: Window to Wellness. More than 1,000 community residents attended the event, held November 2 in Marquette Park. Health screenings and services were provided by over 50 community-based health providers and social service agencies. The annual fair was held in partnership with the Latino Organization of the Southwest and Holy Cross Hospital.

IPRC researcher Karen Peters is developing a **public health workforce survey** in collaboration with the Illinois Public Health Association and John Herrmann, assistant clinical professor in veterinary medicine at the University of Illinois at Urbana-Champaign. The survey will assess public health workforce needs in Illinois including training, professional development, and employee aging and retirement. It will be sent to all Illinois public health departments in early 2008.

Maria Silva, IPRC research assistant, presented a session at the **Illinois Oral Health Conference** on October 18. Dr. Silva, a dentist trained in her native Colombia, described evaluation results from a successful community oral health program held in four Illinois communities: Aurora, Mendota, Mokenca and Woodstock, in her presentation titled "Sonrisas Sanas: A Peer-Led, Popular-Education Based Oral Health Promotion Curriculum Targeting Latino and Migrant Communities." Dr. Silva collaborated on the presentation with Susan Bauer, executive director of Community Health Partnerships of Illinois. Dr. Silva is mentored by Karen Peters, IPRC researcher and professor of health policy and administration. The conference was sponsored by the Illinois Department of Public Health and the IFLOSS Coalition.

COMMUNITY CONVERSATION

Meet Dolores Cupp, Principal of Hurley Elementary School



Dolores Cupp, Principal of Edward N. Hurley Elementary School, helps bring Making the Connection Healthy Living Program to families in the community.

Since 1999 the IPRC has partnered with Hurley, a pre-kindergarten through eighth grade school serving the West Lawn neighborhood in Southwest Chicago. In their first partnership, the school hosted walking groups as part of a diabetes prevention project. Hurley now collaborates with IPRC on Making the Connection Healthy Living Program, a five-year study that aims to prevent diabetes among Latinos and African Americans.

what the data and statistics say, and what research has shown.

What effect does this partnership have on the school?

Since we started hosting the small groups at Hurley, parents have become even more involved in the school. I know that groups of parents still meet for informal walking clubs, begun more than four years ago, even parents who were not involved in the IPRC study. They recently asked me if we could get them pedometers.

I can see the difference in the children, parents and grandparents. They are eating healthier, have better attendance and are participating in more activities. The parents are taking classes at the community college to become chefs and other health-related jobs, and working on GED programs. It's making an impact on different generations.

Hurley Elementary Students, 2007-2008
 Enrollment: 954
 K-8th grade
 94% Hispanic
 26% limited English proficiency

On a sunny fall morning, HealthLines arrived at Edward N. Hurley Elementary School, 3849 W. 69th Place. Principal Dolores Cupp offered a cheerful greeting then invited us into her office, where a shiny red apple sat on her desk. Although a first-year principal, Ms. Cupp has been at Hurley since 1999, working as a teacher, bilingual coordinator, and assistant principal. She was eager to discuss the school's relationship with IPRC.

Tell us about the students and families that Hurley serves. Most of our families are bilingual, speaking Spanish and English. Many are recent immigrants from Mexico. We are lucky to have a very active community. Parents want to work with students and the school.

When and how did the relationship between Hurley and Making the Connection begin?

As the Bilingual Coordinator at Hurley in 2002, I attended meetings of the Latino Organization of the Southwest (LOS) and met IPRC staff there. Last year I learned through LOS that the IPRC was looking for partners in its diabetes prevention research study, Making the Connection. Opportunities for parents' participation are good for the school, so I volunteered Hurley to host the program.

Why do you think it's important for Hurley to host this study?

I was excited to partner with Making the Connection because I saw the need among our parents. As Hispanics, culturally, diabetes is in the back of our minds. We hear about it, and it runs in our families—my grandmother had diabetes. But we don't always know how to prevent it.

How is your partnership with a research institution different from your work with other community organizations?

Working with UIC brings resources and information to our families, who are very interested in scientific results. They want to know

IPRC Community Partner Organizations

Making the Connection Healthy Living Program partners with many community organizations in order to implement its diabetes prevention study. The following partners provide key roles in the study implementation, including advising on community outreach, and the IPRC is grateful for their support!

Providing free health screenings:
National Kidney Foundation of Illinois, 215 W. Illinois St.

Hosting health screenings:
Holy Cross Hospital, 2701 W. 69th St.
Inner-City Muslim Action Network Health Clinic, 2744 W. 63rd St.
Metropolitan Family Services, 3843 W. 63rd St.

Providing meeting space for Making the Connection Healthy Living Program study participants:
Edward N. Hurley Elementary School, 3849 W. 69th Place
Florence Nightingale Elementary School, 5250 S. Rockwell Ave.
Holy Cross Hospital
Latino Organization of the Southwest, 6400 S. Kedzie Ave.

Businesses, health service providers and community institutions interested in supporting this research project can contact Daisy Cintron at (312) 355-1458.

Intervention Improves Physical Activity and Expectations among Older Adults



A behavior intervention co-designed by Thomas Prohaska improves quality of life in older adults.

Becoming sedentary is not an inevitable part of aging, and adults who learned this in a recent study walked more and reported improvements in their quality of life.

The study participants, who previously exercised less than one hour a week, increased their walking by an average of 2.5 miles per week, and raised their expectations for their mental and physical health after completing a four-week pilot program.

“Many older adults attribute health problems and sedentary lifestyles to old age and uncontrollable factors,” said Thomas Prohaska, professor of community health sciences and one of the program’s designers.

“This pilot study shows us that we might be able to raise physical activity levels by teaching older adults that they have greater control over their own mental and physical health,” he said.

In this pilot study, 51 adults in the Los Angeles area, ages 65 and over,

attended weekly group discussion sessions led by a health educator and participated in a one-hour physical activity class that included strength, endurance and flexibility training. The program was designed to be safe for seniors with a range of abilities.

The key behavioral intervention was to help older adults realize that becoming sedentary is not an inevitable consequence of aging, but rather because of controllable causes.

In addition to improved walking levels and age expectations, participants reported improvements in energy and sleep quality. All participants said their moods improved because of the program. Nearly two thirds said they experienced less chronic pain.

The study results were published in the November 2007 issue of the *Journal of the American Geriatrics Society*.

The results from this study reveal the need for further research into

this type of intervention. The study authors also note that positive media messages about aging and physical activity are needed.

“This study has implications for more than physical activity,” said Dr. Prohaska. “Attributing health problems to normal aging can result in a greater likelihood of adults being more passive in terms of self-care for chronic illnesses. What is a concern is that these attributions to aging become more common with age,” he said.

The study was supported by the National Institute on Aging. Dr. Prohaska worked on this study with researchers at the University of California at Los Angeles and other universities in California and Canada. He co-directs the IPRC’s participation in the Healthy Aging Research Network, a program within the Centers for Disease Control and Prevention’s Prevention Research Centers program.

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Our Mission

To reduce disparities in health by studying approaches to promote healthful behaviors and prevent disease across the lifespan; to conduct this research in partnership with communities across Illinois; to share findings and best practices locally and nationally; and to improve the practice of public health through training and education.

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