

# DIABETES ASSOCIATION OF BARBADOS

## Report of the Activities for the year 2009

### JANUARY

Plans for the year 2009 were made and these included the search for new headquarters, lifestyle intervention project, fundraisers, etc. A copy of the Headquarters Report for the year is attached.

### FEBRUARY

#### LIFESTYLE INTERVENTION PROJECT:

The lifestyle intervention project was sponsored by the Ministry of Health to support two projects:

- **Ten-Step Diabetes Self-Management Education (DSME)** project was a program developed from the Centering Diabetes community project at Grazzettes. Three sites were chosen Rices Community Center, St. Philip, Grazzettes Resource Center and St. Paul's Anglican Church Hall. This twelve week pilot project was used to evaluate an evidence-based strategy, using self-management training and its impact on behavior change for persons living with diabetes. Participants learned about the ten self-management strategies they can use to manage and prevent complications.

Participants of the course graduated in August.

On completion of the course, the participants who attended the Rices group have started a weekly walking programme on Mondays at the King George V Memorial Park.

- **Project Green** Seventeen day nursery/schools participated in "Project Green" school garden and healthy eating project, a number of volunteers assisted with the project.
- Volunteers interested in school gardens, growing flowering plants and/or seedlings, please contact Zonia Phillips - Diabetes Association 427-9338/437-2285.

### MARCH

**MAGAZINE VOL 5 NO 1:** The 1<sup>st</sup> Magazine for the year was produced this month, featuring Diabetes Education. Three thousand copies were printed and distributed to members, primary and secondary schools, doctor's offices and business places.

#### UNIVERSITY DIABETES OUTREACH PROGRAMME UDOP:

The Association was represented by Mrs. Noreen Merritt and Mrs. Grace Holder-Nelson at the meetings held on March 26-29, 2009 in Jamaica. The Theme was Diabetes & HIV/AIDS: The Chronic Duo.

### APRIL

The Association celebrated its 34th anniversary. It was thought that there should be a week of activities for the 35<sup>th</sup> Anniversary.

### MAY

**FAIR:** The Fair was held at the NUPW grounds on the 9<sup>th</sup> May, from 1:00 p.m. to 6:00 p.m. It was successful.

### JUNE

A special effort was made in the distribution of blue circle pins and Membership forms.

### JULY

The Food and Agriculture Organization has provided assistance and with the association created the opportunity to participate in the American Horticultural Youth in Gardening annual symposium. This was a valuable opportunity to gain/share knowledge, skills and learn of new techniques in engaging in healthy eating. The Association will be a partner with the National Conservation Commission (NCC) in the development of three Demonstration/Training Gardens which will also include a children's garden.

**TRAINING:** A Step by Step program was held by the Barbados Diabetes Foundation on July 17-18. Four volunteer nurses from the Diabetes Association of Barbados attended. The workshop dealt with early recognition of foot problems and tools were issued to assist with foot care. The knowledge received was shared among the other nurses and will be put into practice.

### AUGUST

**HARBOUR MASTER CRUISE:** The Harbour Master Cruise was held on Saturday, August 15. A fundraiser in the form of a Chinese Auction was also held on the Cruise.

**SUMMER CAMP:** The annual summer camp, Camp Pride commenced at St. Paul's Anglican Church on August 09. Activities included: Meal Planning, a session with a

Pediatrician, Exercise and Sign Language. Campers planted herbs and tomatoes to encourage them to eat what they grow. The children's blood glucose levels were monitored and recorded daily at camp during the week.

**WORKSHOP:** A workshop was organized for persons who assist in the office or at outreach programmes, also invited were Chairpersons. This was held on Tuesday, August 17 from 9am – 3pm. at the Barbados Yacht Club.

## SEPTEMBER

**MAGAZINE VOL 5 NO 2:** The 2<sup>nd</sup> magazine for the year was produced this month. The feature article was on the Lifestyle Intervention Project: Project Green and the Ten Step Diabetes Self Management Programme. Three thousand copies were printed and distributed to members, primary and secondary schools, doctor's offices and business places.

## OCTOBER

**BINGO:** This was held on Saturday, October 03 at 3:00 p.m. This afternoon Bingo was a success and more can be considered among our fund raising efforts. Assistance was given by the Lions Club of Bridgetown.

### **GLOBAL ENVIRONMENTAL FACILITY SMALL GRANTS PROGRAMME UNITED NATION OFFICE SERVICES**

**SPONSORSHIP:** The United Nation Office for Project Services (UNOPS) has provided funding to the Diabetes Association of Barbados through the Global Environmental Facility(GEF)/Small Grants Programme (SGP) for the Project "The Promotion and Provision of Chemical Free Backyard Gardening among persons with diabetes. This project has gained the support of the Ministry of Health, National Conservation Commission and the Solid Waste Unit.

The project focuses on the link between environmental health and human health through research to examine and determine the impact of backyard gardening on HBA1c, eating habits, a healthy lifestyle and the establishment of backyard gardens.

This is an effort to improve the nutritional value of the diet of our members.

The Association is still seeking additional funding and in-kind support for the project. The project commenced in October 2009 and will end on September 30, 2011.

*We need volunteers.... Interested persons please call the association for information and details 427-9338/437-2285*

### **Saturday Garden Workshop**

Every 3<sup>rd</sup> Saturday of the month the garden workshop meets at the National Conservation Commission Headquarters. The workshop provides educational sessions, on the link between the environment and health. These sessions started in October, and are well attended by members of the Association, the Regions and their friends. The relationship with the NCC was developed through their assistance with

planting trees and beautification of day nursery/school gardens in 'Project Green'. Call the Association to register your interest. All persons are encouraged to bring a friend. Interested Resource persons can call 427-9338/437-2285

### **INTERNATIONAL DIABETES FEDERATION 20<sup>TH</sup> WORLD DIABETES CONGRESS:**

A delegation made up of Mr. Chesterfield Mayers, Mrs. Noreen Merritt, Miss Monica Dottin, Mr. Rudolph Smith, Mr. Carl Belgrave, Mrs. Stacia Brewster, and Mrs. Sonia Leuwisee attended the Congress held in Montreal, Canada from October 18-22.

Mrs. Brewster & Mrs. Leuwisee were the representatives for the Barbados booth in the Global Village. Mrs. Merritt & Mrs. Holder-Nelson represented Barbados at the Elections for new officers of the International Diabetes Federation as well as the North American Region Meeting. Mrs. Holder-Nelson also chaired one of the discussion sessions.

The Barbados booth highlighted the Activities of the Association.

In addition to the Global Village, there were Educational Sessions and booths highlighting various products relating to Diabetes.

At the Congress self blood glucose monitoring was highlighted as an essential component in the management of Diabetes. Several educational materials were brought back to update the Association's resources.

## NOVEMBER

World Diabetes Day (WDD) activities were again promoted through special collaboration between The Diabetes Association of Barbados and The Barbados Diabetes Foundation. The theme for the years 2009-2013 is "*Diabetes Education and Prevention*". Daily Activities were held during the week and on World Diabetes Day, November 14 we started the day with a walk at the Garrison Savannah. In addition, we assisted in the Global Village at the Lloyd Erskine Sandiford Centre. Various items were featured in the Newspaper and support was given by Radio and Television.

The Central Bank of Barbados and Purity Bakeries Ltd. illuminated their buildings in honour of the worldwide campaign "Monuments in Blue".

## DECEMBER

**NIFCA:** The Association sponsored two prizes: one in the Literary and Visual Arts for children for a poem about diabetes, the other was in the Culinary Arts for a recipe with reduced salt, fat and sugar.

**REGIONS:**

**Eastern:** The group had a packed agenda with meetings held monthly except June – Picnic, August – Cruise and December-Christmas Luncheon. Members attended the Ten Step Diabetes Self Management Project.

The group is working with the Industry High School on the project which is promoting the Provision of Chemical Free Backyard Gardening, as this school was chosen as a pilot for the project.

An Outreach Walk took place within the Emerald City East district where literature was distributed and well received.

**Central:** Eight meetings were held by this group and included were Bring and Buy sales, cruise and a talk on Alzheimer's Disease.

**Glebe:** Meetings were held in each month of the year, there were talks on wills, diabetes, strokes, fire prevention and insurance. There was a picnic and Cruise in August and in December, a Christmas Luncheon.

The monthly Outreach at Mall Internationale continued on the second Saturday.

**Western:** Among their activities included talks on the Empowerment of the Self and Health, foot care, cake sale, picnic and fun walk.

**Northern:** In addition to the monthly meeting, this group attended a concert held by the Maurice Byer Polyclinic. The monthly Outreach at Omni Mall continued on the fourth Friday.

**Southern:** Monthly meetings and outreach continued during the year. The outreach on the fourth Friday was held at Sheraton Mall for the first part of the year and continued at Super Centre. Members attended a Beginners Computer Course at Briar Hall Community Centre and the Choir gave several performances. A prosthesis fund has been set up by this group to assist a member.

**Gall Hill:** This group continues to meet and assisted in the Nation Traveling Aerobics.

**North Eastern:** This group continues to meet and during the past year held a picnic and Christmas Party.

**West Central:** This group was without a meeting place for part of the year due to the outbreak of H1N1 virus. They are now accommodated at the Sharon Moravian Church Hall.

**Garrison:** This group meets in the evening on the third Monday of each month.

**WAISTCOAT:** An official uniform for the Association was discussed. It was agreed that a waistcoat should be designed.

The Association wishes to express its grateful thanks to the Ministry of Health, organizations, companies, media, individuals, volunteers and others who supported us during the year.

*Stacia Brewster  
Activities Coordinator*

*Ardean Gaskin  
Secretary, Committee of Management*

*John Grace, SCM  
President*