



Scripps Whittier Diabetes Institute

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Mid-City CAN
5150 University Avenue
San Diego, CA 92105

To Whom It May Concern:

The Scripps Whittier Diabetes Institute (SWDI) is committed to participate in The California Endowment Planning process to build healthy communities in City Heights and California. Based on our extensive experience and training capacity in diabetes prevention and control, SWDI-Project Dulce is able to support this TCE-sponsored City Heights Initiative in the following areas identified by TCE:

- Communities support healthy youth development (#6)
- Families have improved health homes that supports healthy behaviors (#2)
- Health and family-focused human services shift resources toward prevention (#3)

We are committed to collaborate by providing leadership, multi-cultural, community-based expertise and trainings for families, school staff, health professionals and social organizations in the prevention of diabetes and obesity. Our staff will also be able to participate in relevant meetings during the planning and implementation phase. We are also willing to share the lessons learned and overall data from the pilot prevention projects we have implemented in City-Heights. Attached is a brief description of the SWDI, Project Dulce and our past and current City Heights projects.

We look forward to be part of this important and exciting initiative. We are pleased to continue to share our experience, trainings and educational tools in diabetes prevention in City Heights and other communities throughout California.

Sincerely,

A handwritten signature in cursive script that reads "Athena Philis-Tsimikas / cw".

Athena Philis-Tsimikas, MD
Corporate Vice-President of Scripps Whittier Diabetes Institute

ATTACHMENT

About the SWDI

Founded in 1981, the Scripps Whittier Diabetes Institute (SWDI) is a Center of Excellence in diabetes research, education, prevention and treatment. Health professionals from throughout the country come to the Whittier for ongoing medical, chronic disease prevention and treatment education.

The Institute's programs and services extend throughout the Southern California region, reaching thousands of individuals with diabetes along with the health professionals that care for them. The Institute operates, one of the largest American Diabetes Association-recognized patient education programs in the country, and provides diabetes self management education and support to over 10,000 each year through 10 outpatient and 4 inpatient sites. The Scripps Whittier Diabetes Institute has an office at the City Heights Wellness Center a partnership a between Scripps Mercy and Children's Rady Hospital located at 4440 Wightman Avenue in City Heights.

Project Dulce is one of the widely recognized community programs of the SWDI. Project Dulce was designed in 1997 to address the problem of poorly controlled diabetes among uninsured and underserved populations. Project Dulce also uses an effective empowerment approach using peer educators/promotoras as the primary facilitators of behavior change and self-efficacy. Trained lay peer educators provide diabetes education and support that empowers individuals to manage their disease within their own cultural, social, and educational frame of reference. Project Dulce has trained Latino, African-American, Filipino, and Vietnamese peer educators. An electronic registry (DEMS -Diabetes Electronic Management System) is used to track patient care and outcomes.

Experience and Work in City Heights

Project Dulce has become an integral part of the safety net in San Diego County. The County of San Diego contracts with Project Dulce to manage the diabetes care of enrollees of their Medically Indigent Adult program. Patients covered by Medical, managed care plans, county programs, as well as the uninsured, receive Project Dulce services in 16 community health center sites and 2 university health system ambulatory care sites, including community centers and clinics located at City Heights.

Project Dulce has replicated the basic ingredients of the successful Diabetes Prevention Program (DPP), and modified it based on our extensive experience in providing lifestyle intervention, self-management and behavior-change education to low-income, ethnic populations with diabetes. This experience has been easily transferred to prevention programs.

In 2006, Scripps Whittier Diabetes Institute's Project Dulce created a community partnership in San Diego, CA to pilot a unique diabetes prevention program, Horton Hawks Stay Healthy (HSH), for Spanish-speaking families with school-aged children in City Heights. Qualitative interviews revealed that women were able to change not only their own habits, but that of their extended family as well.

Program materials can be easily adapted to different community settings including schools, clinics and recreational centers. This school and family-based experience will be instrumental in developing specific training materials and curriculums for this TCE-sponsored City Heights Initiative.

Furthermore, with the support of the First Five Initiative, Project Dulce recently implemented a diabetes and obesity risk reduction program for high risk women and their young children in City Heights. The goals of the program were to prevent and/or delay the onset of diabetes among high risk women (who have had gestational diabetes, are overweight, and/or have other diabetes risk factors), and to maintain healthy weights among their young children in order to prevent obesity and childhood diabetes. Currently the March of Dimes funded Project Dulce to develop a post gestational diabetes prevention curriculum for high risk mothers in the City Heights and South Bay.