



# DIABETES AND WOMEN'S HEALTH CONFERENCE

**Friday, November 4, 2011**

**7:45 am to 3:45 pm**

**Saint Alphonsus Regional Medical Center  
McCleary Auditorium, Boise**

## **Presented by:**

**U.S. Dept. of Health & Human Services (HHS) Office on Women's Health—Region 10  
Idaho Diabetes Prevention and Control Program  
Saint Alphonsus Regional Medical Center**

## **Planned by:**

**Diabetes Alliance of Idaho, St. Luke's Humphreys Diabetes Center,  
Central District Health, Idaho Public Health Association and Qualis Health**

# DIABETES AND WOMEN'S HEALTH ACROSS THE LIFE STAGES



Diabetes can be associated with serious complications and premature death. The burden of diabetes for women is unique because of the disease's effect on women's health across the life stages, including potential complications for pregnant women and their unborn children.

With the increasing lifespan of women, the rapid growth of minority racial and ethnic populations in the U.S. who are hardest hit by the diabetes burden, and the apparent increase in new cases of diabetes among younger women in their adolescent and teen years, the number of women at high risk for diabetes and its complications will continue to increase.

The HHS Office on Women's Health – Region 10, Idaho Diabetes Prevention & Control Program, and Saint Alphonsus Regional Medical Center are presenting the **Diabetes and Women's Health Conference** because:

- Diabetes is a serious and growing public health problem.
- Diabetes has unique and profound effects on women.
- Diabetes affects women differently at various life stages.
- Social, cultural and economic factors place women at risk for diabetes and its complications.

The conference program was planned by members of the Diabetes Alliance of Idaho, St. Luke's Humphreys Diabetes Center, Central District Health, Idaho Public Health Association, and Qualis Health. **Our goal is to educate health professionals to help prevent disease, treat complications, and promote support for women at risk for diabetes across their life stages.**

## Keynote Speaker—Michelle Owens-Gary, PhD

**Dr. Michelle Owens-Gary** is a Behavioral Scientist in the Program Development Branch of the Division of Diabetes Translation at the Centers for Disease Control and Prevention. At CDC, Dr. Owens-Gary serves as the Co-Team Leader of the National Public Health Initiative on Diabetes and Women's Health, which has developed a national public health action plan on diabetes and women's health.

Dr. Owens-Gary is a licensed clinical psychologist, who earned her PhD degree at the University of Massachusetts Boston. Dr. Owens-Gary also is a staff member of the National Diabetes Education Program in the Division of Diabetes Translation, where she assists with the development of tools related to gestational diabetes, mental health, community health workers and diabetes, and family health issues.

*In Idaho about 41,000 women have been told they have diabetes. Another 46,000 know they have pre-diabetes. This is a serious health issue because women with diabetes are most likely to have heart disease.*

## Best Practices in Diabetes Care for Women

**Dr. Julie Foote** is a board certified Endocrinologist and medical director of the Inpatient Glycemic Management program at Saint Alphonsus. She also directs their new certified outpatient Diabetes Care and Education program.

**Dr. Beth Malasky** is board certified in Internal Medicine and Cardiology and the medical director for Saint Alphonsus Women's Heart Care. She has also served as master faculty for AMWA's Educational Initiative on Women & Heart Disease.

**Dr. Clarence Blea** is a board certified in Obstetrics and Gynecology, with a subspecialty in Maternal Fetal Medicine. He practices at St. Luke's and is also president of the Idaho Perinatal Project and advisory board.



# IDAHO DIABETES AND WOMEN'S HEALTH CONFERENCE

## Friday, November 4, 2011—AGENDA

7:00—7:45 am	Registration & Continental Breakfast
7:45—8:00 am	Welcome—Renee Bouvion, MPH, HHS Office on Women's Health-Region 10
8:00—8:30 am	Diabetes and Women's Health Across the Life Stages Michelle Owens-Gary, PhD
8:30—9:00 am	Hormones and Diabetes—Julie Foote, MD
9:00—10:00 am	Heart Disease and Diabetes—Beth Malasky, MD, FACC
10:00—10:30 am	Break—Vendors and Refreshments
10:30—11:30 am	Pregnancy and Diabetes—Clarence Blea, MD
11:30—noon	Visit Vendors
12:00—1:00 pm	Lunch & Diabetes Professional and Community Champion Awards
1:00—2:30 pm	Option 1: Psychosocial Issues Panel—Amy Walters, PhD, Anita Havey, LCSW and Susan Sanden, LCSW Option 2: Gestational Diabetes Issues Panel—Mary Emmett, PhD, FACHE, Brenda Ralls, PhD and Michelle Hansen, MS, RD, CDE
2:30—3:30 pm	Call to Action—Mimi Hartman, MA, RD, Idaho Diabetes Prevention and Control Program (Option 1), Marjorie Rich, RD, LD, CDE, Central District Health Department (Option 2)
3:30—3:45 pm	Evaluations & Thank You—Catie Prinzing, MSN, APRN, Saint Alphonsus RMC

CME and CNE applied for and contact hours pending. Successful completion of contact hours includes attendance at the entire event and the completion/ submission of the evaluation form. A certificate will be presented as the evaluation forms are turned in at the end of the conference activities. Continuing education approval has also been requested for pharmacists and dietitians.



## Dealing with the Psychosocial Issues of Diabetes

**Amy Walters** is a licensed clinical psychologist and the Director of Behavioral Health Services for St. Luke's Humphreys Diabetes Center. Dr. Walters will discuss emotional issues in young children with diabetes.

**Anita Halpin Havey** provides medical social work services to patients and their families at St. Luke's Regional Medical Center in Boise. She will address diabetes and older women.

**Susan Sanden** is a social worker at Family Health Services, Behavioral Health in Twin Falls. She will speak on grief therapy and chronic illness.

## Gestational Diabetes Innovative Approaches to Care

**Mary Emmett** is the Director for the Center for Health Services and Outcomes Research in West Virginia. Her presentation will focus on improving the process of care for women with gestational diabetes.

**Brenda Ralls** is an Epidemiologist for the Utah Diabetes Prevention and Control Program and previously coordinated the Maternal and Child Health Internet Information Modules project. She'll speak on "Better Data, Better Care."

**Michelle Hansen** is the Director of the Self Management Services Unit at the Colorado Department of Public Health and Environment in Denver. She will share information on Colorado's collaboration on gestational diabetes guidelines.





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Saint Alphonsus Regional Medical Center  
1055 N. Curtis, Boise ID 83706

**Register Online at:**  
[www.idahopublichealth.org](http://www.idahopublichealth.org)

## **Conference Registration Fees:**

Early Registration ends Oct. 14 = \$60  
Late or Onsite Registration = \$80  
Full-time Students = \$30 Early, \$40 Late

Online registration ends Oct. 28, after that walk-in registrations on day of conference only.  
If you need a printed registration form, please contact [idpublichlth@yahoo.com](mailto:idpublichlth@yahoo.com).  
Class materials available for download by October 31, 2011.

**THANKS TO THESE COMPANIES FOR THEIR SUPPORT!**

## **Educational Grants:**

Novo Nordisk, Bristol Myers Squibb, Astra Zeneca, Eli Lilly

## **Vendor Displays:**

Novo Nordisk, Bristol Myers Squibb, Eli Lilly, Takeda, Becton-Dickinson, Insulet Corp.