



# RHODE ISLAND WORLD DIABETES DAY

## DIABETES IN RI

- In 2018, 10.9% of RI adults reported a diagnosis of diabetes; that's 1 in 10 adults not including people who are undiagnosed.
- Even after adjusting for age, diabetes in RI has more than doubled in the past generation (4.6% in 1995 compared to 9.7% in 2018).
- According to the CDC, 1 in 3 Americans have prediabetes but only 10% have been diagnosed. This means that about 294,000 Rhode Islanders have prediabetes, and most don't know it.
- Poverty and low income are associated with a variety of poor health outcomes. Rhode Islanders whose income is less than 200% of the federal poverty level have higher rates of diabetes (11.4%) compared to those whose income is greater than 400% of the federal poverty level (5.9%).
- Diabetes is expensive for all patients, no matter their insurance status. RI adults with diabetes report frequent financial strain. In fact, 44.5% of RI adults with diabetes worried about affording nutritious meals in the past year. The COVID-19 pandemic is likely causing more of a financial strain on RI's underserved residents.
- Black and Hispanic/Latinx adults report being diagnosed with diabetes at younger ages, meaning they are trying to care for their diabetes for more of their lives.
- Serious medical complications can result from diabetes, including heart disease, stroke, lower limb amputations, kidney disease, and blindness.

Data source:

1995-2018 RI Behavioral Risk  
Factor Surveillance System

## 2020 RHODE ISLAND WORLD DIABETES DAY

Saturday, November 14, 2020

### MISSION

To positively impact the growing diabetes epidemic in the state by building a coalition of community members who work toward reducing the burden of prediabetes and diabetes in Rhode Island.

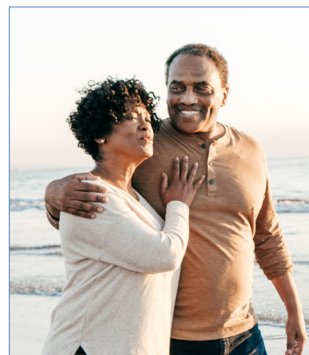
### HISTORY

Rhode Island World Diabetes Day (RIWDD) was launched through the Rhode Island Department of Health (RIDOH) in November 2012 to raise awareness about diabetes and its impact on the residents of Rhode Island. This event highlights the strong collaboration between the many community organizations, government officials, health partners, and community members who are committed to decreasing diabetes in Rhode Island.

Thanks, in part, to the generous support of our sponsors, the event has grown significantly each year. Due to its growing success, the RIWDD Board of Directors has been able to donate proceeds from the event to several charitable health organizations throughout the state. This year the RIWDD Board of Directors will donate proceeds to a non-profit organization that has demonstrated dedication to the promotion of health and wellness for people living with diabetes and/or the provision of quality medical care to uninsured, underinsured, or homeless individuals to treat and prevent diabetes and its complications.

## 2020 RHODE ISLAND WORLD DIABETES DAY HAS GONE VIRTUAL! RIWDD.ORG

After careful thought and consideration, the RIWDD Planning Committee has decided to host WDD virtually. A full day of interesting and exciting programs have been put together for Saturday, November 14, 2020.





## RHODE ISLAND WORLD DIABETES DAY

### SCHEDULE OF VIRTUAL EVENTS:

- 9:00 AM – 9:15 AM - Kickoff: Diabetes and COVID-19 (presented by RIDOH leadership)
- 9:20 AM – 9:50 AM - National speaker: TBD
- 9:55 AM – 10:20 AM - Healthy eating for older adults: Alexandra Morelli, MPA, CCHW, RI Geriatric Education
- 10:25 AM – 10:55 AM - Information for parents and kids: Janice Boucher, RN, CDOE, School Nurse Teacher
- 11:00 AM – 12:00 PM - “A Touch of Sugar”: a brief documentary followed by Q&A with Kenneth Chen, MD and Kathy Shilko, RD, LDN, CDCES, CDOE, CVDOE
- 1:00 PM – 1:25 PM - Celebrity chef: Cooking demo in English by Doreen Colondres
- 1:30 PM – 1:55 PM - Celebrity chef: Cooking demo in Spanish by Doreen Colondres
- 2:00 PM – 2:40 PM - Ask the experts: Fadi Mansourati, MD; Sharon Campbell, RN, CDOE; Jennifer Leavitt, PharmD, CDCES, CDOE, CVDOE; and Anna Bertorelli, MBA, RD, LDN, CDCES, CDOE, CVDOE
- 2:45 PM – 3:05 PM - Healthy beverages: Heidi Hetzler, MS, RD, LDN, SNAP-ED
- 3:10 PM – 3:35 PM - Transitioning high school students to college: Anna Floreen Sabino, MSW, CDCES, College Diabetes Network
- 3:40 PM – 4:05 PM - Gestational diabetes discussion: Julie Daley, RN, CDCES, CDOE
- 4:10 PM – 4:20 PM - Culmination of the “Rhode Island World Diabetes Day Rhode to Wellness 2020 Challenge”
- 4:20 PM – 4:30 PM - Grace Diaz Blue Light Award presentation
- 4:30 PM – 4:35 PM - Closing remarks: RIDOH Leadership
- 4:35 PM – 5:00 PM - Inspirational songs: Lauren King

Sponsor contact information and resources provided throughout the day

### RHODE TO WELLNESS 2020

Embracing hope, strength, and resilience day by day

Rhode to Wellness 2020 offers easy tips for better health. Daily activity themes include: Healthy Eating, Healthy Mind, Healthy Movement, Healthy Self, and Healthy Conversations. This 8-week challenge will launch on Facebook on September 14, 2020.

### GRACE DIAZ BLUE LIGHT AWARD NOMINATIONS

Each year we recognize an individual or organization that has positively impacted diabetes in the state of Rhode Island by awarding them the Grace Diaz Blue Light Award. The recipient of the award shows exceptional creative thinking, approach, passion, and commitment to supporting healthy living with diabetes. In keeping with the theme of World Diabetes Day 2020 (WDD), “The Nurse and Diabetes,” this year’s Blue Light award will be presented to a Rhode Island nurse. If you know of a nurse in Rhode Island who deserves to be considered for this award, please submit your nomination at <https://www.surveymonkey.com/r/RIWDDBlueLightAward>

“ We have diabetes, it gets to come along with us, it doesn’t get to stop us. ”

– CHRIS OLSEN