

# Illinois Diabetes Policy Coalition Newsletter

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### Advocates Come Out for Fourth Annual Lobby



Advocates with Representative Chris Nybo, 41st District.

On May 10 members of the IDPC teamed up with the NKFI's Gift of Life Advocates, a group that advocates for transplant patients, for the fourth annual Lobby Day in Springfield.

Advocates prepared talking points and materials to distribute to legislators in preparation of their meetings. Once in Springfield, the group attended a luncheon with Rep. Michael Tryon, who is one of the founders of the Diabetes Caucus, a group of lawmakers specifically committed to developing legislation that helps to improve care and treatment for diabetic patients and increase prevention and awareness of the disease. The advocates also had the opportunity to speak with Lt. Gov. Sheila Simon about

their personal connections to diabetes.

Later in the day, advocates spread out across the Capitol and pulled individual senators and representatives off the floor to speak to them about the importance of diabetes awareness and joining the Diabetes Caucus.

As a result of the advocates' hard work, several new legislators joined the Diabetes Caucus on Lobby Day, and countless others learned about the mission of the IDPC for the first time.

The IDPC members will continue to follow up with their legislators at their local offices to further solidify the relationships that were initiated on Lobby Day. Leaders will continue to monitor legislation and alert the entire group to issues that may arise that the IDPC will choose to support or oppose.



IDPC members and advocates outside the Capitol in Springfield.

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# LEGISLATOR CONVERSATION

## State Representative Mike Tryon, 64th District

### Why it is important to educate the community and our policy makers on the importance of diabetes?

Diabetes is a disease that affects a growing number of Illinois families each year. Today almost 10% of Illinoisans suffer from either Type I or Type II diabetes and that number is growing. The Center for Disease Control estimated that 30 percent of all Illinoisans will have diabetes by the year 2025 and the cost of care will exceed 20 billion dollars. Illinois policy makers must recognize this disease as an epidemic and look to be a leader among state governments in their area of diabetes prevention, control and treatment. Additionally, many people are not aware of the risk factors or of ways they can take to prevent or slow the progress of diabetes. By taking steps to provide awareness of the disease and its growth among all segments of the

population, hopefully people will take steps to live healthier lifestyles and thus slow the progression and percentages of those affected with diabetes.

### Why is it important for Illinois to have a Diabetes Caucus?

The new Illinois Diabetes Caucus will bring a bipartisan approach to diabetes prevention, awareness and treatment. As lawmakers we have the unique ability to drive discussions on awareness, and to implement public policy that can change care and prevention opportunities. Our goal is to ensure that everything the state can do to prevent diabetes is being done and those who are in need of treatment get the state assistance they need. Illinois is one of the states where diabetes is the most prevalent. This provides the legislature with a need to help bring awareness

and prevention to the communities whenever possible.

### The purpose of the Diabetes Caucus is to:

1. Seek needed legislation and evaluate filed legislation that affects people with diabetes.
2. Promote prevention education, available treatments and public programs that assist people with diabetes.
3. Reach out to agencies that assist people with diabetes.
4. Engage in outreach efforts between the caucus, its supporting agencies and people who suffer from diabetes.
5. Bring stakeholders together to discuss diabetes policies and educate lawmakers and practitioners on advancements in treatment and control technologies.

**Please visit [www.ilgadiabetes.com](http://www.ilgadiabetes.com) for more information.**



## Legislative Update: Marty Matthews, Legislative Chair

**SB 1802 (Steans/Feigenholtz), the human services budget implementation bill, was approved by both Chambers. The bill contains provisions dealing with a specialty pharmacy program, OTC restrictions, Family Care eligibility changes, I-Cares Rx program restrictions, and prompt payment changes, among other things.**

Illinois's new budget may spend less than Gov. Pat Quinn's original proposal, but it is higher than the past year's budget and was balanced by delaying the payment of billions of dollars in unpaid bills until this current fiscal year. The Senate passed an FY12 operating budget that had been approved by the House earlier in the month. The package of bills provides \$33.2 billion in General Revenue Fund spending, \$23.8 billion of which is appropriated to state agencies and departments. The remaining \$9.4 billion is slated to be utilized for debt service, pension and group insurance contributions for state employees/retirees. Despite efforts by the Senate to restore \$400 million in House reductions, particularly in the areas of education and human services, the bi-partisan House budget remains intact. The majority of the cuts made to the Medicaid program will be taken in the form of payment cycle delays, which will greatly exacerbate spending concerns in the FY13 budget. Under the FY12 budget, pension payments will be made, and despite Governor Quinn's efforts, no borrowing was approved, leaving Illinois with approximately \$8 billion in unpaid bills. The Illinois General Assembly approved legislation to create five new casinos, allowing slots at the State's six racetracks and the Illinois State Fair Grounds and expanding positions at current casinos. Senate Bill 744 authorizes a new, land-based casino with 4,000 gaming positions in Chicago and four new riverboats with 1,200 gaming positions per facility in Park City, south suburban Cook County, Danville and Rockford. The proposal is expected to generate \$1.6 billion in up front licensing fees and reconciliation payments over the next 6 years, which will be used to pay down the State's backlog of unpaid bills which is key for many of the providers that manage diabetes patients. In addition, the Education Assistance Fund is estimated to receive an additional \$500 to \$700 million annually between 2012 and 2017, and the State's capital projects fund is estimated to receive \$60-\$100 million annually during the same time period. SB 744 passed both houses May 31, 2011. We will monitor this development and seek opportunities for support of diabetes initiatives. Just days after releasing a [new congressional map](#), House Democrats rushed to approve a [revised version](#) that tweaks a number of downstate congressional districts. State representatives voted 63-54 to send [Senate Bill 1178](#) to the state Senate. These maps are of importance to our cause because they impact a number of downstate underserved communities that need assistance in managing chronic disease.

# LETTER FROM THE EDITOR



Dear Readers,

When given the assignment to meet with my local Reps., I felt a bit intimidated. Trying to script what to say about the IDPC, organ donation or health issues in general was not working for me. My mind went blank. I sent out notes introducing my husband, Carlton, and myself and mentioned that we would like to schedule a visit. When I did visit, I spoke to assistants and it didn't seem possible to get in to meet with either the Senator or the local Representative. I thought I was off the hook until noticing that there is a "meet with the senator morning" every second Saturday of the month.

The second Saturday of April found me in a packed room dominated by teachers with their issues. It was good exposure for me; both my Reps. were there along with other Reps. My goal was to introduce myself, mention the IDPC Advocacy Day on May 10 and hopefully get a little of my story out. I needed to wait patiently as I seemed to be the only non-teacher worried about my pension in the room. I learned a lot as I sat in the cramped rear of the room. The lawmakers up there are regular people who are working for us. I knew that I would get to have my chance eventually and be listened to.

When I did get my turn, this is how it went:

"My name is Maryrose from Oak Park, and I'm not a teacher." That got a laugh! "However, I do have an assignment. I am part of the Illinois Diabetes Policy Coalition and a volunteer with the NKFI. I was inspired to become involved after watching a loved one go through kidney failure, dialysis and finally a new lease on life with a kidney transplant. The National Kidney Foundation of Illinois is very organized, even having a seminar on how to speak to you guys. So here's my question, and you don't necessarily have to answer. How has your life been effected by diabetes?" One Senator said, "I'll answer that. My father-in-law suffers from diabetes, and it has impacted our lives." I said, "Well we'll see you in Springfield on May 10 for the IDPC Advocacy Day! Thank you."

The teachers clapped and said I did a good job. A week or so after I sent another note to both of my locals legislators. I did not get to see my Reps. on May 10, but they do know who I am, and I know where to find them on the second Saturday of the month.

Keep up all your good work, advocates!

Mary Rose  
IDPC member and wife of transplant recipient



## Safe At School

A crucial step to diabetes management in the school setting is educating school personnel about diabetes care tasks so they can understand how they may easily and safely provide needed care to students with diabetes. The American Diabetes Association's *Diabetes Care Tasks at School: What Key Personnel Need to Know* is a two-part training curriculum that consists of a CD containing 13 PowerPoint modules and a DVD containing corresponding video segments.

The training modules and video segments are intended to be used in conjunction with "Helping the Student with Diabetes Succeed: A Guide for School Personnel developed by the National Diabetes Education Program (NDEP)". The first guide to participants is free and can be ordered from the NDEP website. Participants are encouraged to order a copy and bring it to the training.

For more information on the Safe at School training please visit :

<http://www.diabetes.org/living-with-diabetes/parents-and-kids/diabetes-care-at-school/school-staff-trainings/> .

# Summer Recipe: Roasted Vegetable Salad

**Portions: 10, for a summer picnic**

**Serving Size:** 2 wraps, 190 calories, 27 g Protein, 7 g Carbohydrate, 6 g of Fat, 1 g Fiber

## Ingredients

- 1 eggplant– quartered lengthwise and sliced into 1/2 piece
- 2 small yellow squash, halved lengthwise and sliced
- 4 cloves of garlic, peeled

## Ingredients continued

- 1 red bell pepper, sliced
- 1 bunch fresh asparagus, cut into 2 inch pieces
- 1/2 red onion
- 1/4 cup red wine vinegar
- 2 tablespoons balsamic vinegar
- 1/4 cup olive oil
- 2 lemons, juiced
- 1/4 cup chopped parsley
- 3 tbsp chopped oregano
- Salt and pepper for taste

## Directions

1) Preheat the oven to 450 degrees F. Lightly grease a large baking sheet.

2. Spread the eggplant and squash slices out in an even layer on the prepared baking sheet. Place the cloves of garlic off to one side of the pan, so you can find them later. Bake for 15 minutes in the preheated oven

3. While the vegetables roast, whisk together the red wine vinegar, balsamic vinegar, olive oil, and lemon juice in a large serving bowl. Season with oregano, parsley, salt and pepper. Remove the garlic cloves from the oven, and chop or mash. Whisk the garlic into the dressing. Set aside.

4. Remove the vegetables from the oven, and stir the squash and eggplant. Layer the asparagus, red onion, and red bell pepper over the top of the eggplant and squash. Return to the oven, and bake for another 15 to 20 minutes, or until the asparagus is tender but still bright green.

5. When the vegetables are cooked through and slightly toasted, remove them from the oven, and place them in the bowl with the dressing. Stir to coat evenly. Taste and adjust salt and pepper if necessary. Serve either warm or cold.

## Diabetic Exchanges

- 3 1/2 Vegetables, 1 Fat
- 18g Carbs
- 0 Carb choices

For those with Type 2 Diabetes, this recipe contains a lot of 'free non-starchy vegetables' to keep you on track with your healthy eating regimen!

Recipe may be found at [www.allrecipes.com](http://www.allrecipes.com)



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Thank you to our editors!