

# Illinois Diabetes Policy Coalition Newsletter

## Volume 1, Issue 1

## March 2011

### March is Kidney Disease Awareness Month



Volunteer administering blood glucose test at a KidneyMobile Screening

In recognition of the worldwide significance of kidney disease as a public health problem, the National Kidney Foundation of Illinois, a member organization of the Illinois Diabetes Policy Coalition, is drawing attention to the need for

prevention of diabetes and hypertension, the leading causes for kidney disease. World Kidney Day is March 10 and is designed to build awareness of kidney disease as well as educate those at risk about the importance of early detection and the critical role the kidneys play in maintaining overall health.

During March, the National Kidney Foundation of Illinois is offering free screenings to communities all over Illinois through the nation's only educational mobile unit, the KidneyMobile®. Help the NKFI in March by telling your friends and family members the importance of keeping their kidneys healthy and to visit [www.kidneymobile.org](http://www.kidneymobile.org) to locate a screening in their community.

### IDPC Hosts First Advocacy Training

The NKFI recently partnered with Astellas to host a joint training to our Gift of Life Advocates and members of the Illinois Diabetes Policy Coalition. Both groups were formed with the goal of advocating on the state and federal levels for legislation that benefits transplant patients, donors, and patients with diabetes, hypertension and chronic

kidney disease. This training provided attendees with the groundwork to start forming relationships with their local legislators and equipped them with the skills to successfully advocate for their respective causes. State Representative Ann Williams and IL Department of Healthcare and Family Services

Director Julie Hamos gave informative presentations on the role of advocates and the best way to communicate with legislators. For more information about joining one of these groups or to join us for our upcoming Spring advocacy day in Springfield, please contact Nicole Sisen at [NSisen@nkfi.org](mailto:NSisen@nkfi.org).



Director Julie Hamos, Illinois Department of Healthcare and Family Services and State Representative Ann Williams, 11th District address advocates on Feb. 26th, 2011 at Gift of Hope Organ & Tissue Donor Network.

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# LEGISLATOR CONVERSATION

## Representative Sara Feigenholtz, 12th District

### What are your views in the areas of awareness, treatment and prevention of chronic illness?

Chronic illness is one of the most critical healthcare issues we're facing with more cases of chronic illness diagnosed with every year and 79 million Americans already considered to have pre-diabetes. There needs to be a strong focus on prevention and administering the most effective treatment as quickly after diagnosis as possible, not only so that we can keep people healthier for longer but also to control increasing medical costs from diabetes and secondary diseases.

### Why is it important for our advocates to work closely with their representatives to draw attention to chronic disease such as diabetes, hypertension and kidney disease?

The downturn in the economy and the reality of budget cuts has a direct impact on chronic illness and prevention measures in particular. As legislators look for ways to cut and save money, prevention funding is often the first at risk to be slashed because the immediate effects aren't necessary obvious. It's really important that legislators understand the value of investing in prevention and education as a cost-efficient and effective tool for keeping people healthy and that we're

effectively educating young people in particular. Chronic disease advocates have made great strides in securing funding, advancing research, public awareness and developing new medicine and treatment, but we have to make sure we keep moving forward and building on all of these accomplishments.



## House Republican Leader Tom Cross, 84th District



### Describe the importance of the Safe at Schools Bill

After eight years of negotiating with health care and education stakeholders, Illinois law now ensures students with diabetes have access to the same educational opportunities and school activities as other students. Many people worked together to get *The Care of Students with Diabetes Act* passed into law in late 2010. This makes certain that students with diabetes are safe and healthy and receive the support necessary to protect their educational rights. As most school-aged children spend nearly half of their waking hours under the supervision of a school system, getting

assistance with the daily management of a student's diabetes is critical for parents and guardians. There is no question that it takes a coordinated effort from parents, students, school officials, and healthcare professionals to ensure that the legal rights of children with diabetes are protected. Only after the basic diabetes management care is provided can students with diabetes have access to quality education. Going forward, parents and guardians now have the authority to seek out a volunteer in a school building to administer an individualized diabetes care plan for a student with diabetes during the school day and after school activities.

In addition, students, with a physician's authorization, are now able to self-manage their diabetes in the classroom and during all school activities. Further, school personnel and diabetes care aids will receive training in diabetes care and school districts will establish guidelines and protocols that diabetic care aids and personnel must follow in the event of an emergency and when there is a variance in the student's diabetes care plan during the school day.

# LEGISLATIVE UPDATE

## 2012 budget address to a joint session of the Illinois General Assembly

Under the plan, the Governor called for a \$52.7 billion funds appropriation (*down from \$53.5 billion in Fiscal Year 2011*), including \$26.9 billion in general revenue funds. The Fiscal Year 2012 general revenue funds receipts are estimated to be \$33.9 billion (*a 10.8% increase over Fiscal Year 2011*), \$7 billion of which is attributed to the recently approved 67% income tax Increase. General funds expenditures are estimated to be \$35.38 billion. Now in terms of issues that face the patients we serve this budget will create some challenges.

Listed below are proposed cuts to services of interest.

- eliminating the Illinois Cares Rx program, which provides prescription assistance to low-income seniors and the disabled (\$107 million);
- eliminating the Circuit Breaker Program, which provides property tax grants and discounts on license plate fees to low-income seniors and the disabled (\$24 million);

- reducing Medicaid rates for hospitals and nursing homes (\$552 million);
- eliminating new Department of Human Services Field Staff that handle caseload administration (\$53 million)

We will watch these line items closely and keep you abreast of any changes as the budget evolves. Even though the current budget has some proposed drastic cuts, there is some promising news. As we are all aware, last year the Diabetes Prevention and Control Program was transitioned to the Department of Public Health. In the current budget for IDPH there is a 2.7 million dollar appropriation for diabetes research, treatment and programs.

**Marty N. Matthews** IDPC, Legislative Chair

### For Your Health: Grilled Chicken Wraps

**Portions:** 4

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

#### Ingredients

- 1 pound boneless, skinless chicken breasts, cut lengthwise into 1" strips
- 1/3 cup fresh lime juice
- 1 jalapeno chili, seeded and chopped
- 4 garlic cloves, chopped

#### Ingredients continued

- 3 tablespoons fresh cilantro, chopped
- 2 teaspoons olive oil
- 1 teaspoon black pepper
- 1/2 cup whole kernel corn
- 8 large iceberg lettuce leaves

#### Preparation

1. Place chicken in a marinating dish and add lime juice, jalapeno, garlic, cilantro, olive oil and black pepper.
2. Cover and refrigerate for 1 hour.
3. Grill chicken strips, turning once, until cooked thoroughly – about 3 minutes per side.
4. While chicken is cooking, heat corn in the microwave.
5. Remove cooked chicken from grill and cut into pieces. Mix chicken and corn together.
6. To assemble wraps, divide chicken and corn mixture among lettuce leaves.
7. Serve with lime wedges and cilantro sprigs, low-sodium pretzels, grapes and fresh squeezed lemonade!



# ILLINOIS DIABETES POLICY COALITION: ORGANIZATIONAL MEMBERS

Access Community Health Network  
American Association of Diabetes Educators  
American Diabetes Association  
American Heart Association  
Buena Vista Optical  
Cook County Health & Hospitals System  
Friend Family Health Center  
Illinois African American Coalition for Prevention  
Illinois Department of Public Health: Illinois Diabetes  
Prevention & Control Program  
Illinois Pharmacist Association of Self Management  
Programs  
Lifescan  
Eli Lilly and Company, USA  
Merck and Company, Inc.  
National Kidney Foundation of Illinois  
Pfizer, Inc.  
Prevent Blindness America  
Sanofi-Aventis, US  
University of Chicago Diabetes Research And  
Training Center

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and Carlton Shanks.

## Important Dates:

**March 22<sup>nd</sup>**

American Diabetes  
Association's Alert Day

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**April 16<sup>th</sup>**

8<sup>th</sup> annual Chicago  
Diabetes EXPO

The Diabetes EXPO will be held on Saturday, April 16, 2011 at Navy Pier, Festival Hall B, 10AM-4PM. The EXPO serves people of all ages, ethnicities and gender living with diabetes, as well as those at high risk or interested in preventing the disease. More information can be found at [www.diabetes.org/chicagoexpo](http://www.diabetes.org/chicagoexpo).

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**May 10<sup>th</sup>**

Lobby Day  
Springfield, IL