

REPORT TO DONORS

# Your giving made a difference in FY 2016

In FY 2016, your generosity funded innovative, multilingual outreach efforts, multicultural diabetes education programs and strategic partnerships in health care and education, including the CHOC Children's Clinic.

The following report provides updates and highlights of programs and services, all funded primarily by philanthropy. Thanks to you, and our other generous donors, the Mary & Dick Allen Diabetes Center continues to provide vital services designed to meet the needs of patients with, or at risk for, diabetes.

Mary & Dick  
Allen  
Diabetes  
Center

*"We are getting unprecedented results in helping people to control and prevent diabetes. We are caring for people who would not otherwise receive care. All of this is possible because of our generous and compassionate donors."*

**Kris V. Iyer, MD**, Senior Vice President, Hoag, and Chief Administrative Officer, HMTS (shown here with Mary and Dick Allen)

**HOAG  
PROMISE**

OUR CAMPAIGN TO LEAD,  
INNOVATE & TRANSFORM



Eunice Lee, MS, MPH, Program Manager, Mary & Dick Allen Diabetes Center consults with a young patient along with Daniel A. Nadeau, MD, Program Director, Mary & Dick Allen Diabetes Center, Dr. Kris V. Iyer Endowed Chair in Diabetes Care

## We Continue to Make Great Strides with Your Support

The critical but non-reimbursable services performed at the Allen Diabetes Center are sustained by philanthropic support. Thanks to your generosity, no one is turned away for lack of ability to pay.

**In FY 2016 we accomplished:**



**5063 Adult Visits**  
to the Allen Diabetes Center



**2178 Total Clinical Encounters**  
CHOC Children's Patients (under 18)

**7629**

**PODER**  
Participants

**119**

**PADRE**  
Participants



**142 Patients**  
Received Free Care  
(due to financial circumstances)

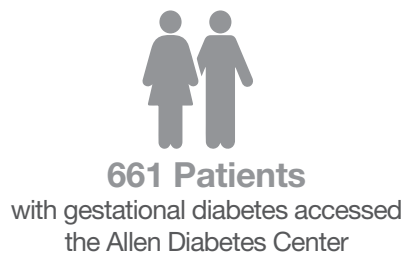
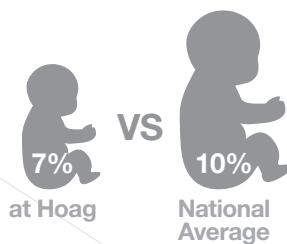
## Supporting Safe Pregnancies and Healthy Babies

### Ueberroth Family Program for Women with Diabetes—Sweet Success

The Ueberroth Family Program for Women with Diabetes at the Allen Diabetes Center includes diabetes education, pre-conception family planning as well as antepartum and postpartum glucose management. Thanks to donor support, the program is measurably improving the health of mothers and babies in our community.

Here are some of the results:

#### Macrosomia Rates



#### What New Moms Have to Say

*"The Allen Diabetes Center has impacted me by teaching me to continue eating better and lead a healthier lifestyle – not just for my baby but also for myself." – KM*

*"The Center has given me the resources I need to understand what gestational diabetes is and how to control it." – MF*

*"I initially was very confused, worried and unaware of how to navigate with gestational diabetes. The team made everything very clear and helped put my mind at ease. I've definitely learned better eating habits and lifestyle to maintain good health and lower my risk of diabetes in the future." - HJ*





Mary & Dick Allen Diabetes Center Diabetes Educator,  
Kelly Taylor, MSN, RNP, with expectant mother

### Ueberroth Family Program Ups the Ante on Prevention

Sixty percent of women with gestational diabetes have a high risk of developing type 2 diabetes five to ten years after pregnancy. Beginning in May 2016, the Ueberroth Family Program for Women with Diabetes is offering a free oral glucose tolerance test (OGTT) which is a good indicator of the risk of developing type 2 diabetes. New moms at higher risk can take action now to better prevent developing this life-long chronic disease.

During the test, which takes a few hours, moms relax in a comfortable suite while Allen Diabetes Center staff use the waiting time to teach diabetes prevention. To make it more convenient for busy moms, they are encouraged to bring their babies as well as significant others or family members.

### Annual Sweet Success Conference Hosted at Allen Diabetes Center

The Allen Diabetes Center hosted the annual Sweet Success Conference, "Diabetes & Reproductive Health Practice Recommendations," in April 2016. Four of the Allen Diabetes Center's Diabetes Educators participated as speakers and facilitators at the conference, which is designed to provide a comprehensive update and review of current practice standards and contemporary topics related to diabetes and reproductive health.

## Transitioning to Healthy Adulthood

Keynote speakers:  
Hoag Hospital Foundation  
Board Member Lauri Delson  
and Lauren Franke



### Herbert Family Program for Young Adults with Type 1 Diabetes

The Herbert Family Program for Young Adults with Type 1 Diabetes is focused on meeting the unique needs of emerging adults (ages 18 to 30) as they transition from pediatric to adult diabetes management. The program addresses the financial, psychosocial, social and physical impacts of diabetes.

**Conference for Emerging Adults:** In June 2016, the Allen Diabetes Center hosted a free Herbert Family Program conference called “Living with T1D Today: Connect. Share. Empower.” Approximately 50 people attended the discussion-based conference for young adults and their families and friends. Hoag Hospital Foundation Board Member Lauri Delson, along with Lauren Franke, were keynote speakers for this event where topics ranged from navigating insurance, depression and body image to intimacy, peer pressure and traveling with type 1 diabetes. Participants discussed real-life issues they face every day and were able to meet with others who share similar experiences.

**First Fridays:** This casual get-together at the Greenleaf Gourmet Chopshop on the first Friday evening of the month gives young adults with type 1 diabetes a relaxed setting to hang out together and talk. Over beverages and snacks, they meet for social support, networking and having fun. They can talk about diabetes but they don't have to. It's a relaxing setting to connect with one another.



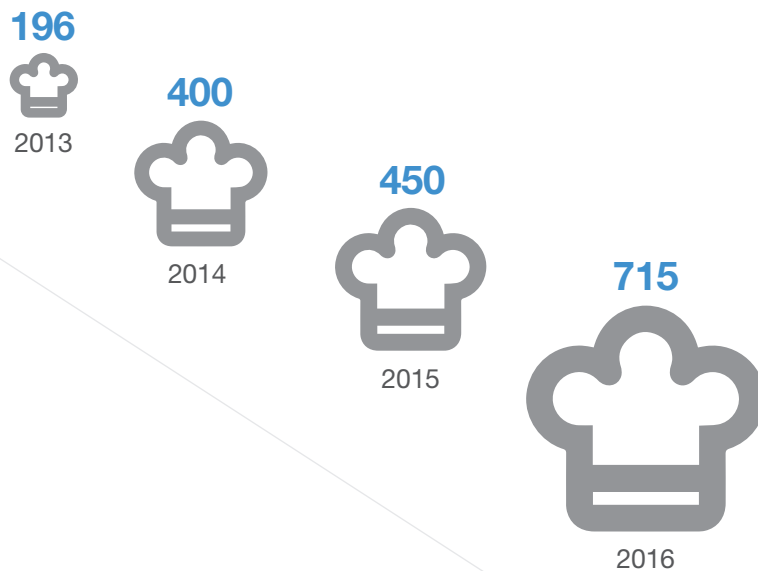
First Fridays gathering  
at Greenleaf Gourmet Chopshop

## Making Healthier Families Through Community Outreach

### Sweet Life Community Education

It's official! The Sweet Life Community Education Program is a hit with more than 70 people attending each cooking class. There's often a wait list for this event. With the philosophy that managing diabetes through diet doesn't have to be boring or tasteless, nutritionist Joanna Gallo Moreno, RDN, CDE and Chef Davis Cruz design tasty and easy-to-prepare meals that are tailored to the dietary needs of those with diabetes.

Attendance at monthly cooking classes has grown consistently year after year:





### Taking Sweet Life “On the Road” with New Mobile Kitchen

Donor support has funded a mobile kitchen to take the Sweet Life cooking classes from the Allen Diabetes Center out into the community—to community centers, schools, special events and much more. Not only will this allow the Sweet Life nutritionists to reach more people with our popular cooking classes, it provides a wonderful opportunity to expand to classes in Spanish and other languages to better serve multiple cultures. The mobile kitchen includes a hot station, a cold station and a prep station.



### Community Garden for and by Kids!

We continued to foster our relationship with Rea Elementary School, working with kindergarteners in the school’s community garden which we launched last year. The Rea Elementary School community garden provides a safe place for kids to explore gardening, nature and community through formal programming and informal participation.

The community garden features three large vegetable beds on the school’s campus. With the assistance of a UCI intern, kindergarteners were taught short lessons about nutrition. This year, the garden yielded zucchinis, yellow squash, cucumbers and tomatoes.



### Prevention of Obesity and Diabetes through Education and Resources (PODER)

PODER, a community-based, family-centered program offered through CHOC Children’s, encourages behavioral changes to improve health. It features no-cost diabetes and obesity prevention education, cooking classes and exercise classes. PODER and PADRE (Pediatric Adolescent Diabetes Research Education Foundation) programs provide family support, events and workshops to educate families.

Rea Elementary School  
kindergarteners in the  
school’s community garden

## Outstanding Staff Serving the Community

### New Psychosocial and Mental Health Services

Mental health affects physical health and vice versa. Beginning in April 2016, the Allen Diabetes Center has integrated mental health as part of our diabetes self-management education program. Newly hired clinical social worker, Ana Pimentel, MSW, meets with diabetes patients, both English and Spanish speaking, to assess their mental wellbeing.

Ana has experience providing crisis management, case management, psychotherapy and education to all ages, working with group, family and one-on-one settings.

If patients are struggling with mental health issues such as depression, Ana, who is well versed with Orange County mental health resources, links them to services for long-term treatment. To date, Ana has assessed more than 100 patients in what is emerging to be a highly valued service. Thanks to generous donors, Ana's services are provided at no cost.



Ana Pimentel, MSW



### Proud of Our Certified Staff

**Our diabetes educators, Joanna Gallo-Moreno, RDN, and Kelly Taylor, MSN, RNP, have recently become Certified Diabetes Educators.** A Certified Diabetes Educator (CDE®) is a health professional who possesses comprehensive knowledge of pre-diabetes and the prevention and management of diabetes. A CDE® promotes self-management to achieve individualized behavioral and treatment goals that optimize health outcomes.

**Our diabetes pharmacist and educator, David Pham, PharmD, BCPS, CDE, has recently become board certified in advanced diabetes management (BC-ADM).** Becoming board certified in advanced diabetes management is a great achievement for diabetes educators with an advanced degree in their field and a professional license as an advanced pharmacist, dietitian or nurse.

### Annual Health Professionals Conference

More than 100 nurses, pharmacists, registered dietitians and others attended the Annual Health Professionals Conference, “Diabetes: What’s New? What’s Next?” in November 2015. The conference, hosted at the Allen Diabetes Center, featured topics ranging from young adults with type 1 diabetes to cognitive effects of diabetes to medication management.

## Thank you

Thank you for your generous support of outstanding and innovative diabetes care in our community. Because you have funded our vision, the Mary & Dick Allen Diabetes Center has become a hub of comprehensive care for diabetes patients and their families.

For more information, please contact Stacy Sanchez-Hunt at (949) 764-7210 or [Stacy.Hunt@hoag.org](mailto:Stacy.Hunt@hoag.org). Please visit our website: [www.HoagPromise.org](http://www.HoagPromise.org).