EVENT PROGRAM

Minneapolis Convention Center
Saturday, October 11, 2014
9:00 AM - 3:00 PM
Minneapolis, MN
Pathways to Better Health were developed to help you get the most from your visit to EXPO. The Pathways offer suggestions for information and activities that you can get from each area as well as suggestions for using that information for better managing your diabetes once you get home. This year’s EXPO features the following pathways: Prevention/Prediabetes Pathway; Adult Type 1 Diabetes Pathway; Type 2 Diabetes Pathway; Youth & Families Pathway. You do not have to stick to the items suggested for your Pathway – they are a place to start. Pathways to Better Health are Sponsored by Novo Nordisk, Inc.

9:15 am Welcome and Opening Remarks
Diabetes EXPO Co-Chair Farha Khan, MD

9:30 am Healthy Eating Cooking Demonstration
Vegetarian Gumbo
Chef Dana Herbert, Novo Nordisk Diabetes Education Program
Celebrity Chef

9:45 am What’s Eating You? Strategies for Developing a Healthy Relationship with Food
Cara Walcheck, RD, LD, CDE, Allina Health & Anna Fox, PsychD, The Emily Program
Between carb counting, label reading, insulin dosing, and the desire to lose weight, people with diabetes often struggle with dis-ordered thinking about their bodies and food. Learn about strategies to overcome the guilt associated with eating and develop a healthier relationship with food.

10:00 am The More I Try to Help, the More I Seem to Annoy: Tips & Tidbits for Parents of Children with Diabetes
Ben Bosch & Kelly Peterson
We want our children to be healthy throughout their lifetime, but it is difficult when diabetes enters their life. Blood sugar monitoring, injections, carb counting, doctor appointments - the day-to-day management of diabetes results in “burnout” for both the child and parents. This panel of 20 year olds living with diabetes will offer their perspectives on what their parents did or said as they tried to help them on their path to good diabetes management.

10:00 am Diabetes Research Overview
Betsy Seaquist, MD, ADA President, Medicine & Science
Updates on current diabetes research for type 1 and type 2 diabetes being funded by the American Diabetes Association as well as information about the current GRADE Trials for people with type 2 diabetes and how you can be involved.

10:00am Discover the Difference...Prediabetes and Diabetes
Learn what the difference is between prediabetes and diabetes, how each are diagnosed and how each can be managed to get your numbers moving in the right direction. Sponsored by Novo Nordisk Diabetes Education Program

10:15 am What’s Your Medication Experience?
Molly Ekstrand, RPh, CDE Park Nicollet
How do your thoughts and feelings about medication affect your decision to take medications? What are the signs of medication problems, what options are available to reduce the problem, and how do I get help?

10:30 am What Does Diabetes Have to Do with Your Mouth?
Leah Kinney, RDH, Oral Health Educator
Information on the correlation between periodontal disease and diabetes. Sponsored by Delta Dental

10:30 am Healthy Eating Cooking Demonstration
Double Orange-Glazed Pork Mini-Chops
Chef Dana Herbert, Novo Nordisk Diabetes Education Program
Celebrity Chef

11:00 am Preventing Type 2 Diabetes: Is It Possible?
Teresa Pearson, RN, CDE, FAADE, Innovative Health Care Designs
Find out if you are at risk for developing type 2 diabetes. Learn about the risk factors for type 2 diabetes, how you can reduce your risk by 58% and prevent or delay the development of type 2 diabetes.

11:00 am How Can I Help My Child Prevent Type 2 Diabetes?
Aaron Kelly, PhD, University of Minnesota
Dr. Kelly will discuss the importance of helping our kids achieve and maintain a healthy body weight in relation to preventing type 2 diabetes. Practical tips will be offered regarding how families can work together to lead a healthy lifestyle.

11:00 am Can SUPERFOODS give you SUPERPOWERS?
Learn the health benefits of the 10 ADA Superfoods, how to incorporate them into your meal plan and even sample a recipe with superpower. Sponsored by Novo Nordisk Diabetes Education Program

11:15 am I Want to Cancel My Appointment Because My Numbers Are Bad
Harold Katz, MD, Allina Health
How can I make the most of my visit with my doctor when my blood sugar results aren’t what they should be? What questions should I be asking? How should my visits change as I age or as my lifestyle changes?
11:30 am What Does Diabetes Have to Do with Your Mouth?
Leah Kinney, RDH, Oral Health Educator
Information on the correlation between periodontal disease and diabetes. Sponsored by Delta Dental  
Booth # 509  
Healthy Eating Stage

11:30 am Healthy Eating Cooking Demonstration
Butternut Squash Stew with Chickpeas
Chef James Powers from Treasure Island Resort & Casino  
Healthy Eating Stage

12:00 pm Living With Type 2 Diabetes Program
Jodi Lavin-Tompkins, RN, CNP, BC-ADM, CDE
The moment of diagnosis is overwhelming for many. This program provides information and support that many need to manage and live well with diabetes. Start the journey with diabetes with sound information and support so you can start to prevent complications of diabetes.  
Main Stage

12:00 pm Healthy Eating on the Go  
ASL Interpreted
Making healthy fast food choices isn’t impossible. This session will help you to be in the know for eating on the go!  
Sponsored by Novo Nordisk Diabetes Education Program  
Healthy Eating Stage

12:15 pm I Know What To Do; I’m Just Tired of Doing It
Lisa Bobyak, Living Fully Balanced  
ASL Interpreted
Watching blood sugar levels, balancing the right foods with the right activities, adjusting insulin doses – you’d rather live a “normal” life and not work so hard. If you find yourself frustrated and often overwhelmed with the fact that you constantly need to get yourself back on track after losing your motivation, then this session is for you.  
Meeting Room 103 ABC

12:30 pm Healthy Eating Cooking Demonstration
Orange Cream Pie
Chef James Powers from Treasure Island Resort & Casino  
Healthy Eating Stage

1:00 pm Nutrition Facts Label: Where Should We Be Focusing?
The information on a food label can be confusing. Join us to find out what food label info to focus on to make healthy food choices. Sponsored by Novo Nordisk Diabetes Education Program  
Healthy Eating Stage

1:00 pm The More I Try to Help, the More I Seem to Annoy: Tips & Tidbits for Parents of Children with Diabetes
Sarah Green & Mick Schuller
We want our children to be healthy throughout their lifetime, but it is difficult when diabetes enters their life. Blood sugar monitoring, injections, carb counting, doctor appointments - the day-to-day management of diabetes results in “burnout” for both the child and parents. This panel of 20 year olds living with diabetes will offer their perspectives on what their parents did or said as they tried to help them on their path to good diabetes management.  
Healthy Kids Area

1:15 pm You’re Not Sick, But Are You Well? What You Need to Know About Heart Health & Diabetes  
ASL Interpreted
Courtney Baechler, MD, V.P., Penny George Institute for Health & Healing
Learn about new trends in heart healthy foods. Hear about the latest cholesterol guidelines for people with diabetes. Discover how to keep your heart well - body, mind, and spirit.  
Meeting Room 103 DEF

1:30 pm Dining Out with Diabetes  
ASL Interpreted
Diabetes doesn’t have to stop you from enjoying dining out. This session will help you learn how to make wise meal choices while eating out.  
Sponsored by Novo Nordisk Diabetes Education Program  
Healthy Eating Stage

1:45 pm Taking Control
Robert Gaskins, A1C Champion, sanofi
Why is controlling my diabetes important? Is it just up to me to control my diabetes? Who else should be on my team to help manage my diabetes – my doctor, my spouse, my employer, my friends, others I know who have diabetes?  
Meeting Room 103 ABC

2:00 pm Healthy Eating Cooking Demonstration
Creamy Cavatappi
Chef Manny Gonzalez, Manny’s Tortas  
Healthy Eating Stage

2:50 pm Closing Remarks  
ASL Interpreted
Diabetes EXPO Co-Chair Shao Chyi Lee, MD  
Main Stage
Welcome.
Visit the Active Living Area.

What’s Your Number?
Take your screening results to the Ask the Expert area and GET YOUR FREE PERSONAL ACTION PLAN TODAY!
DIABETES.ORG/ACTIONPLAN

New to diabetes?
Enroll in the FREE Living With Type 2 Diabetes program.

Living With Type 2 Diabetes is a free, 12-month program that offers information and support to help people learn about diabetes.

At the Main Stage
diabetes.org/freeprogram or call 1-800-DIABETES

Work with Personal Trainers.
Create a Take Home Fitness Plan.

SPONSORED BY
### Blood Glucose Meters
- 422 Accu-check
- 617 Bayer Healthcare, Diabetes Care
- 506 iHealth
- 826 One Touch Blood Glucose Monitors

### Continuous Glucose Monitors
- 515 Dexcom
- 523 Medtronic Minimed, Inc.

### Dental
- 225 Colgate
- 509 Delta Dental of Minnesota
- 425 The Dental Specialists
- 522 Park Dental

### Diabetes Prevention
- 727 HealthEast
- 729 MN Diabetes & Heart Health Collaborative
- 526 YMCA

### Eye Care
- 229 Minnesota Academy of Ophthalmology
- 426 Minnesota Optometric Association
- 629 Sam’s Club
- 623 Walmart

### Fitness
- 428 Sahaja Yoga Meditation
- 922 Target
- 526 YMCA

### Food
- 429 Animal Rights Coalition
- 411 Extend Nutrition
- 603 Grand Tasting-Novonordisk Diabetes Education Program
- 327 Ken Davis BBQ
- 215 Medifast Weight Control Centers
- 325 Minnesota Pork Board
- 629 Sam’s Club
- 725 Seattle Sutton’s Healthy Eating
- 417 Simple Mills
- 323 Sweetleaf Stevia Sweetener
- 623 Walmart

### Foot Care/Shoes
- 619 Geritom Medical
- 524 Hanger Clinic
- 508 MEDIPEDS®
- 403 Upsher-Smith Laboratories
- 424 Zopec Medical

### Health Plans
- 616 UCare

### Hearing
- 629 Sam’s Club

### Hospitals/Clinics
- 407 Allina Health Clinics
- 716 Children’s Hospital and Clinics of MN
- 516 Fairview Health Services
- 524 Hanger Clinic
- 727 HealthEast
- 715 International Diabetes Center at Park Nicollet
- 504 Mayo Clinic
- 731 Noran Clinic Sleep Center
- 528 North Memorial Stroke Center
- 510 University of Minnesota Health Solid Organ Transplant
- 427 University of Minnesota Type 1 Risk Assessment
- 329 VA Medical Center, Veteran’s Health Education

### Insulin
- 603 Grand Tasting - Novo Nordisk, Diabetes Education Program
- 529 Lilly USA, LLC
- 503 Novo Nordisk Inc.
- 331 sanofi

### Insulin Pumps
- 422 Accu-check
- 824 Animas Corporation
- 523 Medtronic Minimed, Inc.
- 409 Omnipod
- 614 Tandem Diabetes Care

### Medical ID Jewelry
- 223 Tamex Laser Company, LLC
- 405 Universal Medical Data

### Medication
- 227 Astra Zeneca
- 603 Grand Tasting - Novo Nordisk, Diabetes Education Program
- 529 Lilly USA, LLC
- 503 Novo Nordisk Inc.
- 331 sanofi

### Medical Technology
- 719 Diabetes Sentry Products, Inc.
- 324 POPS! Lancing
- 424 Zopec Medical
- 830 Sprint Relay

### Pharmacy Services
- 415 Fairview Pharmacy Services
- 629 Sam’s Club
- 322 TDnow.com $5.99 Diabetic Supplies
- 623 Walmart

### Research
- 715 International Diabetes Center at Park Nicollet
- 504 Mayo Clinic
- 427 University of Minnesota, Type 1 Risk Assessment

### Services
- 518 AARP Real Possibilities
- 328 Alzheimer’s Association
- 429 Animal Rights Coalition
- 717 ClearWay Minnesota
- 519 Community Health Charities
- 603 Grand Tasting - Novo Nordisk, Diabetes Education Program
- 818 Great Lakes Window & Siding
- 215 Medifast Weight Control Centers
- 615 Merck, Journey for Control
- 326 Metropolitan Area Agency on Aging
- 618 Minnesota Lions Diabetes Foundation Inc.
- 729 MN Diabetes & Heart Health Collaborative
- 828 Overeaters Anonymous
- 428 Sahaja Yoga Meditation
- 725 Seattle Sutton’s Healthy Eating
- 816 SlimGenics Weight Control Centers
American Diabetes Association EXPO
Alphabetical Exhibitor List

Services Continued
830 Sprint Relay
322 TDnow.com $5.99 Diabetic Supplies
424 Zopec Medical

Sleep Apnea
731 Noran Clinic Sleep Center

Skin Care
517 Abbvie Psoriasis Advocate Program
403 Upsher-Smith Laboratories

Weight Loss
215 Medifast Weight Control Centers
828 Overeaters Anonymous
725 Seattle Sutton’s Healthy Eating
816 SlimGenics Weight Control Centers

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Ways to stay connected with the American Diabetes Association, Minnesota Area

- Pinterest: diabetesmn
- Twitter: diabetesmn
- Facebook: ada.minnesota
- Blog: Diabetesmn.com

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Visit the American Diabetes Association Experience
Take the Pledge and let the world know. Together we CAN Stop Diabetes®.
# Pathways to Better Health

These are suggested activities to make the most of your experience at the Diabetes EXPO.

## Prevention/Prediabetes

<table>
<thead>
<tr>
<th>While at EXPO I should:</th>
<th>From this information when I get home I will:</th>
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</table>
| Attend at least one presentation:  
  - 9:45 am  What's Eating You? Strategies for Developing a Healthy Relationship with Food - Meeting Room 103 ABC  
  - 11:00 am  Preventing Type 2 Diabetes: Is It Possible? - Meeting Room 103 ABC |  
  - I will use the plate method for portion control 4 times a week.  
  - Create a schedule for exercising 5 times a weeks for 30 minutes at a time.  
  - Other: _________________________________ |

**Healthy Eating Area:** Watch & sample a new recipe at one of the cooking demos at 9:30 am, 10:30 am, 11:30 am, 12:30 pm and 1:30 pm. Also attend the “Discover the Difference...Prediabetes & Diabetes” at 10:00 am.

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  - I will use the plate method for portion control 4 times a week.  
  - Create a schedule for exercising 5 times a weeks for 30 minutes at a time.  
  - Other: _________________________________ |

Work with a Personal Trainer at two of the three stations in the **Active Living Area**; get a free pedometer or other fitness gifts.

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  - Beginning October 12, try one new exercise a month – walking, dancing, or something else.  
  - Next week I will walk 5 days for 30 minutes per day. Decide which days of the week I will walk.  
  - Other: _________________________________ |

Have blood glucose, blood pressure, BMI, and cholesterol checked in the **Screening Area**.

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  - I will use the plate method for portion control 4 times a week.  
  - Create a schedule for exercising 5 times a weeks for 30 minutes at a time.  
  - Other: _________________________________ |

Talk to a Dietitian about reducing my calorie intake and talk to the Prevention Expert to find a prevention program in the **Ask the Expert Area**.

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  - I will use the plate method for portion control 4 times a week.  
  - Create a schedule for exercising 5 times a weeks for 30 minutes at a time.  
  - Other: _________________________________ |

Learn how to access the website and/or Center for Information and Community Support in **American Diabetes Association Experience**.

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  - I will use the plate method for portion control 4 times a week.  
  - Create a schedule for exercising 5 times a weeks for 30 minutes at a time.  
  - Other: _________________________________ |

Attend the presentation by Dominique Wilkins at 1:00 pm on the **Main Stage**.

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</table>
  - I will use the plate method for portion control 4 times a week.  
  - Create a schedule for exercising 5 times a weeks for 30 minutes at a time.  
  - Other: _________________________________ |

Attend the “What Does Diabetes Have To Do With Your Mouth?” presentation at the Delta Dental booth #509 at 10:30 am or 11:30 am.

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  - I will use the plate method for portion control 4 times a week.  
  - Create a schedule for exercising 5 times a weeks for 30 minutes at a time.  
  - Other: _________________________________ |

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**NOTE:** Color Coding of Pathways to Better Health Correspond to the Floor Plan

**Sponsored by Novo Nordisk, Inc.**
# Pathways to Better Health

These are suggested activities to make the most of your experience at the Diabetes EXPO.

## Adult Type 1 Diabetes

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<thead>
<tr>
<th>While at EXPO I should:</th>
<th>From this information when I get home I will:</th>
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<tr>
<td>Attend at least one presentation:</td>
<td>☐ I will determine my Eating Personality and be more mindful of my eating.</td>
</tr>
<tr>
<td>9:45 am  What’s Eating You? Strategies for Developing a Healthy Relationship with Food -</td>
<td>☐ I will try to make a list of why I manage my diabetes.</td>
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<tr>
<td>Meeting Room 103 ABC</td>
<td>☐ I will find 2 ways of relieving stress for me and use them the next time I encounter a stressful situation.</td>
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<tr>
<td>11:15 am  I Want to Cancel My Appointment Because My Numbers Are Bad</td>
<td>☐ Other:</td>
</tr>
<tr>
<td>Meeting Room 103 DEF</td>
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<tr>
<td>12:15 am  I Know What To Do; I’m Just Tired of Doing It</td>
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</tr>
<tr>
<td>Meeting Room 103 ABC</td>
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</tbody>
</table>

### Healthy Eating Area:

Listen to “Healthy Eating On the Go” at 12:00 pm and “Nutrition Facts Label: Where Should I be Focusing?” at 1:00. Pick up a new recipe at a one of the cooking demonstrations held at 9:30 am, 10:30 am, 11:30 am, 12:30 pm and 1:30pm.

- ☐ Sign up for Recipe Club.
- ☐ Use one of the recipes I received at EXPO.
- ☐ Other: __________________________________

### Work with a Personal Trainer at two of the three stations in the Active Living Area; get a free pedometer or other fitness gifts.

- ☐ Beginning October 12, try one new exercise a month – walking, dancing, or something else.
- ☐ Increase an exercise I have been doing.
- ☐ Other: __________________________________

### Have A1c (if over 3 months since last A1c), eyes, feet, and stroke risk assessment in the Screening Area.

- ☐ Share the results with my doctor at my next visit.
- ☐ Other: __________________________________

### Talk to a Certified Diabetes Educator and a Health Coach in the Ask the Expert Area.

- ☐ Use 2 new ways to better my diabetes management.
- ☐ Other: __________________________________

### Visit the American Diabetes Association Experience to learn about the activities & information the Minnesota Area has for people with diabetes.

- ☐ Join the Red Striders at Step Out: Walk to Stop Diabetes or Red Riders at Tour de Cure.
- ☐ Sign up to be a Diabetes Advocate.
- ☐ Other: __________________________________

### Attend the presentation on diabetes research at 10:00 am on the Main Stage.

- ☐ Go to www.diabetes.org to find out what other research ADA is supporting.
- ☐ Other: __________

### Attend the “What Does Diabetes Have To Do With Your Mouth?” presentation at the Delta Dental booth #509 at 10:30 am or 11:30 am.

- ☐ I will make a dental appointment if I haven’t seen my dentist in the past 6 months.
- ☐ Other: __________

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Pathways to Better Health
Sponsored by Novo Nordisk, Inc.
# Type 2 Diabetes

**While at EXPO I should:**

<table>
<thead>
<tr>
<th>Event Details</th>
<th>Location/Meeting Room</th>
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<tbody>
<tr>
<td>10:15 am What’s Your Medication Experience?</td>
<td>Meeting Room 103 DEF</td>
</tr>
<tr>
<td>12:15 am I Know What To Do; I’m Just Tired of Doing It</td>
<td>Meeting Room 103 DEF</td>
</tr>
<tr>
<td>1:15 pm You’re Not Sick, But Are You Well?</td>
<td>Meeting Room 103 DEF</td>
</tr>
<tr>
<td>1:45 pm Taking Control</td>
<td>Meeting Room 103 ABC</td>
</tr>
</tbody>
</table>

**From this information when I get home I will:**

- I will discuss my medications with my doctor.
- I will envision my success twice a week.
- I will get together with friends at least once a week.
- Other: ____________________________

**Healthy Eating Area:** Attend “Nutrition Label Facts: Where Should We Be Focusing?” at 1:00pm or “Dining Out With Diabetes” at 2:00pm. Pick up a new recipe at one of the cooking demonstrations held at 9:30am, 10:30am, 11:30am, 12:30pm and 1:30pm.

- Sign up for Recipe Club.
- Make one of the recipes I received at EXPO.
- Other: ____________________________

**Work with a Personal Trainer at two of the three stations in the Active Living Area; get a FREE pedometer or other fitness gifts.**

- Beginning October 12, try one new exercise a month – walking, dancing, or something else.
- Decide which days this week I will exercise for 30 minutes.
- Other: ____________________________

**Have A1c (if over 3 months since last A1c), hearing, foot, and kidney screenings in the Screening Area.**

- Share the results with my doctor at my next visit.
- Other: ____________________________

**Talk to a Dietitian about holiday cooking and eating and a Nephrologist about kidney health in the Ask the Expert Area.**

- Use 1 tip for portion control during meals.
- Use 2 new tips for kidney health.
- Other: ____________________________

**Visit the American Diabetes Association Experience to learn about ADA’s Healthy Living Resources and Community Programs.**

- Join the Red Striders at Step Out: Walk to Stop Diabetes or Red Riders at Tour de Cure.
- Sign up to be a Diabetes Advocate.
- Other: ____________________________

**Attend the Living With Type 2 Diabetes Program at 12:00 pm or see Dominique Wilkins at 1:00 pm on the Main Stage.**

- Sign up for the Living With Type 2 Diabetes Program.
- Other: ____________________________

**Attend the “What Does Diabetes Have To Do With Your Mouth?” presentation at the Delta Dental booth #509 at 10:30 am or 11:30 am.**

- I will make a dental appointment if I haven’t seen my dentist in the past 6 months.
- Other: ____________________________

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Pathways to Better Health
Sponsored by Novo Nordisk, Inc.
Pathways to Better Health
These are suggested activities to make the most of your experience at the Diabetes EXPO.

**Youth & Families Pathway**

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<tr>
<th>While at EXPO I should:</th>
<th>From this information when I get home I will:</th>
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<tr>
<td><strong>Healthy Eating Area:</strong> Attend the “Healthy Eating on the Go” presentation at 12:00 pm. Pick up some new recipes at a cooking demonstration. Demos are at 9:30 am, 10:30 am, 11:30 am, 12:30 pm and 1:30 pm.</td>
<td>□ Sign up for Recipe Club.</td>
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<td>□ Make one of the recipes I received at EXPO.</td>
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<td>□ Other: ____________________________________________________________________________________________________</td>
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<tr>
<td>Work with a Personal Trainer at two of the three stations in the Active Living Area; get a FREE pedometer or other fitness gifts.</td>
<td>□ Find one new activity you can do with your family once a week for the next month.</td>
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<td>□ Other: ____________________________________________________________________________________________________</td>
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<tr>
<td><strong>Healthy Kids Area:</strong></td>
<td>□ Use 1 of the tips you have learned for portion control.</td>
</tr>
<tr>
<td>- Attend “The More I Try to Help, the More I Seem to Annoy; Tips &amp; Tidbits for Parents of Children with Diabetes” at 10:00 am and 1:00 pm or “How Can I Help My Children Prevent Type 2 Diabetes?” at 11:00 am.</td>
<td>□ Include a family activity 2 times a week.</td>
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<tr>
<td>- Talk to the Pediatric Endocrinologist to get answers about my child with diabetes.</td>
<td>□ Other: ____________________________________________________________________________________________________</td>
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<tr>
<td>- Learn about Portion Sizes and small meal changes you can make for your family.</td>
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<tr>
<td>- Pick up the Youth tip sheets for information on healthy snacks and fun activities for your family.</td>
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<tr>
<td><strong>Visit the American Diabetes Association Experience</strong> for information on Step Out: Walk to Stop Diabetes, Tour de Cure, Camp Needlepoint/Daypoint and the Family Link program.</td>
<td>□ Use <a href="http://www.diabetes.org">www.diabetes.org</a> for information about camp.</td>
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<td>□ Sign up for the Step Out: Walk to Stop Diabetes or Tour de Cure.</td>
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<td>□ Sign up as an advocate for diabetes issues.</td>
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<td>□ Other: ____________________________________________________________________________________________________</td>
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<tr>
<td>Attend the presentation on diabetes research at 10:00 am and see Dominique Wilkins at 1:00 pm on the Main Stage.</td>
<td>□ Go to <a href="http://www.diabetes.org">www.diabetes.org</a> to find out about the research projects ADA is supporting.</td>
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<td>□ Other: ____________________________________________________________________________________________________</td>
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<tr>
<td>Attend the “What Does Diabetes Have To Do With Your Mouth?” presentation at the Delta Dental booth #509 at 10:30 am or 11:30 am.</td>
<td>□ I will make a dental appointment if I haven’t seen my dentist in the past 6 months.</td>
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<td>□ Other: ____________________________________________________________________________________________________</td>
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**NOTE:** Color Coding of Pathways to Better Health Correspond to the Floor Plan

Pathways to Better Health
Sponsored by Novo Nordisk, Inc.
Mission: To prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Special Thanks To:
Diabetes EXPO Planning Committee
Diabetes EXPO Chairs
Dr. Farha Khan and Dr. Shao Chyi Lee
Diabetes EXPO Day of Event Volunteers

Additional Thanks To:
AADE Minnesota Network (formerly MSDE)
ACE Mailing
Allina Health
Beltmann Relocation Group
Children's Hospitals and Clinics of Minnesota
Community Health Charities
Delta Dental
Delta Sigma Theta Sorority, MSP Alumnae
Fairview Health Services
Flexitol
HealthEast Diabetes Care
HealthPartners
Hennepin County Medical Center
Indian Health Board of Minneapolis
The Language Banc
Lilly USA, LLC
Medifast Weight Control Centers
MetroTransit
Minneapolis Veterans Affairs Health Care System
Minnesota Department of Health
Minnesota Healthcare News
Minnesota Lions Clubs of 5M
National Kidney Foundation
Native American Community Clinic
NemerFieger
Noran Clinic Sleep Center
North Memorial Stroke Program
Northern Diabetes Educator Group
Novo Nordisk, Inc.
Olmsted Medical Center and Regional Foundation
Park Dental
Park Nicollet, International Diabetes Center
Park Printing
Prism Research
Procor
Sam’s Club
sanofi
Target
Treasure Island Resort & Casino
Ucare
Upsher-Smith Laboratories, Inc.
Walgreens
Walmart
West Central WI Assoc. of Diabetes Educators
YMCA