



Representative Lynn DeCoite

Hawaii House District 13: East Maui (Pa'ia, Haiku, Keanae, Nahiku, Hana, Kipahulu, Kaupo), Moloka'i, Lana'i, Kaho'olawe and Molokini

Aloha District 13,

Time is flying by during the 2017 Legislative Session! May 4th (Sine Die) will be here before we know it.

The Capitol has been racing with energy this session and I have been so encouraged seeing friendly faces from District 13 in hearings and visiting my office. I know the time and expense it takes for us neighbor islanders to get to Honolulu. Please know that it does truly make a difference.

I am pleased to announce that 9 of my bills crossed over to the Senate:

- [HB450 HD1](#) RELATING TO CORAL.
- [HB451 HD1](#) RELATING TO THE HAWAIIAN HOMES COMMISSION ACT.
- [HB453 HD1](#) RELATING TO AGRICULTURE.
- [HB455 HD1](#) RELATING TO AGRICULTURE.
- [HB889 HD1](#) RELATING TO PESTICIDES.
- [HB891 HD1](#) RELATING TO AGRICULTURE.
- [HB1300 HD1](#) RELATING TO CORAL.
- [HB1301 HD1](#) RELATING TO INVASIVE SPECIES.
- [HB1304 HD1](#) RELATING TO MARINE EVENTS.

Along with focusing on the many pieces of legislation that are passing through the House and Senate, I am always looking for resources to bring back to our district. Access to Health Care, Health Services and Health Information for our District is very important to me. I know we all do not go to the doctor as much as we should (my self-included), and sometimes when we do go it is because something has been wrong for a while. For many of us here in Hawaii type 2 Diabetes is a major concern. It is estimated that one in every two adults in Hawaii has prediabetes or type 2 diabetes, and many have not been diagnosed and may be unaware that they have it.

To increase prevention and awareness, the Hawaii Department of Health has launched a new campaign to encourage Hawaii adults to take an Diabetes Risk Test at PreventDiabetesHawaii.com and share the results with their doctor or health care provider. Because I know many of us are not as internet savvy as we would like to be, I have included the **“Prevent Diabetes Fact Sheet”** and the **“Diabetes Risk Test”** on the next two pages of this newsletter. Please be sure to look this information over carefully and share it with your family, friends and community members - especially our Kupuna --, and once you fill it out, please share with your doctor.

I hope you find this information helpful. If you would like to be added to the “District 13 E-mail Update” list, please call the office at (808) 586-6790 or send your email to decoite2@capitol.hawaii.gov with “District 13 E-mail List” in the subject line.

I also appreciate hearing directly from you! While during session the bulk of my time is on Oahu, I am never more than a phone call, e-mail or Facebook post away. Please know that my door is always open!

Mahalo,



Rep. DeCoite after taking the Diabetes Risk Test.

ARE YOU AT RISK FOR DIABETES?

OVER 40% OF HAWAII ADULTS HAVE PREDIABETES. MOST DON'T KNOW THEY HAVE IT. ARE YOU AT RISK?

Prediabetes means you are at risk for type 2 diabetes. You may have prediabetes if you:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Have high blood pressure
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

Most cases of type 2 diabetes can be prevented by making small lifestyle changes, unlike type 1 diabetes which is an autoimmune disorder.

PREDIABETES CAN LEAD TO SERIOUS HEALTH PROBLEMS

Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. Nearly two-thirds of adults who have prediabetes don't know they have it.

If you have prediabetes and don't lose weight or increase your physical activity, you could develop type 2 diabetes within as little as five years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack, stroke, blindness, kidney failure, or loss of toes, feet, or legs.

HOW CAN I FIND OUT IF I AM AT RISK?

Visit www.healthyhawaii.com/prevent-diabetes to take the diabetes risk assessment and talk to your doctor about the results.

HERE'S THE GOOD NEWS

If you have prediabetes, your doctor may refer you to a lifestyle change program, which can help prevent or delay the onset of type 2 diabetes

THE DIABETES PREVENTION PROGRAM CAN HELP!

The Diabetes Prevention Program (DPP) is a lifestyle change program now available in the State of Hawaii. The DPP is proven to prevent or delay type 2 diabetes, and it can help you lower your risk by focusing on weight loss and increasing physical activity. The DPP is CDC-recognized lifestyle change program, which means it is of high quality and may be covered by some insurance plans, including Medicare and Medicaid.

HOW DOES DPP WORK?

As part of a group in your community or online, you will work with a trained lifestyle coach to learn the skills you need to make lasting lifestyle changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

FEATURES OF DPP:

- Trained coach to guide and encourage you
- In-person, or online
- Support from others working on the same goals
- Skills to help you lose weight, be more physically active and manage stress

WHAT PARTICIPANTS ARE SAYING ABOUT DPP:

"I love having a lifestyle coach. She has given us great information, helped me stay on track and stay positive." – Bruce

"I'm so excited because I went to the doctor last week and all of my numbers were down, and I officially no longer have prediabetes." – Vivien

Now is the time to take charge of your health and your future! Take the diabetes risk assessment today and ask your doctor if the DPP program is right for you.



PREVENT | Diabetes
HAWAII



www.healthyhawaii.com/prevent-diabetes

StartLivingHealthyHI

ARE YOU AT RISK FOR DIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but it's not too late to lower your risk. Type 2 diabetes can be delayed or prevented through effective lifestyle programs which includes exercise, weight control and nutrition. Type 2 diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs.

STEP 1: TAKE THE TEST TO KNOW YOUR SCORE

- 1. Are you a woman who has had a baby weighing more than 9 pounds at birth? Score _____
 Yes (1 point) No (0 points)
- 2. Do you have a parent with diabetes? _____
 Yes (1 point) No (0 points)
- 3. Do you have a sibling with diabetes? _____
 Yes (1 point) No (0 points)
- 4. Find your height on the chart to the right. Do you weigh as much as or more than the weight listed for your height? _____
 Yes (5 points) No (0 points)
- 5. Are you younger than 65 years of age and get little or no exercise in a typical day? _____
 Yes (5 points) No (0 points)
- 6. Are you between 45 and 64 years of age? _____
 Yes (5 points) No (0 points)
- 7. Are you 65 years of age or older? _____
 Yes (9 points) No (0 points)

HEIGHT	WEIGHT
4'10"	129 lbs
4'11"	133 lbs
5'0"	138 lbs
5'1"	143 lbs
5'2"	147 lbs
5'3"	152 lbs
5'4"	157 lbs
5'5"	162 lbs
5'6"	167 lbs
5'7"	172 lbs
5'8"	177 lbs
5'9"	182 lbs
5'10"	188 lbs
5'12"	193 lbs
6'0"	199 lbs
6'1"	204 lbs
6'2"	210 lbs
6'3"	216 lbs
6'4"	221 lbs

Total _____

STEP 2: ADD UP YOUR SCORE

3 to 8 Points: Your risk is probably low for having diabetes now. Maintain a healthy weight, be active, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your healthcare provider about your risk for type 2 diabetes.

9 Points or more: Your risk is high for having prediabetes now. Please make an appointment with your healthcare provider soon.

STEP 3: BRING THIS FORM TO YOUR DOCTOR OR HEALTHCARE PROVIDER

To see if additional testing is needed, present this form to your doctor or healthcare provider. He/She may refer you to a Diabetes Prevention Program, or recommend lifestyle changes to help you lower your risk.

PREVENT | Diabetes
HAWAII



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Web & Social Media Connections

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 Rep-Lynn-DeCoite

 @RepDeCoite

District 13 At the Capitol



Kick Butts Day 2017! Kuulei Salzer (chaperone), Kylie Lynn Takushi (Paia Resident - King Kekaulike High School), Naomi Hoyohoy (Campbell High School), Ayessa Ashley Casabay (Campbell High School), Hokulele Horswill-Carroll (Molokai Middle School), Rep. DeCoite, Hoku Horswill-Carroll (Molokai High School) and Nae Hamakua (chaperone)



HSTA-R members

Steve Harmon (Halimaile ,Maui),
Rep. Lynn DeCoite, Sharmen
Graydon (Haiku, Maui),
Marianne Busher (Oahu) and
Nora Kawasaki (Lana'i)



State Council on Developmental Disabilities
17th Annual Day at the Capitol!

(top) Moloka'i Participants with Speaker—
Darlene Mollena, Rep. DeCoite, Speaker
Souki, Natalie Greenleaf (in Speakers Chair),
Jacob Puaa Spencer, George Ishii, Sharon
Samonte and Cheyanne Kelihoomalua.

(Middle) Joshua Ige from Lana'i talking to
Rep. DeCoite about community concerns.

(bottom) Rayni Heyes and Julia O'Shaughnessy from Paia talk to Rep. DeCoite about the La'a Kea Foundation.

