



## Remote Island Diabetes Education (RIDE) for the South Pacific

### A Shocking Reality

Sixty years ago, diabetes was virtually unheard of in the South Pacific. Today, diabetes is so prevalent, the news from your doctor is rarely good. 40% of the Pacific island region's population of 9.8 million has been diagnosed with cardiovascular disease, diabetes and hypertension. These three disease account for 75% of all deaths across the South Pacific and 40-60% of total health-care expenditure.

A major challenge for Pacific island countries is to reinforce nutrition education and healthy eating practices. On the few primary islands, the message is slowly getting out, but on the 1,000's of more vulnerable remote islands, there is very little access to nutritional or behavior education, creating a deadly epidemic and a desperate call for help.

### Sea Mercy is answering the call

Operating a growing fleet of Free remote island Floating Health Care Clinic's (FHCC) serving the remote islands of the South Pacific, Sea Mercy has teamed up with Certified Diabetes Educators, Pharmacists, Ophthalmologists, and the Health Ministries of their island nation partners, to develop and deliver a diabetes education and treatment program to these neglected remote island people.

Sea Mercy's RIDE (Remote Islands Diabetes Education) Program offers the best "education delivery" solution for these remote islands. "Our goal is to turn back the "diabetes risk" in an effort to change the destiny and future of these incredible people living on remote islands before it's too

Contact us for more information:

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A Tongan father holds his daughter, both nervously watching through a window as the Sea Mercy doctors and staff evaluate and treat his diabetic wife.

late," says Julie Dewsnup, RPh, CDE, and diabetes program director for Sea Mercy. "It starts with educating the school age children before the bad nutritional habits are developed, educating the adults about healthy eating and physical activity, and then providing the support and tools needed to make changes."

### The RIDE Program

Provide Diabetes Education & Care for remote islanders

- Regular visits and evaluation by trained professionals
- Monitor BP, Cholesterol and blood glucose
- Teach skills to prevent and reduce complications
- Promote healthy eating and exercise program
- Teach glucose monitoring skills
- Importance of following a medication plan

### RIDE Program & Movie Night

We have combined diabetes education with a movie night on the remote islands. This creates the perfect environment for us to attract and communicate our vital message. The only tools we need for the program and easily carried on our FHCC vessels are:

- Generator, extension cord, laptop, projector, speakers, and screen (or white sheet), RIDE program video(s) and a selection of pre-approved movies



Medical supplies and health care volunteers are loaded and ready to leave on the Floating Health Care Clinic vessels.

Follow-up individual educational sessions will be available for all who are interested. The movie night will be a great introduction to the diabetes care Sea Mercy will provide.

**Attention CDE's!**  
Join us on a RIDE  
rotation in the  
South Pacific!



*Please visit Sea Mercy's website to learn how you can help support the RIDE program in the South Pacific*