

# Diabetes and Depression Laboratory Newsletter



## Letter from the Editor

### Dear Partner in the Fight Against Diabetes,

Greetings during this cold and snowy season! I hope this issue of the Diabetes and Depression Laboratory Newsletter finds you well.

As many of us have waited patiently for the ice to melt (and perhaps the water to come back on!) and Spring to arrive, my students in the Lab were inspired to focus this quarter on activities that people with diabetes can do to maintain exercise during the coldest months of the year. Ali Gano, Claire Russell and Laura Snelson have collected some ideas that we hope you will find handy and inspiring.

In keeping with the spirit of physical activity, we have been working with participants in Program ACTIVE (Appalachians Coming Together to Increase Vital Exercise). As you may know, Pro-

gram ACTIVE is a study funded by the National Institutes of Health designed to test a new treatment approach for depression in people with type 2 diabetes. This approach represents the state-of-the-art in diabetes and depression treatment. We have received calls from over 75 people in the community about the study so far and we are ready for more! If you or someone you know has diabetes and experiences depression nearly everyday (so much that gets in the way of usual activities), we would like to hear from you. You may qualify for Program ACTIVE.

Participants receive free medical and stress tests, free access to the Ath-

ens Community Center, 6 free exercise classes (so that you may exercise safely) and 10 sessions of talk therapy.

We have been very pleased by the positive feedback we have received from our dedicated participants. Come join us!

As always, if you have any questions or comments, please feel free to email me at [degroot@ohio.edu](mailto:degroot@ohio.edu) or call the lab at (740) 597-2564 or toll-free at 1-888-771-0002.

We are grateful for your generous spirit and support of diabetes research.

Best wishes ,

Mary de Groot, Ph.D.

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## Newest Team Members

**Laura Snelson** is in her 3rd year as a psychology major. She plans to attend law school after graduation.

**Ali Gano** is a senior majoring in psychology with a minor in Spanish. After college, Ali plans on attending graduate school in Chicago to pursue a degree in psychology.

**Claire Russell** is a junior majoring in psychology. She plans to pursue a graduate degree in psychology.

## Thank You from the Program ACTIVE Team

Thanks to the following organizations for providing materials and collaboration with Program ACTIVE:

Cornwell Center for Cardiovascular and  
Diabetes Care

Athens Community Center

Athens County Walks

## Participants Needed for New Study:



**Are you...**

an adult with Type 2 Diabetes?

**Have you been...**

feeling depressed for two weeks or longer?

**Would you like these FREE services...**

- medical exam?
- cardiac stress test?
- 12-week exercise program?
- access to the Athens Rec Center?
- 10-weeks of "talk" therapy?

**Would you like to...**

feel less depressed and healthier?

**Find out more...**

Be part of a study that offers treatment of depression for adults with type 2 diabetes. To find out if you qualify-

**Call us today!**

Program  
**ACTIVE**

Appalachians Coming  
Together to Increase  
Vital Exercise

### CONTACT:

Ms. Jean Andrews

or

Dr. Mary de Groot

Department of Psychology

740•597•2564

or 1-888-771-0002

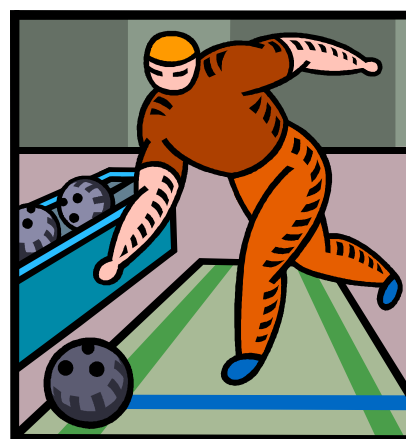


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UNIVERSITY

## Fun Winter Activities by Ali Gano, Claire Russell, & Larua Snelson

Tired of the same old exercise routine? Looking for a fun way to spice up the cold winter season? The answer could be closer than you think! There are many group activities available in your hometown that are fun and burn calories. It can be as easy as taking your kids or grandchildren sledding. Have you ever considered hosting a roller-skating party? It would be a fun way to get active and spend time with family and friends! Another fun and active way to spend time with friends and family is to go bowling! Winter can also be a great time to go exploring and see the beautiful winter scenery by going on a winter hike. Hocking Hills in Logan, Ohio has six beautiful trails that can be a great adventure to explore! Here are just a few suggestions of fun ways to stay active with your friends and family!

Activity	Calories burned in 30 minutes (180lbs)
Sledding	286
Shoveling	243
Hiking	248
Ice skating	248
Rollerblading	286
Bowling	129



Want to know how many calories you burn doing an activity? Go to [www.healthyweightforum.org](http://www.healthyweightforum.org) and enter the activity, length of time you did it and your weight to find out!



### Local Spots for Winter Activities

Activity	Location	Name	Contact
Bowling	Athens, OH	Rollerbowl	740-593-7888
Bowling	Nelsonville, OH	Scenic Lanes	740-385-3879
Rollerskating	Nelsonville, OH	Dow's Roller Arena	740-753-3706
Ice Skating	Athens, OH	Bird Arena	<a href="http://www.ohio.edu/recreation/bird/index">www.ohio.edu/recreation/bird/index</a>
Hiking or Walking	Logan, OH	Hocking Hills	<a href="http://www.hockinghillspark.com/hiking">www.hockinghillspark.com/hiking</a>





**Diabetes and Depression  
Laboratory at Ohio University**

Department of Psychology

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109 Anderson Hall  
Athens, OH 45701  
(740)597-2564  
Athens, OH 45701



## Diabetes and Heart Disease Risk Study

Are You An Adult With Type 2 Diabetes?

Have You Ever Talked To Your Doctor About Heart Disease?

We are conducting a study to better understand how patients living with diabetes talk to their family doctor about heart disease.

### Participants will:

- Complete a survey packet about heart disease, exercise, and background information through the mail.
- Complete a survey packet about their doctor and heart disease risk at the end of their next doctor's visit.

Participants will be paid: \$ 10.00 for their assistance with the survey.

If interested, please call (740) 597-2564 or 1-888-771-0002

