

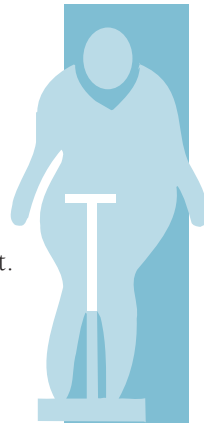
Obesity & Diabetes – A Crisis in Our Communities

About 10 years ago, physicians around the country started noticing an increase in Type 2 Diabetes among their adolescent patients. A key cause – the growing rates of overweight and obesity in our families and communities. California is no different. And some parts of our state fare worse than others.

In 2001, the CMA House of Delegates initiated a Call to Action for the CMA Foundation, charging the Foundation to engage physicians, families, communities, businesses, public health groups, health plans and others to combat the rise in obesity and type 2 diabetes in our youth and their families. In March 2002, the CMA Foundation Board of Directors adopted a plan of action to address this growing crisis.

Since that time, Foundation staff has been involved in efforts to learn from others what they are already doing, what is needed to close the gap; and the most appropriate roles for the Foundation. There is a wealth of resources and programs addressing these issues in California and it will be critical to share and work together so we don't reinvent the wheel. As this new project takes shape, it is clear that it will span the spectrum of prevention, screening, diagnosis and treatment in clinical settings. It will also include efforts to engage physicians in community education and advocacy with our schools, state and local government.

The crisis is here. The time is now to act. If you would like to become involved in the Foundation's Obesity and Type 2 Diabetes Project, contact Elissa Maas, MPH, at emaas@cmanet.org or 916.551.2555. We can do more if we do it together.



Leadership Achievement Award

Continued from page 1

Dr. Levister practices cardiology in San Bernardino. For nearly two decades he has authored a weekly health education column, "Our Bodies," in the Inland Empire Black Voice. Dr. Levister also co-founded the Technology Access Partnership Foundation, which makes informational technologies available to disadvantaged citizens and businesses. His current community involvement includes diversifying the student and faculty representation at the UC Riverside's Bio Medical Sciences Program. Dr. Levister's professional memberships include: the National Medical Association, the California Medical Association, the San Bernardino County Medical Society and the Los Angeles Council of Black Professional Engineers.

The CMA Alliance will also honor Pamela Fobbs, an Alliance member from Fresno for her work and leadership in addressing obesity in children in Fresno.



The California Medical Association Foundation is an independent non-profit, tax exempt research and educational foundation and a subsidiary of the California Medical Association. **Volume 6, Issue 1, Special Edition 2004**

CMA Foundation Board Chair to Leave a Legacy of Caring to the CMA Foundation

"I believe we are all part of a community," states Rolland C. Lowe, MD, Chair of the CMA Foundation Board of Directors. "We draw our strength from the community and we are obligated to give back to that community. Our CMA Foundation has accomplished so much in public health in the last 5 years. I know more will be needed as we continue to work together to address community health. That is why I have made my pledge to launch the Legacy of Caring Campaign."

Dr. Lowe's dedication has been instrumental in the growth of the CMA Foundation over the past several years. He brought to the CMA Foundation extensive philanthropic experience including serving on the San Francisco Foundation Board and nationally, the Council on Foundations. His volunteer work with nonprofit organizations in San Francisco is legendary – he has been instrumental in guiding the start-up of many community-based organizations in the Bay Area. It was no surprise when his philanthropic work was recognized in 1999 at the White House Conference on Philanthropy – he was named as one of 11 philanthropic heroes nationally.

As Dr. Lowe worked to raise annual funding for the CMA Foundation, he realized from his other philanthropic work, that the CMA Foundation needed to create a substantial

"We draw our strength from the community and we are obligated to give back to that community."



Rolland C. Lowe, MD
Chair of the CMA Foundation Board of Directors

Endowment Fund which would enable the Foundation to quickly address any emerging public health crises and provide financial stability. According to Dr. Lowe: "The Endowment Fund will become the cornerstone for expansion and strengthening our key programs and initiating exciting innovative new programs."

"At the end of the day, I just think it is the right thing to do. As a physician, I have had the wonderful opportunity to serve my patients and community. It's time for me to give back. I would encourage all physicians to think about leaving something for the betterment of their profession and community when doing their estate planning."



California Medical Association Foundation

1201 J Street, Suite 350 / Sacramento, CA 95814

CMA Foundation News
is a periodic publication distributed to our supporters to inform communities throughout the state of California on the activities and projects that build new collaborative efforts that address critical health care issues. If you would like a special activity mentioned, please send information to CMA Foundation.



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H O N O R E E
Ernest C. Levister, Jr., M.D.

The California Medical Association Foundation Honors Inland Empire Physician with Leadership Achievement Award

SACRAMENTO — The California Medical Association Foundation (CMAF) has named Ernest C. Levister, Jr., M.D., as the 2004 recipient of the Robert D. Sparks Leadership Achievement Award, an honor recognizing his extensive contributions to public health and service to underserved patients. Physicians from across the state will salute Dr. Levister's exemplary achievements at a reception and dinner being held March 13, 2004 at the Sacramento Railroad Museum.

"We are very pleased to recognize Dr. Levister and his 30-years of empowering patients and community outreach," said Carol Lee, CMA Foundation President and CEO. "His noble contributions exemplify the vision of the Foundation's first president, for whom this honor is named."

Continued on page 4

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Richard Pan, MD

CMA Foundation Supports First Young Physician Leadership Award for Community Service

Richard Pan, MD has been selected to receive the 2004 "Leadership in Community Service Award" from the CMA Young Physician Section. This award is the first funded award from the Gary F. Krieger, MD Memorial Fund. According to Mrs. Gary (Bunny) Krieger: "Mentoring young physicians was an important part of Gary's life. The fact that Dr. Pan is a pediatrician and gives back so much to the children in his community would delight Gary."

Richard Pan, MD is the current president of the Sierra Sacramento Valley Medical Society (SSVMS). Dr. Pan has distinguished himself as a member of the SSVMS Child and Adolescent Health Services Committee and was appointed by SSVMS to the Sacramento's First Five Commission where he serves as Vice Chair. Dr. Pan is also involved with UC Davis Medical School Residency Program where he has a grant to train and encourage pediatric residents to become involved in the community. His residents are involved in the SSVMS Adopt-A-School program which matches physician volunteers with elementary schools in Sacramento County to teach healthy lifestyles and behaviors. Dr. Pan was recently presented with the Chancellor's Achievement Award for Diversity and Community by the Chancellor of the University of California, Davis.

Dr. Pan will be presented with this award at the YPS Luncheon on March 12, 2004 by Rolland C. Lowe, MD, Chair of the CMA Foundation Board.

The CMA Foundation is proud to announce the launch of its new website –

www.calmedfoundation.org

The website will provide visitors a comprehensive look at the projects and people who make up the Foundation.

In About Us, you will find the mission and goals of the Foundation, along with our early history. You can also meet the Foundation's Board of Directors who provide their vision and leadership. The Projects section includes a comprehensive listing of the Foundation's current and recent projects. An overview of each project is provided along with resources and links for clinicians and the community.

Visitors will also be able to read about the Foundation's Medical Student Minigrant Program where medical students from throughout California are involved in outstanding community health projects. You can also read about current and past Robert Sparks Leadership Achievement Award recipients.

In Publications, visitors will be able to read the Foundation's newsletters, reports and press releases. A newly created section allows online contributions to be made to the Foundation. The Donate To The Foundation section describes the many ways individuals and organizations can show their support for the Foundation's efforts.

Please visit www.calmedfoundation.org often and share with us your thoughts on how your foundation is working to improve the health of all Californians.



A Family's Decision

By day I am a pediatrician, caring for children and their families in San Luis Obispo. I am also a husband and father of five healthy, great young men. For the past two years, I have been proud to serve as a member of the CMA Foundation Board of Directors. As a board member, I have experienced firsthand the growth, energy and excitement of this organization.

I was asked by our board to chair the Foundation's Legacy of Caring Campaign; endowment over the next 10 years. As campaign chair, I've learned a great deal about the many gifting options the campaign will include. And, so I began to think about my commitment and consider my gift to the campaign. This began a family discussion that involved my wife, Debbie, and our boys. We all had to feel that the Foundation was worthy of our family's support. And, the Bravo Family is proud to say that we are pledging our support to the Legacy of Caring Campaign.

The CMA Foundation is the foundation for California's physicians. I ask you and your families to join us and become a partner in this campaign. Leave a legacy that will make California a healthier place to live, for us, our children and our grandchildren.



René Bravo, MD
CMA Foundation Board of Directors
Chair, Legacy of Caring Campaign

The CMA Foundation Board sincerely appreciates the support we continue to receive.

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The Leadership Circle recognizes individuals who contributed \$1000 or more to the California Medical Association Foundation during the past calendar year.

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