



THE WHITTIER INSTITUTE
FOR DIABETES

A not-for-profit subsidiary of Scripps Health

ANNUAL REPORT 2007



We're in Your.
Community



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Our mission is to improve the quality of life for people with diabetes through innovative education programs, clinical care, research and collaborations that pursue prevention and a cure.

Nuestra misión es mejorar la calidad de vida de las personas que padecen diabetes a través de programas educativos innovadores, manejo clínico, trabajos de investigación y alianzas cuyo objetivo sea fomentar la prevención y encontrar una cura para la diabetes.

OUR VISION

The Whittier Institute for Diabetes will be:

- A comprehensive, internationally recognized Center for Excellence in diabetes care and prevention, professional education and research
- Accessible to all
- Responsive to the cultural and ethnic diversity of our community
- A trusted source of expertise for physicians, patients and the public
- Innovative
- Financially sound

WORK IN YOUR COMMUNITY

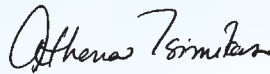
Throughout the past 10 years the epidemic of diabetes has permeated every facet of our communities. Diabetes has long been considered an intriguing disease, its mechanisms and potential cures investigated through highly sophisticated research techniques. This work is of utmost importance and we continue to support it; but another critical need has been identified. The percentage of people entering our hospitals with diabetes is rising; the number of children developing diabetes is growing; and larger numbers of people are experiencing complications of diabetes, such as renal failure and heart disease, at an earlier age. The development of unique, innovative clinical programs and community-based research is urgently needed to combat this epidemic in our communities.

The Whittier's mandate has always been to achieve excellence in diabetes care, research and education. We have developed and established a growing number of programs directed to these needs, most recently in the areas of our underserved, high-risk ethnic populations, our youth, and our young mothers. Through our community-based research programs we contribute to improving care for high-risk populations. We are training professionals across the nation in the best clinical diabetes care standards. We provide specially trained diabetes staff and education to the Scripps Health system to ensure the highest level quality of care for our diabetes community. Details of our programs are highlighted in the subsequent pages. It is with your support and contributions that these programs continue and prosper. Together, the entire Whittier staff is dedicated to moving these efforts forward in your community.

Sincerely,



Elliot Parks, Ph.D.
Chairman of the Board



Athena Philis-Tsimikas, M.D.
Executive Director



ACCOMPLISHMENTS

The Whittier Institute for Diabetes has been recognized in 2007 for our works in the community:

Mobile Medical Unit

- "Community Leadership Award" – Mobile Health Clinics Networks in association with American Telemedicine Association
- "Community Leader Award" – UCSD Student Run Free Clinic

Project Dulce

- Countywide Obesity Prevention Summit, *Recognition award*
- Chris Walker, Director of Project Dulce, served on the California Diabetes Prevention and Management Initiative Workgroup as part of the Governor's health care reform proposal of 2007

Public Relations and Media Coverage

- NBC, Al Roker special: Diabetes: the Quiet Killer
- *Wall Street Journal*
- *Oprah Magazine*: Spending Wisely, Which Health Organizations Score High and Low, courtesy of Charity Navigator
- ABCNews.com – ABC News OnCall+Diabetes Center
- NurseZone.com

COMMUNITY PARTNERS

The programs and services of the Whittier Institute for Diabetes are supported by grants from the following community partners:

Mobile Medical Unit

- Amylin™
- Confidence Foundation
- Scripps Health Community Benefits Fund
- Blue Shield Foundation
- Fonseca Family Foundation
- Betty Knight Scripps Foundation

Project Dulce

- California Healthcare Foundation
- The California Endowment
- Alliance Healthcare Foundation
- The Legler Benbough Foundation
- County of San Diego Cable Television Commission
- S. Mark Taper Foundation
- Confidence Foundation
- US Bancorp
- QUALCOMM
- Sempra Energy
- Pfizer Charitable Fund

Basic Science Research

- Hillblom Foundation
- Melvin Garb Foundation
- National Institutes of Health
- Juvenile Diabetes Research Foundation

Whittier Professional Education Program

- Amylin™
- Eli Lilly and Company
- Medtronic, Inc.
- MERCK & Co., Inc.
- Novo Nordisk
- Pfizer, Inc.
- ResMed
- Sanofi-aventis U.S. LLC.
- Takeda Pharmaceutical Company Limited



Today, the Whittier stands alone as the San Diego region's leading comprehensive organization for diabetes. I find great satisfaction in believing that Paul Whittier would be proud of the institute that bears his name.

*– William Vanderlann, M.D.,
Founding Director*



Misjudging a jump in January 2003, Josiah Hayes came down on his motocross bike—tearing two-thirds of his trachea and requiring intensive surgery. Just a few days later, Josiah was diagnosed with type 2 diabetes. For the next five years Josiah’s blood glucose level fluctuated dramatically. He always felt tired and cranky throughout the day and struggled to focus.



Finally, in early 2007, Josiah was prescribed insulin but received little instruction on how to manage the synthetic hormone. This is when he turned to The Whittier Institute for Diabetes and endocrinologist Athena Tsimikas, M.D., Executive Director & Chief Medical Officer.

Following his initial appointment, Josiah met with Scripps Whittier Diabetes Program (SWDP) certified diabetes educators Joanne Shartel and Maggie Forys. They provided Josiah with vital diabetes education and enrolled him in SWDP’s four-week course, Comprehensive Insulin Management Program.

Josiah recalls that before coming to the Whittier, he felt frail at 6’2” and 149lbs, and “life wasn’t very fun.” Today, nearly 20 pounds heavier, with control over his diabetes, Josiah is grateful to the Whittier team.

“Everything they said worked. I used to think food was the enemy, but now I know how to control my blood sugar by monitoring insulin with nutrition and exercise.”



Diagnosed with type 2 diabetes in 1996, Bertha Gomez spent years looking for answers about her disease. No one, it seemed, could provide the information she needed. She didn't know what to do to manage her high blood sugars, aches and pains, vision problems, or her lack of interest in life, so she gave up. By late 2006 Bertha's eating was out of control, she stopped checking her blood sugars, and she was depressed.

Fortunately, Bertha was referred to The Whittier Institute for Diabetes' Project Dulce site at the Neighborhood Health Care in Escondido. After her first appointment, Bertha felt so welcomed and supported. "When the clinical team talked to me, they talked to me like they cared about me." Through the nurse-led clinical team approach, she learned about her disease and her depression. Bertha learned to make proper nutritional choices and was encouraged to begin walking. She made lifestyle changes that led to dramatic improvements in her health, including less leg pain, increased energy level and weight loss.

Additionally, Bertha's involvement in the Project Dulce + Impact program, which integrates depression care with diabetes management, helped her gain an understanding of the connection between her physical and emotional health.



The Project Dulce + IMPACT team also helped her cut her A1C level in half.

Bertha readily tells others about her success. "Diabetes no longer runs my life. I do!"

Like the Impressionists, art history major Julie Polatchek admits to sometimes "breaking the rules." But, today, through the help she received from the team at The Whittier Institute for Diabetes, Julie follows the rules to manage her type 1 diabetes and maintain her healthy lifestyle.



In August 1999, at the age of 12, Julie was diagnosed with type 1 diabetes. She was admitted to a three-day inpatient diabetes induction program where she did well. "By the second day I was administering my own shots," Julie recalls.

Two-and-a-half weeks later, Julie started seventh grade at La Jolla's Bishops School. Although she was a good student, she admits she was not always careful about managing her care.

At the prompting of mom, Yvonne, Julie met with the professionals at the Whittier in 2005. She enrolled in SWDP's Comprehensive Insulin Management Program and learned about self-monitoring blood glucose levels, counting carbohydrates and adjusting insulin.

But, despite the education, living with diabetes is tough. And once away from the watchful eyes of her parents and physician, Julie had multiple episodes of diabetic ketoacidosis (DKA) and six emergency room visits during her first two years at Tufts University.

Julie now follows her diabetes care team's advice, and with no hospitalizations this year, Julie feels like she has a handle on her diabetes.

In Your Community...



...Providing Diabetes Education

In 2007, Scripps Whittier Diabetes Program (SWDP) welcomed Pat Dodgen-Bower as our new clinical program manager. Pat leads a team of 18 certified diabetes educators (CDE), registered nurses and registered dietitians who provide patients and their families with individualized consultations and group education classes that complement the care received from primary care providers. This year, the program expanded to include eight outpatient and five inpatient locations throughout San Diego County, serving adults with pre-diabetes, type 1, type 2, and gestational diabetes.

SWDP's core program, **Type 2 Diabetes Self-Management**, is a four-week course taught by both a nurse and a dietitian. "Diabetes education involves a comprehensive understanding of how diet, exercise, glucose monitoring, medications and lifestyle choices factor into management of the patient's blood sugars,"

says dietician Laurie Block. SWDP offers monthly support groups to help course participants with the ongoing management of their diabetes.

SWDP also offers the **Comprehensive Insulin Management Program**, including insulin pump training for patients with type 1 and insulin management for those with type 2. The diabetes educators personalize each patient's instruction on how to accurately adjust insulin dosages throughout the day by learning "pattern management" of their blood sugars. Participants benefit from the combined expertise of a nurse and dietitian at the five two-hour classes.

"The overall objective," says nurse Cathy Moller, "is to give patients the confidence to live life by managing their diabetes instead of being managed by it."



TYPE 1 DIABETES INSULIN MANAGEMENT PROGRAM

This program is for individuals with insulin-dependent diabetes interested in improving and optimizing blood glucose control. The class emphasizes intensive self-monitoring of blood glucose levels, balancing diet, counting carbohydrates and adjusting insulin. This program is taught by a nurse educator and registered dietitian. The program includes four core classes and one follow-up.

Locations: Rancho Bernardo and Whittier La Jolla

TYPE 2 DIABETES SELF-MANAGEMENT CONTINUING EDUCATION

Nurses, dietitians and diabetes health care providers share their expertise each month by presenting topics related to managing diabetes. Individual questions are addressed in an open discussion format. The program includes four core classes and one follow-up.

Locations: Encinitas, Rancho Bernardo, Rancho San Diego, Whittier La Jolla, Whittier Mercy

TYPE 2 DIABETES SELF-MANAGEMENT SUPPORT GROUPS

Monthly support groups facilitated by diabetes educators.

Locations: Encinitas and Rancho Bernardo

NUTRITION COUNSELING (RD'S, INDIVIDUAL APPOINTMENTS)

Our Registered Dietitians (RD) offer patients, physicians and the general public a variety of medical nutrition therapy services for the treatment/prevention of disease. Dietitians have knowledge of a variety of nutrition-related disease processes such as gluten avoidance, weight management, and foods to improve lipid management. Personal meal management, education and support are also provided to promote wellness.

Locations: Del Mar, Rancho Bernardo, Rancho San Diego, Whittier La Jolla, Whittier Mercy

DIABETES EDUCATION (RD'S AND RN'S)

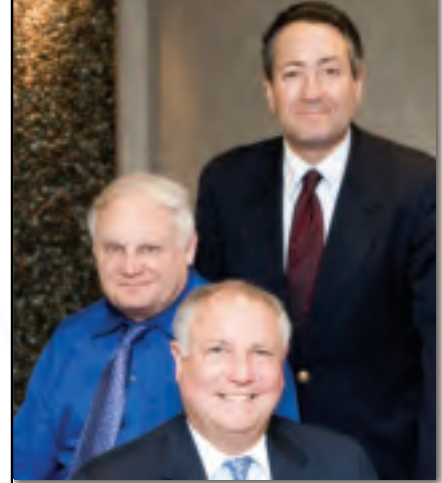
Individual appointments with Certified Diabetes Educators cover all aspects of diabetes care, including self-management skills for nutrition, medications, risk-reductions, coping skills and home blood glucose monitoring. Educators work closely with the patient's physician to obtain optimal medication management.

Locations: Del Mar, Rancho Bernardo, Rancho San Diego, Whittier La Jolla, Whittier Mercy

BARIATRIC SURGERY EDUCATION CLASS

This class helps patients interested in bariatric surgery learn more about bariatric surgery options, the surgery process and the expected benefits of weight loss surgery.

Location: Whittier La Jolla



Program Medical Directors:

George E. Dailey, M.D.

Daniel Einhorn, M.D.

Jeffrey A. Sandler, M.D.

Athena Philis-Tsimikas, M.D. (not pictured)

Patient Programs:

Patient Visits

5,549

Class Participants

Over 600

Staff

Staff: 18 CDEs, supported by
4 administrative assistants



Did you know?

Complex carbohydrates gradually release glucose instead of spiking your blood sugar.

In Your Community...



...Filling an Unmet Need

In 2007, Project Dulce's teams served 2,217 patients; 294 patients received peer-led diabetes education and 302 attended peer-led support groups.

Primary Partners

- County of San Diego Department of Health Services
- Council of Community Clinics of San Diego and Imperial Counties
- Community Health Improvement Partners of San Diego
- University of California San Diego – Department of Family and Preventive Medicine

Project Dulce has been combating the diabetes epidemic for more than 10 years by providing diabetes care and self-management education to low-income and uninsured populations in San Diego County. Our nurse-led teams focus on achieving measurable improvements in the health of their patients, while our peer educators help them overcome cultural, economic, or behavioral barriers to taking care of their health. Outcomes have been tracked and published in the medical literature. The program is nationally recognized as one of the most effective approaches to addressing diabetes among diverse patient populations.



CHILDHOOD DIABETES AND OBESITY PREVENTION

This program is for individuals with insulin-dependent diabetes interested in improving and optimizing blood glucose control. The class emphasizes intensive self-monitoring of blood glucose levels, balancing diet, counting carbohydrates and adjusting insulin. This program is taught by a nurse educator and registered dietitian. Program includes four core classes and one follow-up.

DEPRESSION CARE (IMPACT)

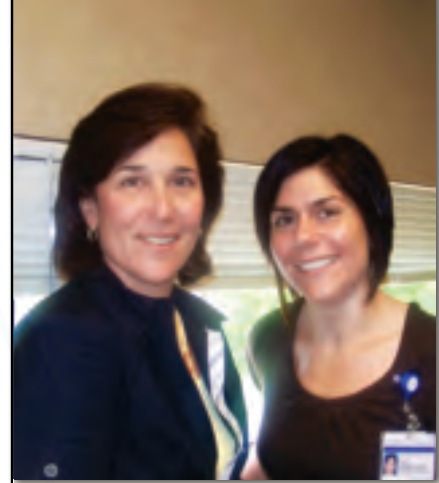
Nearly one-third of people with diabetes experience depression. This year, Project Dulce received support from The California Endowment and the Center for Health Care Strategies to implement a proven model of depression care called IMPACT. IMPACT uses short educational and problem-solving sessions to motivate patients to participate in social activities and take focused action to address problems in their daily lives. Project Dulce's teams screened 499 patients for depression; 33 percent were found to be depressed and were enrolled in the program. A UCSD-based investigator evaluated the project and found that the vast majority of patients were able to overcome their depression. Results of the project will be published in a peer-reviewed journal this spring. Due to the effectiveness of IMPACT, Project Dulce is now integrating depression screening and care into the ongoing operations of its teams.

INCREASE ACCESS TO HEALTH CARE

For the past 10 years, Project Dulce has partnered with the County of San Diego and the region's community clinics to increase access to care and to improve the health of low-income and uninsured patients with diabetes. Last year, Project Dulce was instrumental in helping the county bring an additional \$39 million into San Diego to provide chronic care to a broader group of uninsured patients. Up to 3,000 patients with hypertension and/or diabetes will be enrolled into the "Coverage Initiative" in the next three years. Project Dulce has been selected to provide chronic care teams, training, technical assistance and quality assurance for the program.

TRAINING PROGRAMS

Due to the success of Project Dulce, communities around the country are requesting assistance as they implement their own version of the program. In response, a series of training programs has been designed to ensure that Project Dulce is replicated successfully. We are working with our Professional Education department to complement their trainings for health professionals with programs that train diabetes peer educators and community health workers. During the last few years, we have trained health centers and hospitals in Philadelphia, New Jersey, Tennessee and throughout California.



PROJECT DULCE

Publications

Philis-Tsimikas A, Walker C, et al. Improvement of Diabetes Care of Underinsured Patients Enrolled in Project Dulce. *Diabetes Care*, 2004 January 27:1:110-115.

Gilmer T, Philis-Tsimikas A, Walker C. Outcomes of Project Dulce: A Culturally Specific Diabetes Management Program. *The Annals of Pharmacotherapy*, 2005 May: 39.

Gilmer T, Roze S, Philis-Tsimikas A, et al. Cost-Effectiveness of Diabetes Case Management for Low-Income Populations. *Health Research and Education Trust*, Research Article, DOI: 10.1111.

Philis-Tsimikas A, Zhang Q, Walker C. Glycemic Control with Insulin Glargine as Part of an Ethnically Diverse, Community-Based Diabetes Management Program. *American Journal of Therapeutics* 13:2006.



Did you know?

The estimated lifetime risk of developing diabetes for Hispanic children born in 2000 is 45.8% for males and 52.5% for females.

In Your Community...



...Advancing New Medicine

After living with diabetes for more than 10 years, Sister Justine Church was dissatisfied with the options available to treat her type 2 diabetes, so she enrolled in a clinical trial at The Whittier Diabetes Center for Clinical Research testing the long-acting release form of Byetta® (exenatide). The Center conducts research for people with diabetes while offering a personalized, professional approach. All trials are reviewed by an independent institutional review board (IRB). Sister Justine was closely monitored by the team at the Whittier. She describes the results of her weekly Byetta injections

as, “Marvelous!” With the help of the clinical research staff, Sister Justine’s A1C levels dropped from an unhealthy 8.4 percent to an ideal 5.9 percent and she has lost 30 pounds.

In 2007, The Whittier Diabetes Center for Clinical Research recruited 2,500 people and enrolled 1,100 people in 15 clinical trials.

The clinical research team consists of:

- 4 principal investigators
- 1 CDE program manager
- 2 nurse coordinators
- 3 coordinators
- 2 assistants



Sister Justine Church and Cheri Rosal, clinical research project manager.



...Solving the Puzzle of Diabetes

Principal Investigators

- **Alberto Hayek, M.D.**, *Herbert O. Perry Endowed Chair, Scientific Director*
- **Vincenzo Cirulli, M.D., Ph.D.**
- **Anthony Montgomery, Ph.D.**
- **Ulupi Jhala, Ph.D.**
- **C.H. King, Ph.D.**

Support for Basic Science Research Continues:

- Alberto Hayek, M.D. received JDRF funding to study human beta cell replication
- The Hillblom Network grant
- Ulupi Jhala, Ph.D. awarded five-year NIH grant
- C.H. King, Ph.D. named Core Director of \$1 million NIH Program Project Grant
- The Herbert O. Perry and Confidence Foundation endowments support the Whittier-UCSD Islet Cell Laboratory collaboration.

Led by five dedicated principal investigators, the Whittier-UCSD Stem Cell/Islet Research Laboratory is engaged in several projects aimed at understanding pancreas development for translational approaches to cell-based diabetes therapies. These scientists are significant contributors to the collaborative worldwide efforts aimed at restoring and/or maintaining normal beta cell mass.

Currently, Alberto Hayek, M.D., and collaborators are working with human embryonic stem cells to study the processes involved in their differentiation into insulin-producing cells. This novel research involves the role of a new class of genes called “microRNAs” that silence genes in several biological processes including differentiation.

Publications

Yao S, Chen S, Hao E, **Beattie GM, Hayek A**, Ding S. Long term self-renewal and directed differentiations of human embryonic stem cells in chemically defined conditions. *Proc Natl Acad Sci U S A*. 2006 May 2;103(18):6907-12

Kayali AG, Flores L, **Lopez AD**, Kutlu B, Baetge E, Kitamura R, Hao E, **Beattie GM, Hayek A**. Limited Capacity of Human Adult Islets Expanded In Vitro to Redifferentiate Into Insulin-Producing (beta)-Cells. *Diabetes*. 56:703-8, 2007

Fousteri G, **Hayek A**, von Herrath M. Stopping diabetes in its tracks: Autologous Nonmyeloablative stem cell transplantation. *Regenerative Medicine*. 2007, 2(5):845-51.

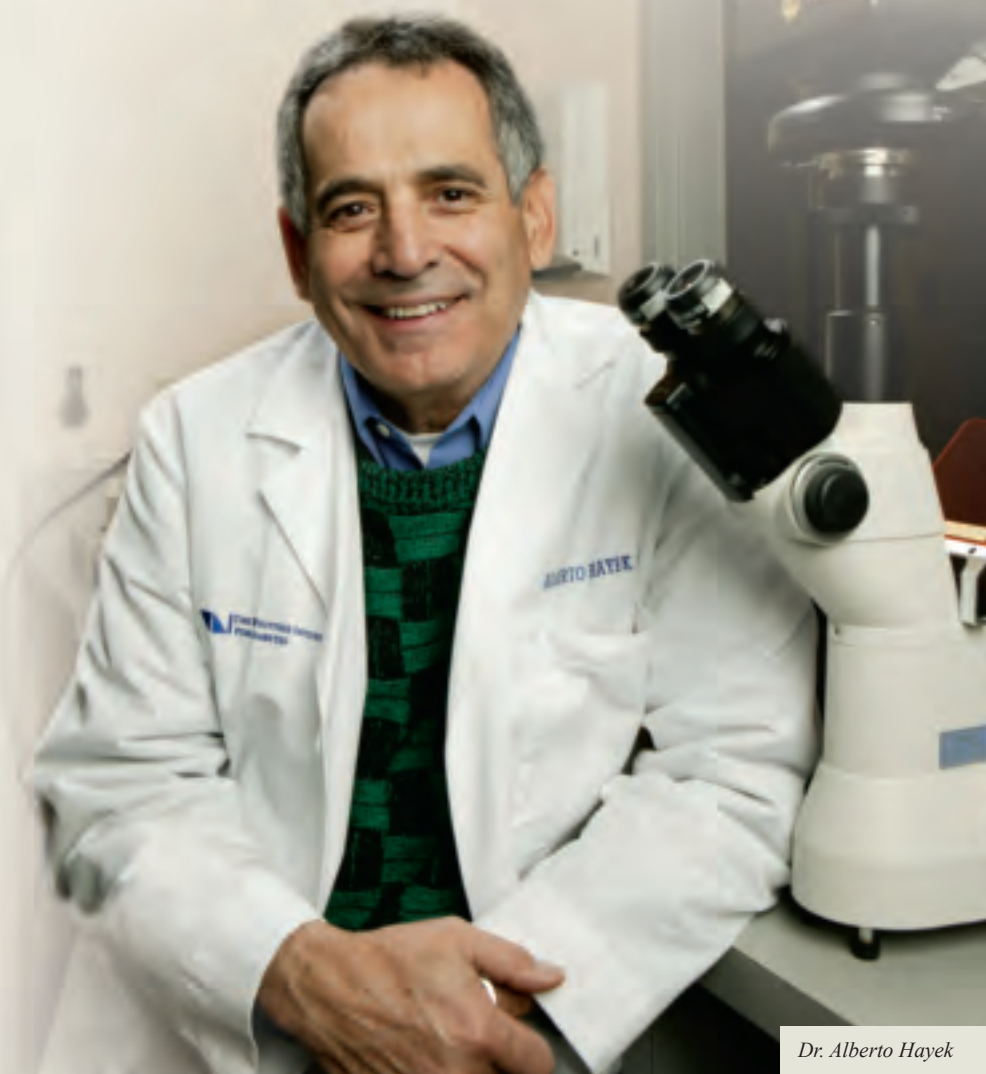
Winter MJ, **Cirulli V**, Briaire-de Bruijn IH, Litvinov SV. Cadherins are regulated by Ep-CAM via phosphatidylinositol-3 kinase. *Mol Cell Biochem*. 2007 Aug;302(1-2):19-26.

Cirulli V, Yebra M. Netrins: beyond the brain. *Nat Rev Mol Cell Biol*. 2007 Apr;8(4):296-306.

Kaido T, Yebra M, **Cirulli V**, Rhodes C, Diaferia G, **Montgomery AM**. Impact of defined matrix interactions on insulin production by cultured human beta-cells: effect on insulin content, secretion, and gene transcription. *Diabetes*. 2006, 55:2723-9.

Humphrey R, Newcomb C, Hao E, Olson A, Du K, Krajewski S, **Jhala US**. MLK3 stabilizes and functionally cooperates with TRB3 to induce pancreatic beta cell death. *Journal of Cell Biology*: (in review)

King CC, **Beattie GM**, **Lopez AD**, **Hayek A**. Reduction of nonhuman sialic acid levels in human embryonic stem cells cultured in feeder layer-free conditions. Submitted to *Regenerative Medicine*.



Dr. Alberto Hayek

In Your Community...



...Serving Those in Need

Retinal screening can identify disease at an early, often treatable, stage. The American Diabetes Association recommends annual retinal eye screenings for everyone with diabetes. However, as few as six percent of San Diego's underserved patients receive the exam. So, in 2005, we launched the mobile retinal screening program utilizing the Whittier's Mobile Medical Unit (MMU). And, in 2007, thanks to private and foundation funding, we have expanded our sight-saving services to patients at high-risk for diabetic retinopathy (DR) and other diabetes-related vision disorders.

We continue to hold retinal screenings in communities throughout San Diego via the MMU. The cost-efficient retinal telemedicine screening outreach captures images

with the digital retinal camera that are sent electronically for review to retinal specialist Paul Tornambe, M.D.

It is with the support of philanthropy that the MMU continues to provide retinal and other important, or necessary, ocular health screenings to high-risk patients throughout the county.

In reaching populations that most often do not receive sight-saving retinal and glaucoma screenings, the MMU's telemedicine services significantly decreases morbidity related to complications of vision disorders as well as helps decrease overall health care costs by preventing the onset of complications.



DISASTER PREPAREDNESS

In October 2007, as the firestorms ravaged our region, the Whittier's MMU made national news for providing health care services to the firefighters, displaced residents and caregivers.

Beyond its primary role for diabetes education and screening, the MMU is equipped to serve as a triage and communications unit in hazardous situations. Its first disaster-related deployment was as the on-site, accredited clinic at the Rancho Bernardo Community Assistance Center, positioned at the heart of the hardest hit communities. The MMU was staffed with a Scripps Health Medical Response Team who evaluated and treated more than 700 people in 11 days.

While the care included all facets of urgent care such as sutures for cuts and breathing treatments, our very first patient was a man with diabetes who lost his home – and all his diabetes supplies. “He had been unable to measure his blood sugars for three days,” relays George Hayes, MMU Manager. On-site physicians were able to give him prescriptions while the Whittier supplied him with a new glucose meter and technical assistance.

San Diego-based Amylin Pharmaceuticals, a charter MMU sponsor, generously provided funds to help underwrite the MMU's critical services. We are grateful for the efforts of Amylin and other corporations who helped to ease the devastating affects of Firestorm 2007.



Screening Locations:

Retinal and Glaucoma Screening Locations

Escondido Family Clinic
Community Health Systems Inc – Fallbrook
Comprehensive Health Clinics (2) – Central San Diego
Linda Vista Family Clinic
North County Health Services – San Marcos
North County Health Services – Oceanside
St Leo's Free Clinic – Solana Beach
San Ysidro Health Center – Beyer
San Ysidro Health Center – Chula Vista
UCSD Free Clinic - Downtown San Diego
Vista Community Clinic
Vista Community Clinic Tri-City
Vista Community Clinic Pierview Oceanside

Participants

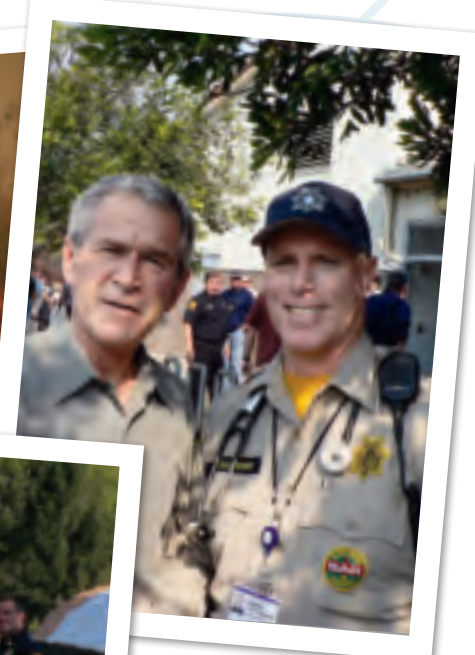
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Diabetes Awareness and Community Outreach

Buick Invitational Golf Tournament (150-200)
San Diego Automobile Show (1,500)
American Diabetes Association Walk (150-200)
Juvenile Diabetes Research Foundation Walk – San Diego (700)
Juvenile Diabetes Research Foundation Walk – Temecula (150-200)
Firestorms (700)

Participants

3,400



*Special thanks to
Dr. Paul Tornambe for
his ongoing assistance
and commitment to
our program.*

In Your Community...



...Teaching the Teachers

With the rise in the number of people with diabetes, medications, insulins, diabetes-related devices and nutrition options, there is a great need to equip health care professionals with the latest information and clinical practice skills.

Under the direction of Stephanie Decker, R.N., C.D.E., the Whittier Institute for Diabetes delivered 28 Professional Education and Training Programs this year. Although most attendees were from Southern California, participants traveled from Oregon, New Mexico and Ohio to participate in the San Diego-based courses. This year, our certified diabetes educators also presented to health care

professionals in New Jersey, Philadelphia and the greater Los Angeles area.

Our courses are designed in-house to respond to the needs of allied health professionals (registered nurses, dietitians, pharmacists, etc.) seeking an understanding of the new and complex clinical treatment options for type 1, type 2 and gestational diabetes. The training programs have been very successful with 638 participants this year. Regardless of the venue, our course curriculum and faculty continued to receive evaluations in the 95 percentile. Comments include, “this course should be mandatory!” and “would strongly recommend to colleagues.”



THE WHITTIER INSTITUTE FOR DIABETES
CONSOLIDATED STATEMENTS OF FINANCIAL POSITION
FOR THE YEAR ENDED SEPTEMBER 30, 2007*

	2007	2006
ASSETS:		
CASH	\$ 1,432,368	\$ 1,852,907
RECEIVABLES, NET	450,288	266,798
TOTAL CURRENT ASSETS	1,882,655	2,119,705
NET PROPERTY, PLANT & EQUIPMENT	575,184	633,758
INVESTMENTS	11,916,212	11,211,346
OTHER ASSETS	283,043	130,994
TOTAL ASSETS	\$ 14,657,095	\$ 14,095,802
LIABILITIES AND EQUITY:		
ACCOUNTS PAYABLE	\$ 15,840	\$ 76,021
ACCRUED LIABILITIES	1,110,660	332,026
DUE TO SCRIPPS HEALTH	557,269	788,589
TOTAL CURRENT LIABILITIES	1,683,768	1,196,636
OTHER LIABILITIES	139,699	151,153
UNRESTRICTED EQUITY	3,273,252	2,357,707
TEMPORARILY RESTRICTED EQUITY	3,001,505	3,707,633
PERMANENTLY RESTRICTED EQUITY	6,558,870	6,682,672
TOTAL EQUITY	12,684,212	12,748,012
TOTAL LIABILITIES AND EQUITY	\$ 14,657,095	\$ 14,095,802

THE WHITTIER INSTITUTE FOR DIABETES
STATEMENTS OF OPERATIONS
FOR THE YEAR ENDED SEPTEMBER 30, 2007*

	2007	2006
REVENUES:		
OTHER OPERATING REVENUE	1,770,709	1,380,136
EQUITY RELEASED FROM RESTRICTIONS USED FOR OPERATIONS	2,376,230	1,876,454
TOTAL REVENUES	4,146,938	3,256,590
EXPENSES:		
WAGES AND BENEFITS	2,297,279	2,263,184
SUPLIES	84,264	77,649
SERVICES	1,671,156	1,253,031
DEPRECIATION	82,454	77,678
TOTAL EXPENSES	4,135,153	3,671,542
OPERATING INCOME BEFORE INVESTMENT INCOME, CONTRIBUTIONS AND GAIN ON SALE OF REAL ESTATE.	11,786	(414,952)
INVESTMENT INCOME	526,247	663,608
CONTRIBUTIONS	333,056	266,186
EXCESS MARGIN	871,088	514,742
UNREALIZED GAIN/LOSSES ON INVESTMENTS-UNRESTRICTED	1,762	(172,446)
EQUITY RELEASED FROM RESTRICTIONS USED FOR PURCHASES OF PROPERTY AND EQUIPMENT	23,880	-
OTHER	7,394	(21,028)
OTHER GAINS (LOSSES), NET	33,036	(193,474)
NET INCREASE (DECREASE) IN UNRESTRICTED EQUITY	904,124	321,268

* The numbers in this report have been derived from the audited consolidated financial statements of Scripps Health.

In Your Community...



...By Giving and Receiving

When her 41-year old husband, Fred, died from diabetes-related complications, Cindy Mort was driven to action. “I knew I wanted to help find a cure for diabetes.” Within months, Cindy’s tight-knit circle of friends contributed to the establishment of the Fred Mort Legacy Post-Doctoral Fellowship at The Whittier Institute for Diabetes. The fellowship provides an annual grant to a promising young diabetes researcher.

Through Fred’s involvement in the Whittier’s annual golf tournament, Cindy was introduced to the organization years ago. And, in 2004, she agreed to serve on the Board of Trustees. “In addition to research, they do an amazing job connecting with patients,” says Cindy of the Whittier.

The Rancho Santa Fe realtor adores her work, gardening, and “hanging out with my kids.” Over the years, diabetes has become a family passion. Unfortunately, Cindy and her children have lost many of Fred’s relatives prematurely to diabetes. And, because of their family history, Cindy embraced the opportunity to enroll both her children, Willie, 14, and Alexis, 12, in a Whittier clinical trial that revealed genetic markers for type 1 diabetes. Ultimately, neither was determined to be at risk.

“Fred felt strongly that a cure for diabetes would not be found in his lifetime, but could in our children’s,” reflects Cindy. “He would be happy with my involvement with diabetes research, particularly at the Whittier.”



10TH ANNUAL INVITATIONAL GOLF TOURNAMENT

A record 120 golfers showed up this past October to play in The Whittier Institute for Diabetes 10th Annual Invitational Golf Tournament. The tournament was held once again at the scenic La Jolla Country Club in honor of former tournament chair, John (Jack) Frager. Jack, who loved golf, was a dedicated husband and father of four – all of whom continue their commitment to this annual event.

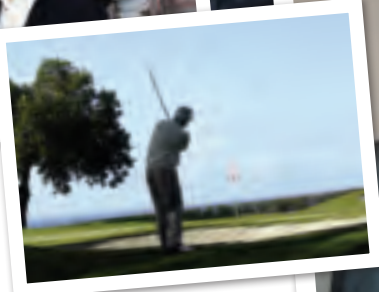
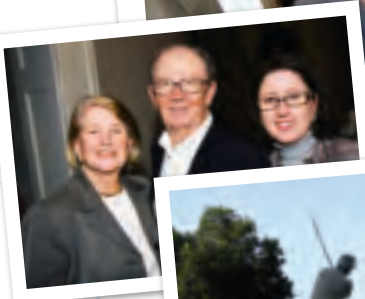
Kevin Ahern led the golf committee for the second year and was very pleased with this year's results. With the help of sponsors Montesoro and Zweet and an anonymous \$50,000 challenge grant, the event raised more than \$350,000 for Whittier's key programs and research. Along with 18 holes of golf, the event included dinner and a live auction featuring auctioneer Mark Drilling. The live auction included unique items such as a poker party for 16 with Richard Lederer, author and father of two world-class poker players; boxing lessons from world champion Paul Vaden; and a week-long stay at the David Winkler family ski-in /ski-out Mammoth Mountain condo, including transportation by jet.

"Although our typically fine weather forgot to show up, this year's tournament and auction was a success," stated Kevin Ahern after the event. "Many thanks go to our tournament committee for their dedication. All of us are honored to play a small role in helping the Whittier raise its public profile as the premiere West Coast institute for diabetes."



PHILANTHROPY

The 2007 Jessop Award was presented to John Warner for his significant contributions to the fight against diabetes. Warner, retired Frito-Lay executive, was a longtime contributor to the golf tournament, both as a donor and committee member.



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Scripps Whittier Diabetes Program locations

- 1 The Whittier Institute for Diabetes on the campus of Scripps Memorial Hospital La Jolla **F**
858-626-5672
- 2 Scripps Green Hospital/Clinic **RD RN**
858-626-5672
- 3 Scripps Hospital Encinitas **C SG RN**
858-626-5672
- 4 Scripps Mercy Hospital **C RN**
858-626-5672
- 5 Scripps Mercy Hospital Chula Vista **RN**
858-626-5672
- 6 Scripps Clinic Del Mar **RN RD**
858-626-5672
- 7 Scripps Clinic Mission Valley **SG**
858-626-5672
- 8 Scripps Clinic Rancho Bernardo **SG F**
858-626-5672
- 9 Scripps Clinic Rancho San Diego **SG F**
858-626-5672
- 10 Whittier/Scripps Mercy Outpatient Services **F**
858-626-5672
- 11 Scripps Mercy Medical Group Hillcrest **RN RD**
619-278-3300
- 12 Scripps Mercy Medical Group Bonita **RN RD**
619-472-1000

Scripps Whittier Diabetes Clinical Research locations

- 1 The Whittier Institute for Diabetes
858-626-5678
- 29 Scripps Mercy Chula Vista Well-Being Center
619-862-6616

Project Dulce Program locations

- 13 Comprehensive Health Center **F**
619-231-9300
- 14 Comprehensive Health Center **F**
619-527-0141
- 15 Family Health Center of SD Grossmont **F**
619-515-2555
- 16 Family Health Centers of SD Logan Heights **F**
619-515-2300
- 17 Family Health Center of SD North Park **F**
619-515-2424
- 18 Neighborhood Healthcare East County **F**
619-440-2751
- 19 Neighborhood Healthcare Escondido **F**
760-737-2000
- 20 Neighborhood Healthcare Temecula **F**
951-600-6300
- 21 Operation Samahan MiraMesa **F**
858-578-4220
- 22 Operation Samahan National City **RN**
619-474-2284
- 23 Otay Family Health Center **RN RD**
619-425-1780
- 24 San Diego Family Care Linda Vista Health Care Ctr. **F**
858-279-0925
- 25 San Diego Family Care Mid City Community Clinic **F**
619-563-0250
- 26 San Ysidro Health Center **F**
619-428-4463
- 27 San Ysidro Health Center Chula Vista **F**
619-498-6200
- 28 San Ysidro Health Center National City **F**
619-336-2300
- 29 Scripps Mercy Chula Vista Well-Being Center **C SG**
866-791-8154
- 30 Scripps Rady Children's Wellness Center City Heights **C**
866-791-8154
- 31 UCSD 4th & Lewis **RN RD**
866-791-8154
- 32 UCSD—Perlman **RN RD**
866-791-8154
- 33 Villaserena **C SG**
866-791-8154

F Full Service (C, RN, RD) **SG** Support Group **C** Classes
RN Nurse Management **RD** Nutritional Assessment & Planning
 Programs and locations subject to change

We're in Your Community

More than ever before, outreach programs, services, and research at the Whittier are funded through the generosity of hundreds who, based largely on their personal experiences with the Whittier, give to ensure these programs will continue to improve the lives of those who suffer from diabetes. We are grateful to the following individuals, foundations, and corporations for their support of The Whittier Institute for Diabetes' mission.

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