

# **Diabetes News You Can Use**

## **February 2024**

*Diabetes News You Can Use* is a free news bulletin of the Texas Department of State Health Services. It is compiled by the [Diabetes Prevention and Control Program](#), and highlights information and news related to diabetes.

### **Spotlight**

The American Diabetes Association (ADA) knows that diabetes can be taxing on an individual's mental health. This is why the ADA has created a list of 11 ways a person can [Ease Diabetes Stress](#). Their goal in creating this 11-strategy list is to provide people a sense of security through these techniques when life becomes overwhelming.

### **Programs in Texas**

#### **[Healthy Eating Active Living](#)**

Healthy Eating Active Living (HEAL) is a program at University of Texas (UT) Physicians in Houston, Texas that educates pregnant women and women with children about living a healthier lifestyle for them and their children. Moms participate in weekly cooking classes, exercise classes, and support groups. They also receive a bag filled with fresh fruits and vegetables along with healthy recipes. Transportation assistance can be arranged. For more information about this program and to sign up, visit the [UT Physicians HEAL webpage](#).

#### **[Texas Research-to-Policy Collaboration Project](#)**

The Texas Research-to-Policy Collaboration (TX RPC) Project by the Michael and Susan Dell Center for Healthy Living aims to improve the health of Texans by "using Texas research, data and resources to assist legislators in developing effective health policies". TX RCP supports Texas legislators by providing state-level data and research on current health issues, and by establishing partnerships between researchers and state policymakers. For more information on TX RPC or to join the project, visit the [TX RPC webpage](#).

## **Diabetes News & Resources**

### **[American Diabetes Association – Consumer Guide](#)**

The ADA published a guide to help people with diabetes [navigate different products they may need for their lifestyle and self-management](#). The guide contains products and tools such as meters, continuous glucose monitors, insulin pumps, oral and injectable medications, insulin, and more.

### **[American Heart Association – ‘Know Diabetes by Heart’ Recipes](#)**

The American Heart Association (AHA) has partnered with the American Diabetes Association to create the [‘Know Diabetes by Heart’ Recipes webpage](#). This webpage offers a wide range of recipes designed toward individuals who want to manage their diabetes and reduce their risk of heart disease and stroke.

### **[NIH, National Center for Complementary and Integrative Health – Diabetes and Dietary Supplements: What You Need to Know](#)**

The National Institute of Health (NIH) released a [fact sheet discussing dietary supplements and their effect on type 2 diabetes](#). This fact sheet presents information on the effectiveness and safety of different dietary supplements for diabetes.

## **Journal Articles**

### **[Structural and Metabolic Retinal Changes Associated With Mild Cognitive Impairment in Type 2 Diabetes](#)**

December 2023- *Diabetes: A Journal of the American Diabetes Association*

A prospective, cross-sectional study including individuals with T2DM found that people with mild cognitive impairment (MCI), a condition associated with diabetes, have a thinner macular retinal nerve fiber layer, macular ganglion layer, and decreased venular oxygen saturation. This suggests that retinal markers might be useful in detecting those at risk for cognitive dysfunction.

### **[Influence of Depression on Racial and Ethnic Disparities in Diabetes Control](#)**

November 2023- *BMJ Open Diabetes and Care*

A study conducted on a cohort of Veterans Health Administration patients concluded that the influence of depression on diabetes control was minimal. However, depression was more common among racial and ethnic groups and found that diabetes control was weaker for these groups compared to white patients.

### **[Automated Insulin Delivery in Women with Pregnancy Complicated by Type 1 Diabetes](#)**

October 2023- *The New England Journal of Medicine*

A multicenter, controlled trial study was conducted to test hybrid closed-loop insulin therapy for type 1 diabetes management in pregnant women. Researchers found that the use of hybrid closed-loop therapy significantly improved the glycemic control of pregnant women who had type 1 diabetes. The women spent less time in a hyperglycemic state, had lower A1c levels, and spent more time within the blood sugar target range overnight.

## **Other Diabetes Education Opportunities and Events**

### **Webinars**

#### **[Ask the Experts: How to Lower Your Risk for Heart Disease if You Have Type 2 Diabetes](#)**

The ADA, in collaboration with the AHA, is offering a [free webinar](#) discussing the risks of heart disease and the impact on people with diabetes. The webinar will be from 2:00 PM – 3:00 PM ET on February 13, 2024.

#### **[Ask the Experts: Type 2 and Kidney Health: What's the Link?](#)**

The ADA, in collaboration with AHA, is offering a [free webinar](#) discussing the link between blood sugar management and kidney health for people with diabetes and the impact of lifestyle on your health. The webinar will be from 2:00 PM – 3:00 PM ET on March 12, 2024.

#### **[Lions Club of Texas: Diabetes, Wellness, and Beyond Webinar Series](#)**

The Lions Club of Texas will be hosting a series of diabetes related webinars from January to June 2024. Visit the [Lions Club webpage](#) for upcoming dates, times, and recordings of previous webinars.

### **Events**

#### **[Diabetes Support Group in Mount Pleasant](#)**

TitusFit Cardiac Rehabilitation in Mount Pleasant, Texas is offering [diabetes support groups](#) on the third Tuesday of every month from 4:00 PM – 5:00 PM CT. The program is free to attend and aimed towards people living with diabetes or their family members and friends.

### **[The ADA Presents the 84<sup>th</sup> Scientific Sessions](#)**

The ADA will be hosting their [84<sup>th</sup> Scientific Sessions](#) June 21-24, 2024. The hybrid event will be held in the Orange County Convention Center in Orlando, Florida and will discuss the latest scientific advances in the diabetes space and provide opportunities to present abstracts and network with other diabetes professionals.

### **[2024 Virtual Diabetes Management Conference for School Nurses](#)**

Texas Children’s Hospital will be hosting a [virtual conference](#) on February 3, 2024 from 8:00 AM to 5:30 PM CT. The goal of the conference is to meet the educational needs of school nurses and other healthcare providers who work with students that have diabetes.

## **FAQ**

**Q: What health education resources does the Diabetes Prevention and Control Program (DPCP) at the Texas Department of State Health Services provide?**

**A:** DPCP provides a variety of health education materials that can be found on the [DPCP webpage](#). These cover different topics such as controlling diabetes, a meal planning booklet, diabetic retinopathy, living with diabetes, and gauging your risk for diabetes. Available materials can be accessed online or ordered and sent to your home or office for free. Both printed versions available for order and electronic PDF versions of the materials can be distributed.

## **Feedback**

For any questions or feedback regarding our newsletter, or ideas for future newsletter topics, please email the Diabetes Prevention and Control Program at [diabetes@dshs.texas.gov](mailto:diabetes@dshs.texas.gov).