

# **Diabetes News You Can Use**

## **November 2022**

*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**

#### **[Texas Association of Community Health Centers \(TACHC\) Partners with Unite Us](#)**

The [Texas Association of Community Health Centers \(TACHC\)](#), a private, not-for-profit membership association committed to advancing equitable access to quality healthcare in Texas has partnered with [Unite Us](#), the nation's leading technology company connecting health and social care to expand a coordinated care network that addresses unmet social needs and improves Texans' health outcomes throughout the state. The collective goal of this partnership is to provide equitable access to care for all residents as efficiently and effectively as possible, no matter where in Texas someone lives.

### **Programs in Texas**

#### **[Texas A&M Healthy Texas Medication Assistance Program](#)**

The Texas A&M Healthy Texas Program has created a Medication Assistance Program. This program is aimed toward those without insurance or full prescription coverage, and Medicare Part D recipients who fall in the coverage gap. The program is for all ages and its goal is to offer medications for free or almost free. It offers maintenance medications and 90-day supply of free or low-cost prescription medications. There is no limit on the number of medications covered.

## **Diabetes News and Resources**

### **[American Diabetes Association \(ADA\) Press Release – House Passes the Inflation Reduction Act](#)**

In August, the House passed the Senate-approved Inflation Reduction Act. This historic legislation limits the cost of insulin for seniors enrolled in Medicare and extends the COVID-19 expansion of Affordable Care Act (ACA) health insurance premium tax credits. The premium tax credits have been a crucial financial assistance that helped millions of Americans navigate pandemic disruptions in their health care.

### **[Women with Diabetes – Benefits and Barriers to Exercise](#)**

The DiaTribe Foundation published an article about the benefits and barriers to exercise for women with diabetes. The article highlights that “if done safely, every person with diabetes can benefit from exercise, but there are unique advantages for women.” It also recognizes that women with diabetes experience barriers to exercising regularly.

### **[Juvenile Diabetes Research Foundation \(JDRF\) TypeOneNation Education Summits](#)**

The JDRF’s TypeOneNation Virtual Summit is now a year-long program. The summit is offering one educational session the first Thursday of every month to help you and your loved ones live well with type 1 diabetes (T1D). Below are the dates and topics of upcoming sessions:

- December 1, 2022: “Motivational Moments with T1D Community Members”

### **[ADA Develops New Resources on Key Nutrition Topics](#)**

The journal of [Clinical Diabetes summer 2022 issue](#), published by the ADA, includes a six-part series of nutrition videos and handouts that address popular nutrition topics. These materials are designed for low-literacy populations, and the nutrition recommendations are relevant to people with prediabetes or diabetes.

All the videos are available in English and Spanish and can be found on the [ADA’s YouTube channel](#).

All the handouts are available in English and Spanish and can be found in the [ADA's patient education library](#).

### **[Body Weight Planner from the National Institute of Diabetes and Digestive and Kidney Diseases](#)**

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) offers this body weight planner as an interactive tool to help people determine how many calories they should consume each day to reach and maintain a weight goal. It is still recommended to consult with a physician, nutritionist, nurse, or diabetes care team before making any dietary changes.

### **[Texas Department of State Health Services \(DSHS\) Resources for Adults with Diabetes](#)**

The Texas DSHS has created a resource booklet for adults with diabetes. The resources found in the booklet are for:

- Prescription assistance programs
- Pharmacies offering discounted prices on generic prescriptions
- Supportive services
- Pharmaceutical companies
- Manufacturers of insulin pumps and diabetes supplies
- Texas insurance resources
- National organizations and government agencies
- Print and media resources
- An overview of the DSHS Diabetes Prevention and Control Program

## **Journal Articles**

### **['The Gut Microbiome Composition is Altered in Long-standing Type 1 Diabetes and Associates with Glycemic Control and Disease-Related Complications'](#) (*Diabetes Care*, ADA)**

"People with type 1 diabetes are at risk for developing micro- and macrovascular complications." The conclusions of the article note "that the gut microbiome is altered in people with (long-standing) type 1 diabetes and is associated with glycemic control and diabetes-related complications."

## **'Undiagnosed Diabetes in U.S. Adults: Prevalence and Trends'**

*(Diabetes Care, ADA)*

"Confirmatory testing is recommended for diabetes diagnosis in clinical practice. However, national estimates of undiagnosed diabetes are based on single elevated test measures, potentially resulting in overestimation." The conclusions of the article note that "from 1988 to March 2020, the proportion of undiagnosed diabetes cases declined substantially, suggesting major improvements in diabetes screening and detection."

## **'Incidence of Long-Term Diabetes Complications and Mortality in Youth-Onset Type 2 Diabetes: A Systematic Review'**

*(Diabetes Research and Clinical Practice)*

"This systematic review aims to assess the incidence of chronic kidney disease (CKD), cardiovascular disease (CVD) and mortality in people with type 2 diabetes diagnosed before 20 years of age. The conclusion of this systematic review notes that "studies reporting CVD in youth-onset type 2 diabetes are scarce. Estimated incidence rates of CKD and mortality in youth-onset type 2 diabetes varied across different study populations, potentially higher in indigenous people. Youth with type 2 diabetes are at higher risk of adverse kidney outcomes than their type 1 counterparts. More studies are needed in regions outside of North America and Europe."

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

### **Webinars**

ADA's Ask the Experts: Diabetes Stress: Does it Differ from Clinical Depression? On **November 8<sup>th</sup> from 2-3pm EST. This recording can be accessed after the date listed.**

ADA's Ask the Experts: Diabetes The Gift of Sight Treatments to Help Preserve Vision on **November 29<sup>th</sup> from 2pm-3pm EST**

ADA's Ask the Experts: Diabetes Healthy Eating and Traveling During the Holidays on **December 13<sup>th</sup> from 2-3pm EST**

Association of Diabetes Care & Education Specialists' (ADCES) Annual Reimbursement Update for 2023 on [December 7<sup>th</sup> from 1pm-2:30pm EST](#)

### **Events/Announcements**

#### [American Diabetes Association \(ADA\) abstract submissions due January 9<sup>th</sup>, 2023 at 5pm ET](#)

Abstract submissions for the 83<sup>rd</sup> ADA Scientific Sessions are open. The Scientific Sessions present the best new basic and clinical science on diabetes and its complications, providing the latest research and investigative methods. Submissions that are innovative, challenge current treatment paradigms, and represent the latest advances in science are encouraged. This is an opportunity to shape the scientific program and help ensure that the most relevant topics are presented at the sessions.

Texas Vista Medical Center is hosting a Diabetes Awareness Month Health Fair and Physician Presentation on [November 15<sup>th</sup> from 5pm-7pm in San Antonio, TX](#)

The Booker T. Washington Empowerment Center (4101 Broadway Street, Houston, TX 77087) is hosting a **free** Faith and Diabetes Self-Management session on Diabetes and Cardiovascular Health on [November 19<sup>th</sup> from 11am- 12:30pm.](#)

### **Partner Events**

In honor of Diabetes Awareness Month, the City of Laredo Health Department will be hosting a Zumbathon & Walk on **November 18<sup>th</sup>** at Jovita Idar Park (Bartlett Park) (5911 Thomas Ave, Laredo, Texas 78041). The event is to highlight the importance of physical activity when having a chronic disease with the goal of spreading awareness and education. They will also have **free** glucose and blood pressure screenings for the community along with raffles and prizes. The walk starts at 9am and the Zumbathon starts at 10am. Don't forget to wear blue!

University of Texas Medical Branch (UTMB) is hosting a webinar [Reimbursement for Diabetes Prevention Program: Challenges and Solutions](#) on **Tuesday, October 29<sup>th</sup>, from 12pm – 1pm CST** with

speaker Mary Ann Hodorowicz, RD, MBA, CDE, Certified Endocrinology Coder and owner of Mary Ann Hodorowicz Consulting, LLC. The webinar will be via [Zoom and registration is free](#).

## FAQ

**Q: Where can I find trustworthy Diabetes Education Materials and general information about living with Diabetes?**

A: [The American Diabetes Association](#), the [Centers for Disease Control and Prevention](#), [Association of Diabetes Care & Education Specialists](#), and the [Texas Department of State Health Services Diabetes Prevention and Control Program](#)

**Q: Who all is covered with the Texas Senate Bill 827 that caps insulin co-pays to \$25 per month?**

A: Anyone on a government-funded or state-regulated insurance plan. That includes state employees, anyone on an Affordable Care Act plan within the state, and most employees who are on health plans offered by their employers (check with your insurance company and employer). It does not include the uninsured or anyone with private insurance.

**Q: What does the Texas Diabetes Prevention and Control Program do? Can they help me?**

A: The Diabetes Prevention and Control Program (DPCP) at DSHS funds Diabetes Prevention and Diabetes Self-Management Education and Support classes across the state during grant cycles. It also offers [educational resources on diabetes](#) that are available in both English and Spanish and can be accessed online or requested for print. The DPCP also publishes the Diabetes News You Can Use Newsletter on a quarterly schedule. DPCP staff assists the [Texas Diabetes Council \(TDC\)](#) by hosting and coordinating council meetings, working with TDC members to develop the meeting agendas, and connecting the public with the council by publishing council meeting information for in person or virtual attendance and for public

comment. Although, these are the main activities the DPCP conducts, general diabetes questions or inquiries can be emailed to [diabetes@dshs.texas.gov](mailto:diabetes@dshs.texas.gov). The DPCP staff will try their best to provide answers and referrals to the right contacts and/or resources.

## **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).