

Diabetes News You Can Use

May 2023

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

In November of 2022, the [FDA approved the first drug that can delay the onset of Type 1 Diabetes](#). This new drug, Tzield (teplizumab-mzwv) can delay the onset of stage 3 type 1 diabetes in adults and pediatric patients who are at least 8 years or older, potentially delaying the burden of disease for months or even years for those patients.

Programs in Texas

[Nourish – The University of Texas Health Science Center at Houston \(UTHealth Houston\)](#)

The Nourish program with UTHealth Houston provides resources regarding how to plant, grow, and harvest food seasonally and sustainably, [cooking skills videos](#) in English and Spanish, and [healthy recipes](#). They also host the [Community Young Farmer's & Young Chef's Summer Camp](#) for children ages 7 to 12.

[Texas Farmers Market – What's in Season?](#)

Find out what fruits and vegetables are in season this summer with [this list](#) from the Texas Farmers Market. The Texas Farmers Market also provides [Vendor Spotlights](#) with recipes using produce that is currently in season.

Diabetes News and Resources

[Diabetes Emergency Kit Checklist](#)

As summer approaches, extreme weather conditions become more common, providing unique challenges for those with diabetes and those who care for people with diabetes. The [American Association of Clinical Endocrinology](#)

[\(AACE\)](#) has some recommendations regarding what should be kept in a diabetes emergency kit and a video on how to pack the kit. The kit checklist is available in English and Spanish.

[Texas Summer Camps for Children with Diabetes](#)

The Diabetes Education & Camping Association has a search tool that can be used to find summer camps for children with diabetes. These summer camps provide children with diabetes an opportunity to interact with other children like them in a safe and structured environment. Please refer to each camp's website for more information.

[Tips for Managing Diabetes in the Heat](#)

People with both type 1 and type 2 diabetes are potentially at a greater risk of being affected by the summer heat due to certain diabetes complications, increased risk of dehydration, and changes in how the body uses insulin in high temperatures. The Centers for Disease Control and Prevention (CDC) has some tips for managing diabetes as temperatures outside increase.

Journal Articles

[Utilization of Continuous Glucose Monitors in a Group Medical Visit Setting](#)

December 29, 2022 – *International Journal of Diabetes and Clinical Research*

Group medical visits (GMV) are an evidence-based care model shown to improve outcomes in diabetes. Continuous glucose monitors (CGMs) are wearable devices that continuously measure glucose and provide feedback on glycemic changes in response to diet and exercise. This study assessed the use of CGMs in a GMV setting to improve patient use, quality of life, and metabolic outcomes including glycemic control through modified lifestyle behaviors in patients with type 2 diabetes. At the end of the study, participants had a significant reduction in hemoglobin A1c levels, weight, and average glucose.

[Trial of Hybrid Closed-Loop Control in Young Children with Type 1 Diabetes](#)

March 16, 2023 – *The New England Journal of Medicine*

Closed-loop control systems of insulin delivery may improve glycemic outcomes in young children with type 1 diabetes. However, the efficacy and safety of virtually initiating a closed-loop system are unclear. A randomized control trial showed that the glucose level was in the target range for a greater percentage of time with a closed-loop system than with standard care, including in children with virtually initiated closed-loop systems.

Other Diabetes Education Opportunities and Events

Webinars

[Ask the Experts: Just Do It! Being Active May Be the Most Important Contribution to Your Health](#)

The American Diabetes Association (ADA) is offering a free webinar and teaching the importance of blood sugar management at all activity levels from desk exercises to high-intensity sports. The webinar will be from 1:00 PM – 2:00 PM on June 13th, 2023.

[Ask the Experts: Now What? Life After Diabetes Complications](#)

The American Diabetes Association is hosting a webinar where they will share therapies and services commonly used after diabetes related complications. The webinar will be from 1:00 PM- 2:00 PM on July 11th, 2023.

[Ask the Experts: Lifestyle Choices Matter. How to Quit Bad Habits](#)

The American Diabetes Association is hosting this webinar where they will share tools and education for how to stop unhealthy lifestyle habits such as smoking. The webinar will be from 1:00 PM – 2:00 PM August 8th, 2023.

Events/Announcements

[Diabetes Self-Management Class](#)

In this free class hosted by Advent Health, attendees will gain a better understanding of diabetes and how to manage blood sugar through healthy lifestyle habits. The class is on Thursday, July 27th from 1:00 PM – 4:30 PM at the Sue Mayborn Women's Center Classroom in Killeen.

[Day by Day with Diabetes](#)

The Washington County Chamber of Commerce is hosting a diabetes information class series on the third Wednesday of each month through the end of the year. The first class starts May 17th from 10:30 AM – 11:30 AM at the Nancy Carol Roberts Memorial Library in Brenham.

Partner Events

Free 1-hour Educational Session for Diabetes Education

Four diabetes education classes will be hosted by Northeast Texas Public Health District. Starting May 19th and continuing every Thursday through June 16th, 2023, a Certified Diabetes Educator will teach about planning healthy meals, interpreting A1C readings, and other related topics. The course will be Thursdays from 5:30 PM- 6:30 PM at the Eastview Church of God in Kilgore.

Ag Worker Health 102: Supporting Agricultural Worker Health

The National Center for Farmworker Health in partnership with the Farmworker Health Network will be hosting a webinar titled Ag Worker Health 102: Supporting Agricultural Worker Health! Presenters will provide information on the most relevant current agricultural worker policy issues and explore effective service delivery models. Presenters will also highlight training and technical assistance opportunities and share resources and promising practices to support health center staff in the implementation of service delivery changes and adaptations when serving the agricultural worker population. The webinar will be on May 23rd, 2023 at 1:00 PM.

Diabetes Summer Camps

Camp Freedom

This overnight camp in the Rio Grande Valley hosts a diabetes summer camp for children ages 7-14. The camp will be held the last week of June.

Camp Sweeney

This overnight camp in Gainesville hosts a diabetes summer camp for children ages 6-19. There are three sessions, each two and a half weeks long that run from early June through early August.

Camp Bluebonnet

This camp in Stoney Creek Ranch in New Ulm hosts a week-long diabetes summer camp for children entering grades 1-12. The camp will run from June 12-16 from 8:30 AM- 3:30 PM.

Camp New Day

This overnight camp at Ceta Canyon Camp and Retreat Center in Happy hosts a Junior and Senior diabetes summer camp for children ages 5-18. The Junior Camp is for children ages 5-12 and it is from June 11-17. The Senior Camp is for children ages 13-18 and is from June 18th-24th, 2023.

ADA Camp New Horizon

This overnight camp in the YMCA Collin County Adventure Camp in Anna hosts a diabetes summer camp for children ages 5-17. There are two sessions, one for younger campers (ages 5-12) and one for teen campers (ages 13-17); both sessions are from June 5-8, 2023.

Texas Lions Camp

This overnight camp in Kerrville hosts a type 1 diabetes summer camp for children ages 6- 21. There are two sessions for children with type 1 diabetes; the first is from July 2-8 and the second is from July 9-15, 2023.

Camp Independence

This camp at St. Mary's Hall in San Antonio hosts a summer camp for children with diabetes over the age of 5. Siblings of fellow campers who are over the age of 9 are also welcome to apply. Camp will be from July 18-July 21 from 8:00 AM – 4:00 PM.

FAQ

Q: What diabetes related data and/or data resources does the Diabetes Prevention and Control Program have access to and/or could direct me to?

A: The data source most often used is the [Texas Health Data- Behavioral Risk Factor Surveillance System](#). It has many different "Health Topics" from which you can obtain specific data for. The data is graphed to show how it has changed from year to year and is broken down by demographics.

Q: If I would like to know more about organizations that support diabetes research, education, and treatment, where should I go?

A: There are several national organizations that contribute to diabetes research and education:

- [The American Diabetes Association](#)
- [Juvenile Diabetes Research Foundation](#)

Texas-specific organizations include:

- [Diabetes Foundation of the High Plains](#)
- [South Texas Juvenile Diabetes Association](#)

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.