

# Diabetes News You Can Use



February 2021

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

## Articles

- [Parents can help prevent Type 2 diabetes in children](#)
- [Engaging community health workers in diabetes prevention interventions helps to improve health outcomes and risk factors](#)
- [Vaccines and why they are important for people with diabetes](#)
- [How to give yourself the most effective self-care while living with diabetes](#)
- [Effective workplace health programs and policies can reduce employees health risks and improve their quality of life](#)

## Tools

- [Posters for school teachers](#) on how to handle different chronic disease emergency situations for children living with diabetes
- [Free diabetes education tools](#), reading materials, posters and flyers

*Continued on next page.*



# Diabetes News You Can Use



**February 2021**

*Continued from first page.*

## Tools

- [Diabetes workshops and CE courses](#) sponsored by the Association of Diabetes Care & Education Specialists (ADCES)
- Dr. Griffin Rodgers' [tips for teens living with diabetes](#) on being physically active (video, 1.27 minutes)

## Healthy Eating

- [Newly released dietary guidelines: 2020-2025 Dietary Guidelines for Americans](#) can be used to help individuals achieve optimal health.
- See tips for a [diabetes-friendly eating plan](#) for the big game.

The articles and hyperlinks to external websites appearing in *Diabetes News You Can Use* are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services. Other websites may not be accessible to people with disabilities. For more information about any of the items listed, please contact the sponsoring organization directly.

Go to [dshs.texas.gov/txdiabetes](https://dshs.texas.gov/txdiabetes) to sign up to receive this bulletin in your email mailbox. You also will receive periodic messages related to public meetings and activities of the DSHS Diabetes Prevention and Control Program.



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

[dshs.texas.gov](https://dshs.texas.gov)