

Diabetes News You Can Use

February 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

The [Centers for Disease Control and Prevention \(CDC\)](#) recently published a [press release](#) reporting [new findings](#) that show diabetes diagnoses in people under 20 are projected to increase at an alarming rate. If current trends continue, there will be a 700% increase in young people with type 2 diabetes and a 65% increase in youth with type 1 diabetes by 2060.

Programs in Texas

[Dinner Tonight – Texas A&M AgriLife Extension](#)

The Dinner Tonight program, developed by Texas A&M AgriLife Extension, provides busy families with quick, healthy, and cost-effective recipes that taste great. Resources include recipes, weekly video demonstrations on cooking tips and techniques, menu planning basics, and information on healthy living.

[Texas Prescription Assistance Programs](#)

The state of Texas offers various programs to help Texas residents afford prescription drugs and healthcare. The programs offered include the Texas Drug Card, CHIP, Medicaid, and the Texas AIDS Drug Assistance Program. These programs are available for no cost. The website includes descriptions of each program, eligibility requirements, and information on how to apply.

Diabetes News and Resources

[Updated Training Resources for School Staff from the American Diabetes Association \(ADA\)](#)

The ADA provides a variety of training and support materials that can help prepare school staff to provide care to students with diabetes. Recently they have updated ['Helping the Student with Diabetes Succeed: A Guide for School Personnel'](#) to reflect important improvements to diabetes technology and treatment.

[Diabetes & Your Feet – Preventing or Managing Foot Issues](#)

The ADA provides a tool for people with diabetes to learn more about how to prevent foot issues or how to manage current foot issues. Information is provided about common foot concerns for people with diabetes and recommendations for the best ways to care for your feet.

[Could You Have Prediabetes? – Prediabetes Risk Test](#)

[Prediabetes](#) is a serious health condition where blood sugar levels are higher than normal, but not high enough to be diagnosed with type 2 diabetes. The CDC, in collaboration with the ADA, developed an online 'Prediabetes Risk Test' for people to determine their own risk for prediabetes. The test is available in Spanish and may also be printed out to take later.

[Rural Diabetes Prevention and Management Toolkit](#)

The [Rural Health Information Hub](#) offers a new toolkit that provides resources and best practices to help rural communities identify, implement, and sustain a program to prevent and/or manage diabetes. The modules in this toolkit contain information and resources to guide developing, evaluating, and sustaining a rural program for diabetes prevention and/or management.

Journal Articles

[Diabetes and Driving – Significant Deficits in Knowledge and Practice](#)

December 22, 2022 – *International Journal of Diabetes and Clinical Research*

Motor vehicle drivers who have diabetes and take blood sugar lowering medications need to be aware of recommendations pertaining to safe

driving. Additionally, health care professionals who care for people with diabetes need to be aware of these same recommendations. This study confirms deficits in knowledge and practice amongst both patients and healthcare professionals about diabetes and driving.

[Racial Disparities in Access and Use of Diabetes Technology Among Adult Patients with Type 1 Diabetes in a U.S. Academic Medical Center](#)

November 15, 2022 – *Diabetes Care*, ADA

Recent studies have shown racial disparities in insulin pump and continuous glucose monitor (CGM) use in children and adolescents with type 1 diabetes, but not many have explored this among adults with type 1 diabetes. This study showed that significant racial disparities were observed in discussions, prescribing, and use of diabetes technology.

[Health Beliefs Associated with Metformin Use Among Insured Adults with Prediabetes](#)

August 4, 2022 – *Diabetes Care*, ADA

Metformin is a common medication used in diabetes and prediabetes treatment, but what factors influence someone with prediabetes to take metformin? This study showed that demographic and clinical factors and cues to action impact the likelihood of metformin use for diabetes prevention. Perceived threat, perceived benefits, and self-efficacy were not independently associated with metformin use. These results highlight the important of patient-centered primary care and shared decision-making in diabetes prevention.

Other Diabetes Education Opportunities and Events

Webinars

[World Diabetes Day: Enhancing Access, Protecting Tomorrow for People with Diabetes](#) YouTube video of a November 3, 2022 prerecorded presentation by the CDC National Center for Chronic Disease Prevention and Health Promotion.

[Compassionate Communication to Reengage People with Diabetes in DSMES](#) YouTube video of a prerecorded May 26, 2022 presentation by the CDC National Center for Chronic Disease Prevention and Health Promotion.

[What No One is Saying: The Impact of Diabetes on Hearing and Balance](#) YouTube video of a prerecorded April 14, 2021 presentation by the CDC National Center for Chronic Disease Prevention and Health Promotion.

Events/Announcements

[Association of Diabetes Care and Education Specialists \(ADCES\) Online Diabetes Prevention Program \(DPP\) Lifestyle Change Coach Training Sessions](#)

ADCES will be offering an online, facilitated training in delivering the Prevent T2 curriculum as a CDC-Recognized Lifestyle Coach in a diabetes prevention program. The course is a 5-week online course that includes online self-study modules and five conference calls throughout March and April. Registration is required.

Partner Events

The [National Center for Farmworker Health \(NCFH\)](#) in collaboration with the Association of Diabetes Care & Education Specialists (ADCES) is hosting a webinar '**Building Trust to Achieve Better Outcomes in Diabetes Self-Management, Education, and Care**' presented by Sacha Uelmen, RDN, CDCES. The webinar can be accessed within NCFH's [archived webinars](#).

FAQ

Q. What is an Unlicensed Diabetes Care Assistant (UDCA)?

A. An Unlicensed Diabetes Care Assistant (UDCA) is a school employee who is not a licensed healthcare professional and who has received training in diabetes care so that they may provide care to a student with diabetes if/when needed. UDCAs are required at each school in which a student with diabetes is enrolled. This requirement came from [guidelines from House Bill \(HB\) 984](#) introduced during the 79th Texas legislative session with additional guidance found in the [Health and Safety Code](#).

Q. How can I receive training to become a UDCA?

A. While there is no specific curriculum to follow for UDCA training, there have been [guidelines](#) developed by the Texas Diabetes Council (TDC) and the Department of State Health Services to help schools navigate the requirements.

Additional resources are available from the [Region 9 Education Service Center](#).

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.