March Newsletter



A MESSAGE FROM THE DIRECTOR

Dear Valued Partners,

I hope this message finds you in good health and high spirits. As we navigate the road ahead, let us not forget who and what got us to this point, and that is you, our partners, and community stakeholders who make up our immense collective impact. With that, we need your help figuring out the different methods and means of supporting each of you. As we move into March, I want you and your organization to think about which ways our Backbone Staff can individually support your goals and objectives. There is no right or wrong answer, we understand that each of you has different needs. Lastly, we wish you all a productive and successful month ahead, and we look forward to meeting with you very soon.



Moises Arjona Jr.
Collective Impact Director

STEERING COMMITTEE

Wednesday, March 13th, 2024

Time: 9:00am-11:00am

Location: Our Lady of the Lake University

1650 S Main St. La Feria, TX 78559

WORKGROUPS

Policy	Prediabetes Education
Tuesday, March 5th 8:30a.m.-10:00a.m. Zoom Online	Tuesday, March 5th 1:30p.m.-3:00p.m. Zoom Online
Screening	**Data**
Thursday, March 14th 10:30a.m.-12:00p.m. Zoom Online	Thursday, March 7th 1:30p.m.-3:00p.m. Zoom Online

RGV Health Connect



New Data and Updated Indicators

This month indicators from the American Community Survey have been updated with new data for 2018-2022. These updated indicators include data for the four counties, region, state, and various zip codes, census tracts, and census places. To view these indicators please click on this link and use the “Filter by Locations” feature.

2022 data from three local Federally Qualified Health Centers (Su Clinica, Nuestra Clinica del Valle, and Brownsville Community Health Center) has also been uploaded to RGV Health Connect. This data includes metrics for patients seen in 2022 such as age, sex, race, ethnicity, diabetes diagnosis, health insurance status,

/ 4 With Diabetes in each health center.

Do you have data that you would like to share with others in the community? RGV Health Connect is a platform that allows you to share your data with the entire Rio Grande Valley community. Visit us at RGV Health Connect and submit your resource.

Website - https://www.ucdrgv.org/
Subscribe - https://www.ucdrgv.org/login/

Outreach



Outreach:

Diabetes Presentation – MyCare Medical Group (4)

Diabetes Presentation – John F. Kennedy Elementary, Elsa

Pure Love Health Fair – PSJA Garcia Elementary, Pharr

UCD Ambassador Training – Weslaco

Water Bottle Distribution:

John F. Kennedy Elementary, Elsa

PSJA Garcia Elementary, Pharr

MyCare Medical Group

UCD Ambassador(s)

UCD Ambassador Training

RGV Health Connect Training

Sugary Beverage Kit:

Wellness Fair – Weslaco

RGV Health Connect Training – Edinburg

Diabetes Prevention Presentation – MyCare Medical Group

Hydro Mascot Request:

Health Fair - MyCare Medical Group

Highlights

Please help us welcome our four amazing interns to the UCD team! Meet Hannah, Kimberly, Edith, and Sussy!









Announcements

Upcoming Holidays & Important Dates:

2024 Cross-Cutting Indicator Survey - ***Take Now!***

Cesar Chavez Day - Sunday, March 31, 2024

2024 Diabetes Alert Day - Tuesday, March 26, 2024

February Social Media Influencer - Lidiana Ramirez, Executive Director PJD





Click Here to view and download the complete catalog of Diabetes Prevention Programs being offered throughout the entire Rio Grande Valley. This resource is offered in **English and Spanish**.



CAUTION

Approximately 98 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 80% don't know they have it.

Source: Centers for Disease Control and Prevention

COULD YOU BE AT RISK FOR PREDIABETES?

SCAN ME

TAKE THE RISK ASSESSMENT

If you score a 5 or higher please consider visiting your primary care provider and joining a diabetes prevention program near you.

A Diabetes Prevention Program (DPP) can help you make lifestyle changes to prevent or delay type 2 diabetes and other serious health problems.

2024 Diabetes Prevention Program

Hidalgo County

Texas A&M AgriLife Extension Service
Hidalgo County
410 N. 13th Ave
Edinburg, TX 78541
956-383-1026
www.hidalgo.agrilife.org
In-person Classes
Open to the Public

Hidalgo County Precinct 1
Tu Salud Si Cuenta
Coach: Maricela Gonzalez
710 Main St.
Donna, TX 78537
956-483-0131
Start Date: February 29, 2024
In-person Classes, Spanish
Open to Public

Hidalgo County Precinct 4
Tu Salud Si Cuenta
Coach: Erica Parra
29222 FM-493
Hargill, TX 78538
956-483-0161
Start Date: March 4, 2024
In-person Classes, Spanish
Open to Public

Hope Family Health Center
2332 Jordan Rd.
McAllen, TX 78503
956-994-3319
www.hopefamilyhealthcenter.org
Open to the Public

El Milagro Clinic
901 E. Vermont Ave.
McAllen, TX 78503
956-213-6400
www.milagroclinic.org/
In-person Classes

Holy Family Services, Inc.
(956) 969-2538
5819 N FM 88
Weslaco, TX 78599
www.holyfamilybirthcenter.com

Hybrid

IDEA Public Schools
Josie Maciel
2115 W Pike Blvd
Weslaco, TX 78596
956-377-8000
josefa.maciel@ideapublicschools.org
TBD
Open to IDEA Staff & Parents

UT Health RGV AHEC Primary Care (San Carlos)
Registered Dietician: Chelsea Alamilla MS, RD, LD, CFCS
532 Gabriela St
Rio Grande City, TX 78582
956 296-1650
Hybrid Classes
Open to UT Health RGV Patients

Search for Additional Locations

Center for Disease Control and Prevention (CDC)
www.cdc.gov/diabetes/prevention/find-a-program.html

American Diabetes Association
www.professional.diabetes.org/meetings/ada-national-dpp-sites



Why Healthy Workplaces and Workforces are Good for Business

"The benefits of a healthy workforce are clear. Studies have found that when workers are healthier, they are also more engaged, absent from work less often, more focused, and less likely to retire early because of illness, all of which results in lower healthcare costs."

Click Here ***to read the complete article.***

Staying Connected

February 2024 - Updates and Important Information

- During February, the Steering Committee has provided more insight into the direction they would like each workgroup to go. As we progress into March, all Workgroups will be meeting for their regularly scheduled dates, while the Steering Committee will meet in person for their bi-monthly meeting.
- During February, we hosted our first UCD Ambassador training of 2024. This training was at the Lower Rio Grande Valley Development Council in Weslaco, TX, and had over 15 attendees. We will be hosting our second training in March of 2024 in Edcouch - Elsa. Stay tuned for more details.
- The backbone staff has been working with Author David Norec - The Adventures of Exo & Cy, the McAllen Parks and Recreation Department, and the City of McAllen to

McAllen, TX. Once we have a finalized date, we will release more information and send email invites.



Click the link below to request any of the following:

UCD Community Resources

Sugary Beverage Kit

Traveling Exhibit

Children's Loteria

Health Posters

Workplace Wellness

Take the Steps for a Healthier Lifestyle with personalized QR Code



Unidos Contra La Diabetes March, 2024

WALKING WITH A PURPOSE



*A blog written by **Hannah Ceron** - UCD Intern*

Changes made to regular routine to incorporate healthier habits into daily life do not have to be drastic to be effective. Rather, small, incremental changes can sometimes make maintaining healthy habits easier and more sustainable. Through making your family or loved ones aware of your goals and willingness to take the steps toward better health, you may end up leading by example and have the support of others to help keep you on track with your goals. Some ways I've seen this played out through my own family include taking daily walks to remain active and choosing to drink water over sugary drinks.

My dad began 'mall-walking' in the morning as a meditative outlet to think about plans for the day, week, or as a time of prayer. Visiting the mall early in the morning before the stores opened and crowds began to gather, this habit provided a free, indoor activity to escape the South Texas heat while remaining active. Daily morning walks can be helpful as providing an activity to help both physical and mental health by allowing the body to move and destress. Walking, to many able-bodied people, can be an activity taken for-granted or discounted as an "invalid" form of exercise; but can offer various health benefits such as aiding digestion, lowering blood sugar, and reducing the risk of heart disease by promoting heart health. As Hispanics native to the Rio Grande Valley with a family history of diabetes and related comorbidities such as

heart disease, high blood pressure, and diabetic neuropathy, walking offered an accessible approach to making small changes in habits that over time could compound and allow for better health outcomes. As a low-intensity, low-impact form of movement, walking is an exercise that many people of all ages may be able to dedicate a portion of their day to.

On mornings that I would wake up on time, my dad would invite me to join him on his morning walks. Some days this looked like us each listening to our own music or podcasts, and other days gave us time to have meaningful conversations and quality time together. As two college students and working individuals with differing schedules, it can sometimes be hard for us to find or make time to spend together apart from family meals or occasional movie-nights; but morning mall-walks gave us time together early enough in the day that we could still carry on with our own busy schedules afterward.

Following our walks, we would often stop by to visit with other family members for breakfast or shopping errands, who after hearing my dad and I had just come back from a walk, decided she would like to join us the following day. A healthy routine started by one was adopted by two, and then three.

"As Hispanics who place value on family, these morning mall-walks became almost daily family occurrences that allowed us to spend quality time together."

As Hispanics who place value on family, these morning mall-walks became almost daily family occurrences that allowed us to spend quality time together.

Another thing I've experienced with my family is that even if one or two of us miss a morning walk, simply extending an invitation to walk at another time of day would many times be accepted.

I, personally, have found that I most enjoy walks after meal times to help with digestion and reduce bloating or post-meal fatigue that can come after heavier meals like pasta; while other members of my family enjoy joining me on post-meal walks for the positive effects it can have on helping regulate blood sugar spikes that occur after mealtimes. A simple walk around the neighborhood that requires no driving to a park or gym offers a casual and accessible approach to incorporating just a little time out of your day into physical activity. With busy work schedules and household responsibilities, it can oftentimes be hard to "find time" to workout, especially for the recommended minimum of 30 minutes a day; but by simply breaking this up into three 10-minute walks after each meal, this daily recommendation may seem much more attainable to many people. Any movement is good movement when it comes to preserving and maintaining health.

While the mall is still predominantly the most consistent 'trail' we walk together, on weekends or other blocks shared free time, we will sometimes take our family walks beyond the neighborhood or mall and explore local parks. These walks can be more leisurely or fast-paced and can keep the low-impact exercise entertaining by changing up the scenery. It has also been fun to take note of the speed and endurance built among the family through consistent daily walks. While it isn't always an activity that will make you sweat profusely, it is a great way to build heart health by switching up your pace and intensity to keep things interesting.

"Simply breaking this up into three 10-minute walks after each meal, this daily recommendation may seem much more attainable"

"The journey toward healthy habits need not be a drastic change in daily routine, but rather a series of small, sustainable changes"

This blog was written by ***Hannah Ceron*** *- UCD Intern and Ambassador. Hannah is currently a student at the University of Texas Rio Grande Valley pursuing a Masters Degree in Health Sciences with a concentration in Nutrition.*

In summary, the journey toward healthy habits need not be a drastic change in daily routine, but rather a series of small, sustainable changes. By incorporating activities like morning or post meal-time walks, my family engages in simple yet effective habits to strengthen both physical and mental health, and prioritize communication and quality time. This approach not only fostered our well-being but also fostered meaningful family connections, making it a shared enjoyable experience. The ripple effect of one person's commitment to a healthier lifestyle extended to others, creating a collective effort that prevails above busy schedules. Through walks and shared moments, we found that health is not just an individual affair but a family goal.



FOR THE *health* OF IT

Carrot Tortillas



Ingredients:

4 Carrots
2 Eggs
1 pinch of salt
60 gr of Manchego Cheese
Condiments
You can add what you prefer , for example (avocado, ham, and spinach.

Steps:

- Cut the ends of the carrots, peel and scratch.
- Squeeze the carrot by pressing with your hands to remove excess of water.
- In a bowl, add two eggs with a pinch of salt and beat.
- Rack up 60 gr of Manchego cheese.
- Mix the carrot with the eggs and the cheese.
- Add the previous mixture to a frying pan in medium heat .
- Wait for the tortilla until is fully cook on both sides with a golden brown.
- Now just add what you like and enjoy.

Source: TikTok

Tortillas de Zanahoria

Ingredientes:

4 Zanahorias
2 Huevos
1 pizca de sal
60 gr de Queso Manchego
Condimentos
Puedes acompañarlas con lo que gustes , por ejemplo (aguacate, jamon, y espinaca).

Procedimiento:

- Cortar los extremos de la zanahoria , pelamos y rayamos.
- Exprimir la zanahoria presionando con las manos para quitar el exceso de agua.
- En un bowl, agregamos dos huevos con una pizca de sal y batimos.
- Rayamos 60 gr de Queso Manchego.
- Mezclamos la zanahoria con los huevos y el queso.
- Añadimos la mezcla anterior a un sartén a fuego medio.
- Esperamos a que la tortilla esté cocida por ambos lados y doradita.
- Ahora solo acompaña con lo que gustes y disfruta!

Creditos: TikTok



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