July Newsletter





A Message from the Director

The efforts of UCD in Willacy and Starr County are a testament to the power of community engagement and the pursuit of health education. The successful completion of training in Willacy County marks a significant milestone, and the anticipation for the upcoming training in Starr County in July is undoubtedly high. It's inspiring to see how UCD, through its Backbone and workgroups, is not only reaching its goals but also continuously learning and adapting. The focus on understanding food labels is a crucial step toward empowering individuals to make informed dietary choices. The collaborative research into health education materials ensures that the resources developed are accessible and beneficial for all partners involved. This proactive approach is paving the way for a healthier, more informed community.

STEERING COMMITTEE

Next Meeting
Wednesday July 10, 2024
9:00 AM- 11:00 AM
Via Zoom

Workgroup Updates

Screening:

- In an effort to reach out to the children and adolescent population of the RGV, the workgroup would like to create a social media campaign to encourage the use of the Children's Screening Tool Survey.
- 228 children's screening surveys were completed at the Boys & Girls Club in Harlingen. The workgroup aims to contact additional Boys & Girls Clubs to expand the dataset.

Policy:

- After presenting to the Office of Border Health Border Region Directors, UCD was invited to provide a commentary. Click here to read the commentary!
- The workgroup remains focused on collecting data from the male population in all four counties through survey collection, attending employer events, and other health fairs targeting the male population. UCD

Prediabetes Education:

- The workgroup remains dedicated to educating the public about healthy food choices and physical activity using written materials, social media, and outreach efforts. The goal is to develop a practical resource tool that includes a food label fact sheet.
- The workgroup will continue to focus its efforts on increasing awareness among employers about UCD workplace initiatives related to pre-diabetes.

Data:

- UCD presented an update regarding the renewed Memorandum of Understanding (MOU) with the Cizik School of Nursing. As part of this collaboration, two students will be engaged in a project aimed at both adults and children.
- UCD also updated the workgroup about our summer intern, a doctoral student in Occupational Therapy from Mount Mary University. She will develop a Diabetes Occupational Therapy curriculum that we intend to integrate into our ambassador program.
- Over 50 A1C screenings were conducted at the Charlie Clark workplace wellness event in Brownsville. The screenings were supported by Proyecto Juan Diego.

WORKGROUPS

Policy	Prediabetes Education
Tuesday, July 2nd 8:30a.m.-10:00a.m. Zoom Online	Tuesday, July 2nd 1:30p.m.-3:00p.m. Zoom Online
Screening	**Data**
Tuesday, July 2nd 10:30a.m.-12:00p.m. Zoom Online	Thursday, July 11th 10:30a.m.-12:00p.m. Zoom Online

RGV Health Connect



This month, indicators from the U.S. Bureau of Labor Statistics have been update with data for 2024. These indicators include *Size of Labor Force* and *Unemployed Workers in Civilian Labor Force* by census place, county, and region. State data for comparison is also available.

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

Clark Summer Camp in Brownsville
Charlie Clark Workplace Wellness event
Su Clinica Familiar Just Get Moving event
Cameron County Blue Tie Affair- Mascot Run
Willacy County Ambassador Training
RGV Health Connect Training

Water Bottle Distribution

South Texas Juvenile Diabetes Association
St. Pius X Catholic Church
Its Time Texas
UTRGV AHEC
Donna Public Library
Cute Pediatrics

Highlights



June Social Gathering






COWBOYS

Announcements



Welcome Outreach Specialist

David Villarreal is a customer service professional dedicated to making a positive impact on public health in the Rio Grande Valley. With nearly four years of experience in the auto industry, he will now take on the role of outreach specialist for Unidos Contra La Diabetes and work closely with community members and organizations. He is passionate about health and fitness and looks forward to bringing his dynamic energy to UCD, as we aim to prevent diabetes and promote wellness in our community.

UNIDOS CONTRA LA DIABETES

Ambassador TRAINING



Tuesday, July 30, 2024

9:00 AM - 1:30 PM

Colonias Unidas Organization
8019 Embassy St,
Rio Grande City, TX 78582

- Lunch will be provided
- Open to all CHW's & Promotoras/es

DSHS CEU's and Non-DSHS CEU's Offered***

REGISTRATION IS OPEN

UNIDOS CONTRA LA DIABETES

JOIN OUR COMMUNITY HEALTH WORKER TASK FORCE!

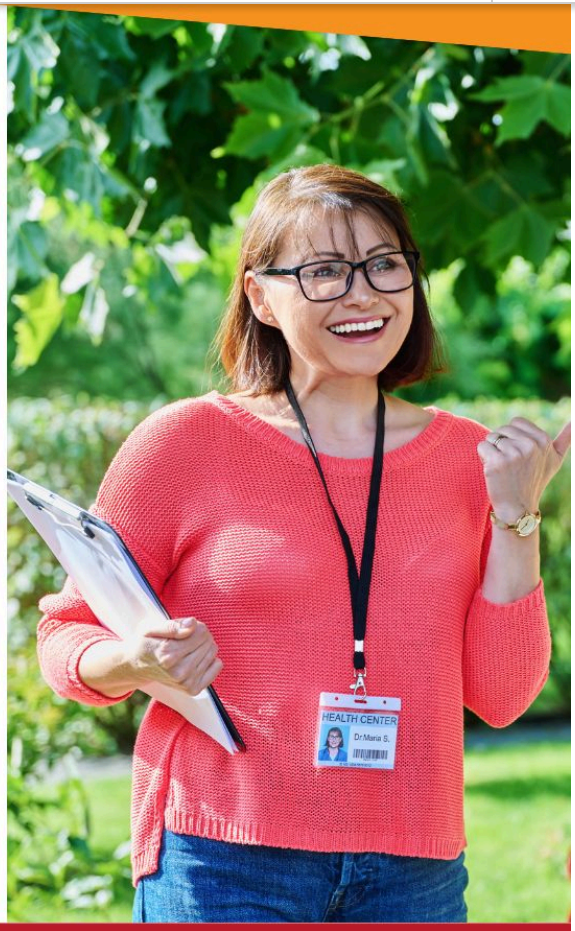
What is the CHW Task Force?

- A collaborative effort to support UCD in identifying the needs of our community regarding Pre-Diabetes and Type 2 Diabetes.
- Focus on enhancing education and outreach strategies by reviewing resources and providing feedback .

Who Should Join?

- CHWs, community leaders, and advocates interested in public health and community engagement.

Each member of the workgroup will receive a gift card as an incentive for participating.



If interested contact: (956)733-1061 info@ucdrgv.org


Happy
FOURTH OF JULY
Our offices will be closed in observance of the holiday.
Nuestras oficinas permanecerán cerradas en observancia del día festivo.
UNIDOS CONTRA LA DIABETES


JULY
VISION
Diabetes can cause vision loss or blindness over time by damaging the eyes.
UNIDOS CONTRA LA DIABETES
HEALTHY VISION MONTH


save the date
3RD ANNUAL CONFERENCE
Wednesday, November 13th
SOUTH TEXAS COLLEGE
UNIDOS CONTRA LA DIABETES
Genentech
A Member of the Roche Group

Staying Connected



🚨 Study: Sugary Drink Taxes Linked to Decreased Obesity in Seattle🚨

"Sugary drink consumption is among several contributors to childhood obesity, which puts children at higher risk for diabetes and other related conditions and illnesses.

Latino children tend to be more susceptible to sugary drinks with many having their first sugary drink by the age of 2 and consume more sugary drinks than the average child, according to a *Salud America!"* Click **HERE** to read more!



🚨 Support the Use of Promotoras for Public Health and Vaccine Education!🚨

Submit your *Salud America!* model comment to tell HHS about the importance of using bilingual, bicultural promotoras to promote public health vaccines and prevention!

Click Here To Submit Your Comment



🚨 Create Your Diabetes Compass!🚨

Are you looking for support or community? Are you looking for tips on how to manage diabetes? The Centers for Disease Control and Prevention designed this compass tool to help you create your guide to get recommended resources based on your answers to a quick self-assessment.

Click Here To Get Started

Community Resources

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

Blog

with My Husband's Diabetes

When I married my husband, I knew exactly who I was marrying. He was kind, hardworking, funny, and humble. I knew that he was going to be an incredible life partner and an even better father. I also knew that he had some health issues that we would have to work through together. At the age of 25, my husband was diagnosed with Type 2 Diabetes. I would love to say that after his diagnosis he began some health journey and took care of himself. He didn't. His battle with the disease was only the beginning. I'd like to note that diabetes ran in his family, along with poor eating habits. He loved his fried chicken, soda, and honey buns. When I met my husband, he genuinely thought that a potato was a vegetable, and that absolutely blew my mind.



I didn't know much about the disease, so I started doing my research and learning more about diabetes management and healthy living. I looked up healthier recipes, bought healthy snacks and drinks at the grocery store. I made meals that were low in refined sugars and saturated fats but rich in fiber and nutrients. I tried to encourage him to exercise with me after he got out of work. My efforts were ineffective.

happen overnight and that it takes time to break habits that you've been doing your whole life. I wanted my husband to be healthy and happy, but I started realizing I couldn't force him to do so. Because of his busy work schedule and stress, he found it easier to pick up fast food, drink several 20 oz Cokes throughout the day and snack on whatever he could get his hands on.

By the age of 30 and two children later my husband was hospitalized with pancreatitis and his triglycerides were through the roof. Doctors told me that I could have lost him. I knew at that moment that serious change needed to be made.

When we got home from the hospital and after much-needed rest, he and I had a very serious conversation about his health. I asked him how I could support him in making a change to a healthier lifestyle; I told him I wanted him to be around for our daughters and that I wanted him to be healthy and happy. We discussed making necessary dietary changes for the whole family and prioritizing exercise 3-4 times a week.

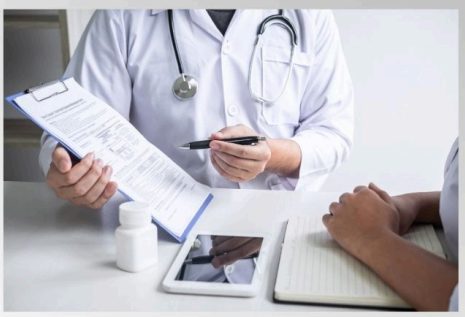


Things were looking up and I was proud of the progress my husband had made. We maintained a healthy diet together and regularly exercised as a family. He was managing his diabetes and finding positive hobbies to manage his stress.

reverted to eating unhealthy and completely stopped exercising. He was under a lot of stress and anxiously trying to find a job to support our family. His health took a serious hit, and his diabetes was unmanageable. His doctor stressed that he needed to take control of his health, unfortunately it was too late, and my husband became insulin dependent.

His health was completely out of control, and I started feeling helpless. I was fixated on my husband's diabetes and of course my kids' health. Then I started thinking about myself and my own health; I needed to make sure I was healthy for my kids. If he wasn't going to make a change then I needed to.

My husband had a second pancreatic episode that landed him in the hospital. His primary doctor showed up and I remember him telling my husband he wasn't sure how he was still alive, ***"all of your numbers, triglycerides, blood pressure, everything is extremely high."*** Then he told my husband something that I will never forget. I was sitting there in the hospital room with my 4 children scared, anxious and exhausted and he said, ***"when you leave here, I recommend you go straight to the funeral home and pick out your casket because that is exactly where you will end up the next time this happens."***



My husband was speechless, and I could see how terrified he was. We left the hospital the next day and we hadn't said much to each other. As soon as we got home, he apologized for putting me and the children through that and promised that he was going to take his health seriously. He sought out a nutritionist and began completely changing his diet. He began walking at the track near our home at least 3 days a week. He monitored and tracked his food intake. With time he began controlling his diabetes, increased his energy, and lost some weight. Because of his improved health, our family dynamic also improved. We began feeling less anxious and stressed and started feeling something I had not felt in a long while… hopeful.

If you're feeling helpless when your loved one is struggling with diabetes, just know that your strength and support can make all the difference, and know that you are not alone.

Unidos Contra La Diabetes would like to highlight your story. If you or anyone you know would like to participate in our shared lived experiences blog, please reach out to info@ucdrgv.org

July 2024 Blog

UNIDOS CONTRA LA DIABETES

FOR THE health OF IT

BARK

This healthy, easy frozen yogurt bark with berries is a perfect snack or dessert on a hot summer day!

Ingredients:

- 1 ½ cups vanilla yogurt or greek yogurt (or your favorite yogurt)
- ½ cup sliced fresh strawberries
- ¼ cup fresh blueberries
- ¼ cup fresh blackberries
- ¼ cup fresh raspberries

Instructions:

- Spread the yogurt mixture out into a thin (⅛-inch thickness), even layer on a parchment paper-lined, rimmed sheet pan.
- Spread the berries out across the yogurt.
- Freeze for at least 3 hours until the yogurt is firm.
- Break apart into pieces or cut into squares



Feel free to get creative! You can substitute the berries for other types of fruit and add any of your favorite toppings such as nuts or granola.

Source: This Healthy Table



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