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June Newsletter



MAKING AN IMPACT



A Message from the Director

Our collective impact continues to grow stronger, and our commitment to diabetes prevention in the Rio Grande Valley remains unwavering thanks to your dedication and hard work. The impact of our partnerships is evident in the positive outcomes we see every day, from successful health fairs to impactful educational campaigns.

Remember to join us for our June social gathering to celebrate our achievements and strengthen our connections. Thank you for your continued support as we strive for a healthier, diabetes-free future in the Rio Grande Valley. Let's keep this energy going to extend our reach and amplify our impact.

Moises Arjona Jr.
Collective Impact Director



STEERING COMMITTEE

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

Workgroup Updates

Screening:

- The Screening Workgroup would like to survey UCD partners to identify usage of the Unite Us Platform
- The Children's Screening Tool has been converted to paper a form to enhance user engagement by simplifying the process and making it more accessible. The paper form was launched at Boys & Girls Club Harlingen Main Unit and Acute Pediatrics in Harlingen to kick-off paper screening form.

Policy:

- Kara Prior with Its Time Texas presented on the Recess Policy Work. ITT will be presenting to Donna and PSJA School Board on implementing a recess policy. UTHealth Houston School of Public Health in Brownsville and ITT are working on a toolkit and will be presented a draft once it is available.
- Efforts with City of McAllen continue on the Interactive Park Signs and are pending an update on projected installation. La Sara Community Center has also agreed to install the signs and we are in communication with the City of Harlingen.

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Employee Health Fair and will be tabling the event.

Prediabetes Education:

- With the goal of increasing knowledge on healthy diet and physical activity, the members suggested working on a bookmarker on how to read food labels.
- The workgroup continues to explore options to kick-off a marketing campaign on diabetes prevention and awareness with potential signage at the Boys and Girls Club, and additional locations such as the flea market in Alamo, El Mercado in McAllen, Proyecto Juan Diego, El Milagro Clinic. UCD Backbone is also looking into digital marketing at a few restaurants and taquerias.

Data:

- The Workgroup was provided with updates from the UCD Backbone on the status of MOUs with the following campuses; UTRGV School of Health Professions signed with the goal of interns rotating at UCD. UTHealth Houston Cizik School of Nursing signed an updated agreement for additional students (Houston); a couple of students have capstones they would like to work on at UCD. The Workgroup members recommended reaching out to South Texas College and see if they have any disciplines that students could intern at UCD.
- UCD Backbone will be participating in the TX DOT Health Fair with 350 attendees, UCD created and provided a specific QR for Diabetes Self Risk Assessment. UCD will also have portable kiosk available for those who did not take assessment earlier.
- Backbone also reported an event with Charlie Clark for A1C screenings for 70 staff members. Screenings will be supported by Proyecto Juan Diego.
- Lidiana Ramirez suggested that UCD could create a men's focus group and meet with Proyecto Juan Diego men's group "Los Compadres". With the goal of increasing male self-risk assessments participating at the Cameron County Public Health
- Blue Tie Event coming up in Brownsville June 14, 2024 which is focused around men's health.

WORKGROUPS	
Policy	Prediabetes Education
Tuesday, June 2nd 8:30a.m.-10:00a.m. Zoom Online	Tuesday, June 2nd 1:30p.m.-3:00p.m. Zoom Online
Screening	Data
Thursday, June 13th 10:30a.m.-12:00p.m. Zoom Online	Thursday June 6th 1:30p.m.-3:00p.m. Zoom Online



This month, County Health Rankings indicators have been updated in RGV Health Connect. Indicators include Adults who Smoke, Child Mortality Rate: Under 20, Dentist Rate, Food Environment Index, Mental Health Provider Rate, and Social Associations among other indicators. In addition, we have uploaded our 2023 Children’s Risk Test and 2023 UCD Ambassador’s Reach reports have been uploaded to RGV Health Connect.

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.

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UNIDOS CONTRA
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ONLINE WEBINAR

RGV HEALTH CONNECT



SARAHI LOZANO
UCD Collective Impact
Data Coordinator

Learn To:

- Create Dashboards
- Run Reports
- Upload Data
- Search for New Funding Opportunities

REGISTER NOW



Friday
14th June



**11:00 AM -
12:00 PM CT**

rgvhealthconnect.org

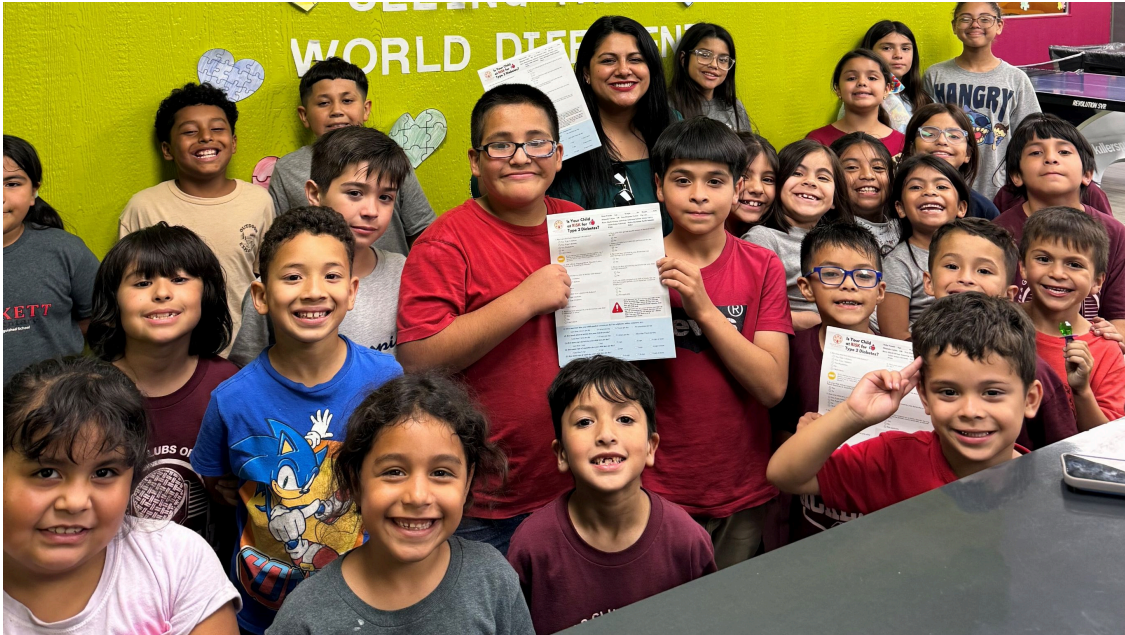
Interested in finding data for grants or simply looking for data that is Rio Grande Valley specific? On June 14th we will also be hosting a training session for RGV Health Connect via zoom from 11:00 a.m. to 12:00 p.m. Attendees will learn how to find data on the platform, run reports, upload data, and even search for new funding opportunities.

To register please use this [link](#).

Deadline to register is Wednesday, June 12th, 2024.

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Outreach



Outreach:

Boys & Girls Club Main Unit Harlingen

Latinx Task Force

Building Our Largest Dementia (BOLD) Infrastructure in Cameron County

EMS Week with Proyecto Juan Diego

Office of Border Public Health

Cute Pediatrics- Ribbon Cutting Ceremony

Water Bottle Distribution:

National EMS Week with Proyecto Juan Diego

UTRGV AHEC

Highlights

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NEW PARTNERSHIP



Pictured from left:

*Collective Impact Director- Moises Arjona Jr, Project
Coordinator- Susana Arizmendi, Dr. Syed Shah, Amanda
Smith PA, Chison Ogidi PA, Greg Torres- Practice Manager*

COLLECTIVE IMPACT



Is Your Child

at **RISK** for

Type 2 Diabetes?

Hispanic/ Latino OR Non-Hispanic/ Latino Zip code _____

Race: Black/African American American Indian/ Alaska Native

Asian/ Asian American Native Hawaiian/ Pacific Islander

White Other

1. Has your child been diagnosed with diabetes?

☐ Yes, Type 1 diabetes

☐ Yes, Type 2 diabetes

☐ Yes, Prediabetes

☐ No

☐ I don't know

2. Is your child African American/Black, Hispanic/ Latino, Native American, or Asian/Pacific Islander?

☐ Yes

☐ No

3. Does your child have a sister or brother with diabetes?

☐ Yes, Type 1 diabetes

☐ Yes, Type 2 diabetes

☐ No

☐ I don't know

4. Does your child have a parent with diabetes?

☐ Yes, Type 1 diabetes

☐ Yes, Type 2 diabetes

☐ No

☐ I don't know

5. Have you been informed by your doctor that your child is overweight or obese?

☐ Yes

☐ No

☐ I don't know

6. Does your child get less than 60 minutes of physical activity per day?

☐ Yes

☐ No

7. Does your child have a dark skin patch around his/ her neck or armpit?

☐ Yes

☐ No

8. Have you been informed by your doctor that your child has high blood pressure?

☐ Yes

☐ No

9. Have you been informed by your doctor that your child has high cholesterol?

☐ Yes

☐ No

10. If your child's assigned sex at birth is female, has you child had irregular periods, excess facial hair, or unusual weight gain?

☐ Yes

☐ No

☐ Not applicable

WAIT

If your child has been diagnosed with type 1 diabetes, type 2 diabetes, or prediabetes, please skip to question 11. If you answered "no" or "I don't know" to question 1, continue to question 2.

!

If you answered "yes" to 0-1 questions your child is at low risk for developing type 2 diabetes. But don't just forget about it. Keep your child's risk low by being active most days, and eating low fat meals that include vegetables, fruits and whole grain foods.

!

If you answered "yes" to 2 or more questions your child is at high risk of developing type 2 diabetes. However, only your child's doctor can tell you if your child has type 2 diabetes. Talk to your your child's doctor to see if additional testing is needed.

11. How much time does your child spend on a screen per day? (tv, cellphones, tablets, computers, etc.)

☐ Less than 2 hours per day

☐ 2-4 hours per day

☐ 5-7 hours per day

☐ No screentime per day

12. How much physical activity does your child do per day?

☐ Less than 1 hour per day

☐ 1-2 hours per day

☐ 2-3 hours per day

☐ More than 3 hours per day

13. How many cups of fruit does your child have per day?

☐ Less than 1 cup

☐ 1 cup

☐ 2 cups

☐ 3 cups

☐ 4 cups or more

14. How many cups of vegetables does your child have per day?

☐ Less than 1 cup

☐ 1 cup

☐ 2 cups

☐ 3 cups

☐ 4 cups or more

15. How many cups of water does your child have per day?

☐ Less than 1 cup

☐ 1-2 cups

☐ 3-4 cups

☐ 5-6 cups

☐ 7-8 cups

☐ 9 cups or more

Announcements

https://mailchi.mp/ucdrgv/unidos-contra-la-diabetes-june-2024-newsletter-17755415

8/19

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Welcome Collective Impact Facilitator

Clarissa Garza (Claire) is a communications professional with a passion for community engagement and advocacy. With 8 years of experience in building bridges between organizations and the public, she excels in fostering meaningful connections and driving impactful initiatives. Clarissa is an RGV native and a graduate from the University of Texas Rio Grande Valley where she received her master's degree in business administration. She comes to us from the University of Texas Rio Grande Valley working in community outreach. She is dedicated to making a positive difference in the lives of those she serves.

Join us for our 

Social Gathering



Thursday, June 6, 2024

6:00PM - 8:30PM | +1 Encouraged 

Barrel House Kitchen & Bar (Back Room)
1927 S Tourist Dr., Edinburg, TX 78539

RSVP at info@ucdrgv.org



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**WEDNESDAY
JUNE 12, 2024
9:30 am - 1:30 pm**

Your health matters, and together we can create a vibrant and thriving work environment.

FREE

***Prediabetes Risk Assessment
A1C Screening***



This event was organized by Unidos Contra La Diabetes (UCD) in collaboration with community partners including Proyecto Juan Diego. UCD is a collective impact dedicated to raising awareness about type 2 diabetes prevention in the Rio Grande Valley. As a collaborative, our mission is to prevent and reduce new instances of type 2 diabetes in the Rio Grande Valley by 10% by 2030. For more information visit www.ucdrgv.org



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👉 GET AHEAD 📅 Start Planning for June- Men's Health Awareness Month!

🌟 Join Us in Promoting Men's Health Awareness Month! 🌟

June is dedicated to raising awareness about the importance of men's health. It's the perfect time for businesses and organizations to come together and support our fathers, brothers, sons, and friends in leading healthier lives. 💙

🔵 Why Men's Health Matters:

Early detection and regular check-ups can save lives.

Promoting healthy lifestyles reduces the risk of chronic diseases.

Mental health is just as important as physical health.

📅 How You Can Get Involved:

Host Health Screenings: Offer free or discounted health checks for men in your community.

→ Share Educational Resources: Use your platform to spread information about healthy habits, nutrition, and mental well-being.

→ Encourage Physical Activity: Organize events like group walks, sports days, or fitness challenges.

→ Support Mental Health: Provide resources and create a supportive environment for men to talk about mental health issues.

Let's make Men's Health Month a success by working together to build a healthier, happier Rio Grande Valley community. 💙

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sarizmendi@ucdrgv.org if we can support you in these efforts!



Staying Connected



Join Us in a New Campaign: Graphic Health Warnings for Diabetes Prevention!

The recent court ruling approving graphic health warning labels on cigarette packs is a powerful example of how visual messages can drive impactful change. Let's harness this approach to combat diabetes!

Imagine eye-catching graphics on food packaging and public spaces that highlight the risks of unhealthy eating and the benefits of a balanced diet. These visuals could be a game-changer in raising awareness and encouraging healthier choices.

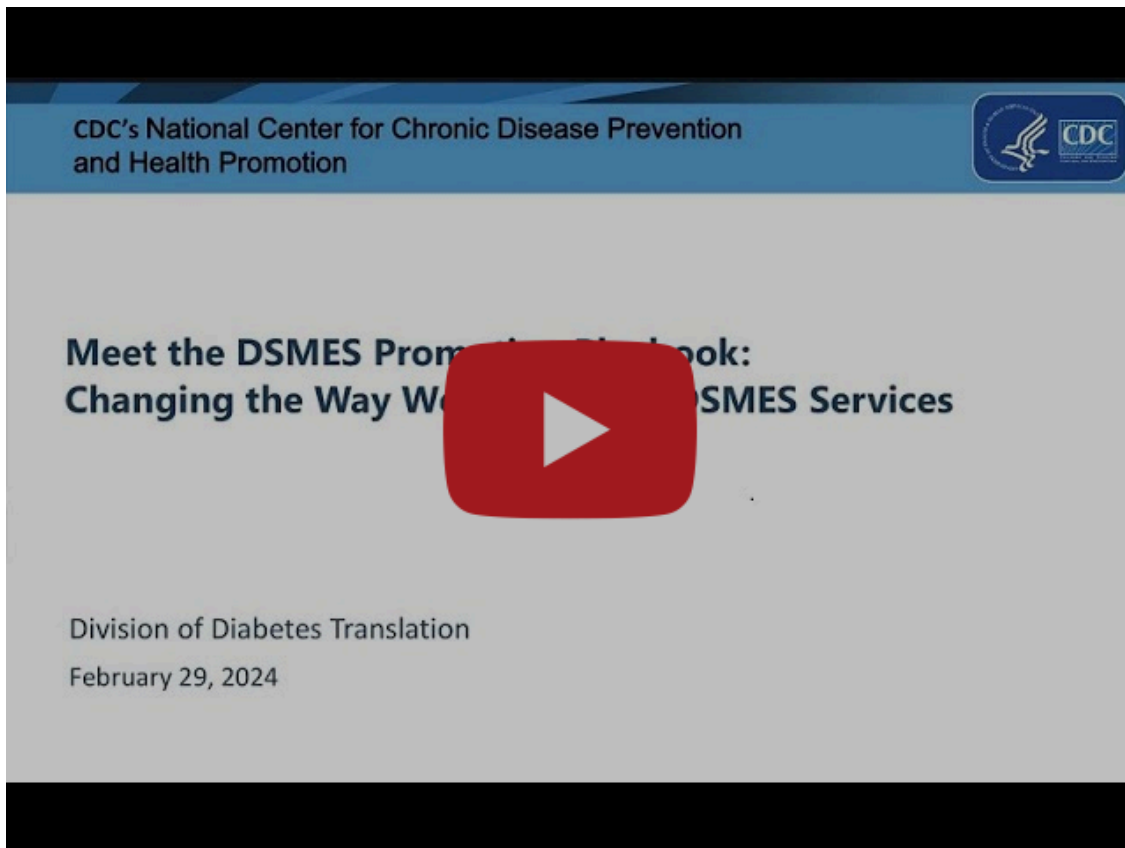
We need your support! Let's come together to create a campaign that uses compelling

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🔔 Check out the CDC's new webpage on diabetes! 🔔

Stay informed with the latest resources, tips, and guidelines on diabetes prevention and management. #DiabetesAwareness #CDC #HealthResources #DiabetesPrevention

[Click Here](#)



✨ 10 ways you can use the DSMES Promotion Playbook ✨

Community Resources

Click the link below to request any of the following:

[UCD Community Resources](#)

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[Children's Loteria](#)

[Health Posters](#)

[Workplace Wellness](#)

[Take the Steps for a Healthier Lifestyle with personalized QR Code](#)

Blog

A Mother's Journey with Type 2 Diabetes

In a world that often celebrates the loud and flashy, there's something quietly heroic about the everyday struggles and triumphs of ordinary people. Among these unsung heroes are mothers, whose resilience and love often go unnoticed. But what happens when a mother must confront a challenge like Type 2 diabetes?

Type 2 diabetes, a condition characterized by high blood sugar levels, can be a daunting diagnosis for anyone. Yet, when it touches the life of a mother, its impact reverberates not only within her own body but throughout her family and beyond. This blog is about Margarita, a resilient, determined, and loving mother navigating life with type 2 diabetes.



The Diagnosis: Facing the Unknown

Margarita's journey with Type 2 diabetes began 24 years ago when she began feeling excessive thirst and fatigue. When she decided to go to the doctor, she was diagnosed with Type 2 diabetes. In that moment, Margarita recalls feeling shocked and sad, for she knew several people who had sadly passed away because of diabetes and did not want that to be her case.

began to think about her children and loved ones. With her family in mind, she made a quiet determination to confront this challenge head-on and seek help at Nuestra Clínica Del Valle.

Everyday Battles: Balancing Health and Motherhood

Living with Type 2 diabetes has included facing a series of daily battles for Margarita- monitoring blood sugar levels, making dietary adjustments, incorporating exercise into her already busy schedule, and managing her mental health and medications. Managing medications and finding what works best for her has perhaps been her biggest battle. Due to her long journey with diabetes now, Margarita knows first hand what it is like to have to transition from one medication to another, having to deal with the side effects, and finding a medication that would not interfere with her other medication for depression. Managing her stress, depression, and responsibilities of caring for her family alongside her own health needs has certainly been challenging.

She mentions that at times when her glucose levels are high and she feels very tired, she also feels unproductive and overwhelmed which she often thinks of as an “endless cycle”.

Despite these obstacles, she has always found ways to regain her motivation and prioritize her well-being without sacrificing her role as a nurturing presence in her family's life.



[Subscribe](#)[Past Issues](#)[Translate ▼](#)**The Positive: Finding Joy in the Journey**

Amidst the challenges, there is also the positive—everyday moments that serve as reminders of the strength and resilience that reside within. Ever since she found out she was diabetic, she told herself she would take care of her family's health so they would not have to experience Type 2 diabetes. Because of this, one of the lifestyle changes that Margarita has found most enjoyable is looking for new and healthy recipes for her and her family.

“Healthy recipes don’t have to be boring and flavorless” says Margarita.

She also loves starting her day with a walk around her neighborhood where she often gets the opportunity to say a quick “good morning” to her neighbors. Having her own garden to keep her mind busy and physically active during the day is also one of her favorite lifestyle habits. Whether it's finding excitement in cooking new healthy recipes for her family, going for a walk early in the morning, or simply appreciating a visit from a neighbor, friend, or her children, for Margarita each moment is something to be grateful for and helps her stay motivated.

**A Mother's Love: The Ultimate Fuel**

At the heart of it all lies her love for her family—the unwavering force that propels her forward, even in the face of adversity. It's this love that gives her the strength to persevere, to prioritize her health, and to continue nurturing those around her with boundless care and compassion. Margarita's journey with Type 2 diabetes is a testament to the remarkable resilience of the human spirit. Through her courage, determination, and love, she navigates the challenges of her condition with grace, inspiring those around her to embrace their own journeys with hope and resilience. So here's to the mothers—the silent heroes whose strength knows no bounds.

So here's to the mothers—the silent heroes whose strength knows no bounds.

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@ucdrgrv.org

June 2024 Blog



FOR THE *health* **OF IT** 

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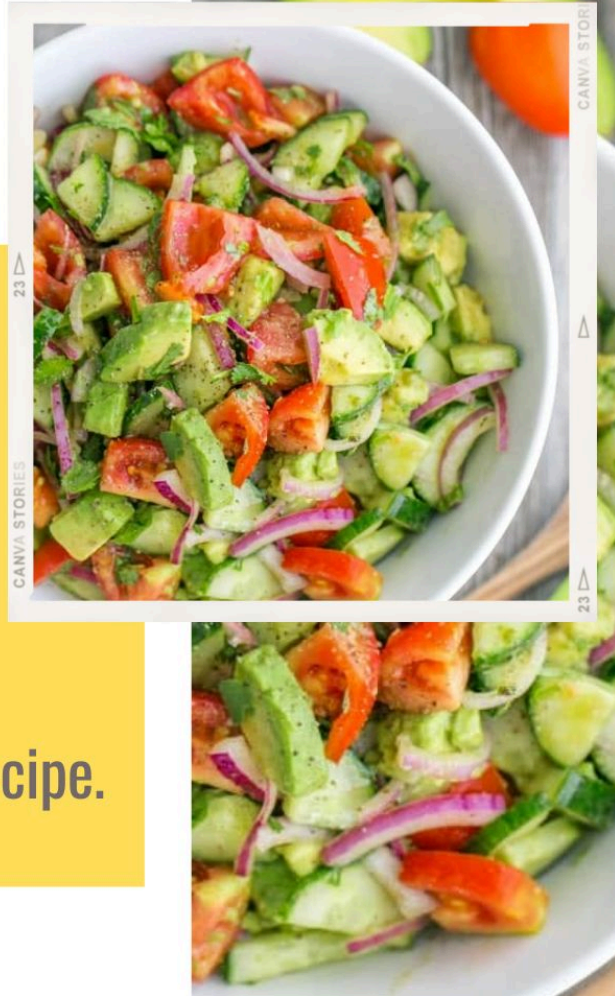
Cucumber Tomato Avocado Salad

Author: Natasha of [NatashasKitchen.com](https://natashaskitchen.com)

This salad is loaded with veggies; juicy tomatoes, crisp cucumber, creamy avocado and the cilantro and lemon juice make the whole salad so fresh and flavorful!

P.S. If you aren't keen on cilantro, fresh dill is a good substitute

[Click here for full recipe.](#)



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Ensalada de Pepino, Tomate y Aguacate

Autor: Natasha of NatashasKitchen.com

Esta ensalada está repleta de vegetales; jugosos tomates, pepino crujiente, aguacate cremoso, y el cilantro y el jugo de limón hacen que toda la ensalada sea tan fresca y sabrosa.

P.D. Si no te gusta el cilantro, el eneldo fresco es un buen sustituto.

Haz clic aquí para ver la receta completa.



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