

# August Newsletter



UNIDOS  
CONTRA  
LA DIABETES

## MAKING AN IMPACT



### A Message from the Director

UCD had a busy month in July, we held our first ambassador training in Starr County, and we are in the planning stages for a second training. We also held our first Community Health Worker Focus Group and received amazing feedback on our new resources, which will be presented to the workgroups this month. In the next month, we plan to continue visiting our partners on the changes UCD needs to make to the Life Is Sweet Enough initiative. Our focus is to continue to expand LISE to more partners and stakeholders in the RGV. Our Annual Conference Planning Committee is in full force, and we are working towards having another exciting and eventful conference. In the next couple of weeks, we will be reaching out to many of our stakeholders to reconnect with them and learn where UCD can help fill in some gaps for them. We want

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needs and foster a network of mutual growth and support.

**Moises Arjona Jr.**  
**Collective Impact Director**



## STEERING COMMITTEE

**Next Meeting**  
**Wednesday, September 11, 2024**  
**9:00 AM- 11:00 AM**  
**Via Zoom**

## Workgroup Updates

### Screening:

The Screening Workgroup has been actively promoting children's risk assessment surveys to enhance well-being across the Rio Grande Valley. UCD Backbone staff presented at the Clark Children's Summer Camp in Brownsville and distributed children's risk assessment surveys to participants.

Efforts continue as the Screening Workgroup seeks partnerships with local organizations in Starr & Willacy County to expand the utilization of the Children's Screen Tool survey.

Backbone staff highlighted partnership success and support from UCD's partner, Cute Pediatrics, based in Harlingen, TX. Their involvement has been essential in advancing the reach and impact of UCD's children's survey efforts.

In an effort to reach all four RGV counties, UCD director recommended concentrating efforts on installing signage at local schools equipped with walking trails for the "Interactive Park signs" project.

The policy workgroup is broadening its initiatives into Starr and Willacy County. UCD backbone staff conducted an Ambassador training session in Starr County and have also scheduled a training session in Willacy County.

**Prediabetes Education:**

UCD backbone staff presented an update on marketing efforts and resources developed for partners. Backbone staff highlighted Proyecto Juan Diego and El Milagro Clinic for their educational initiatives and exercise classes.

UCD Backbone staff gave an update on the marketing campaign involving the Boys and Girls Club in Harlingen and Edinburg. The workgroup is exploring ideas for a prediabetes education outreach campaign in Willacy and Starr counties.

**Data:**

UCD backbone staff highlighted the contributions of Cizik School of Nursing students and a Mount Mary University summer intern. These nursing students supported UCD's data collection efforts by conducting a study for the UCD website using surveys tailored for children and adults. The doctoral student intern is creating a Diabetes Occupational Therapy curriculum focusing on women's heart health and diabetes.

| WORKGROUPS                                                   |                                                            |
|--------------------------------------------------------------|------------------------------------------------------------|
| Policy                                                       | Prediabetes Education                                      |
| Tuesday, August 6th<br>8:30 a.m.-10:00 a.m.<br>Zoom Online   | Tuesday, August 6th<br>1:30 p.m.-3:00 p.m.<br>Zoom Online  |
| Screening                                                    | Data                                                       |
| Thursday, August 8th<br>10:30 a.m.-12:00 p.m.<br>Zoom Online | Thursday, August 1st<br>1:30 p.m.-3:00 p.m.<br>Zoom Online |



RGV HC has recently added new funding opportunities from Administration for Children and Families (ACF) Community Economic Development Projects, Department of Health and Human Services (DHHS) Community Level Innovations for Improving Health Outcomes, and Fiscal Year 2024 Regional Catastrophic Preparedness Grant Program among others have been added to RGV HC.

In addition, this month there was new infographics with data uploaded for 2023-2024 Children with AN in Region 1, 2024 Q2 Prediabetes Risk Test Results, and 2024 Q2 Childrens Type 2 Diabetes Risk Test. These infographics can be found in RGV Health Connect under the Resources tab and Resource Library.

**Want to learn more about RGV Health Connect?**

Join us **Friday, August 16th from 1:00-2:00 pm** for a training session for RGV Health Connect. Users will learn how to find data, build reports, create custom dashboards,

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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 presentation  
 City of Mission Back to School Event  
 Special Olympics 2024 Sports Camp  
 Community Health Worker Taskforce  
 Weslaco Housing Back to School Event  
 HUD Strong Families Initiative Event  
 Aurora House Foundation Lunch and Learn  
 Santa Rosa ISD Back to School Event

### Water Bottle Distribution

UTRGV Area Health Education Centers (AHEC)  
 Rise Above Fitness  
 Pharr Housing Authority  
 Weslaco Housing Authority  
 BCFS Health and Human Services

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## Highlights

✨ PROVECHO Y SALUD! ✨

119 W. Van Buren Ave. Harlingen, TX

Here's to supporting healthy lifestyles!



📚🍎 Back to School Event with Driscoll Children's Hospital 🖍️🚌

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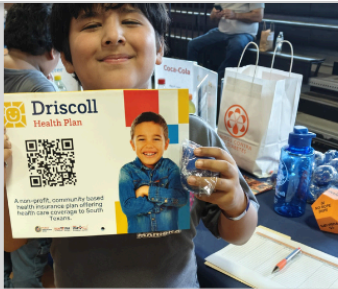
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# Announcements

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## IN-PERSON TRAINING FOR 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**



**UT Health RGV AHEC Primary Care (Bob Clark)**

9901 California Rd, Brownsville, TX 78521



**Friday**  
16 August



1:00 PM -  
2:00 PM CT

Light-lunch to be provided.

[rgvhealthconnect.org](http://rgvhealthconnect.org)

*save the date* ✨

3RD ANNUAL CONFERENCE

**Wednesday, November 13<sup>th</sup>**



**SOUTH TEXAS  
COLLEGE**



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# AUGUST



**National  
Immunization  
Awareness Month**



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# NEW RESOURCE ALERT

[ucdrgv.org/member-resources/](https://ucdrgv.org/member-resources/)[About Us](#) [Partners](#) [Resources](#) [Diabetes Self-Risk Assessments \(Adult & Children\)](#) [Life is Sweet Enough](#) [UCD Ambassador Resources](#)  
[Diabetes Prevention Programs - RGV](#) [Blogs](#) [Select Language](#) [Request For Proposals 2024](#)

## ACANTHOSIS NIGRICANS INFORMATION SHEET



### Acanthosis Nigricans Information Sheet

This flyer provides information on Acanthosis Nigricans, its causes, and effective treatment.

[Download English Version](#)[Download Spanish Version](#)

 [www.ucdrgv.org](http://www.ucdrgv.org) 

Staying Connected



## 🚒 Helping Students with Diabetes Succeed 🚒

*"Diabetes is a chronic disease that affects thousands of school-age children nationwide. Schools have an important role to play in ensuring that students with diabetes have the support they need to stay healthy."*

As the new school year approaches, it's important to focus on effective diabetes management to ensure students with diabetes can thrive both academically and health-wise.

Click [HERE](#) to read more!



*"Eating higher levels of ultra-processed food may shorten lifespans by more than 10%."*

UCD Intern, Hannah Ceron, wrote a white paper on the health risks linked to ultra-processed foods. Click the link below to check it out!

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[These ultra-processed foods may shorten your life, study says](#)

A White Paper by Hannah Ceron

# 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

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# Diabetes Association: Camp Freedom

Written By: Clarissa Garza

Magic is the first word that comes to mind when I think about South Texas Juvenile Diabetes Association's summer camp for children. I had the privilege of sitting down with Debra Franco, Director of STJDA, and was captivated by her passion for the organization's year-round efforts. However, it was when she shared about their summer camp that her eyes lit up. She spoke passionately about the profound impact the camp has on both campers and staff alike, highlighting the special magic that unfolds there. However, she also emphasized that creating this magical experience requires immense dedication and the collaborative efforts of numerous staff and volunteers.



*"The greatest thing  
you can do in this  
world is to love a  
child and give back  
to your community"*  
- STJDA Director,  
Debra Franco



diabetes the opportunity to experience true childhood without the constraints of their diagnosis. For 13 years, STJDA has hosted both day and residential summer camps catering to children aged 3 to 14. The dedicated staff work tirelessly to ensure the campers not only have a great time but also prioritize their safety and well-being around the clock. The camp features a variety of activities including archery, swimming, arts and crafts, and STEM activities. These opportunities are particularly valuable as many students do not have access to such resources during the regular school year within their districts.



Beyond the fun and games, Camp Freedom serves as a "rite of passage" experience that leaves a profound impact on students living with Type 1 Diabetes. This camp allows them to reach milestones that they may not otherwise get to go through in their schools such as sports, school dances, field trips. They celebrate milestones such as trying new foods or giving themselves an injection, affectionately dubbed the "First Timers Club."



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support, care, and love provided to the campers at Camp Freedom. Every child is celebrated for their achievements and milestones, while others cheer them on to keep pushing forward. Director Franco shared a touching story about a 3-year-old camper who initially cried and was afraid when receiving their insulin shot. However, after the shot, the staff and fellow campers cheered and celebrated the child's bravery. From then on, with the ongoing support and encouragement, the child bravely took their insulin shot without tears, showing incredible resilience and strength. At Camp Freedom, campers are encouraged to envision their futures with optimism and curiosity. They are prompted to explore possibilities beyond their diagnosis, asking themselves questions such as, "What dreams do I have for my future?" and "Who do I aspire to be?" This nurturing environment cultivates a sense of hope and empowerment among the campers, which they may not always experience during the school year.

Many children with Type 1 diabetes often feel isolated and powerless in managing their diagnosis. Attending this summer camp provides them with a sense of regained control, surrounded by peers who understand their experiences and share similar feelings. This community at camp offers crucial support that helps them navigate the school year with confidence and anticipation for the next summer.



farewell at the STJDA Back to School Bash, where they prepare for the upcoming school year. They bid farewell to friends and staff, marking the end of their summer camp experience. For some, it's their last summer as campers. Some campers will transition to become camp counselors and potentially future staff members, passing down the same magical experience to new generations of campers. During the Back to School Bash, campers also receive information about their diabetes care plan and the importance of having a diabetes care kit both at school and at home. Attendees are reminded of the comprehensive resources available through STJDA, which include parent support groups, Stomp Out Diabetes campaigns, and advocacy efforts.



*If you have a child entering the 2024-2025 school year with a Type 1 Diabetes diagnosis and would like more details about the Back-to-School Bash or the services provided by STJDA for children with Type 1 diabetes, please contact them at (956) 627-5594.*

*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](mailto:info@ucdrgv.org)*

*August 2024 Blog*



FOR THE *health* OF IT 

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# Stuffed Peppers

## Recipe

### Ingredients

- Bell Peppers
- Ground Chicken
- Cauliflower rice
- Canned dice tomatoes
- Italian seasoning
- Red pepper flakes
- Cheese
- Fresh herbs

### Directions

- Halve peppers from top to bottom and cut down through the stems and remove the seeds and membranes. Then arrange your peppers cut-side up in a baking dish with nonstick spray.
- Brown your chicken and spices together. Add the tomatoes.
- Stir in the cauliflower rice and part of the cheese. Fill each pepper half with the mixture, and top with more cheese.
- Add just enough water to the baking dish to cover the bottom. Bake the peppers for 30-35 min at 375 degrees F.
- And sprinkle on fresh basil and they're ready to eat!

*Source: Well plated by Erin*



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# Chiles Morrones

## Rellenos

### Receta

### Ingredientes

- Chiles morrones
- Pollo
- Arroz de coliflor
- Tomates de lata
- Condimento italiano
- Pimiento en hojuelas
- Queso
- Hierbas frescas

### Direcciones

- Corte a la mitad los chiles morrones de arriba hacia abajo y cortelos a traves de los tallos del chile.
- Remueva las semillas y membranas. Luego, acomode los chiles cortados hacia arriba en un recipiente para hornear con spray antiadherente.
- Dore el pollo junto con las especias y añada los tomates.
- Revuelvalo con el arroz de coliflor y un poco de queso. Rellene cada mitad de morron con la mezcla and añada mas queso.
- Añada suficiente agua al recipiente para cubrir abajo. Horne los morrones a 30-35 min a 375 grados F.
- Y espolvoree albahaca fresca y listos para comer!

*Creditos: Well plated by Erin*



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