

September Newsletter



UNIDOS
CONTRA
LA DIABETES

MAKING AN IMPACT



A Message from the Director

September has indeed arrived with a whirlwind of activity! It's heartening to hear about UCD's bustling August, filled with the warmth of in-person interactions and the growth of new partnerships. The inaugural UCD Ambassador Training in Starr County marks a significant milestone, fostering community engagement and expanding the network of change-makers. The collaboration with Region One Education Service Center is particularly thrilling, as it signifies a substantial leap towards healthier lifestyle choices for a large group of individuals through the Life Is Sweet Enough campaign. This initiative not only aims to reduce sugary beverage consumption but also encourages participants to embrace a holistic approach to health. As the anticipation for the annual conference

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and campaign contributing to a broader impact on community well-being. Here's to a September filled with progress and to the exciting prospects that lie ahead as the year continues

Moises Arjona Jr.
Collective Impact Director

🔔 Hear from CI Director Moises Arjona Jr. about our NEW SEGMENT 🎉



A Culture of Good Health & Nutrition

An Initiative by



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LA DIABETES



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STEERING COMMITTEE



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

Workgroup Updates

Screening:

The Screening Workgroup is actively encouraging more organizations to adopt the Children's Screening Tool to help ensure that our children lead healthier, happier lives. They gave a special shout-out to Complete Nutrition Solutions in Weslaco, TX, for their use of the Children's Screening Tool.

Policy:

To support the health and development of children in the RGV, Lisa Mitchell-Bennett, the Senior Project Manager at UTHouston School of Public Health updated the workgroup on recess policy and presented strategies and materials tailored for the Rio Grande Valley. The policy group remains committed to fostering a healthy and thriving school environment for RGV students.

Prediabetes Education:

The Prediabetes Education Workgroup is committed to finding innovative ways to educate our community with materials that are tailored to their needs. The workgroup reviewed the resource feedback from the Community Health Worker focus group and has used this input to develop content that is more relevant and engaging for our Rio Grande community.

Data:

The Data Workgroup utilized insights from the Community Health Worker focus group to refine their approach for collecting data from men in the Rio Grande Valley, while also determining key areas to focus on for more effective data gathering.

WORKGROUPS	
Policy	Prediabetes Education
Tuesday, September 3rd 8:30 a.m.-10:00 a.m. Zoom Online	Tuesday, September 3rd 1:30 p.m.-3:00 p.m. Zoom Online
Screening	Data
Thursday, September 12th 10:30 a.m.-12:00 p.m. Zoom Online	Thursday, September 5th 1:30 p.m.-3:00 p.m. Zoom Online



RGV HC has been updated with the U.S. Census Bureau indicators 2023 data, now accessible at both state and county levels. This includes statistics on the female

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covers Child Food Insecurity Rate (under 18), Food Insecure Children eligible for Assistance, and overall Food Insecurity Rate.

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

Rio Grande City La Grulla ISD (Back to School Event)
Aspen RGV Reception MHM

Water Bottle Distribution

Region One Life is Sweet Enough Kick-Off

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PROGRESO BACK TO SCHOOL EVENT
Willacy County Health Coalition
Meeting
Region One Life is Sweet Enough Kick-
Off

Highlights

✨UCD Backbone Staff Attended ACDES 2024 Conference ✨



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LIFE IS SWEET ENOUGH®

A Campaign by Unidos Contra la Diabetes

REGION ONE LIFE IS SWEET ENOUGH KICKOFF CAMPAIGN

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Announcements

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HAPPY LABOR DAY



*Our offices will be closed Monday, September 2nd
in observance of the holiday.*

*Nuestras oficinas permanecerán cerradas en observancia
del día festivo.*



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HUMAN GROWTH FOUNDATION
**ENDOCRINE
EDUCATION DAY**

**SITES BY
HILTON MCALLEN**
ROOM: MARRS
1800 S. 2ND ST.
MCALLEN, TX 78503

**WEDNESDAY
SEPTEMBER 18**
6:00 PM TO 9:00 PM

FEATURED SPEAKERS:



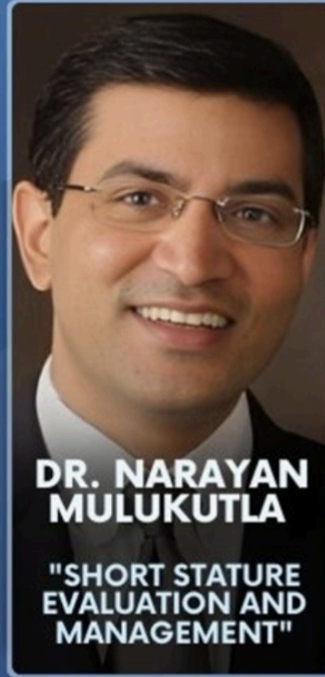
**DR. JOSE DAVID
GAMEZ**

**"SHORT STATURE:
WHAT'S NEW AND
ON THE HORIZON"**



**DR. ANA
MARIA PAEZ**

**"A PRACTICAL
APPROACH TO
DELAYED PUBERTY
DISORDERS"**



**DR. NARAYAN
MULUKUTLA**

**"SHORT STATURE
EVALUATION AND
MANAGEMENT"**

CMEs | Dinner Provided | No Cost

MANDATORY REGISTRATION ONLINE:
HGFOUND.ORG/EVENTS

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AMBASSADOR TRAINING

- Open to all interested in public health, diabetes prevention and CHW's
- DSHS CEU's and Non-DSHS CEU's Offered***

Monday
September 23, 2024

9:00 AM - 1:30 PM

 591 E. 3rd St.
Rio Grande City, TX 78582

Lunch will be provided



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REGISTER NOW

For More Information
956-733-1061

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ADCES DPP Lifestyle Coach Virtual Training

Online, facilitated training to deliver the Prevent T2 curriculum as a CDC-Recognized Lifestyle Coach in a diabetes prevention program.

[LEARN MORE](#)

**We invite you to submit an impact report from your organization
so that we can highlight all your incredible work and
the impact you make in our community!**

Submit your 2024 Impact Report [Here!](#)

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If you have any questions, please get in touch with UCD Facilitator, Gladys Garza: garza@ucdrgv.org

Staying Connected

☀ Beat the Heat: Manage Your Diabetes in Extreme Weather ☀



**EXTREME HEAT
+ DIABETES**

How do I manage my diabetes in extreme heat?

If you have diabetes, extreme heat can affect your blood sugar control. If you have complications from diabetes that have damaged nerves to sweat glands, you may be unable to sweat properly which could lead to heat exhaustion and heat stroke. Extreme temperatures can also damage your medications and testing equipment.

diabetesnowwhat.org

diabetes 
NOW WHAT?

 **EL PASO
CENTER FOR
DIABETES**

 **PASO DEL NORTE
HEALTH FOUNDATION**

 **diabetes
ALLIANCE**

Staying cool is crucial, especially if you have diabetes. Here are some essential tips to keep you safe and healthy in extreme heat: Click [HERE](#) to read more!

NEW RESOURCE ALERT

NEW RESOURCE ALERT

Hydration Calculator

Home / Hydration Calculator



HYDRATION CALCULATOR

Easily calculate the recommended daily water intake you need to keep yourself healthy and hydrated.

Water Intake Calculator

Unit system

☒ Imperial

☐ Metric

Age

years

Gender

☒ Male

☐ Female

Height

ft

in

Weight

pounds

▼

Activity level

Light (exercise 1-3 times a week)

Calculate

Water Intake Calculator by GIGACalculator.com

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Weight Loss and Diabetes Drug Could Slow Alzheimer's Progression, Preliminary Study Suggests

“It leads us to really think about the promise of these types of new medications for Alzheimer’s disease or other types of dementia,” Rebecca Edelmayr, senior director of scientific engagement for the Alzheimer’s Association. Click [HERE](#) to read the full article.

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September



NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

[Click Here for Tips on Prevention](#)



The Salud America! Health Equity Report Card generates local housing, transit, healthcare, and other data so you can drive the healthy change your community needs most.

[Click Here to get a Health Equity Report Card for Your Area!](#)

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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

Comprehensive Diabetes Care for Those at Risk

Written By: Clarissa Garza

I recently had the chance to sit down with Melissa Rodriguez, a summer doctoral student intern at Unidos Contra La Diabetes, to explore her innovative diabetes care program for women at risk. As an occupational therapist, Melissa offers a distinctive perspective with her focus on stress management, health routines, and overall quality of life. It was fascinating to hear her approach to diabetes care, which not only addresses current needs but also serves as a preventative measure.



With her background in occupational therapy and advanced education, Melissa has transitioned from working with individuals to implementing population-wide interventions. She sees the powerful impact women can have on their families' health and is focused on empowering them to lead by example with healthy behaviors, creating a positive ripple effect throughout the community.

conversation.

****Why did you choose to focus your graduate program on Diverse Diabetes Care for Women at Risk? What motivated you? ****

In our area, many people suffer from advanced diabetes complications, which I frequently see in my hospital patients. Preventing these complications could significantly improve quality of life. Initially, I explored interventions for preventing heart disease and type 2 diabetes, but partnering with Unidos Contra La Diabetes led me to focus specifically on diabetes prevention. With type 2 diabetes affecting so many families in the Rio Grande Valley, including my own, reducing its prevalence is crucial. Women, as primary caregivers in our predominantly Hispanic culture, play a key role in shaping health and attitudes. Educating them will have a broader impact on our community.

****What role does stress management play in preventing diabetes? ****

Having a family history of diabetes increases your risk for type 2 diabetes, so it's crucial to take proactive steps to prevent its onset. This often involves changing your behavior to adopt a healthier lifestyle. Balancing a healthy routine with other life demands can be stressful, which can negatively affect your body and even raise blood sugar levels. Managing stress is vital; effective coping strategies include listening to music, deep breathing, talking to trusted individuals, and journaling. Additionally, ensuring adequate sleep, a balanced diet, and regular exercise all contribute to better stress management.

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your program will be for the RGV community:

Managing health and preventing diabetes involves a range of coordinated actions. Establishing a routine that integrates these actions is an effective approach. Your routine should align with your personal goals and priorities, incorporating activities like planning healthy meals weekly, engaging in regular exercise to boost flexibility, strength, and endurance, monitoring blood pressure, and fostering supportive relationships. Start with a simple focus on what matters most to you, and gradually expand your routine with additional healthy practices. Make sure to include activities you enjoy so that you can keep the routine engaging and sustainable.



****What challenges do women in the RGV face regarding diabetes care?****

Research has revealed that there are gaps in addressing the emotional needs of women with diabetes. The emotional aspects of managing a chronic condition like diabetes are often overlooked. Investigating and enhancing these support pathways in the RGV is a crucial next step. By expanding access to emotional support, we can significantly improve the quality of life for more women dealing with diabetes.

the RGV:

I envision my program as adaptable to a variety of healthcare settings, including hospitals, diabetes prevention programs, student populations, and community outreach initiatives. My goal is to improve health outcomes and help prevent diabetes across families in the RGV.



Want to learn more about how you can get involved with Unidos Contra La Diabetes? Reach out to us at info@ucdrgv.org.

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

September 2024 Blog



FOR THE *health* **OF IT** 

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Chickpea Salad

Author: Alexa Prendergast (Delish.com)

Spicy, creamy, and crunchy! This salad is a refreshing and nutritious side dish or main course. It's bursting with flavor and vitality with juicy cherry tomatoes, fresh cilantro, and protein-packed chickpeas.

[Click Here for the Full Recipe!](#)



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Garbanzos Crujientes con Chile y Lima

Autor: Alexa Prendergast (Delish.com)

¡Picante, cremoso y crujiente! Esta ensalada es un acompañamiento refrescante y nutritivo, o incluso un plato principal. Está llena de sabor y vitalidad con jugosos tomates cherry, cilantro fresco y garbanzos ricos en proteínas.

Haz clic aquí para ver la receta completa.



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