October Newsletter





A Message from the Director

As we welcome October, I want to take a moment to reflect on an eventful month we had at UCD. I'm thrilled to announce our partnership with UTRGV to establish a Diabetes Center of Excellence in Harlingen, TX. This significant milestone will be instrumental in tackling the high diabetes rates in our region.

I'm also excited about the momentum we've built as we approach our 3rd Annual Conference in November. Registration is now open, and I encourage everyone to participate and join us as we celebrate our 10-year mark.

The fall season brings many enjoyable activities, from festivals to trunk-or-treats. Let's take this opportunity to promote healthier alternatives within our community. I urge you to consider

small changes can make a big difference in encouraging healthier habits and supporting good dental hygiene.

With Diabetes Awareness Month approaching, let's think about how we can raise awareness and support our community in making informed choices.

Here's to October filled with healthy choices, vibrant community engagement, and continued success as we move through the fall months!

Moises Arjona Jr.
Collective Impact Director



STEERING COMMITTEE

Next Meeting
Wednesday, November 13, 2024
UCD 2024 Annual Conference

Workgroup Updates

Screening:

The Screening Workgroup is working on collaborating with the Boys and Girls Club of Pharr-San Juan to implement the Children's Screening Tool. Additionally, the workgroup is excited about the upcoming ambassador training with the Edcouch Elsa CTE program and looks forward to partnering with other districts, such as Mercedes ISD, on an ambassador program for the 2024-2025 school year.

Policy:

The Policy & Advocacy group reviewed the success of the Region One "Life is Sweet Enough" kickoff campaign and remains committed to promoting this workplace wellness initiative to organizations in the Rio Grande Valley, with the goal of fostering a healthier and more positive work environment. Additionally, UCD Backbone staff informed the workgroup that the interactive park signs are set to be installed in two local cities by the end of the year.

Prediabetes Education:

The UCD Prediabetes Education workgroup reviewed the Culture of Good Health initiative, highlighting participating organizations such as Methodist Healthcare Ministries, RGV Leadership Development, La Union del Pueblo Entero Census Roundtable, and Life Is Sweet Enough Proyecto Juan Diego.

Obesity Awareness Month.

Data:

The UCD Data workgroup is excited to introduce its new interns: Froy Trejo, a Doctoral Intern from UT Health Houston, along with Get PHIT interns Antonio Contreras and Bradley Everett. With a keen interest in data and medical research, these interns will work on projects that aim to positively impact the RGV community.

WORKGROUPS

Policy	Prediabetes Education
Tuesday, October 1, 2024 8:30 a.m.-10:00 a.m. Zoom Online	Tuesday, October 1, 2024 1:30 p.m.-3:00 p.m. Zoom Online
Screening	**Data**
Thursday, October 10, 2024 10:30 a.m.-12:00 p.m. Zoom Online	Thursday, October 3, 2024 1:30 p.m.-3:00 p.m. Zoom Online

RGV Health Connect



code, and census place levels and includes:

- Households Above the ALICE Threshold
- Households that are Asset Limited, Income Constrained, Employed (ALICE)
- Households Below the Poverty Level

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

Healthy People of Willacy County
Raymondville, TX

LISE Proyecto Juan Diego Brownsville, TX

Su Clinica Harlingen, TX

Triumph Over Trauma workshop
Weslaco, TX

Water Bottle Distribution

International Overdose Awareness Day Walk

LRGV AHEC Harlingen Community Health Center

Highlights

Excellence in Harlingen 🎉



Moises Arjona, Jr., Collective Impact Director for Unidos Contra Diabetes, said of the UTRGV announcement:

“The establishment of the UTRGV Diabetes Center of Excellence in Harlingen is a significant milestone for the Rio Grande Valley. This center will undoubtedly play a crucial role in addressing the high diabetes rates in the region."

Click HERE to Read the Full Article!



















Announcements

🚨 The UCD 3rd Annual Conference Registration Is Now Open! 🎉 Be part of this exciting event! Click HERE for an exclusive look at the conference agenda!



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!

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



🔑 Are you fluent in both Spanish and English? 🔑

Unidos Contra la Diabetes is seeking contracted Spanish interpreters for our upcoming Annual Conference Wednesday, November 13, 2024.

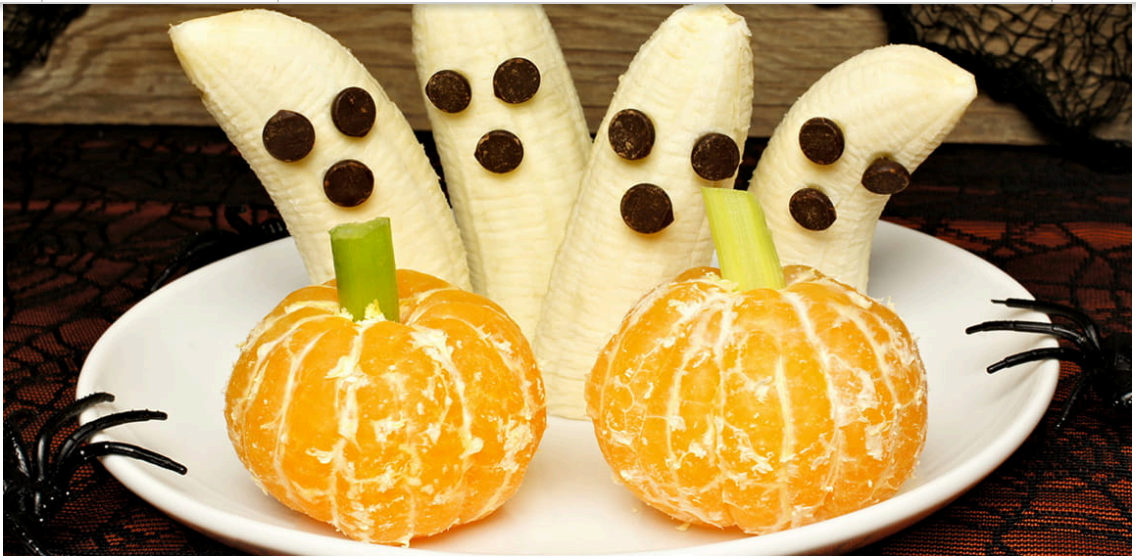
Please contact us at 📨 info@ucdrgv.org or 📲 956-733-1061.


DIA BEAT IT
FREE COMMUNITY HEALTH FAIR
FREE HEALTH SCREENINGS
VISION
ORAL
BMI
BLOOD PRESSURE
GLUCOSE
LIVER
AND ZUMBA, FREE PRODUCE, DOOR PRIZES, & MORE
South Texas College Mid-Valley Campus- Pavilion
400 N Border Ave, Weslaco, TX 78596
Wednesday, November 13, 2024
9:00 am- 1:00 pm
superior healthplan
SOUTH TEXAS COLLEGE
UNIDOS CONTRA LA DIABETES
Driscoll Health Plan
Genentech
A Member of the Roche Group



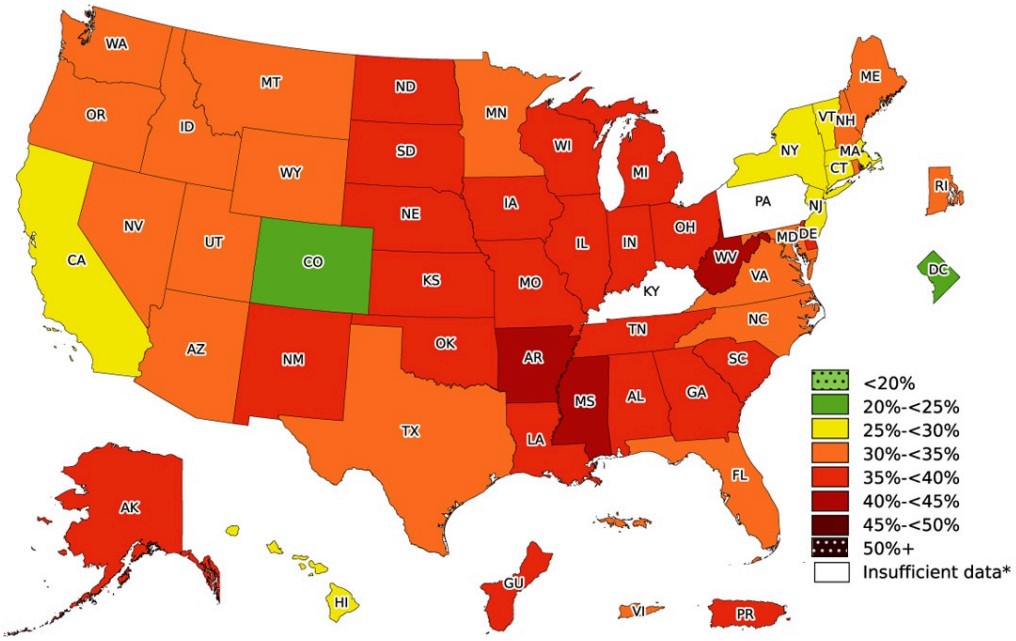
Staying Connected

How To Have a Healthy Halloween



Too much Halloween candy got you spooked? Try some of these healthy tips for party snacks and trick-or-treats. Click HERE for some scary good ideas!

Adult Obesity Prevalence Maps



The CDC's Division of Nutrition, Physical Activity, and Obesity has published the 2023 Adult Obesity Prevalence Maps, revealing that 23 states report adult obesity

Click Here to Read More!



Click Here To Visit the CDC's Health Literacy Page



Earn continuing education credits (CE) and boost your diabetes-related professional development all in one place!

CDC TRAIN is a gateway into the TRAIN Learning Network, the most comprehensive catalog of shared public health training opportunities.

CLICK HERE FOR MORE INFORMATION!

Take Action

🚨 *Salud America: Protect Latino Workers from the Harms of Extreme Heat* 🚨

Submit a model comment created by *Salud America!* to address the new standard that protects Latinos and all workers from the heat!

The comment period opened Aug. 30, 2024. Comments close Dec. 30, 2024.

🚨 *Salud America: Comment Now! Limit Sugar, Alcohol in New Dietary Guidelines for Americans* 🚨

Submit a model comment created by *Salud America!* to urge lower added sugar and alcohol intake in the 2025-2030 Dietary Guidelines for Americans!

The comment period opened Jan. 19, 2023. Comments close on Oct. 1, 2024.

Community Resources

Click the link below to request any of the following:

UCD Community Resources

Sugary Beverage Kit

Traveling Exhibit

Health Posters

Workplace Wellness

Take the Steps for a Healthier Lifestyle with personalized QR Code



Determine your Future

Written By: David Villarreal

I recently had the chance to sit down with Mrs. Laura Olmeda. Mrs. Olmeda along with her Husband Have been business owners for over 25 years. The business is called Planet Bass Audio and is a audio electronics store located in Mission TX. Mrs. Olmeda is the head of the Financial/Accounting department. I had the Pleasure of being able to sit down with her and hear her story as to how she's been able to manage her prediabetes diagnosis that she received over a 10-year span!



I was able to sit down with Mrs. Olmeda and have a conversation with her about the challenges she faced when receiving her diagnosis but also how she was able to face those challenges head on and not let her diagnosis determine her future, but instead how it was an eye opening experience that led her to make the necessary changes she needed in her life to turn her overall health and quality of life around for the better.

conversation.

****Mrs. Olmeda gave us some insight as to what some of her Lifestyle habits and changes were after her initial prediabetes diagnosis ****

Here is some of the changes that Mrs. Olmeda made following her diagnosis “I was diagnosed with pre-diabetes around 2010, so it's been about 14 years now. After my diagnosis, I made some changes, though not all at once. For example, I switched from regular soda to Diet Coke, which helped me lose about 10 pounds. I also reduced my intake of candy and other snacks I used to enjoy.”

“Additionally, I started drinking unsweetened tea with Splenda instead of regular sugar. I cut back on fast food, though I won’t say I eliminated it completely. I also began juicing, incorporating more green juices and smoothies into my diet. This shift towards more fruits and vegetables made a significant difference for me.”

****The Importance of Moderation and finding what works best for you! ****

Now it is important to touch on the fact that these are some of the alternatives that Mrs. Olmeda has implemented herself and that by no means is this an end all be all of the exact changes you might need to make in your journey. Many people might debate that diet drink options, or artificial sweeteners are just as bad for you, anything in excess can inherently be bad for you but Mrs. Olmeda is just sharing the changes she has implemented in moderation that have helped her along her journey, and that by no means is it the only way to go about it. Find what works for You!

implemented other than your food alternatives?"

"It's important to highlight that my changes were gradual. Many people try to make drastic changes after a diagnosis, but that can be hard to maintain. Instead, I focused on small, manageable adjustments that I could stick with over time."

"I started walking. I've had a treadmill for over ten years and kept it because you never know when you might want to use it again. One of the main exercises I got into is called Insanity. It's a tough workout, and at first, I thought I might puke because it was so challenging! However, once I got through the first week and into the second, I began to feel less stressed and much better overall."

****What do you draw inspiration from, or who are those key figures that help keep you on track?****

"As I approach 50, it's essential to prioritize exercise for our overall health and longevity. Moving our bodies is crucial to feeling good and living a fulfilling life."

Mrs. Olmeda went on to elaborate on one of her biggest support systems being her mother who is a diabetic, this is what she had to say.

"Despite being diabetic, she manages her condition remarkably well. It's inspiring to see her stay active—she tends to her yard, takes Zumba classes, and even hits the gym regularly. Sometimes she works harder than I do, and I'm much younger! This shows just how crucial exercise is in managing diabetes."

"I've seen firsthand that staying active is vital. Diabetes is prevalent, and while I hope to avoid it, I understand that it's a significant concern. My mom's daily commitment to movement, whether it's her Zumba classes or other exercises, is a great example."

Business Owner?"

"It has been challenging to make dietary changes while managing a business. Sometimes, I don't have the time to cook, so I've focused on finding places that offer homemade food rather than fast food options. There are restaurants, like Medelina's, that provide meals that are more wholesome and homemade. You can really taste the difference."



During my conversation with Mrs. Olmeda, it is admirable that she is very open in regard to the struggles she faces on a daily basis while living such a busy life with a very hectic schedule and all that entails running and managing daily operations of her business. none of us are perfect but putting in that effort in any way we can when we can is what counts.



can you give us a brief summary of what do you do you still do to maintain a healthy lifestyle today?**

"I started exercising slowly. I lost about 10 pounds just by cutting out soft drinks. As I researched ways to improve my health, I discovered the benefits of juicing, which really helped me. Over time, I lost an additional 20 pounds through a combination of diet and increased physical activity."

"I incorporate small changes into my daily routine. For instance, instead of scrolling through social media, I make it a point to stand up and move around every hour. I get outside to soak up some vitamin D and even walk barefoot on the grass to relieve stress."

"I follow Dr. Axe online, who shares practical health tips. He emphasizes walking 30 minutes a day—10 minutes after each meal. I've noticed a significant difference when I do this; my metabolism feels more active."

"I love his approach because it emphasizes simple, everyday changes we can all implement without feeling overwhelmed."



encouragement for those that may be dealing with a prediabetes diagnosis? **

"If you are dealing with that diagnosis do not let be the end of it get out of that mind set and make a change for yourself. there's so many resources that we have now that are available to help us find solutions to help you reverse that diagnosis. Starting small and taking it from there anything helps, take advantage of the fact that you are able bodied and have the power to make that change!



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

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October 2024 Blog

UNIDOS CONTRA LA DIABETES

FOR THE health OF IT

"Scary Good" Turkey Chili

Ingredients:

1lb Ground Turkey
Garlic + Onion
Vegetables of choice
Tomato sauce + Diced Tomatoes to taste
Spices, add any spices of your liking
Red Pepper Flakes

Steps:

- **Sauté the Vegetables**. Cook until soft.
- **Brown the Turkey**. Stir frequently to break up any big chunks.
- **Cook the Chili**. Add the remaining ingredients, bring the mixture to a boil, then allow it to simmer for 45 minutes.
- **Serve**. Adjust seasonings as desired and ENJOY!

Source: www.WellPlated.com



"Tan Rico que Asusta" Chili de Pavo

Ingredientes:

1 libra de pavo molido
Ajo + Cebolla
Verduras de elección
Salsa de tomate + tomates cortados en cubitos al gusto
Especias, agregue las especias de su agrado
Hojuelas de pimiento rojo

Procedimiento:

- Sofreír las verduras. Cocine hasta que esté suave.
- Dorar el pavo. Revuelva con frecuencia para romper los trozos grandes.
- Cocina el chile. Agregue los ingredientes restantes, hierva la mezcla y luego déjela hervir a fuego lento durante 45 minutos.
- Servir. Ajuste los condimentos al gusto y ¡DISFRUTAR!

Source: www.WellPlated.com



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