December Newsletter





November kicked off with great enthusiasm, featuring Diabetes Awareness Month, Diabetes World Day, and UCD's Annual Conference. We couldn't have asked for a better turnout —this was one of our most informative conferences to date!

As we approach the holiday season, we'd like to remind everyone that portion control is essential during this time. Enjoy the festivities with your loved ones!

Looking ahead to December, we're excited to wrap up the year and continue our collective efforts in raising awareness and preventing type 2 diabetes in the Rio Grande Valley.

Moises Arjona Jr.
Collective Impact Director

A Culture of Good Health & Nutrition



You are doing GREAT!

- **Dia-BEAT- It Health Fair Exhibitors**
- **Jorge R. Gutierrez Early Childhood Edcouch, Texas**
- **UTRGV Early Head Start Parent & Staff Presentation**

Workgroup Updates

At the 3rd Annual UCD Conference, our dedicated workgroup co-chairs gathered to share exciting updates on the progress made by each workgroup. Here are some of the key highlights and major achievements from the past year:

- **Collaboration with Local School Districts**: We've successfully partnered with Edcouch-Elsa ISD and Mercedes ISD to introduce and implement the UCD Ambassador program. This initiative is helping engage students, teachers, and parents in promoting UCD principles and practices, creating a more supportive and inclusive learning environment.
- **Expansion of Children's Screening Tools**: The Screening Workgroup has made significant strides in increasing the availability and accessibility of children's screening tools. Through partnerships with organizations like

support better health outcomes.

- **Advocacy for Recess Policy**: Understanding recess's critical role in child development, the Policy Workgroup has partnered with Healthier Texas to advocate for stronger recess policies in local schools, ensuring that all children have adequate physical activity and social engagement opportunities.
- **Focus on Male Population Data**: We've placed a stronger emphasis on data collection for the male population, partnering with workplaces such as Charlie Clark, TX DOT, and Brownsville EMS to provide resources and raise awareness.
- **Collaborating with Universities for Internship Opportunities**: We've partnered with universities like UT Health Houston, Mount Mary University, and the GET PHIT Program to create valuable internship opportunities. These collaborations provide students with hands-on experience and support the future of UCD.

These are just a few of the impactful initiatives we've been involved in, and we look forward to building on these successes in the year ahead.



STEERING COMMITTEE

Next Meeting (In-Person)
Wednesday, January 8, 2025
9:00 AM- 11:00 AM
First United Methodist Church
318 S East St, La Feria, TX, 78559

RGV Health Connect



This month indicators with data from CDC PLACES have been updated with 2021 and 2022 data. These indicators include Adults who are Sedentary, Adults who are Obese, Adults with Diabetes, Adults who Experienced a Stroke, Adults who Visited a Dentist, and Adults without Health Insurance among others. The indicators were updated with data for different locales in the Rio Grande Valley (RGV) such as by census place, census tract, region, and zip code.

In addition, other indicators from the National Cancer Institute were also updated with data for 2017-2021 at the county and state levels. These indicators include Breast Cancer Incidence Rate, Cervical Cancer Incidence Rate, and Lung and Bronchus Cancer Incidence Rate among others.

Unidos Contra la Diabetes has also shared the following reports on the RGV Health Connect platform: 2024 Q3 Children's Type 2 Diabetes Risk Test, 2024 Q3 Prediabetes, Risk Test Results, and Diabetes Rates in Texas and the Rio Grande Valley between 2014-2023.

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/

Outreach



Outreach

Mercedes ISD Ambassador Training
Edcouch Elsa ISD
JRG Early Childhood Presentation
Channel 5 News Interview
La Villa ISD Turkey Trot
UTRGV Early Head Start Parent & Staff Presentation
Mavericks Health Fest
Diabetes Awareness Walk JRG Early Childhood
Lyford ISD District Wellness Presentation

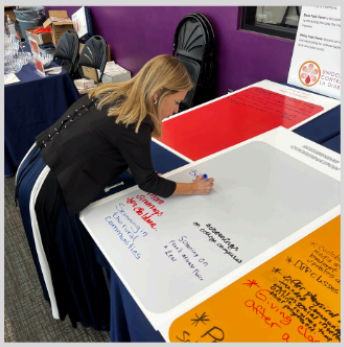
Water Bottle Distribution

Mercedes ISD Ambassador Training
Edcouch Elsa Ambassador Training
JRG Early Childhood Presentation
Annual Conference Health Fair
La Villa ISD Turkey Trot
UTRG Early Head Start Parent and Staff Presentation
Mavericks Health Fest
Diabetes Awareness Walk JRG Early Childhood
Lyford ISD District Wellness Presentation

Highlights









A Look Back at November











Announcements



Staying Connected



🎄 'Tis the season for family, festivity, and food—lots of food. 💔 How do you manage diabetes during the holidays when food temptations are just about everywhere?

Try these tips to help you stick to your diabetes meal plan this holiday season.

Tamales are a beloved Mexican dish made from steamed corn dough (masa) filled with a variety of ingredients like beef, chicken, pork, cheese, or vegetables, all wrapped in a corn husk. While tamales are a festive and flavorful treat, those with diabetes may need to be mindful of their ingredients and portion sizes.

Click HERE to Read More!



🚨 *Salud America:* 14 Holiday Actions for Health Equity 🚨

Volunteering for Thanksgiving, Christmas, and New Year's helps other people. It gives the volunteer a nice emotional boost, too.

So why not volunteer your "digital voice" or "actions"?

Click Here To Get Started!

🚨 *ADCES:* Take Action on Diabetes Bills in Congress 🚨

Let your congressional representatives and senators know where you stand on diabetes-related legislation.

Click Here To Get Started!



Click the link below to request any of the following:

UCD Community Resources

Children's Loteria

Health Posters

Workplace Wellness

Take the Steps for a Healthier Lifestyle with personalized QR Code



Journey to Health

Written By: David Villarreal

Hey everyone! Today, I'm excited to share an inspiring story from Miss Candelaria Lara, she shared with us her journey into how she overcame her pre diabetes diagnosis and now lives a healthier happier life.

Ms. Candelaria is the UTRGV early Headstart Family and Services Co-ordinator, hopefully you can take some insight from her journey and find motivation in her Story.



The Wake-Up Call:

At just 27 years old, Candelaria weighed 186 pounds and was noticing concerning symptoms. Blurry vision, constant mood swings, aching legs, and weight gain were taking a toll on her daily life. She recalls hiding sweets from her partner and consuming a pack of sugary sodas daily.

A visit to the doctor confirmed her fears: she was prediabetic. "Hearing that word made my stomach drop," she said. With a family history of diabetes, she knew it was time to make changes.

The First Step: A Sugar Cleanse:

After the initial shock, Candelaria committed to a drastic lifestyle change. She began a two-month sugar cleanse, eliminating:

- Refined sugars
- Carbs like bread and rice
- Dairy
- Even fruits

While challenging, this cleanse became the foundation for her transformation. "I never thought I could do it," she admitted, "but it was a wake-up call to build a better relationship with my body."

One of the first changes she noticed? Improved oral hygiene. Without sugar in her diet, her teeth felt cleaner and healthier.



Next, Candelaria incorporated exercise into her daily routine. "I wasn't doing anything crazy," she shared. "Just 30 minutes in the morning and another 30 minutes in the evening."

These short, manageable workouts, paired with her sugar-free diet, helped her shed over 30 pounds in just a few months. She went from 186 pounds to 152, proving that consistency and small steps can lead to significant results.



Lessons Learned:
Candelaria's journey is a testament to the power of small, sustainable changes. Her advice to anyone looking to improve their health:

- Start with one change at a time—like reducing sugar.
- Stay consistent with movement, even if it's just 30 minutes a day.
- Prioritize foods that nourish your body and bring you joy.

Prediabetes doesn't have to be the beginning of a lifelong health struggle. With awareness, determination, and the right habits, it can be the start of a healthier, happier you.

Candelaria's story reminds us that there's no secret formula—just mindful eating, regular movement, and a commitment to self-care.



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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December 2024 Blog

UNIDOS CONTRA LA DIABETES

de Candelaria Hacia la Salud

Escrito por: David Villarreal

¡Hola a todos! Hoy, me complace compartir una historia inspiradora de la señorita Candelaria Lara, quien compartió con nosotros su recorrido sobre cómo superó su diagnóstico de prediabetes y ahora vive una vida más saludable y feliz.

La Sra. Candelaria es la Coordinadora de Servicios y Familias del programa Headstart de UTRGV. Esperamos que puedan aprender algo de su recorrido y encontrar motivación en su historia.



La llamada de Atención:

Con tan solo 27 años, Candelaria pesaba 186 libras y notaba síntomas preocupantes. Visión borrosa, cambios de humor constantes, dolor en las piernas y aumento de peso estaban afectando su vida diaria. Recuerda que le escondía dulces a su pareja y consumía un paquete de refrescos azucarados a diario.

Una visita al médico confirmó sus temores: era prediabética. “Al escuchar esa palabra se me revolvió el estómago”, dijo. Con antecedentes familiares de diabetes, supo que era hora de hacer cambios.

El primer paso: una limpieza de azúcar:

Después del shock inicial, Candelaria se comprometió a un cambio drástico en su estilo de vida. Comenzó una desintoxicación del azúcar durante dos meses, eliminando:

- Azúcares refinados
- Carbohidratos como el pan y el arroz
- Lácteos
- Incluso frutas

Si bien fue un desafío, esta limpieza se convirtió en la base de su transformación. "Nunca pensé que podría hacerlo", admitió, "pero fue una llamada de atención para construir una mejor relación con mi cuerpo".

¿Uno de los primeros cambios que notó? Una mejor higiene bucal. Sin azúcar en su dieta, sus dientes se sentían más limpios y saludables.



Luego, Candelaria incorporó el ejercicio a su rutina diaria. "No estaba haciendo ninguna locura", compartió. "Solo 30 minutos por la mañana y otros 30 minutos por la noche".

Estos entrenamientos cortos y manejables, combinados con su dieta sin azúcar, la ayudaron a perder más de 30 libras en solo unos meses. Pasó de 186 libras a 152, lo que demuestra que la constancia y los pequeños pasos pueden generar resultados significativos.

Lecciones Aprendidas:

La trayectoria de Candelaria es un testimonio del poder de los cambios pequeños y sostenibles. Su consejo para cualquiera que quiera mejorar su salud:

- Comience con un cambio a la vez, como reducir el azúcar.
- Sea constante con el movimiento, incluso si sólo son 30 minutos al día.
- Prioriza los alimentos que nutren tu cuerpo y te brindan alegría.



La prediabetes no tiene por qué ser el comienzo de una lucha de salud que dure toda la vida. Con conciencia, determinación y los hábitos adecuados, puede ser el comienzo de una vida más saludable y feliz.

La historia de Candelaria nos recuerda que no existe una fórmula secreta: solo una alimentación consciente, ejercicio regular y un compromiso con el cuidado personal.



Unidos Contra La Diabetes quiere destacar su historia. Si a ti o a alguien que conoces le gustaría participar en nuestro blog de experiencias vividas compartidas, comuníquese con info@ucdrgv.org

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Blog Deciembre 2024

UNIDOS CONTRA LA DIABETES

HOLIDAY RECIPE

Roasted turkey with quinoa and celery stuffing

Author: Liz Macri



Ingredients:

- Twine
- ½ cup quinoa
- Spray oil
- 1 large red onion, finely chopped
- 2 stalks celery, finely chopped
- 1 green apple, finely chopped
- 2 tablespoons finely chopped fresh sage
- 2 x 21oz turkey breast fillets
- 1 tablespoon olive oil
- 1 cup liquid no-added-salt chicken stock
- 2 tablespoons flour

CLICK HERE FOR FULL RECIPE

SOURCE: WWW.HEALTHYFOOD.COM

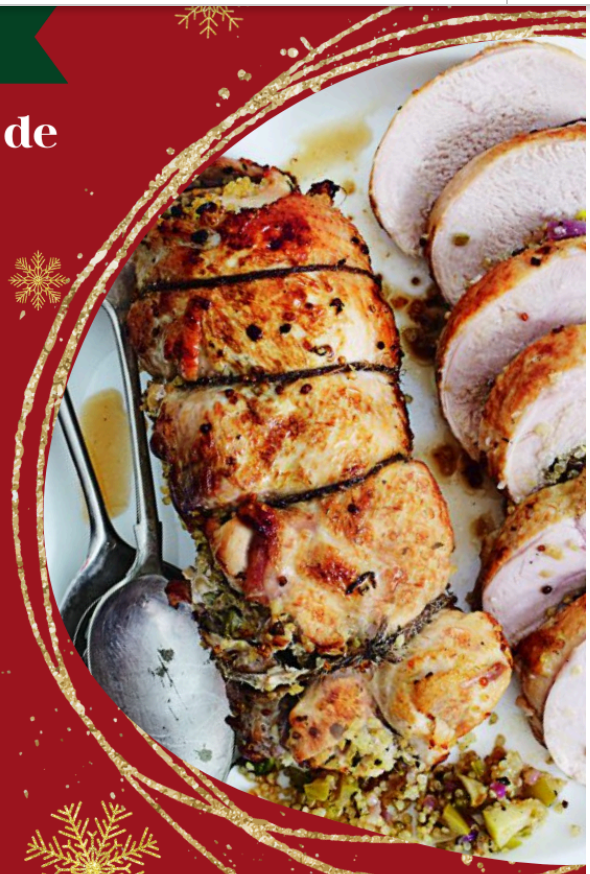
RECETA NAVIDEÑA

Pavo asado con relleno de quinua y apio

Autora: Liz Macri

Ingredientes:

- Enroscarse
- ½ taza de quinua
- Aceite en aerosol
- 1 cebolla morada grande, finamente picada
- 2 tallos de apio, finamente picados
- 1 manzana verde, finamente picada
- 2 cucharadas de salvia fresca finamente picada
- 2 filetes de pechuga de pavo de 21 oz
- 1 cucharada de aceite de oliva
- 1 taza de caldo de pollo líquido sin sal agregada
- 2 cucharadas de harina



HAGA CLIC AQUÍ PARA VER LA RECETA COMPLETA

FUENTE: WWW.HEALTHYFOOD.COM

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