



TEXAS DIABETES  
COUNCIL

## *Texas Diabetes*

### The Newsletter of the Texas Diabetes Council

---

*Spring 2012*

#### ***Texas Diabetes Transitions to E-newsletter Format***

Spring 2011 was the final printed issue of *Texas Diabetes* delivered to diabetes healthcare professionals across the state. Starting with this issue, quarterly e-newsletters will be delivered via the Texas Health and Human Services System email subscription service administered by GovDelivery. Subscribers to the “**DSHS Diabetes**” topic item will continue to receive news and information about the Texas Diabetes Council and the Diabetes Prevention and Control Branch of the Texas Department of State Health Services, including quarterly issues of *Texas Diabetes*.

If you haven't subscribed already, visit our website ([www.texasdiabetescouncil.org](http://www.texasdiabetescouncil.org)) and click on the “Sign up for email updates” icon today!

---

#### **Changing the Course: A Plan to Prevent and Control Diabetes in Texas 2012-13**

The Texas Diabetes Council's (TDC) strategic plan for state diabetes prevention and control for the current biennium is found online at <http://www.dshs.state.tx.us/diabetes/tdcplan.shtm>. Texas Health and Human Services agency programs that address goals of the plan are described in the plan's *Activities and Services Update* section.

## State Community Diabetes Projects Announced

The Texas Department of State Health Services Diabetes Prevention and Control Branch awarded twelve Community Diabetes Projects (CDPs) at the start of state fiscal year 2012, following a competitive request for proposals. CDPs implement community-based diabetes interventions targeting high-risk populations in the state with limited access to health care. In addition to diabetes management and prevention education, CDPs promote local policy, health systems and environmental changes conducive to primary and secondary diabetes prevention, focusing on weight loss, controlling blood pressure, lowering A1C and cholesterol/lipid levels, and smoking cessation. Located in all eight of the state's health service regions, CDPs include public health districts, federally qualified health centers, academic institutions and community-based organizations.

Recently awarded and ongoing projects are listed online at <http://www.dshs.state.tx.us/diabetes/tdcdaecs.shtm>.

---

## Diabetes Tool Kit Updates

The Diabetes Tool Kit contains the collected recommendations of the TDC's Medical Professional Advisory Subcommittee, including general diabetes education for healthcare professionals, diabetes treatment algorithms and guidelines, and patient handouts.

The Subcommittee updated the *Lipid Algorithm for Type 1 and Type 2 Diabetes Mellitus in Adults* in April 2011:

<http://www.dshs.state.tx.us/diabetes/PDF/algorithms2/11LipidAlg.pdf>

Hospital order sets for transition from intravenous to subcutaneous insulin were added in October 2011:

<http://www.dshs.state.tx.us/diabetes/pdf/algorithms2/IVtoSQINSORders.pdf>

The complete Diabetes Tool Kit can be downloaded at [www.tdctoolkit.org](http://www.tdctoolkit.org).

## Prediabetes and Diabetes Prevalence in Texas – Texas Behavioral Risk Factor Surveillance System (BRFSS) 2010

According to 2010 Texas BRFSS data, 9.7% of adults 18 years and older in Texas have been diagnosed with **diabetes** (about 1.8 million adults) and **5.2%** of adults 18 years and older in Texas have been diagnosed with **prediabetes** (about 1 million adults).

Epidemiologists in the DSHS Health Promotion and Chronic Disease Prevention Section have published two new facts sheets illustrating these prevalence estimates:

- Prediabetes Status in Texas, 2012  
(<http://www.dshs.state.tx.us/diabetes/PDF/data/prediabetes.pdf>)
  - Diabetes Status in Texas, 2012  
(<http://www.dshs.state.tx.us/diabetes/PDF/data/2010diabetesprev.pdf>)
- 

## TDC Campaign Promotes Awareness of Risk Factors for Type 2 Diabetes

An estimated 79 million (35%) of American adults aged 20 and older have prediabetes based on fasting blood glucose and A1c testing of participants in the 2005-2008 National Health and Nutrition Examination Surveys (NHANES). However, self-reported prediabetes prevalence in Texas (see previous article) is much lower (5.2%), indicating a significant lack of awareness/diagnosis of prediabetes.

The TDC's latest "Prevent Type 2 Diabetes" campaign addresses this knowledge gap and aims to prepare Texans at increased risk for type 2 diabetes for lifestyle interventions proven to prevent or delay onset of type 2 diabetes. Current television and online advertising messages target Hispanics at increased risk for diabetes, urging them to know their risk and get tested. Websites in English and Spanish direct viewers to local diabetes screening resources using the 2-1-1 Texas services directory. The sites also serve as portals to educational resources regarding prediabetes and resources to help avoid or delay type 2 diabetes.

- <http://www.preventtype2.org/>
- <http://www.prevenirtipo2.org/>

## **CDC Diabetes Prevention Recognition Program Launch**

The Centers for Disease Control and Prevention (CDC) welcomes organizations that offer a lifestyle change program for preventing type 2 diabetes to apply for recognition by the Diabetes Prevention Recognition Program (DPRP). National Diabetes Prevention Program standards for a lifestyle program to prevent type 2 diabetes are found at <http://www.cdc.gov/diabetes/prevention/recognition/standards.htm>.

The DPRP has three key objectives:

- To assure the quality, consistency, and broad dissemination of the lifestyle intervention.
- To develop and maintain a registry of organizations that are recognized for their ability to deliver an effective lifestyle program to people at high risk for type 2 diabetes.
- To provide technical assistance to organizations that have applied for recognition to help them deliver an effective lifestyle program and achieve and maintain recognition status.

CDC has also established a national registry which provides contact information for programs offering the CDC-recognized lifestyle intervention in communities across the United States. This registry can be used by health care providers to refer patients to a local program and can also help people at risk for diabetes locate an organization offering the classes.

To find a recognized diabetes prevention program, go to [www.cdc.gov/diabetes/prevention/recognition/registry.htm](http://www.cdc.gov/diabetes/prevention/recognition/registry.htm).

For more information about CDC's National Diabetes Prevention Program, go to [www.cdc.gov/diabetes/prevention/](http://www.cdc.gov/diabetes/prevention/).

---

## **National Diabetes Prevention Program Lifestyle Coach Training**

If your organization applies for CDC recognition of your diabetes prevention program, consider contacting the Diabetes Training and Technical Assistance Center in Atlanta, GA, to explore options for Lifestyle Coach training. If your organization has 8 to 12 individuals who would like to be trained as Lifestyle Coaches, DTTAC can provide a local or in-house training on dates that are convenient for you. If your organization is interested in training fewer than 8 Lifestyle Coaches, DTTAC will provide quarterly regional or Atlanta-based training options. Depending on the location and number of trainees, the total costs of training will range from \$1,200 to \$2,000 per participant.

<http://www.dttac.org/diabetesprevention/index1.html>

## Upcoming Conferences and Events:

### **South Texas Veterans Healthcare System and the South Texas Diabetes Educators Present "Changing the Course of Diabetic Complications"**

April 14, 2012  
St. George Maronite Church  
Conference Building  
6070 Babcock Road  
San Antonio, TX, 78240  
Registration link: [www.stdeu.org](http://www.stdeu.org)

### **Texas Chapter of the American Association of Clinical Endocrinologists (AACE) 2012 Annual Meeting**

August 3-4, 2012  
San Antonio Marriott Riverwalk  
101 Bowie Street  
San Antonio, TX, 78205  
Hotel rooms should be reserved by July 11, 2012

Visit the AACE website for agenda and registration information:  
<https://www.aace.com/chapters/Texas/Annual-Meeting-2012>

---

*Texas Diabetes is published by:*

*Texas Department of State Health Services  
Diabetes Prevention and Control Branch, MC 1965  
PO Box 149347, Austin, TX, 78714-9347*

*Phone: 1-888-963-7111 ext. 7490  
Email: TDC.Web@dshs.state.tx.us*

*Publication No. 45-11004.*