

# D TEXAS DIABETES

The Newsletter of the Texas Diabetes Council 

Winter 2016

## National Prediabetes Awareness Campaign



**KNOW WHERE YOU STAND** [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)  
(It'll only take a minute!)

   
 

The American Diabetes Association (ADA), American Medical Association (AMA), and Centers for Disease Control and Prevention (CDC) have recently partnered with the Ad Council on the first national prediabetes awareness campaign. The campaign is designed to help people learn their risk and take steps to reverse the condition. The message is simple but strong: **no one is excused from prediabetes.**

The campaign encourages people to take a short online test at [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org) to learn their risk for prediabetes. The website features lifestyle tips and connects visitors to the [CDC-led National Diabetes Prevention Program](#).

Visit the Texas Diabetes Program - Council website to [learn how you can help support the national effort to raise awareness of prediabetes](#).

Video PSAs on [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)



## Fit2Me Support Program Helps Patients Manage Type 2 Diabetes



It's not too late for your patients to kick start their 2016 resolutions for proactive diabetes management, and [Fit2Me™](#) can help. Since each person with type 2 diabetes is unique, this interactive resource from AstraZeneca offers the tools to navigate their personal journeys with the condition while helping them establish easy-to-maintain healthy habits.

Unlike some diet, exercise and diabetes trackers that record past activity, Fit2Me focuses on establishing healthy habits in planning for the future, instead of just tracking calories consumed and burned. This free online program focuses on four key areas of diabetes management – food, activity, treatment information and support – and offers encouragement from digital coaches who can help users through the process of improving their health and fitness while celebrating successes along the way.

With more than 10,000 diabetes-friendly recipes based on criteria from the American Diabetes Association, Fit2Me allows people to choose their favorite ingredients, cuisines and fitness activities to build a customized lifestyle plan. For example, if they don't like mushrooms or red meat, Fit2Me will omit any recipes with those ingredients from their plan. Fit2Me also offers 500 physical activities and focused exercises, most with instructional videos. Digital coaches can help patients create a personal activity program, no matter what their activity level may be.

Fit2Me encourages people to reach their personal health goals through interactive games, team challenges and rewards. It provides treatment and appointment reminders, A1C and blood sugar trackers and a personalized treatment kit that includes information about type 2 diabetes and treatment options from AstraZeneca. Fit2Me also offers access to external, health resources like type 2 diabetes-trained nurses, certified diabetes educators and assistance verifying insurance coverage.

Encourage your patients, family and friends to visit [Fit2Me.com](#) to learn more or to register today for free to create their customized type 2 diabetes lifestyle plan.

## New DSME/S Joint Position Statement

The American Association of Diabetes Educators (AADE), American Diabetes Association (ADA), and Academy of Nutrition and Dietetics (ADA) issued a [joint position statement](#) outlining when, how and what types of diabetes self-management education and support (DSME/S) should be provided to people with diabetes.

Specifically, the position statement highlights four critical times for assessing the need for a DSME/S referral: at diagnosis; on an annual basis; when new complicating factors influence self-management and, lastly, when transitions in care occur. It also provides guidance on the type of information and support patients might need during those critical junctures.

The Texas Diabetes Council (TDC) will be using this joint position statement as a resource on the [TDC Tool Kit website](#).

## **ADA Issues New Standards of Medical Care for Diabetes**

Changes include a new blood sugar standard for children and adolescents; a lower BMI screening threshold for Asian Americans; and new recommendations on statin use based on risk status. [View the ADA Standards of Medical Care in Diabetes – 2016 PDF here](#).

The Texas Diabetes Council provides guidance in treatment algorithms for the areas listed below:

- Glycemic Control for Type 2 Diabetes in Adults
- Screening and Management of Hyperglycemia in the Geriatric Population
- Insulin for Type 1 Diabetes in Children and Adults
- Insulin for Type 2 Diabetes in Children and Adults
- ICU Insulin Orders
- IV Insulin Infusion Protocol in the ICU Setting
- Orders for Adults with DKA and Hyperglycemic Hyperosmolar State
- Transition from IV to SQ Insulin
- Exercise for Diabetes Prevention and Therapy
- Hypertension
- Lipid Treatment
- Medical Nutrition for Prevention and Therapy
- Weight Management for Overweight Children and Adolescents
- Weight Loss for Adults
- Prevention and Delay of Type 2 Diabetes in Children and Adults
- Diabetic Foot Care
- Neuropathy
- Minimum Standards for Initiation, Evaluation and Management of Insulin Pump Therapy

[View the Texas Diabetes Council Tool Kit algorithms](#).

## Communicating Risk and Benefits of Behavior Change

As often as possible, include health behaviors in your messages. Make sure you communicate both the benefits **and** risks of the behaviors. People can more easily comprehend the information and make an informed decision when they learn both risks and benefits.

Here's an example of how to frame a message that states the risk **and** benefit of a behavioral recommendation about eating fruits:

"Fruits are healthy food choices for those with diabetes. But did you know that dried fruit and 100 percent fruit juice portion sizes are small and less filling? There are tips that can help you make healthy choices and keep your glycemic index low..." [Source](#)

The CDC Clear Communication Index is a research-based tool to help you develop and assess public communication materials.

- The Index has four introductory questions and 20 scored items drawn from scientific literature in communication and related disciplines.
- The items represent the most important characteristics that enhance and aid people's understanding of information.



[Everyday Words for Public Health Communication](#) (PDF 361kb) offers expert recommendations from CDC's Health Literacy Council and other agency communicators on how to reduce jargon and replace problematic terms in order to improve real comprehension. For more information on clearly communicating risks and benefits of behavior change, visit [Part B items 12-14](#) and [Part D, item 19](#) on [CDC's Clear Communication Index](#) website.

This kind of clear communication is the goal of the TDC literature. These publications are meant to be used for one-on-one patient education and can be ordered via the [Texas Diabetes Program - Council publications and resources page](#).

## February is Heart Month



February is Heart Month. Heart disease is the leading cause of early death among people with diabetes. Adults with diabetes are two to four times more likely than those without diabetes to die of heart disease or have a stroke. About 70 percent of people with diabetes have high blood pressure, a risk factor for heart disease. The following resources can help you learn more about the link between diabetes and heart disease and educate patients on this vital topic.

Resources:

- [NDEP Diabetes and Heart Health](#)
- [NDEP Diabetes and Your Heart Infographic](#)
- [NDEP Taking Care of Your Diabetes Means Taking Care of Your Heart \(Tip Sheet\)](#)
- [ADA Diabetes and Heart Health - What's the Connection?](#)
- [CDC Valentine's Day Tips](#)
- [AADE Diabetes Education Prompt Deck Tools](#)
- [Texas Heart Disease and Stroke Program](#)
- [TDC Taking Charge of Your Health: Controlling Diabetes One Day at a Time in English](#) (PDF 738kb, #10-21) [View Spanish version](#) (PDF 576kb, #10-21A)

## Breastfeeding May Help Prevent Type 2 Diabetes after Gestational Diabetes

A study suggests that breastfeeding may help keep women with a history of gestational diabetes from later developing type 2 diabetes. [Learn more about the study](#) on *NIH Research Matters* site.

[Gestational Diabetes Standards of Care and Treatment Guidelines are available in the TDC Toolkit, starting on page 21](#) (PDF).

## CDC Diabetes Goes Social

Now on Facebook and Twitter: CDC's Division of Diabetes Translation. [CDC Diabetes on Facebook](#) and [@CDCDiabetes on Twitter](#) provide a fresh, new way to keep the conversation going about diabetes care and prevention, including:

- Answers to questions about prediabetes
- Tips for living well with diabetes
- Checklists for medical checkups
- Healthy eating ideas and recipes
- Proven programs to prevent diabetes
- Downloadable infographics and other visual information

The DSHS also has social media sites that include diabetes information and resources. You can find us on [Twitter](#), [Facebook](#) and [YouTube](#).

## Medication Adherence with Diabetes Medication

An article on "Medication Adherence With Diabetes Medication: A Systematic Review of the Literature" was published in *The Diabetes Educator*, February 2016. The primary purpose of this systematic review was to synthesize the evidence regarding risk factors associated with nonadherence to prescribed glucose-lowering

agents, the impact of nonadherence on glycemic control and the economics of diabetes care, and the interventions designed to improve adherence.

One hundred ninety-six published articles were reviewed; 98 met inclusion criteria. The conclusion was that medication adherence remains an important consideration in diabetes care. Health professionals working with individuals with diabetes (e.g., diabetes educators) are in a key position to assess risks for nonadherence, to develop strategies to facilitate medication taking, and to provide ongoing support and assessment of adherence at each visit. [Visit PubMed for the abstract](#) and a link to the full article.



---

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](mailto:TDC.Web@dshs.state.tx.us)

Publication No. 45-11004