

Diabetes News You Can Use



August 2020

Diabetes News You Can Use is a free news bulletin of the Texas Department of State Health Services. It is compiled by the [Diabetes Prevention and Control Program](#). Each month we highlight information and news related to diabetes.

Health Awareness

- [August is National Wellness Month](#): Focus on self-care, managing stress and promoting healthy routines.
- [Understanding Diabetes and Mental Health](#): Diabetes takes more than a physical toll. Emotional strain is normal and it's important to ask for help.

Articles

- [Mental Health in Diabetes: Can't Afford to Address the Service Gaps or Can't Afford Not to?](#)
- [Health Care 2020: Reengineering Health Care Delivery to Combat Chronic Disease](#) [pdf]
- [A Brief but Comprehensive Lifestyle Education Program Based on Yoga Reduces Risk Factors for Cardiovascular Disease and Diabetes Mellitus](#)
- [Addressing Mental Health Promotion in Chronic Disease Prevention and Health Promotion](#)
- [Patients with Chronic Pancreatitis at Increased Risk for Diabetes Emergencies](#)

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Diabetes Friendly Recipes

- [Watermelon-Cranberry Agua Fresca](#)
- [Jamaican Barbecued Pork Tenderloin](#)
- [Southwestern Vegan Bowl](#)
- [Avocado Dip](#)
- [Rainbow Ice Pops](#)

Online Education

- [CDC Diabetes Free Education Webinars](#): Learn new approaches to engage communities, increase cultural competence and promote diabetes prevention and management.
- [HHS Telemedicine Hack](#): Free peer-to-peer learning community to accelerate telemedicine implementation for ambulatory providers. 10 one-hour weekly sessions from July 22 to Sept. 23.

The articles and hyperlinks to external websites appearing in *Diabetes News You Can Use* are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services. Other websites may not be accessible to people with disabilities. For more information about any of the items listed, please contact the sponsoring organization directly.

Go to dshs.texas.gov/txdiabetes to sign up to receive this monthly bulletin in your email mailbox. You also will receive periodic messages related to public meetings and activities of the DSHS Diabetes Prevention and Control Program.

