

Diabetes News You Can Use



November 2020

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

November is National Diabetes Awareness Month and November 14 is World Diabetes Day!

It is a month to consider personal care plans that help manage blood glucose levels, encourage healthy eating habits, support mental health and prepare for emergencies. [View free resources, tips, and toolkits.](#)

Articles

- [DAS: The Diabetes Awareness and Insight Scale](#)
- [Closing the Gap - Is Type 2 Diabetes Awareness Enough to Prevent the Growing Epidemic?](#)
- [The Integrative Biology of Type 2 Diabetes](#)
- [Type 2 Diabetes: A Multifaceted Disease](#)

Tools and Resources

- Parents and caregivers can help reduce the chance of children developing diabetes. [Read tips to encourage healthy lifestyle habits.](#)

Page 1 of 3

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November 2020

Tools and Resources *(continued)*

- What is prediabetes? It means that an individual's blood sugar level is higher than normal but not high enough for a diabetes diagnosis. Take the [free online prediabetes risk test](#).
- [Diabetes workshops and CE courses](#) sponsored by the Association of Diabetes Care & Education Specialists (ADCES)
- Take a [free online risk test for Type 2 diabetes](#) (English or Spanish) for yourself or a loved one.
- [Find a diabetes education program](#) for yourself or a loved one. Search by zip code, distance and program type.
- View [interactive diabetes data](#) to learn how diabetes affects different populations in the United States.
- Infographics are helpful to educate communities about diabetes and prediabetes. [View a searchable media database](#) for free infographics and diagrams in Spanish and English.
- BeyondType1 hosted the [#KnowledgeDrop video series](#) in 2019. It featured conversations with diabetes experts who discussed various topics.

Page 2 of 3



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Diabetes Friendly Recipes

- [Turkey Pesto Melt](#)
- [Butternut Squash Ravioli](#)
- [Roasted Butternut Squash Fries](#)
- [Blackberry Iced Tea with Cinnamon and Ginger](#)
- [Cranberry Orange Muffins](#)
- [Tasty Apple Pie](#)

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 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.

Page 2 of 3

