

# Diabetes News You Can Use



February 2022

*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.

## February is American Heart Month

### Related Articles

- [Cardiovascular Health in Early Adulthood Predicts the Development of Coronary Heart Disease in Individuals with Type 1 Diabetes: 25 Year Follow-up from the Pittsburgh Epidemiology of Diabetes Complications Study](#)
- [Current Status on the Therapeutic Strategies for Heart Failure and Diabetic Cardiomyopathy](#)
- [Heart Rate Variability and HbA1c Predict Plasma Interleukin-6 Response to Psychosocial Stress Challenge in Trauma-Exposed Women with Type 2 Diabetes](#)

## March is National Nutrition Month

### Related Articles

- [Heterogeneity of Diabetes:  \$\beta\$ -Cells, Phenotypes, and Precision Medicine: Proceedings of an International Symposium of the Canadian Institutes of Health Research's Institute of Nutrition, Metabolism, and Diabetes and the U.S. National Institutes of Health's National Institute of Diabetes and Digestive and Kidney Diseases](#)
- [The Dietary Inflammatory Index, Obesity, Type 2 Diabetes, and Cardiovascular Risk Factors and Diseases](#)
- [Role of Health Literacy and Motivational Interviewing in Building Insight for Self-Management of Diabetes Mellitus](#)

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## April is National Minority Health Month

### Related Articles

- [“I Had to Rediscover Our Healthy Food”: An Indigenous Perspective on Coping with Type 2 Diabetes Mellitus](#)
- [Does Weight Management After Gestational Diabetes Mellitus Diagnosis Improve Pregnancy Outcomes? A Multi-Ethnic Cohort Study](#)
- [Telehealth Interventions to Improve Diabetes Management Among Black and Hispanic Patients: a Systematic Review and Meta-Analysis](#)

## Resources

### Related Articles

- [Community Connection](#) – search engine from the American Diabetes Association (ADA) with diabetes resources including education, housing, food, and health
- [Education Materials and Resources](#) – free diabetes information and tips from the Indian Health Service
- [Diabetes Health Equity Practice Resources](#) – from the Association of Diabetes Care & Education Specialists (ADCES)
- [Grocery Shopping List](#) – printable grocery guide from the ADA

## Webinars

- [Community Webinars and Videos](#) – diabetes-related webinars and videos from the Centers for Disease Control and Prevention
- [Strategies to Achieve 5% Weight Loss Goal for the National Diabetes Prevention Program](#) – free webinar from the ADCES

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## Webinars (continued)

- [Professional Webinar Library](#) – free webinar library archive from the ADA
- [Professional Education Webinar Series](#) – free webinars from the American Heart Association

## Recipes

- [Minty-Lime Iced Tea](#)
- [Raspberry Chocolate Scones](#)
- [Pineapple Chicken Stir-Fry](#)
- [Vegetable Lasagna Roll-Ups](#)
- [Tabbouleh Salad](#)
- [Vanilla Poached Peaches](#)

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](https://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.

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