



Diabetes

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Missouri Department of Health & Senior Services  
Bureau of Cancer and Chronic Disease Control

# Diabetes Update

January 9, 2009

## Happy New Year 2009

### Most Popular New Year's Resolutions

Loose Weight - Manage Debt - Save Money - Get a Better Job - Get Fit - Eat Right - Get a Better Education - Drink Less - Quit Smoking - Reduce Stress - Take a Trip - Volunteer to Help Others

### 10 Tips for Keeping New Year's Resolutions

The best way to stick with your resolution is to plan ahead. Chances are, at some time in your life, you've made a New Year's Resolution -- and then broken it. Read More at: <http://ibdcrohns.about.com/cs/mentalhealth/a/newyearresolve.htm>.

### Educational Opportunities

To find a recognized diabetes education program by zip code click on the following link:

[http://professional.diabetes.org/erp\\_zip\\_search.aspx](http://professional.diabetes.org/erp_zip_search.aspx).

### Standards of Medical Care in Diabetes - 2009

[http://care.diabetesjournals.org/cgi/content/full/32/Supplement\\_1/S13](http://care.diabetesjournals.org/cgi/content/full/32/Supplement_1/S13).

### Funding Opportunities

Government Funding: [www.grants.gov](http://www.grants.gov).

Missouri Foundation for Health Funding: [www.mffh.org](http://www.mffh.org)

American Diabetes Association Funding: [www.diabetes.org](http://www.diabetes.org).

National Institute of Diabetes and Digestive and Kidney Diseases Funding: <http://www2.niddk.nih.gov/Funding/FundingOpportunities/>.

The reference to an information source in the Weekly Diabetes Update does not constitute an endorsement of that source.

If you would like an announcement included in a Diabetes Update, please email the request to our office at [DiabetesMO@dhss.mo.gov](mailto:DiabetesMO@dhss.mo.gov).

**HAPPY  
NEW  
YEAR  
2009**

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# Diabetes News

## Can't Afford New Year's Resolutions?-The American Diabetes Association Offers Tips to Make Healthy and Inexpensive Resolutions

ALEXANDRIA, VA, Dec 11, 2008 (MARKET WIRE via COMTEX) -- Diet and exercise goals always rank high on New Year's Resolution lists. But rising food prices and the uncertain state of post-holiday bank accounts leave many to wonder if they can afford to make resolutions this year, let alone stick to them. So if you or a loved one has diabetes, or is at risk for developing type 2 diabetes, how can you afford a healthy lifestyle in 2009?

Read complete article at . .

<http://www.diabetes.org/diabetesnewsarticle.jsp?storyId=19054267&filename=20081211/comtex20081211iw00004286KEYWORDMissingEDIT.xml>.

## New Year's Resolutions Guide

It's that time of year again when many people resolve to improve their health. The problem is that most good intentions get derailed within a few weeks.

Make this year the year you make good on your New Year's resolutions. This New Year's guide, which features advice from University of Maryland Medical System experts, should help.

Read complete article at . .

[http://www.umm.edu/features/resolutions\\_guide.htm](http://www.umm.edu/features/resolutions_guide.htm).

## The State of America's Health as Obama Takes Office

Health reform efforts that focus on prevention can save lives but are often costly.



President-elect Barack Obama's political opponents used to suggest that he's different from the average American. Indeed he is, though in ways that have nothing to do with his unusual name or upbringing. Just look at the man. He's lean. He goes to the gym every morning. When he hits the bottle, it's got water in it. Sure, he has admitted to lighting up the occasional cigarette. But compared with the typical pudgy, sedentary, fast-food-craving American's lifestyle, the president's healthful habits make him anything but average.

Obama has pledged to keep his campaign promise to bring [comprehensive reform](#) to our ailing healthcare system. In contrast to the last big push for reform, during the Clinton administration, this time there has been more agreement among insurers, employers, consumers, and lawmakers on the broad outlines for change. Although many specifics have yet to emerge, all parties agree that any plan must place a strong emphasis on encouraging healthful behaviors and preventing disease.

Read the article in US News . . .

<http://health.usnews.com/articles/health/diabetes/2009/01/02/the-state-of-americas-health-as-obama-takes-office.html>.

Continued on next page.

## Resolve and Evolve!

According to Wikipedia, a New Year's resolution is "a [commitment](#) that an individual makes to a project or the reforming of a [habit](#), often a [lifestyle](#) change that is generally interpreted as advantageous."

We've learned the hard way that specific resolutions are the way to go. General plans like "I'll watch my weight" or "I'll check my blood glucose more often" tend to be less successful than the more specific: "I'll eat x number of carbs each meal" and "I'll check my BG before and after every meal."

We've also learned that catching yourself doing something right is ultra-important. Go ahead and set up a reward system for yourself...*If I check my BG according to schedule for an entire month, then I'll reward myself with a spa day or a day trip to the beach.*

Read the complete article . . .

<http://www.diabeteshealth.com/read/2008/12/29/6035.html>.

## Weekly Diabetes Recipe

### Simple Shrimp Scampi

#### Ingredients

- 1 tsp margarine, melted, reduced-calorie
- 1 tsp Vegetables oil
- 1 clove Garlic
- 1/4 tsp Pepper
- 1/2 lb large, fresh shrimp, uncooked, cleaned, deveined
- 1 tbsp fresh parsley, chopped

#### Directions

1. Combine margarine, oil, garlic, and pepper in a shallow heat proof casserole dish.
2. Add shrimp, and toss lightly to coat.
3. Spread shrimp in a single layer.
4. Broil shrimp 4" from heat 3-4 minutes. Turn shrimp, and broil an additional 3-4 minutes or until lightly browned.
5. Sprinkle with parsley, and serve.

Calories	91
Protein	14 grams
Sodium	107 mg
Cholesterol	90 mg
Fat	3 grams
Carbohydrates	1 grams
Exchanges	2 Lean Meat

