



Diabetes

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

Diabetes Update

January 23, 2009

Groundhog Day! February 2, 2009 LOOK TO THE FUTURE

Pennsylvania's official celebration of Groundhog Day began on February 2nd, 1886 with a proclamation in *The Punxsutawney Spirit* by the newspaper's editor, Clymer Freas: "Today is groundhog day and up to the time of going to press the beast has not seen its shadow." The groundhog was given the name "Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet Extraordinary" and his hometown thus called the "Weather Capital of the World." His debut performance: no shadow - early Spring.

Read Complete Article at: <http://www.stormfax.com/ghogday.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.

Standards of Medical Care in Diabetes - 2009

http://care.diabetesjournals.org/cgi/content/full/32/Supplement_1/S13.

Funding Opportunities

Government Funding: www.grants.gov.

Missouri Foundation for Health Funding: www.mffh.org

American Diabetes Association Funding: 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.

Winter?



Is it Spring Yet?

2009

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Diabetes News

Yearly check-up for diabetes

If you have diabetes, you should have certain tests and see your doctor **every year** to stay as healthy as possible

Here are some tests you should have at least once a year:

- **A test of your blood glucose control**
- **A test to see how your kidneys are working**
- **Your legs and feet**
- **Your injection areas**
- **A cholesterol test**
- **Your weight**
- **Your blood pressure**
- **Your eyes**



Read the complete article: <http://www.guardian.co.uk/lifeandstyle/besttreatments/diabetes-type-1-yearly-checkup-for-diabetes>

NFL Quarterback Jay Cutler to Help Families Affected by Diabetes by Joining Lilly's Inspired by Diabetes Campaign

Denver Broncos quarterback Jay Cutler is reaching out to help send children with diabetes to summer camps.

Cutler -- who was diagnosed with type 1 diabetes last spring and established himself as one of the National Football League's (NFL) top young quarterbacks with a Pro Bowl season in 2008 -- will become an ambassador for Eli Lilly and Company's **Inspired by Diabetes** campaign, Lilly announced today. Lilly is a worldwide leader in diabetes research and treatment that introduced the world's first commercial insulin as a treatment for diabetes in 1923.

Cutler will kick off his involvement in the campaign with activities during Super Bowl week in Tampa, visiting Tampa Bay-area All Children's Hospital to meet with families of children with type 1 diabetes. His message: encouraging people affected by diabetes to enter the Inspired by Diabetes global contest and help someone else in the process.

Read the complete article: <http://sev.prnewswire.com/health-care-hospitals/20090122/DC6150622012009-1.html>

Obesity is top health concern in U.S.

Facts about obesity in the United States:

Continued on next page.

- * About two-thirds of adults in the United States are considered overweight or obese.
- * Obesity has increased dramatically over the past two decades.
- * In 2007, only one state, Colorado, had a prevalence of obesity less than 20 percent. Thirty states had a prevalence equal to or greater than 25 percent; three of these states -- Mississippi, Alabama and Tennessee -- had a prevalence of obesity equal to or greater than 30 percent.

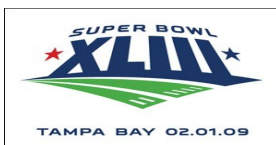
Read complete article: <http://www.reuters.com/article/domesticNews/idUSTRE50L03I20090122>

Athletes Not Spared From Health Risks Of Metabolic Syndrome

College-age football players who gain weight to add power to their blocks and tackles might also be setting themselves up for diabetes and heart disease later in life, a new study suggests.



Superbowl



Diabetes Recipe



Steak and Salsa Chips

Ingredients

- 2 beef shoulder top blade (flat iron) steaks (about 8 ounces each)
- 1 cup prepared thick-and-chunky salsa, divided
- 1 to 2 tablespoons chopped fresh cilantro
- 24 large corn tortilla chips
- 1/2 cup prepared guacamole
- 24 fresh cilantro leaves (optional)

Directions

1. Place beef steaks and 1/2 cup salsa in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours. Combine remaining 1/2 cup salsa and chopped cilantro, as desired; cover and refrigerate until ready to use.
2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, covered, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

Carve steaks into thin slices; cut slices into bite-size pieces. Arrange chips on platter. Top each chip evenly with reserved salsa mixture, beef and guacamole. Garnish with cilantro leaf, if desired. Serve immediately.

One pound beef top loin steaks or top sirloin, cut 3/4 inch thick may be substituted for flat iron steaks. Grill top loin steaks 10 to 12 minutes (over medium heat on preheated gas grill, covered, 7 to 10 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill top sirloin steak 13 to 16 minutes (over medium heat on preheated gas grill, covered, 8 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

Nutritional Information (Per Serving)

Calories	59
Protein	4g
Sodium	134mg
Cholesterol	12mg
Fat	3g
Carbohydrates	5g

