



Diabetes

1-800-316-0935

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

Diabetes Update

March 31, 2010

Information, Inspiration, and Connection for Your Diabetes Life

dLifeTV is the first of its kind—a weekly television series dedicated to empowering the millions of Americans living with diabetes. The entertaining half-hour show features real people, real stories, celebrities, timely advice, and diabetes-friendly cooking. You'll come away more informed, more inspired, and more connected to your diabetes.

Read and view more . . . [http://www.dlife.com/diabetes/information/dlife_media/tv/As seen on TV index.html](http://www.dlife.com/diabetes/information/dlife_media/tv/As_seen_on_TV_index.html)

Baby Fat May Not Be So Cute After All

Schools have banned cupcakes, issued obesity report cards and cleared space in cafeterias for salad bars. Just last month, Michelle Obama's campaign to end childhood obesity promised to get young people moving more and revamp school lunch, and beverage makers said they had cut the sheer number of liquid calories shipped to schools by almost 90 percent in the past five years.

Read more . . . <http://www.nytimes.com/2010/03/23/health/23obese.html>

Hour of exercise may be too much for busy U.S.

A study published in the Journal of the American Medical Association on Tuesday found that middle-aged women need to get at least an hour a day of moderate exercise if they hope to ward off the creep of extra pounds that comes with aging.

Read More . . . <http://www.reuters.com/article/idUSTRE62M5QP20100323>

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.

If you are interested in partnering with agencies or organizations within your community or building a diabetes coalition in your area please visit our website to access our Resource Kit at: <http://www.dhss.mo.gov/diabetes/Introduction.html>.



Inside this issue:

Diabetes News	2-3
Diabetes Recipe	3

China becomes world's new diabetes capital

NEW YORK (Reuters Health) - China now has more people with diabetes than any other country, a new report shows, making it clear that the nation's soaring economic growth is taking a toll on public health.

Read More . . . <http://www.reuters.com/article/idUSTRE62N66220100324>

Native American Diabetes Rate

ANN ARBOR, Mich. – More than 16 percent of American Indians and Alaska Natives aged 20 and older have diagnosed diabetes, compared to a national average of seven percent.

Read More . . . <http://www.indiancountrytoday.com/national/greatlakes/88910332.html>

Accepting Help Improves Survival Among Diabetics

People with diabetes do much better, in terms of survival, if they can turn to others for support in times of need, new research suggests.

The study found that those who are more independent and feel they don't need help from others have a 33 percent increased risk of dying over a five-year period.

Read More . . . <http://www.palmbeachpost.com/health/accepting-help-improves-survival-among-diabetics-447238.html>

Social Networks a Lifeline for the Chronically Ill

For many people, social networks are a place for idle chatter about what they made for dinner or sharing cute pictures of their pets. But for people living with chronic diseases or disabilities, they play a more vital role.

Read More . . . <http://www.nytimes.com/2010/03/25/technology/25disable.html>

Freeman Puts Positive Spin On Diabetes Diagnosis

DAN GELSTON, AP Basketball Writer

PROVIDENCE, R.I. (AP) — Georgetown guard Austin Freeman has changed his diet and now regularly checks his blood sugar since he's been diagnosed with diabetes.

Read More . . . <http://wjz.com/wireapsportsmd/Georgetown.s.Freeman.2.1569975.html>

Facts about diabetes management and prevention

If you have just been diagnosed with diabetes or pre-diabetes, the information can be overwhelming. If you're cooking for someone who has diabetes, it can be confusing. Here is a quick quiz to get some of the facts about diabetes management and prevention.

Read More . . . <http://www.medcitizen.com/diseases/3935.html>

New Reality TV Show Helps Unhealthiest City Adopt Better Eating

"Habits-Huntington, W.Va.—I never made it with actual flour before," the Barboursville resident said after finishing a weekly cooking lesson at Huntington's Kitchen. The newly established downtown facility is the most visible sign of the changes here since a celebrity chef came to what his American TV network calls the nation's unhealthiest city.

Read More . . . <http://www.foxnews.com/story/0,2933,589979,00.html>

Fast Food Calories News Reveals Health Care Restaurant Law

Fast Food calories news is part of the new health care law that President Obama signed on Tuesday. It's a new requirement for fast food chains to list calorie information on their menus and promotional signs. This affects every restaurant chain in the food industry.

Read More . . . <http://www.newsoxy.com/fast-food/calories-news-12833.html>

Think Before You Eat: 15 Foods to Avoid with Diabetes

These top food offenders contain high amounts of fat, sodium, carbohydrate, and calories that may increase your risk of high cholesterol, high blood pressure, heart disease, uncontrolled blood glucose and weight gain.

Read More . . . <http://www.diabeticlivingonline.com/food-to-eat/nutrition/foods-to-avoid-with-diabetes/?sssdmh=dm17.435850&esrc=nwdlo&email=1789970243>

