



Diabetes Update

April 30, 2010

Cinco de Mayo-May 5, 2010

Despite the popular misconception, Cinco de Mayo (the fifth of May) is not Mexico's Independence Day — that's Sept. 16 — and it's not widely celebrated throughout the country. Mostly it's a big deal in the Mexican state of Puebla where the Battle of Puebla occurred in 1862.

Read More . . . http://www.dailygazette.com/weblogs/food-forum/2010/apr/27/42710_cinco/

Hispanics, Latinos, and Diabetes

Diabetes mellitus is one of the most serious health challenges facing the estimated 27 million Hispanics and Latinos in the United States. It is the 6th leading cause of death within this community and the 4th leading cause of death among Hispanic women and Hispanic elderly.

Read More . . . <http://www.dlife.com/diabetes/information//type-2/diabetes-causes/hispanics.html>

Taking diabetes fight to the streets

It was a startling number: 21 percent of Puerto Ricans living in Humboldt Park and West Town had been diagnosed with diabetes -- more than double the national rate and higher than rates among Puerto Ricans elsewhere.

Read More . . . <http://www.suntimes.com/lifestyles/2204684,CST-NWS-diabetes27.article>

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>.



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Latino Diabetes Initiative

- ⇒ Latinos are the fastest growing and largest minority group in the United States.
- ⇒ Their risk of developing diabetes is 1 1/2 times greater than non-Latino White Americans.
- ⇒ A Latino child born today has a 50% chance of developing diabetes in his/her lifetime.
- ⇒ Over 10% of all Latinos in the U.S. have diabetes (1/3 of who remain undiagnosed).
- ⇒ Latinos aged 50 and older have substantially higher rates of diabetes (24-30%).
- ⇒ 25% of Mexican Americans and Puerto Ricans over 45 have diabetes.

Read More . . . http://www.joslin.org/care/latino_diabetes_initiative.html

Celebrities With Diabetes Slideshow: Salma Hayek



Actress Salma Hayek had gestational diabetes, a type of diabetes that happens during pregnancy, while pregnant with her daughter, Valentina. Hayek has a family history of diabetes. Almost all women are screened for gestational diabetes when they are 24-28 weeks pregnant; high-risk women may be screened earlier. Gestational diabetes usually goes away after pregnancy, but it raises the risk of developing type 2 diabetes or getting gestational diabetes again.

See More . . . http://www.rxlist.com/celebrities_with_diabetes_slideshow/article.htm

Nintendo DS blood-sugar testing accessory coming to the US



Bayer's Didget, an FDA-approved device that allows players to transmit diabetes test data to a Nintendo DS in order to earn new minigames, will be coming to the U.S. pharmacies later this year.

Read More . . . <http://www.networkworld.com/news/2010/042710-nintendo-ds-blood-sugar-testing-accessory.html>

Healthy fast food: Mexican chains

Fast food chains that specialize in tacos or burritos can be caloric minefields or they can be a good option for finding healthy fast food. Rice, beans, salsa and a few slices of fresh avocado can make a very healthy meal. But adding cheese, sour cream and tortilla chips can turn even a good meal unhealthy. Be sure to also remember portion control since these types of restaurants can have enormous menu items (eat half and take the rest for another meal).

Several chains, like Taco Bell and Baja Fresh, have "healthy" menu options that feature less fat and fresher ingredients.

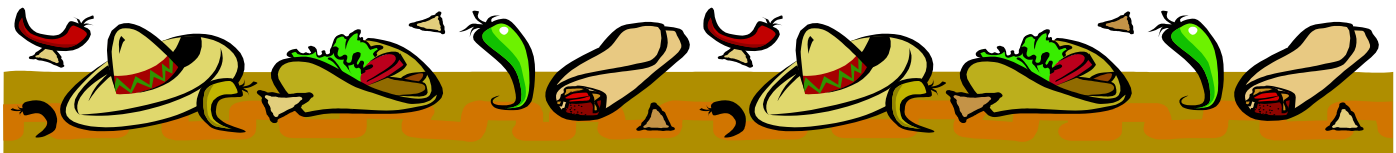
The Big Taco Chains

Less healthy choices

1. Crispy shell chicken taco
2. Refried beans
3. Steak chalupa
4. Crunch wraps or gordita-type burritos
5. Nachos with refried beans
6. Adding sour cream or cheese

Healthier choices

1. Grilled chicken soft taco
2. Black beans
3. Shrimp ensalada
4. Grilled "fresco" style steak burrito
5. Veggie and bean burrito
6. Limiting sour cream or cheese



Fajita-Style Quesadillas

<http://www.diabeticlivingonline.com/recipe/appetizers-snacks/fajita-style-quesadillas/>



Beef Fajitas

<http://www.diabeticlivingonline.com/recipe/beef/beef-fajitas/>



Chicken Fajita Chili

<http://www.diabeticlivingonline.com/recipe/chicken/chicken-fajita-chili/>