

Diabetes Update

August 5, 2009

Back to School !

Diabetes Management at School

The key to good diabetes control is a careful balance between food, exercise, and insulin. It's a juggling act to keep blood glucose levels within the target range. In a nutshell, food makes blood glucose levels go up, and exercise and insulin make blood glucose levels go down. People with diabetes have to check their blood glucose levels throughout the day using a blood glucose meter. The meter tells them how much sugar (glucose) is in their blood at that time, and they take insulin, eat, or modify activity to try to stay within their target range.

Read More...<http://www.diabetes.org/for-parents-and-kids/for-schools/diabetes-management.jsp>

Educational Opportunities



A new training to educate healthcare providers on the Missouri Consensus Diabetes Management Guideline for is available online. Nurses, dietitians, physicians and diabetes educators are eligible to complete this training for CE or CME:
<http://www.dhss.mo.gov/diabetes/>.

Funding Opportunities

New Research Funding: <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=47059>

Missouri Foundation for Health Funding: www.mffh.org.

American Diabetes Association Funding: www.diabetes.org.

Robert Woods Johnson Foundation: <http://www.rwjf.org/applications/solicited/cfp.jsp?ID=20804>

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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Help Your Teen Deal with the Ups & Downs of Diabetes

Teens with diabetes and their families often face unique challenges. Teens may sometimes have feelings of sadness, anger, loneliness, and fear, or they may blame themselves or their family for their diabetes. These feelings are normal every now and then. But in order to feel better, teens need to learn to take charge of their diabetes – and families can help. Parents or guardians can encourage their teens to feel good about themselves, seek support from others, and take action to manage their diabetes one step at a time. **Follow these tips from the National Diabetes Education Program (NDEP) to help your teen deal with the ups and downs of diabetes:**

Read More: <http://ndep.nih.gov/media/help-your-teen-deal-with-the-ups-downs-of-diabetes.pdf>

iPhone Diabetes Application: A New Frontier for the Glucose Meter Industry



Apple announced that they will be releasing the 3rd generation of iPhone software this week to developers. This is has become an annual announcement and clearly a large update with functionality improvements including copy and paste, search, stereo bluetooth and file sharing. Many of these new features had been a long-time coming and had been anticipated. A significant improvement, and one that I am most intrigued by, is the opening of the iPhone hardware to application developers. Developers can now build software and design hardware to add functionality to the iPhone hardware and extend the device into a much more flexible platform. This is of course, pending Apple's approval of any new device and wear the label "Made for iPod". This is a change in position for Apple and an opportunity for anyone looking to improve and extend the usability of the **17 million iPhones** and **iPod touches** in the hands of the public today.

Read More: <http://blog.cullmandesign.com/2009/03/iphone-diabetes-application-a-new-frontier-for-the-glucose-meter-industry/>

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Teens and School

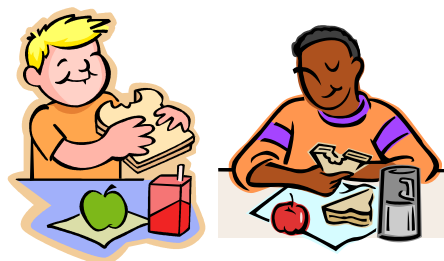
You probably spend about 6 hours or more at school each day — more than one third of your waking hours. If you have diabetes, chances are that during that time you'll need to take care of yourself by checking your blood sugar levels or giving yourself an insulin injection.

But the bathroom stalls are a far cry from the comfort and privacy of your own home, and you might be worried about how your friends, classmates, and teachers might react to your diabetes. How can you cope with diabetes at school?

Read More: <http://blog.cullmandesign.com/2009/03/iphone-diabetes-application-a-new-frontier-for-the-glucose-meter-industry/>



School Lunch



School Lunch and Diabetes Meal Planning

School lunches are notoriously high in carbohydrates and fats, but most school lunch programs now are trying to be healthier, according to Emily Werner, RD, LDN, a dietitian in the Pediatric, Adolescent and Young Adult section at Joslin Diabetes Center. Though not every meal is nutritious, schools usually offer healthier options as well. With a little advance planning, lunches purchased at school or brought from home can be healthy and appropriate for your child's diabetes meal plan.

A Matter of Balance

"The biggest thing is to help your child learn how to balance choices," Werner says. They can have the pizza, but should then choose a fruit and skim milk to balance the meal. Or for those on more restrictive meal plans, choose a salad to go with the pizza. Generally, the earlier you start educating your child about healthy choices and portion control, the better.

Read More: http://www.joslin.org/managing_your_diabetes_4508.asp