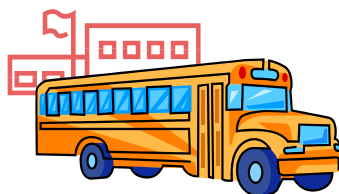




Diabetes Update

August 16, 2010



Helping Your Child Manage Diabetes at School

You may already have bought the basic school supplies for sending your child back to school. But if your child has diabetes, you need to make additional preparations.

A person with diabetes must manage this chronic illness all the time, including during the school day. Staff such as nurses, teachers and coaches can work with you and your child on managing diabetes. This assistance may include helping your child take medications, check blood sugar levels, choose healthy foods in the cafeteria, and be physically active.

Read More . . . http://www.foodconsumer.org/newsite/Non-food/Environment/helping_your_child_manage_diabetes_at_school_1008101248.html

School Food Is There Hope? Chef Ann Cooper Opens The Lunch Box

There was good news last week as the Senate passed the Child Nutrition Act. But for innovators like Chef Ann Cooper it's not about waiting for legislators to save the sorry state of school food. She's just launched a revolutionary new web portal, The Lunch Box -- offering free scalable recipes, curricula, technical tools and community discussion -- an online engine that can spur real school food reform.

Read More . . . http://www.huffingtonpost.com/chris-elam/school-food-is-there-hope_b_675044.html

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>.



Back to School

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Is Your Teen With Diabetes Hitting The Road? Take These Precautions

(ARA) - Any parent who's had a teen leave the house in the car alone for the first time knows that anxious feeling. But for parents of teens with diabetes, there are a few extra things they should make sure their child knows before they are handed the keys for the first time.

Read More . . . <http://news.carjunky.com/teen-diabetes-cdh916.shtml>

Diabetes Care at School

For children and teens who have diabetes, that means meeting their diabetes needs at school, as they do at home. It also means that they will need trained adults who are willing and able to assist them as needed.

Read More . . . <http://www.diabetes.org/living-with-diabetes/parents-and-kids/diabetes-care-at-school/>



Kids with diabetes can get Nintendo points for testing blood sugar

"Kids are often resistant to testing because it takes them away from other activities, sets them apart from kids who don't have diabetes. And skin pricking can be a nuisance," says Fran Cogen, director of the Child/Adolescent Diabetes Program at Children's National Medical Center. Cogen says she frequently advises parents to consider incentives such as an iTunes download.

Read More . . . <http://www.washingtonpost.com/wp-dyn/content/article/2010/05/31/AR2010053101874.html>

Links for Kids

JDRF

Web site for kids with diabetes and their friends and family
<http://kids.jdrf.org/>

Teen Diabetes

<http://www.teen-diabetes.com/>

Kids Health

Recipes
http://kidshealth.org/kid/recipes/diabetes/about_diabetes_recipes.html

Children With Diabetes

<http://www.childrenwithdiabetes.com/>

Teen Talk

Online Community
<http://diabetescommunity.dlife.com/diabetes-teen-talk>

Type 2 Diabetes Might Harm Young Brain, Study Suggests

In a sign that diabetes may strike at the brain early in life, a small study found that obese children with type 2 diabetes suffer from thinking difficulties that do not appear in non-diabetic overweight kids.

The preliminary study doesn't definitively prove that diabetes is responsible for the differences between the children, and it's not clear if the diabetic kids suffer much from having more limited cognitive powers.

Read More . . . <http://www.businessweek.com/lifestyle/content/healthday/641864.html>

Pilot Program Uses Cell Phones To Help Young Diabetes Patients

An average teen sends about 50 text messages a day and more than likely non of them are related to their health. What if your child's doctor kept in touch with them on a daily basis with messages to remind them about their treatments and support them during their illness? Studies have shown that young patients of many diseases have a hard time adhering to their daily treatments at a rate of approximately four times higher than adults.

Read More . . . <http://www.kidglue.com/2010/08/12/pilot-program-uses-cell-phones-to-help-young-diabetes-patients/>

Recipes and Links

Pineapple-Watermelon Slush



Get Recipe . . .

<http://www.bhg.com/recipe/drinks/pineapple-watermelon-slush/>

Easy Diabetic Recipes

<http://www.easy-diabetic-recipes.com/childrens-diabetic-recipes.html>

Diabetic Life-Style

<http://www.diabetic-lifestyle.com/forkids.htm>

Mr Free-Kids Love This Site

http://www.mrfreefree.com/family/diabetic_recipes.html

Children with Diabetes

<http://www.childrenwithdiabetes.com/recipes/>