

# Diabetes Update

October 2, 2009

## How much do you know about depression?

About 9% of the general population has depression, but it's estimated that the percentage is twice as high among people with diabetes, and some believe it could be as high as 30%. Why is depression so common among people with diabetes? Nobody really knows. It could be the stress of trying to manage diabetes, or the feeling that you're alone in your efforts. Some researchers believe that diabetes may have a metabolic effect on the brain. In addition, long-term use of moderate to high doses of some antidepressants has been associated with a higher risk of developing Type 2 diabetes.

Read More or Take the Quiz . . . <http://www.diabetesselfmanagement.com/Quiz/>

### MAKING SENSE OF DIABETES VIDEO CONTEST



As part of our work to help raise diabetes awareness and in preparation for World Diabetes Day on Nov. 14<sup>th</sup>, we invite you to participate in the "**Making Sense of Diabetes**" video contest. We are seeking video entries that tell about the impact diabetes has on our lives through one of the five senses: sight, hearing, taste, touch and smell.

Read More and enter . . . [http://tudiabetes.com/notes/Making\\_Sense\\_of\\_Diabetes](http://tudiabetes.com/notes/Making_Sense_of_Diabetes)

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](mailto: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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## National Depression Screening Day

### October 8, 2009

Research indicates that more people are seeking mental health services as a result of the recession (Reardon, 2009). With National Depression Screening Day's (NDS) Community *Response*<sup>™</sup> Program you can proactively promote positive mental health and help detect disorders before they become serious. Read More . . . <http://www.mentalhealthscreening.org/events/nds/index.aspx>



Diabetes Education and Prevention is the World Diabetes Day theme for the period 2009-2013. The campaign calls on all those responsible for diabetes care to understand diabetes and take control. For people with diabetes, this is a message about empowerment through education. For governments, it is a call to implement effective strategies and policies for the prevention and management of diabetes to safeguard the health of their citizens with and at risk of diabetes. For healthcare professionals, it is a call to improve knowledge so that evidence-based recommendations are put into practice. For the general public, it is a call to understand the serious impact of diabetes and know, where possible, how to avoid or delay diabetes and its complications.

Read More on World Diabetes Day Activities at . . . <http://www.worlddiabetesday.org/>

## UF study: Tai chi can help people with diabetes lower glucose levels



GAINESVILLE, Fla. — A regular tai chi exercise program can help people better control their diabetes and lower glucose levels, according to a University of Florida study.

In a study of adults diagnosed with type 2 diabetes, those who participated in a supervised tai chi exercise program two days a week with three days of home practice for six months significantly lowered their fasting blood glucose levels, improved their management of the disease, and enhanced their overall quality of life, including mental health, vitality and energy.

"Tai chi really has similar effects as other aerobic exercises on diabetic control. The difference is tai chi is a low-impact exercise, which means that it's less stressful on the bones, joints and muscles than more strenuous exercise," said Beverly Roberts, the Annabel Davis Jenks endowed professor at the UF College of Nursing.

Read More . . . <http://news.ufl.edu/2009/09/30/tai-chi/>

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## 1. Why do I need to see a dietitian?

Registered dietitians (RDs) have training and expertise in how the body uses food. RDs who understand diabetes can teach you how the food you eat changes your blood glucose level and how to coordinate your diabetes medications and eating. Do you know how many calories you should eat each day? How to cut down on the fat in your meals? How to make eating time more interesting? An RD can help you learn the answers to these, and lots of other questions. Your dietitian will work with you to create a healthy eating plan that includes your favorite foods.

## 2. Can I eat foods with sugar in them?

For almost every person with diabetes, the answer is yes! Eating a piece of cake made with sugar will raise your blood glucose level. So will eating corn on the cob, a tomato sandwich, or lima beans. The truth is that sugar has gotten a bad reputation. People with diabetes can and do eat sugar. In your body, it becomes glucose, but so do the other foods mentioned above. With sugary foods, the rule is moderation. Eat too much, and 1) you'll send your blood glucose level up higher than you expected; 2) you'll fill up but without the nutrients that come with vegetables and grains; and 3) you'll gain weight. So, don't pass up a slice of birthday cake. Instead, eat a little less bread or potato, and replace it with the cake. Taking a brisk walk to burn some calories is also always helpful.

Read the most frequently asked questions at . . . <http://www.diabetes.org/nutrition-and-recipes/nutrition/faqs.jsp>

# Top 20 Power Foods for Diabetes

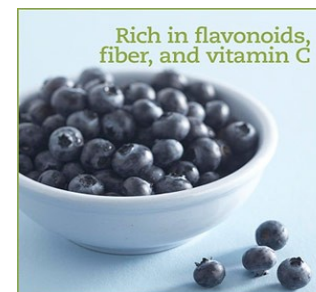
## Asparagus

If you love asparagus, you'll really love that it's a nonstarchy vegetable with only 5 grams of carb per serving and nearly 2 grams of dietary fiber. It is also high in the B vitamin folate, vitamin C, and a health-promoting antioxidant called glutathione, says Jeannette Jordan, MS, RD, CDE, a Charleston, South Carolina-based registered dietitian and advisory board member for *Diabetic Living*. Glutathione may help boost the immune system and promote lung health by protecting against viruses.



## Blueberries

Enjoy the benefits of blueberries on their own or in a variety of foods, including smoothies and pancakes. Blueberries provide dietary fiber, vitamin C, and flavonoids, a type of phytonutrient that offers antioxidant protection, such as boosting your immune system and fighting inflammation. Flavonoids may also help decrease the LDL (bad cholesterol)-oxidation process that can lead to arterial plaque, according to the Cleveland Clinic



Get the entire list at . . . <http://www.diabeticlivingonline.com/?esrc=esdlvreg1008>