

# Diabetes Update

October 26, 2009



## Trick or Treat

### Halloween candy for people with diabetes

Tell the truth—do you sneak Halloween candy from the Trick-or-Treat dish even though you have diabetes?

Bad—right? Well, yes, eating a large amount of candy is not a great idea. Sugar adds empty calories that can add weight and wreak havoc with your blood sugar if you have diabetes. But you do not have to avoid candy made with sugar entirely.

Many people prefer the taste of sugar to that of artificial sweeteners while others shun them for health reasons, being concerned that sweeteners are not safe to consume. Some sugar-free processed foods use additional fat to enhance the taste, thus creating an even less healthful product.

Read More: . . . <http://www.examiner.com/x-9696-SF-Senior-Care-Examiner~y2009m10d15-Halloween-candy-for-people-with-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).

**HAPPY HALLOWEEN**



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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## A Quarterback Opens Up About Diabetes

When a child gets a diagnosis of Type 1 diabetes, many parents and children worry that school athletics will be one of the first things to go. Type 1 diabetes poses special challenges for athletes, because exercise can lead to precipitous, even deadly, drops in blood sugar.

But several athletes with Type 1 diabetes are showing just how much a person with the disease can do in the sports world. Earlier this year, a team of cyclists with Type 1 diabetes completed a coast-to-coast bike race in record time. A swimmer, Gary Hall Jr., has competed in three Olympic Games. Now a quarterback, Jay Cutler of the Chicago Bears, is offering six online videos to share his experiences as a professional athlete with Type 1 diabetes.

Read More: . . . <http://well.blogs.nytimes.com/2009/10/21/quarterback-jay-cutler-opens-up-about-diabetes/?hp>

## Healthy Lifestyle Benefits Those With Diabetes

NEW YORK (Reuters Health) - Research presented Tuesday at the 20th World Diabetes Congress in Montreal provides further evidence that healthy behaviors reduce mortality in people with and without diabetes.

"Few previous studies have measured the effectiveness of healthy behaviors in delaying mortality among adults with diagnosed diabetes," lead researcher Dr. Sharon Saydah told Reuters Health. "We looked at the association of health behaviors with mortality in the general U.S. population among both adults with and without diabetes."

Read More: . . . <http://abcnews.go.com/Health/wireStory?id=8874585>

## People Who Receive Diabetes Education Incur Lower Healthcare Costs

A study of healthcare claims by 8.75 million health plan members and 632,000 Medicare patients shows that referring people with diabetes to diabetes educators notably lowers healthcare costs.

Health plan members incurred 5.7 percent lower costs for their healthcare, while similar costs for Medicare patients dropped by 14 percent.

Read More: . . . <http://www.diabeteshealth.com/read/2009/10/17/6410/people-who-receive-diabetes-education-incur-lower-healthcare-costs/>

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## Halloween Tips for Parents & Kids

For many families, October brings thoughts of witches, ghosts, and goblins. Not to mention candy, gooey treats and parties! For families living with diabetes, Halloween presents entirely different issues. As a parent of a child with diabetes, you may wonder whether your child can participate in Halloween activities.

There's no reason that having diabetes should interfere with having Halloween fun. Here are a few tips for a safe and happy Halloween for both you and your child.

- The best part of Halloween is the "dressing up." Put extra effort into your child's costume. Get the whole family involved.
- Plan a party on Halloween night. That way, friends and family can get together AND you can plan a healthy menu.
- Go to a Halloween activity in the community such as a haunted house, hayride or bonfire.

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

## Choose This, Not That Halloween Candy



It can be next to impossible to avoid sneaking a treat when you're standing at the door with a bowl of Halloween candy waiting for trick-or-treaters. Without too much guilt, choose one of these candies to sweeten your meal plan and daily carb count.

Read More: . . . <http://www.diabeticlivingonline.com/food-to-eat/nutrition/choose-this-not-that-halloween-candy/>

## Roasted Pumpkin Seeds



2 cups pumpkin seeds

3 to 4 teaspoons melted butter or oil

Salt to taste (try seasoned salt, garlic salt, or other herb blends for a different taste)

**Preheat oven to 300°F. Clean seeds. It's ok to leave a little of the pulp or string on the seeds but remove the excess.** Toss the pumpkin seeds with melted butter or oil and the seasonings. Spread to a single layer on a baking sheet and bake for 40 to 45 minutes, stirring occasionally until lightly golden brown. Drain on paper towels.