



DSE QUARTERLY NEWSLETTER

VOLUME 2, ISSUE 3

FALL 2019

Dear DSE Participants,

We all hope you had a nice summer. We also all hope that the Fall lasts for a while. We are halfway through the study and should be contacting the rest of you in the coming year. Please feel free to call us if you have not heard from us. Also, if your contact information has changed, we would greatly appreciate it if you would let us know.

Thank you again for your support of the DSE study.

Vicki S. Helgeson, Ph.D.

Principal Investigator

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Diabetes Self-Management Education Program



When: Saturday, October 19th at 8 AM
(also on Saturday, October 26th at 8 AM)

Where: UPMC St. Margaret Cafeteria A & B
(815 Freeport Rd, Pgh, PA 15215)

This group course is designed to cover all aspects of diabetes self-management. Learn about meal planning, physical activity, glucose monitoring, medicine, dining out, coping with stress, and more!

Cost is covered by most insurance companies. Contact your insurance company to confirm coverage of services. A physician referral may be needed to enroll.

For more information or to register, please call: (412) 784-5162 or (412) 784-4195 or visit <https://upmc.asapconnected.com/CourseDetail.aspx?CourseID=73525>

Slow Cooker BBQ Pulled Chicken

Have dinner ready to go after a busy day.



Prep: 15 min Cook: 5-6 hours

NUTRITION FACTS

Serving Size (makes 8 servings)
(1/2 heaping cup pulled chicken)

Calories 160

Total Fat 6g

Saturated Fat 1.5g

Cholesterol 45mg

Sodium 380mg

Total Carbohydrate 9g

Dietary Fiber 1g

Total Sugars 5g

Protein 16g

Ingredients

1 tbsp. paprika

1 tsp. chili powder

1 tsp. black pepper

1 tsp. garlic powder

1 tsp. salt

1 whole chicken (skin removed, cut into 8 pieces)

1 medium onion (diced)

1 C reduced sugar BBQ sauce

Instructions

1. Combine paprika, chili powder, ground black pepper, garlic powder, and salt in a slow cooker. Add chicken pieces and toss to completely coat chicken.
2. Add onion to slow cooker and set to low for 5-6 hours.
3. Remove chicken from slow cooker and set on a cutting board or in a bowl to rest for 15 minutes. Take any remaining liquid and onions from slow cooker and mix with the BBQ sauce, set aside.
4. Pull chicken and shred with a fork. Discard bones.
5. Mix pulled chicken with BBQ sauce and onion.

If not using a slow cooker, you can use a pot and set it on low heat for 3-4 hours instead.

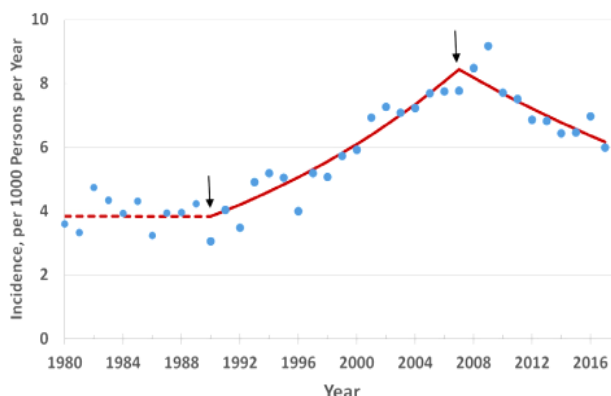
Source: https://www.diabetesfoodhub.org/recipes/slow-cooker-pulled-bbq-chicken.html?home-category_id=18

What's New in Diabetes? Decrease in New Cases

A new report released in May 2019 found the number of new cases of diagnosed diabetes in the U.S. has decreased by 35% since 2009. The number of new cases has declined from 1.7 million in 2008 to 1.3 million in 2017. Additionally, the number of people living with diabetes in the U.S. has been stable for the past 8 years.

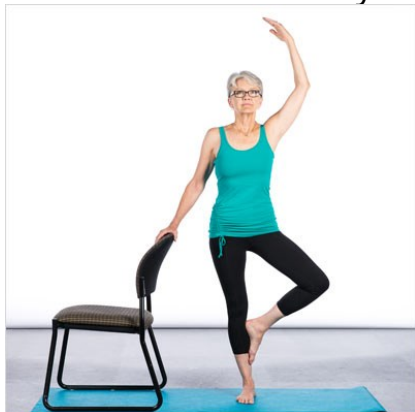
"The findings suggest that our work to stem the tide of type 2 diabetes may be working—but we still have a very long way to go," said Ann Albright, Ph.D., director of the Division of Diabetes Translation at the Centers for Disease Control and Prevention. "We must continue proven interventions and deploy innovative strategies if we're going to see a continued decline in type 2 diabetes among Americans."

<https://www.cdc.gov/media/releases/2019/p0529-diabetes-cases-decline.html>



An Exercise to Try: Yoga Poses

While yoga helps with increasing strength and balance, it can also lower stress levels. Try the poses below next time you want to be active and de-stress.



Tree Pose

1. Start by standing with right foot flat on the floor, left foot pointed with toes only on floor.
2. Raise the left knee up. Rest the bottom of the left foot on the inside of the right leg below the knee for beginners.
3. Keep hands pressed together in front of the chest in prayer pose or hold onto a chair or wall to help with balance.
4. Repeat with the other leg.



Cobra Pose

1. Start on your stomach and extend your legs out straight. Gently rest your forehead on the ground.
2. Place your palms under your shoulders. As you breathe in, lift your upper body using your arms for support.
3. Perform a backbend by arching your back as far as you can. Shift your gaze to the ceiling.
4. Hold this pose for a few minutes and exhale to release.



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