

## Dear TBH Participants,

Thank you so much for participating in our research study. We now have 99 families enrolled in the study, and we are making our final push to recruit the last 60 families into the study this coming Fall. **If you know of a high school student (freshman, sophomore, junior) who has type 1 diabetes, please forward them our contact information and ask them to call/email us for more information.** If you email us, we can forward you the brochure. Because of COVID, we are now able to conduct the protocol via zoom – so location is not a limiting factor.

When the study has been completed, we will share the results with you. In the interim, we thought you might like to know something about these 99 families:

- \* 48 are male, 50 are female, 1 is gender nonconforming
- \* 19 are freshman, 49 are sophomore, 31 are junior
- \* 87 are non-Hispanic White, 1 is Hispanic, 8 are Black, 3 are Mixed Race

We know that we asked you to complete a lot of surveys over a 4-day period (twice!). In the Fall, the average number of surveys you completed over the 4 days was 25/32, and the median number was 27/32. Amazingly, 21 of you only missed 0 or 1 of these surveys! The numbers were similar but slightly lower for the Spring session.

We have been recruiting participants into this study for three years. One of the things that we have noticed is the increase in number of youth using CGM. Three years ago, 41% of you used CGM. During this last year, the figure was 85%. We will be providing you with much more information in the coming years. Again, if you know of someone who might be interested in our study, please forward them our contact information. We are including some diabetes news, a healthy recipe, and an exercise tip in this newsletter. We hope you enjoy the rest of your summer.

Sincerely,

Vicki S. Helgeson, Ph.D.  
Principal Investigator

## Join the 2021 JDRF One Walk



Pittsburgh Zoo & PPG Aquarium (Pittsburgh & Westmoreland) |  
ZooAmerica (Harrisburg) | Virtual (anywhere)

On **Sunday, October 3rd**, the JDRF Western & Central Pennsylvania chapter will host its annual One Walk fundraiser with options to participate both in-person and online. Enjoy a day at the zoo or plan your own personal walk, workout, or hike with friends or family. The One Walk event is an excellent way to connect with others in the

T1D community while raising money for diabetes research and advocacy. Participants can register individually or join a team to collect donations. Discounted zoo tickets will be available for event registrants.

Find out more and register at [www.jdrf.org](http://www.jdrf.org)

## Flatout Greek Yogurt Ice Cream Sandwich



Prep: 10 min

### NUTRITION FACTS

**Serving Size (serves 2)**

**Calories 147**

**Total Fat 6g**

Saturated Fat 6g

**Cholesterol 4mg**

**Sodium 36mg**

**Total Carbohydrate 11g**

Dietary Fiber 1g

Total Sugars 10g

**Protein 7g**

### Ingredients

1 Flatout 5 Grain Flax  
Foldit

1 tsp mini dark choco-  
late chips

2 tbsp mini dark choco-  
late chips

1/2 C low fat vanilla  
Greek yogurt

### Instructions

1. Cut the Flatout Foldit as it's most narrow part to make two even pieces and place onto a sheet of wax paper.
2. Place two tablespoons of the mini dark chocolate chips in a small bowl and microwave at 30 second intervals until melted.
3. Spread the melted chocolate evenly over each Flatout Foldit piece until the surface has been covered. Place the pieces in the refrigerator and allow chocolate to harden. Once the chocolate has hardened, remove from the refrigerator.
4. Spread ½ cup of vanilla Greek yogurt evenly over the top of one chocolate covered piece.
5. Sprinkle the remaining one teaspoon of mini chocolate chips on top of the yogurt.
6. Place the remaining chocolate covered Flatout Foldit on top of the yogurt, with the chocolate side facing up. Place sandwich into freezer and allow yogurt to harden.

<https://erinpalinski.com/high-fiber-greek-yogurt-ice-cream-sandwich/#recipe>

## Dogs and Diabetes: A Close Collaboration

From relieving stress to encouraging exercise to providing love and companionship; dogs, cats, and other household pets help to enrich the lives and improve the health of millions of people with diabetes. In addition to their impact today, dogs have played a vital role in diabetes research dating back to its earliest days, when doctor Dr. Frederick Banting developed the first successful treatment in 1921 by injecting a solution containing insulin into the pancreas of his dog, Marjorie. This discovery led to the breakthrough development of insulin therapy, forming the basic foundation for all subsequent advances in the treatment and management of diabetes.



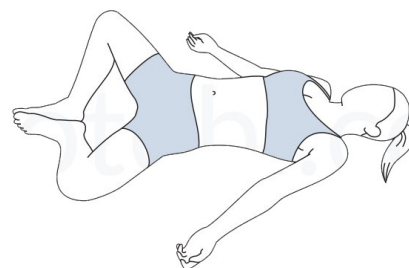
## 3 Yoga Poses to Try

*Yoga can do more than just relax your body in mind — especially if you're living with diabetes. Certain poses may help lower blood pressure and blood sugar levels while also improving circulation, leading many experts to recommend yoga for diabetes management. Regular practice may even help reduce your risk for other complications of diabetes. Keep reading to learn how these simple moves can improve your overall quality of life and lead to significant transformations.*

### 1. Reclining Bound Angle Pose

*This is a restorative pose that can help calm your nervous system. This pose can also help reduce your stress levels, which may help lower blood pressure and blood sugar levels. It's also thought to stimulate the abdominal organs, bladder, and kidneys.*

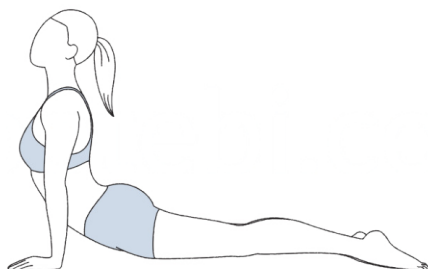
(1) While seated, bring the soles of your feet together. Your knees should be out to the sides. You may place a bolster underneath your knees for support. (2) Slowly lean back until your back is flat on the floor. (3) Relax the area around your hips. (4) Rest your hands alongside your body with your palms facing up. (5) You can also press down on your thighs to gently deepen the stretch in your legs and hips. (6) Stay in this pose for up to 10 minutes. (7) To release, use your hands to lift and press your knees together. Slowly sit all the way up.



### 2. Reclining Bound Angle Pose

*This stimulating backbend requires a lot of muscular strength. The pose may help lower blood pressure, boost circulation, and promote weight loss. It also stimulates the abdominal organs.*

(1) Lie on your stomach with your legs extended behind you. (2) Place your palms flat on the floor. Your forearms should be perpendicular to the floor. (3) Press into your palms to straighten your arms and lift up your body and legs. (4) Come onto the tops of your feet. (5) Keep a slight bend in your elbows as you engage your thigh, arm, and abdominal muscles. (6) Maintain a firmness in your buttocks and shoulder blades. (7) Keep your gaze straight ahead. (8) Soften your throat and neck. (9) Remain in this pose for up to 30 seconds.



### 3. Half Lord of the Fishes Pose

*This twisting pose stimulates the abdominal organs, which may help lower blood sugar. It's also thought to improve digestion and boost your energy levels.*

(1) While in a cross-legged position, scoot your right foot to the outside of your left hip. (2) Cross your left leg over your right leg, so that your left foot sits at the outside of your right thigh. (3) Root into your sit bones and lengthen your spine. (4) Twist your body to the left. (5) Bring your left hand to the floor behind you. (6) Bring your right upper arm to the outside of your left thigh. You can rest your hand on your thigh or keep the forearm lifted straight into the air. (7) On each inhale, focus on lengthening and lifting. (8) Twist a bit deeper to the right with each exhale. (9) Bring your gaze to look over either shoulder. Hold this pose for up to 1 minute. (10) Repeat on the other side.



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Teen  
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