



# Diabetes

## NOVEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		29	30	31	1	2
3	4	5	6 <i>Zoom</i> <i>1pm-2pm</i> <i>1-646-876-9923</i> <i>Code 462 853</i> <i>3341</i>	7	8	9
10	11	12	13	14 <i>Wear Blue</i>	15 <i>Beacon Hartford Rm</i> <i>PNP Working Grp</i> <i>12:30pm-1:20pm</i> <i>IS 1:30pm-3pm</i>	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**Myth: Eating too much sugar causes diabetes.**

Fact: The answer is not so simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease. Type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.

[UAB Medicine news](#)

## Community

[CT DPH Diabetes Prevention & Control](#)

[211 Diabetes Prevention Resources](#)

[State of Connecticut Embrace Hope Expect Change](#)

[CT Husky Health Diabetes Control](#)

[New England American Diabetes Association](#)

[CT Diabetes Support Groups](#)

## Online Resources

[What is Pre-Diabetes Handout?](#)

[UAB Medicine News](#)

[Diabetes Risk Test](#)

[Gestational Diabetes Screening](#)

[CDC Steps to Manage Your Diabetes Booklet \(English\)](#)

[CDC Steps to Manage Your Diabetes Booklet \(Spanish\)](#)

[Living with Diabetes Eat Well CDC](#)

[How to Read Food Labels CDC](#)

[Blood Sugar Testing - Slide Show](#)

## Toolkits & Handouts

[Prevent Diabetes STAT Toolkit](#)

[Healthy Eating with Diabetes ANHI Toolkit](#)

[Diabetes Education Library \(English & Spanish\)](#)

[CDC Diabetes Prevention Resources & Toolkits](#)

[Advanced Insulin Management Tool](#)

[Diabetes: What is it?](#)

[Diabetes Fact Sheets](#)

## BHH Services

**Comprehensive Care Management**— Assist with planning and/or scheduling needed care, and annual check ups. Collect BMI and assess for diabetes risk factors.

**Care Coordination**— Support clients with finding primary care providers and specialists to work with providers to ensure clients' concerns are addressed, and treatment is appropriate and monitored.

**Health Promotion**— Educate clients on the risks of diabetes, signs of symptoms, treatment options, and utilizing self care options to fight against Diabetes. Connect client and family with specific diabetes information tailored to their situation, to ensure clients and their families stay on a path of health.

**Comprehensive Transitional Care**— If a client has been hospitalized, ensure there is an after-care plan in place before discharge. Ensure needed medications are filled and medication adherence is monitored.

**Patient and Family Support**— Connect patients and their families with information they need to make sound decisions on care, testing for the family, and assist with seeking out local support groups.

**Referral to Community Support Services**— Find support groups, events, or community organizations that can help clients who have been diagnosed with diabetes or deemed pre-diabetic.

