



UNIDOS  
CONTRA  
LA DIABETES

# **Lower Rio Grande Valley Development Council Annual Update**

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Collective Impact Director**

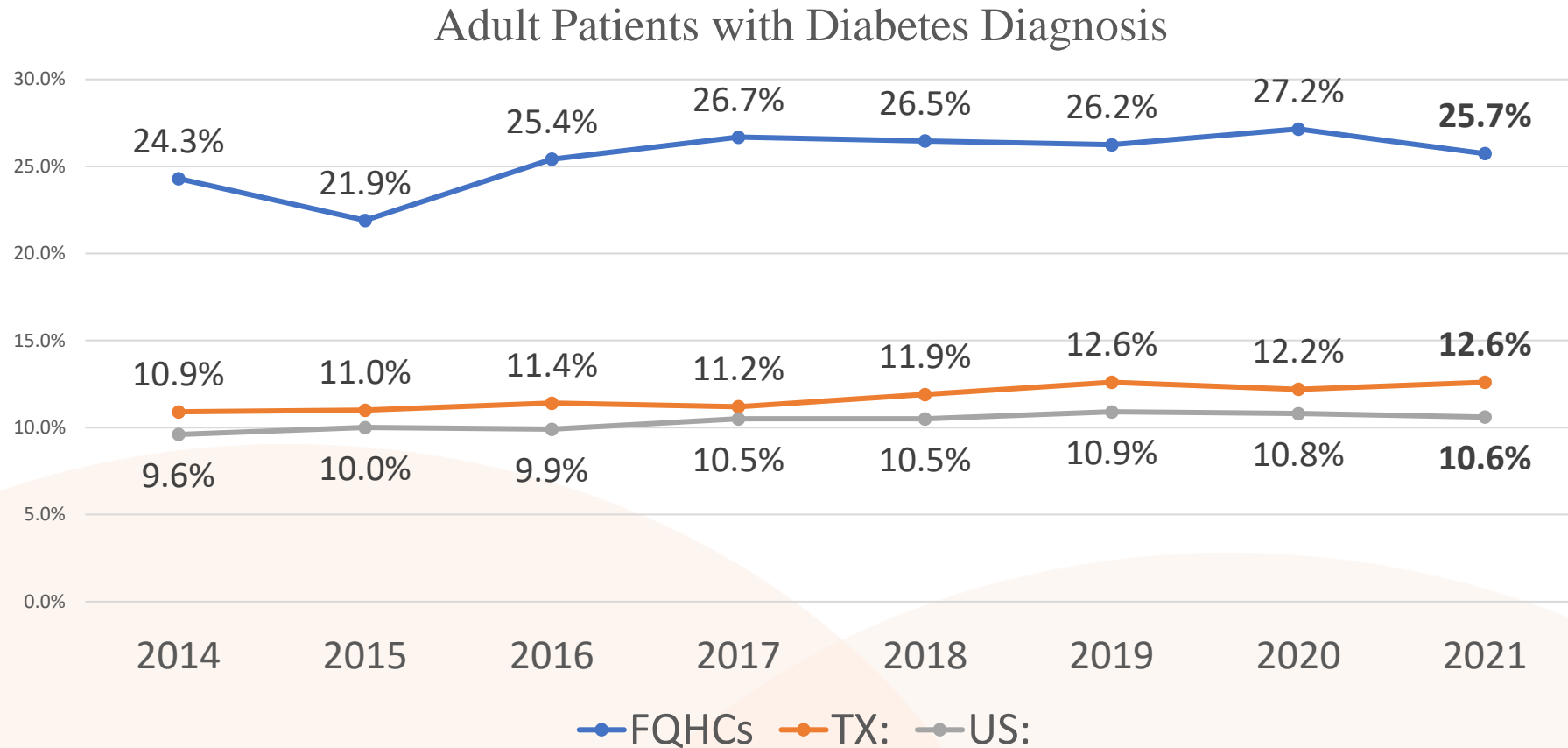
# Who is UCD?

Began in 2014 as a group of community leaders who wanted to improve the lives of the Rio Grande Valley. The group made its mission to focus on **prediabetes** and the **prevention of Type 2 diabetes**.

UCD is a collective impact, community partnership dedicated to preventing Type II diabetes in the Rio Grande Valley. We bring people together in a structured way to achieve **social, behavioral, and sustainable** community change.



# Adults with Diabetes in the RGV





UNIDOS CONTRA  
LA DIABETES

**TAKE THE STEPS  
FOR A  
HEALTHIER LIFESTYLE**



**PREVENTION IS KEY**



UNIDOS CONTRA  
LA DIABETES

**ANIMATE A CAMINAR  
A UN TIPO DE VIDA  
MAS SALUDABLE**



**LA PREVENCIÓN  
ES LA CLAVE**





Until recently, young children and teens almost never got type 2 diabetes, which is why it used to be called adult-onset diabetes. Now, about one-third of American youth are overweight, a problem closely related to the increase in kids with type 2 diabetes, some as young as 10 years old.



Acanthosis Nigricans is a skin condition that signals high insulin levels and high risk of developing type 2 diabetes.

Children living in the Rio Grande Valley are at twice the risk of having Acanthosis Nigricans compared to the state level.

- Children with AN also showed a higher risk for obesity.
- Children with AN also showed a high risk for PreHypertensive or Hypertensive Blood pressure

AN risk factor was at an all-time high for the 2021-2022 school year since 2018.



1/10 students have Acanthosis Nigricans and a high risk of developing type 2 diabetes.



Limit screen time to 2 hours a day.

A recent study showed that when the amount of TV kids watched was limited, they lost weight—but not because they were more active when they weren't watching. The difference was snacking: kids ate more when they were watching TV than when doing other activities, even sedentary (not physically active) ones.

#### THE BEST TIME TO PREVENT TYPE 2 DIABETES IS NOW



Eat more fruits and veggies. Make half your plate fruits and vegetables every day!



Mix up your protein foods. Include different foods like seafood, beans, meats, nuts, eggs, meats, or poultry.



Get whole grains. Add oatmeal, whole wheat bread, or brown rice to meals.



Reduce sugary beverages and choose water and low-fat or fat-free dairy milk.



Aim for your child to get 60 minutes of physical activity a day, in several 10- or 15-minute sessions or all at once.

#### WHAT IS PREDIABETES?

Before developing type 2 diabetes, most people have prediabetes; their blood sugar is higher than normal but not high enough yet for a diabetes diagnosis. Prediabetes is really common – 96 million US adults have it, though more than 80% of them don't know they do. The good news is that prediabetes can be reversed.



UNIDOS CONTRA LA DIABETES



#### WHAT CAUSES PREDIABETES?

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don't respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road.

#### SIGNS & SYMPTOMS

You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up. It's important to talk to your doctor about getting tested if you have any of the risk factors for prediabetes.

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes
- Having polycystic ovary syndrome

### ARE YOU AT RISK?



SCAN ME

Did you score a 5 or higher?

Find a local clinic and ask for an A1C.



SCAN ME

	A1C TEST	FASTING BLOOD SUGAR TEST	GLUCOSE TOLERANCE TEST
DIABETES	6.5% or above	126 mg/dL or above	200 mg/dL or above
PREDIABETES	5.7-6.4%	100-125 mg/dL	160-199 mg/dL
NORMAL	Below 5.7%	99 mg/dL or below	140 mg/dL or below

#### A1C TEST

You can get a simple blood sugar test to find out if you have prediabetes. An A1C test measures your average blood sugar level over the past 2-3 months.

Having prediabetes greatly increases the chance of developing type 2 diabetes and other serious health conditions. It's critical to learn your prediabetes risk, be screened regularly, and take the steps necessary to delay or prevent type 2 diabetes.



UNIDOS CONTRA LA DIABETES

Unidos Contra La Diabetes (UCD) began in 2014 as a group of community leaders who wanted to improve the lives of the Rio Grande Valley. UCD is a collective impact, community partnership dedicated to preventing diabetes in the Rio Grande Valley. We bring people together in a structured way to achieve social, behavioral, and sustainable community change.

### REDUCING TYPE 2 DIABETES THROUGH EDUCATION AND AWARENESS

Unidos Contra la Diabetes focuses on the Rio Grande Valley, Texas. This includes the counties of Hidalgo, Willacy, Cameron, and Starr. UCD's partners work across the RGV to build strengths and wellness among our community.

The goal of Unidos Contra Diabetes is to reduce the number of new cases of type 2 diabetes, resulting in a 10 percent reduction in the prevalence of diabetes by 2030. We are committed to doing this by integrating primary and behavioral health for people at-risk for diabetes in our community, with a particular emphasis on meeting the needs of low-income and underserved populations.

Unidos Contra La Diabetes works with the community by:

- Helping organizations and communities to leverage funding and resources for programmatic capacities for prediabetes care
- Partnering with cross-sector organizations to promote prediabetes and diabetes prevention education, screening and policy changes
- Fostering communication among organization and communities to enhance awareness
- Providing shared information about the health progress of our communities and
- Helping connect services to the community



Diabetes prevention is a shared responsibility of the entire community, including the private sector, governments, schools, families, and individuals at risk for diabetes and includes sustainably improving social determinants of health. UCD is ultimately led by the Rio Grande Valley and its residents, who guide us in the work we do to make sustainable changes.



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ucdrgv.org  
rgvhealthconnect.org



Children are  
*mirrors*  
reflecting images of what  
happens around them



The behavior and habits children  
are exposed to at an early age  
can become behaviors and habits  
they carry into adulthood.



# PHYSICAL ACTIVITY MATTERS

According to the CDC, physical activity in children:

- Reduces risk of depression
- Improves aerobic fitness
- Improves muscular fitness
- Improves bone health
- Promotes favorable body composition
- Improves attention & some measures of academic performance



# PHYSICAL ACTIVITY MATTERS

Benefits for adults include:

- Prevents weight gain
- Lowers risk of stroke
- Improves aerobic fitness
- Improves mental health
- Improves cognitive function
- Reduces arthritis symptoms
- Lowers risk of high blood pressure








# PHYSICAL ACTIVITY MATTERS

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- Reduces arthritis symptoms
- Lowers risk of high blood pressure





Move your way!  
©2015 CDC

# Move YOUR WAY




Physical activity reduces risk of several chronic diseases, including type II diabetes & obesity.





Move your way!  
©2015 CDC

# A little progress each day, adds up to big results.



Regular physical activity can reduce your risk of developing a stroke, type 2 diabetes, & heart disease.



Move your way!  
©2015 CDC



## Choose Fiber Rich Foods

Fiber is a healthy choice and can provide a range of benefits. Fiber is a type of carbohydrate found mainly in fruits, vegetables, whole grains, and legumes. It helps keep you regular, but it offers many other health benefits especially in preventing diabetes.



**A 20 OUNCE OF SODA CONTAINS  
16 TEASPOONS OF SUGAR**



The American Heart Association (AHA) recommends that women consume no more than 6 teaspoons of added sugar per day and that men get no more than 9 teaspoons of sugar per day.



**DRINK  
MORE**  
*Water*



Soda and sugary beverage consumption is detrimental to health and wellbeing. One soda per day is associated with increased risk of stroke, heart disease, diabetes and obesity.







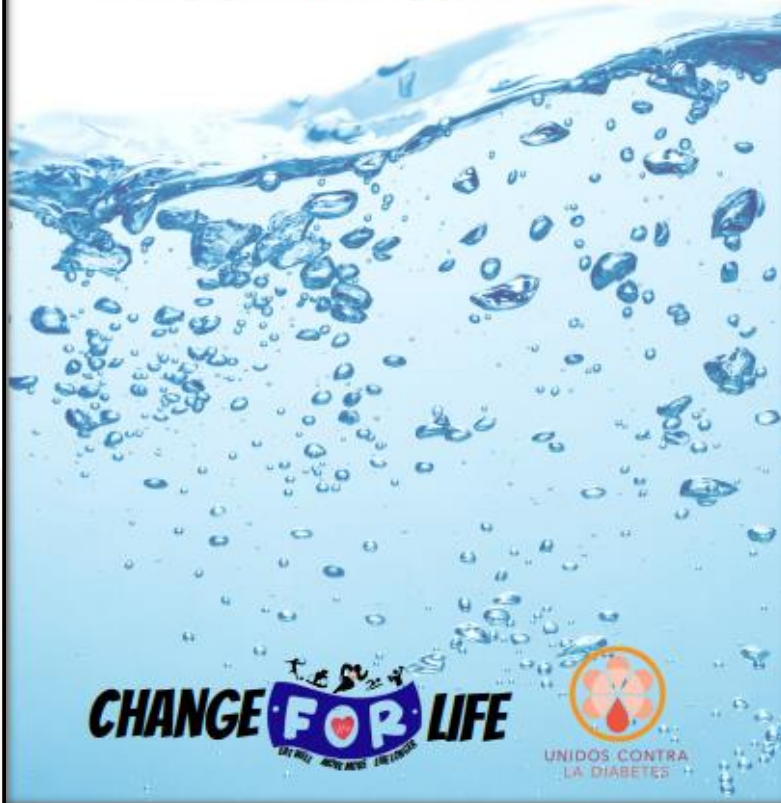
## **QUIT SMOKING**

People who smoke cigarettes are 30%–40% more likely to develop type 2 diabetes than people who don't smoke.



## **CHOOSE WATER**

**DRINKING WATER IS THE MOST  
BENEFICIAL WAY TO STAY HYDRATED**



**STRETCHING EVERY 30 MINUTES CAN INCREASE BLOOD  
FLOW THROUGHOUT YOUR BODY, IMPROVE YOUR  
POSTURE, AND BOOST PRODUCTIVITY AND EFFICIENCY**



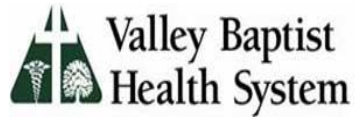
# Partner & Community Resources

- [UCD Sugar Display Borrowing Request Form](#)
- [Traveling Exhibit Borrowing Request Form](#)
- [Partners Community Resources](#)
- [Take The Steps- Order Form](#)
- [UCD Children's Loteria User Request Form](#)
- [Health Posters Ordering Form](#)
- [Workplace Wellness Initiatives Ordering Form](#)





Su Clínica



*The Valley Baptist  
Legacy Foundation™*



PROYECTO AZTECA



IT'S  
TIME  
TEXAS



# Follow us on social media



UCDRGV



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Unidos Contra la Diabetes  
RGV (UCD)



[www.ucdrgv.org](http://www.ucdrgv.org)



[www.rgvhealthconnect.org](http://www.rgvhealthconnect.org)

Find out what is going on in your  
community!



# Contact Us



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