

# Wisconsin Diabetes Weekly

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## In the News

### Telehealth Program Makes Nutrition the Main Course in Diabetes Care

Researchers at Jefferson Health will be using a telehealth platform to help those living with diabetes to improve their nutrition habits and overall care management. In a five-year, \$3.2 million program funded by the National Institutes for Health, a research team will help deliver “medically tailored” meals and provide nutrition counseling via virtual care to roughly 200 participants. The project’s goal is to help these patients improve their lifestyle choices, thus reducing negative clinical outcomes—and prompting the payer industry to support such programs. [Read more.](#)

### Depression Could Affect Activity Levels in Type 2 Diabetes, Study Suggests

Having symptoms of depression is associated with reduced physical activity in people with type 2 diabetes, according to a new study. Physical activity is one of the key lifestyle changes recommended for people with type 2 diabetes.

Depression is a relatively common mental health condition in people with type 2 diabetes. The research team were keen to investigate and analyze the effects of symptoms of depression on the amount of physical activity people with type 2 diabetes take. [Read more.](#)

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

### Study Finds People Living Near Green Spaces Less Prone to Factors Associated with Obesity, Heart Disease

A study has found that middle-aged and older adults who live in greener neighborhoods have a decreased risk of developing metabolic syndrome—a cluster of conditions that includes obesity, hypertension, and high blood sugar. The study differed from previous studies on the health benefits of green spaces in that it examined all of the symptoms of metabolic syndrome together collectively rather than as individual components. [Read more.](#)



### What Health Care Professionals Should Know About the NIH All of Us Program

In the coming years, you may be able to tailor more precisely the care you provide to patients with prediabetes or diabetes, compared to how you practice today. The specific guidance you give to a patient—regarding diet, exercise, glucose monitoring, and medication—could be shaped by that person’s genotype, lifestyle, environment, and a wealth of other data points to which you will have access. This ability to apply “precision medicine” in diabetes care is one of the many outcomes promised by the National Institute of Health’s (NIH) All of Us Research Program. Targeted management of many diseases, including diabetes, is the ultimate goal of the All of Us Research Program. [Read more.](#)

## In the News *(continued)*

### Why Medicare is Focused on Food Insecurity

The inability of seniors enrolled in Medicare to get the food they need is a problem for nearly one in 10 enrollees 65 years of age and older, a new analysis shows. The issue of food insecurity has emerged as a healthcare concern and is now on the radar of health insurance companies, Medicare, and Medicaid administrators as a way to get seniors better care. [Read more.](#)

### Mental Ills May Put Veterans at Higher Odds for Heart Trouble

Veterans who suffer from depression, anxiety, psychosis, or bipolar disorder are more likely to suffer a heart attack, stroke or die from heart disease, a new study finds. Those who have most severe mental health problems, such as schizophrenia, are at greatest risk. Although it's unclear how mental problems affect heart disease risks, researchers think stress may play a part. [Read more.](#)



## Conference, Educational, and Grant Opportunities

### ADA 67<sup>th</sup> Advanced Postgraduate Course

San Francisco • Jan. 31-Feb. 2, 2020 • Continuing Ed Credits

Join your interprofessional colleagues and diabetes experts to learn about cutting-edge clinical research on diabetes. The course will cover clinical research translated into evidence-based treatment strategies to improve outcomes in your patients with diabetes. Discuss clinical cases with American Diabetes Association's (ADA) world-renown faculty and take-home practical patient management tools that you can begin using immediately in your practice. [Learn more and register.](#)



Resources in this newsletter are compiled by the Wisconsin Chronic Disease Prevention Program.

## Journal Articles and Reports of Interest

**Diabetes is Associated with Worse Long-term Outcomes in Young Adults After Myocardial Infarction: The Partners YOUNG-MI Registry.** Divakaran S, et al. *Diabetes Care.* 2019 Sep 23. doi: 10.2337/dc19-0998. [Epub ahead of print]

**Association Between Early Hypertension Control and Cardiovascular Disease Incidence in Veterans with Diabetes.** Raghavan S, et al. *Diabetes Care.* 2019 Aug. doi: 10.2337/dc19-0686.

Learn More About Assessment of Comorbidities in Diabetes



### For More Information

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For more about our program, check out [www.preventdiabeteswi.org](http://www.preventdiabeteswi.org).