Greetings from the PaTH to Health: Diabetes Research Team!

As Principal Investigator on this project, I’d like to welcome you to the most recent issue of our biannual research study newsletters. We work closely with our awesome team of patients, community stakeholders, clinicians and researchers to co-create this publication! Inside this edition, be sure to check out the study progress, learn about recent trends in diabetes management, try a new healthy diabetes-friendly recipe, and sign up for a local diabetes related community event in your area. Happy reading!

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This fall, we are excited to provide a training to patient partners about “Study Results Dissemination.” Now that the study’s data extraction has occurred and it is currently being analyzed, the Just-In-Time (JIT) training session will cover how we plan to disseminate the study results. During the training, we will discuss how to disseminate information to both the scientific and the lay public audience. The importance of this critical research phase will be highlighted to educate others how to best translate findings which can help improve practice or policy.

We would like to give a HIGH FIVE to the fourth annual stakeholder conference attendees (both in-person and remote), which was held on June 3, 2019. We especially appreciate everyone’s feedback during the breakout discussion and we now have a solid plan in place for future analyses based on the direction and feedback provided. A special thank you to our guest speakers, Dr. Nazia Raja-Khan and Ms. Holly Socolow, for their thought-provoking presentation on mindfulness eating!

We would also like to give a HIGH FIVE to all patient partners and stakeholders who completed the Year 3 Engagement Evaluations. The evaluations are an incredibly important assessment that we review every project year to ensure we continue to meet your goals of involvement.

UPCOMING TRAININGS

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HIGH FIVES

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We would also like to give a HIGH FIVE to all patient partners and stakeholders who completed the Year 3 Engagement Evaluations. The evaluations are an incredibly important assessment that we review every project year to ensure we continue to meet your goals of involvement.
For new readers (or returning readers) enjoy an overview about our current research study, “A Patient-Centered PaTH to Addressing Diabetes: Impact of health policies on health outcomes and disparities” which is funded by the Patient-Centered Outcomes Research Institute (PCORI). PCORI is an independent, nonprofit organization that envisions a research world addressing questions and concerns most relevant to patients, while including them, their caregivers, clinicians and other stakeholders in the research process. We are thrilled to be working alongside our patient partners and stakeholders throughout each phase of our project. Our awesome community team consists of six patient partners, six primary care providers, and ten stakeholders who continue to contribute their ideas, expertise and lived experience to our project. They have been the driving force of key study decisions and are a constant reminder of why our research matters.

To give you some background on our PaTH to Health: Diabetes study, let’s take a brief look at the literature. You may be aware that obesity is a big issue in the US. In fact, it’s our number one health concern. Addressing obesity through lifestyle interventions (i.e. healthy eating and increased physical activity) decreases the risk of developing type 2 diabetes, a disease that affects over 29 million people (9.3% of the US population). Diabetes is associated with serious complications, including heart disease, blindness, renal failure and lower extremity amputation. Although complications are preventable with proper medical and lifestyle management, including weight loss, nearly half of diabetic patients do not have adequate glycemic control.

Recent policy changes and health insurance expansion have resulted in coverage for obesity counseling by Centers for Medicare and Medicaid to improve weight loss for adults either with or at high risk of type 2 diabetes. Obese beneficiaries are eligible for up to 20 face-to-face visits for weight counseling in the primary care setting. However, it is unknown whether or not this benefit has helped patients lose weight and better control their diabetes.

This is where the PaTH to Health: Diabetes study comes into play. We are looking at Electronic Health Record (EHR) and claims data across three states to see if obesity counseling has improved weight and diabetes outcomes. For patients with or at risk of developing type 2 diabetes, are they receiving obesity counseling? If so, is it leading to weight loss and better blood sugar control? These are questions we hope to answer by analyzing the data. We are utilizing the PaTH network, an integrated research collaboration between Maryland, Pennsylvania and Utah, to pull EHR data on over two million patients with or at risk of type 2 diabetes.

This project began in early 2016 and is set to continue until the year 2021. We have finished extracting EHR data from each of the universities collaborating in this research (Penn State University and University of Utah). We are thrilled to announce that we now have a complete dataset that is currently being analyzed! Our preliminary results have found that weight counseling has improved weight and diabetes outcomes. For patients with or at risk of developing type 2 diabetes, are they receiving obesity counseling? If so, is it leading to weight loss and better blood sugar control? These are questions we hope to answer by analyzing the data. We are utilizing the PaTH network, an integrated research collaboration between Maryland, Pennsylvania and Utah, to pull EHR data on over two million patients with or at risk of type 2 diabetes.

Meet Dr. Lan Kong!

Dr. Kong serves as Co-Investigator for the PaTH to Health: Diabetes study at Penn State College of Medicine. She is a Professor of Public Health Sciences in the Division of Biostatistics and Bioinformatics. As a seasoned biostatistician and co-leader of the Biostatistics, Epidemiology, Research Design (BERD) core of the Penn State Clinical and Translational Science Institute, Dr. Kong is well positioned to lend her statistical expertise to our multidisciplinary study. She has extensive experience working with large multi-site observational studies and analyzing complex health related data through multi-level modeling. In her role as study Co-Investigator, she provides statistical insights on study design, monitors data quality, performs statistical analyses, and collaborates on manuscripts and publications.

Meet Dr. Sadie Peters, one of our PaTH to Health: Diabetes study stakeholders!

Sadie Anthea Peters, MD is the Medical Director in the Center for Chronic Disease Prevention and Control at the Maryland Department of Health (MDH). An Internist who spent eight years in clinical work at Johns Hopkins Community Physicians before joining the public health sector, Dr. Peters is very interested in innovative interventions that expand population level preventive health services. The Center for Chronic Disease Prevention and Control is working to increase the availability of Diabetes Self-Management Education and Supports (DSMES) and the National Diabetes Prevention Program across the state, and also actively supports provider education about these programs. Dr. Peters views the PaTH to Health: Diabetes study as an important part of understanding how health systems are addressing this widespread health problem. Specifically, Dr. Peters believes that the prevalence and outcomes are most important in relation to clinic-based obesity counseling for people with diabetes and at risk for diabetes.

At MDH, Dr. Peters presently leads the Multi-state EHR-based Network for Disease Surveillance (MENDS), a pilot project to demonstrate that clinical data captured in electronic health record (EHR) systems can be effectively used by health systems and public health agencies for continuous quality improvement, population health management, and statewide chronic disease surveillance. MENDS data, intended to encompass a broad array of health variables, including socio-demographics, will be collected daily. With the availability of such up-to-date data, interventions can be designed to address current disease trends and changes in these trends can be measured in a timely fashion. It is hoped that lessons learned from the PaTH to Health: Diabetes study will inform the MENDS project.

Meet Dr. Sadie Peters, one of our PaTH to Health: Diabetes study stakeholders!
Many of you have already met Patient Partner, Julie Tice. Within the summer/fall 2016 newsletter [http://bit.ly/SumerFall2016] she took us on a tour of her ups and downs with type 2 diabetes. Now Julie is returning to share a very honest and firsthand assessment of how things have gone since then—exactly five years post bariatric surgery.

“After I had [bariatric] surgery I worked so hard to lose weight and keep it off – and life finally returned to normal. I could eat any way that I wanted to again but it got increasingly harder to manage. I know I don’t want to be back where I was.” Julie’s triumphant success with weight loss in the first few years after surgery didn’t come without hard work and perseverance. She adopted a healthier lifestyle by being more mindful of what she was eating and she committed to a rigid workout routine. Julie started to increase her walks to jogs and later to runs. Signing up for 5K races turned into 10K races which later turned into half-marathons. Her progress was inspiring! She was free of diabetes and the weight of it, both literally and figuratively.

But then life got in the way. Julie’s dad suffered from chronic illness and was nearing the end. Things were put on hold to care for him. A few months later, Julie suffered an injury during a half-marathon. Julie had to start all over again, similar to resetting a clock. She couldn’t run, not even jog. It was back to square one until she rehabilitated from her injury. These setbacks led to a vicious and figurative cycle for Julie. “It was an emotionally intense time. I would get down on myself for not doing what I knew I needed to do but couldn’t do at the time.” The weight crept up again. Julie feared she would be back up to the weight that she was at prior to bariatric surgery. “I understand the difficulty and the struggles when you’re trying to keep it at bay. It always has to be on my mind or I’m likely to get diabetes back. Genetics are against me. Both my parents and grandparents had diabetes. I don’t want to be diabetic. I need to turn this ship around - NOW.”

Julie tries to avoid the negative self-talk. It’s defeating and she knows that it will get her nowhere. She is trying to take one day at a time, sometimes one hour at a time, to get back to where she was. “You need to take care of yourself short-term to avoid suffering long-term.” With her glass half-full mentality, she often thinks, “What’s my work around?” if she can’t run, at least she can walk. She is slowly but surely getting back into a more rigorous workout routine and hopes to soon join races again. She practices mindful living by recognizing the importance of accepting where she is at versus where she aspires to be. As a houseparent to 12 teenage girls, some of whom also deal with weight issues, Julie has openly shared her struggles with them. The girls are frustrated with their weight, just like she is. They have setbacks too. “There’s times when it’s really hard. Having them see me go through it makes them feel like they are not alone.”

Julie’s story does not end here. She continues to work hard every day and ride out the storms that come her way. We applaud Julie for sharing this raw side of her weight-loss journey that so many of us face but cast to the shadows.

“We must pass through the darkness to reach the light.”

– Albert Pike

**Clinician MESSAGE**


- For more resources visit the following websites:

– Nazia Raja-Khan, MD, MS, Associate Professor of Medicine and Obstetrics and Gynecology, Division of Endocrinology, Diabetes and Metabolism, Penn State College of Medicine

**Recent Trends in Diabetes Management**

**Study Finds Low Rates of Eye Exams in Diabetes Patients**

“Alarmingly low” was the term used by authors of a new study published in Diabetes Care that reported on the frequency of eye exams by people with diabetes.

The researchers studied insurance companies and employers that supplied data from 2010 to 2014 to IBM Watson Health. The researchers identified nearly 300,000 patients who had Type 2 diabetes and did not have diabetic retinopathy. They determined that 48.1 percent of these patients did not have an eye exam during the study period. Perhaps even more disturbing, only 15.3 percent had met the recommendations of the American Diabetes Association (ADA) for an eye exam every one or two years. When it came to the nearly 3,000 patients with Type 1 diabetes and no diabetic retinopathy, 33.6 percent had no eye exams during the study period and only 26.3 percent met the ADA guidelines.

And what about those diabetes patients who did have eye exams? The researchers discovered that 24.4 percent of the Type 2 diabetes patients actually did have diabetic retinopathy, with 8.3 percent having vision-threatening retinopathy. Among the Type 1 diabetes patients, 54.0 percent had retinopathy and 24.3 percent had vision-threatening retinopathy. In other words, it’s apparent that there’s a lot of undetected diabetic retinopathy among people with diabetes. It’s no wonder that the researchers were alarmed.

The authors reasonably concluded that “systemic changes in healthcare may be needed to detect and prevent vision-threatening eye disease among people with diabetes.” “Until that happens,” they went on to say, diabetic retinopathy “will likely remain the leading cause of blindness among working-age adults.”

RECIPE CORNER

Chicken with Porcini Mushrooms

Makes: 4 servings
Serving Size: 3 to 4 oz. chicken, about 1/4 cup mushroom sauce
Preparation Time: 10 minutes
Cooking Time: 45 minutes

Ingredients:
- 1 oz. dried porcini mushrooms or other dried wild mushroom (¼ cup)
- 1 cup hot water
- 1 lb. boneless, skinless chicken thighs
- ¾ tsp. kosher salt
- Freshly ground black pepper
- 1 ½ Tbsp. olive oil
- 1 large onion, diced (1 ½ cups)
- 1 garlic clove, finely minced (1 tsp.)
- ½ cup dry white wine
- 2 Tbsp. tomato paste
- ¼ cup minced fresh Italian parsley

Directions

1. Place the porcini mushrooms in a heatproof bowl. Pour enough hot water to cover the mushrooms and set aside.
2. Pat the chicken thighs dry. Sprinkle the thighs with the salt and black pepper to taste.
3. In a large skillet, heat the olive oil over medium-high heat. Add the chicken and sauté for 4 to 5 minutes. Flip the thighs and sauté for another 4 to 5 minutes until golden brown. Remove the thighs from the skillet and set aside.
4. Add the onion to the skillet, scraping up any browned bits. Lower the heat to medium, and sauté the onion for 6 to 7 minutes. Add the garlic and sauté for 2 minutes.
5. Drain the mushrooms, reserving the mushroom liquid. Coarsely chop the mushrooms, and add them to the skillet. Sauté the mushrooms for 1 minute. Add the wine, tomato paste, and mushroom liquid, bringing the sauce to boiling.
6. Lower the heat to simmer. Return the cooked chicken to the skillet. Cover and simmer for 15 to 20 minutes until the chicken is cooked through. Using a slotted spoon, remove the chicken from the skillet and put it on a serving platter. Cover the chicken with foil to keep it warm.
7. Raise the heat to high and boil the sauce, stirring occasionally, until it has thickened and is reduced by half. Pour the sauce over the chicken, garnish with fresh parsley, and serve.

Baked Egg with Avocado, Tomato and Citrus Salad

Makes: 2 servings
Serving Size: 1 egg and about 1 cup salad
Preparation Time: 15 minutes
Cooking Time: 5 minutes

Ingredients:
- 2 eggs
- 2 tsp. canola oil, divided
- 2 Tbsp. lime juice
- ¼ tsp. kosher salt
- ½ tsp. cracked black pepper
- 1 ½ oz. peeled and cubed avocado (about ½ of a medium fruit)
- 1 large tomato, thinly sliced
- 2 oz. red onion, peeled and thinly sliced (generous ¼ cup)
- ¼ cup finely chopped cilantro

Directions

1. Preheat the oven to 400° F.
2. Crack each egg into a separate bowl without breaking the yolks. Set aside.
3. Preheat a small ovenproof pan and add 1 tsp of the canola oil. Gently add the eggs to the pan. Immediately place the pan in the oven. Cook at least 5 minutes, until both the white and yolk are firm. (Infants, young children, older adults, pregnant women, and people with weakened immune systems, including those with diabetes and other chronic illnesses, are particularly vulnerable to foodborne illnesses from bacteria found in undercooked or raw eggs.)
4. In a small bowl, add the remaining 1 tsp canola oil, the lime juice, salt, and pepper; whisk the ingredients to create the dressing. Add the avocado, tomato, onion, and cilantro to the dressing, and toss.
5. Remove the eggs from the oven. Plate half the salad for each serving and add an egg.

original source:
From www.diabetesforecast.org, Recipe by Robyn Webb, MS, LN; Photograph by Greg Scheidemann; Styling by Ali Laut
Recipe adapted from Chef Ronaldo’s Sabor De Cuba: Diabetes-Friendly Traditional and Nuevo Cubano Cuisine by Ronaldo Linares (American Diabetes Association, 2016). Order online at shopdiabetes.org or by calling 800-232-6733
Looking for additional diabetic-friendly recipes?

courtesy of
PennState PRO Wellness

Recipe by Ronaldo Linares,
Photograph by Eric Hinders/Mittera
Virginia Valentine, APRN, BC-ADM, CDE, FAADE, named the American Diabetes Association's 2019 Outstanding Educator in Diabetes, knows firsthand what it's like to experience the struggle that comes with having diabetes. She has had type 2 diabetes (T2D) for 39 years, so she's used to the reactions she gets when meeting someone new for the first time.

"There is often a huge amount of shame and blame," Ms. Valentine says about those who do not really understand the condition. "There is a stigma attached to having type 2 diabetes because many people assume that you have diabetes simply because you are overweight. Case in point—I once overheard a woman who had type 1 diabetes telling her friend that she had the kind of diabetes that she didn't cause herself."

As a health professional with one of the most common diseases among adults in the United States, Ms. Valentine's personal experience informed the theme for her presentation upon accepting her award at the American Dietetic Association 79th Scientific Sessions in San Francisco, California.

Shifting Focus of Diabetes to Caring and Away from Shaming

The topic of her presentation comes from personal and professional appreciation of the struggle faced by so many people with type 2 diabetes. Ms. Valentine's address: "The Most Important Thing We Give to People Is Hope—Overcoming Stigma in Diabetes and Obesity," was selected to recognize how important it is to help people reframe this condition "because the stigma gets in the way of caring for people with diabetes."

First off, she says, it's important to have a health care professional who acknowledges that having type 2 diabetes is not your fault. "There are now studies with the zillions of genes that have an impact on insulin resistance," she says. "So, knowing that is important because it's not that I am looking to give individuals with type 2 diabetes, including myself, a pass. I say, rather, this is not your fault, but it is your responsibility."

Changing the way we think of ourselves is an important an necessary step forward, Ms. Valentine says. "Taking 'diabetic' out of the language helps, too," she says. "I am not a diabetic. I am a person with diabetes; it's not about being 'diabetic' or having a 'diabetic foot.'"

Ms. Valentine, who just turned 70 years of age, is currently a certified diabetes educator and advanced practice nurse at Sage Specialty Care in Albuquerque, New Mexico, where she holds a faculty appointment with the University of New Mexico. In addition, she is co-author of Diabetes, the New Type 2—Your Complete Handbook to Living Healthfully with Diabetes Type 2.
Penn State Annual Diabetes Fair
DATE: Saturday, November 2, 2019
TIME: 9 AM – Noon
LOCATION: University Conference Center at Penn State Hershey Campus

Penn State Extension Dining with Diabetes
Dining with Diabetes program helps people with type 2 diabetes identify and understand important information about managing and preventing this disease. There are five workshops that are at a beginner skill level.

DATE: 5 sessions, dates vary
TIME: times vary
LOCATION: 13 location options
COST: Reduced program rates of $5/Individual and $10/Family are reflected on events with funding provided by local, state, and/or national grants. Click Register and see Cost tab for individual site rates (discount will be reflected).

Geisinger

Diabetes Educational Series
The Clinical Nutrition/Diabetes Services team at Geisinger Holy Spirit is hosting a series of four diabetes education classes in August and September. Topics for each week are listed below.
- August 6: Diabetes and medication
- August 20: Healthy eating
- August 27: Exercise and monitoring
- September 3: Problem solving and reducing risks
DATE: Tuesdays in August and September
TIME: 2 – 4 PM
LOCATION: Geisinger Holy Spirit Diabetes Services/ Clinical Nutrition office, 890 Poplar Church Road, Suite 506, Camp Hill, PA 17011
REGISTER: Contact Sheila Thomas at 717-763-2466 or visit, http://bit.ly/2GqyYy1

Real World Diabetes Program
Take charge of your diabetes with Temple's Real World Diabetes Program's classes that will help inspire you to make healthy lifestyle choices and get control of your diabetes. The Real World Diabetes Program will teach you about your disease in a way that is easy to understand. Before the program begins, you will meet one-on-one with a Temple Certified Diabetes Nurse Educator. The nurse educator will ask you about your medical history and make sure you are signed up for the classes you need.

Temple Health

Diabetes Self-Management Education Program
This group course is designed to cover all aspects of diabetes self-management. Learn about meal planning, physical activity, glucose monitoring, medicines, dining out, coping with stress and more. The content is based on American Diabetes Association Guidelines. The cost is covered by most insurance companies. Please contact your insurance company to confirm coverage of services prior to registering. A Physician Referral may be needed to enroll. For more information, visit http://bit.ly/UPMCEducationProgram or call the following:

UPMC Altoona: 814-889-2731
UPMC Bedford: 814-624-4315
UPMC Hamot: 814-877-2123
UPMC Horizon: 724-983-7160
UPMC McKeesport: 412-664-3055
UPMC Mercy: 412-232-5908
UPMC Northwest: 814-676-7992
UPMC Passavant: 412-748-6398
UPMC St. Margaret: 412-784-5162; 412-784-4195
UPMC Hamot: 814-877-2123
One-on-One Diabetes Instruction
Diabetes counseling with one of our Certified Diabetes Educators in a personal setting. Learn about meal planning, physical activity, glucose monitoring, medicines, dining out, and coping with stress. The content is based on American Diabetes Association Guidelines. The cost is covered by most insurance companies. A Physician Referral is needed to enroll. Questions? Visit http://bit.ly/OneOnOneClasses.

UPMC Hamot: 814-877-2123
UPMC Mercy: 412-322-5908
UPMC Northwest: 814-676-7992
UPMC Passavant: 412-748-6398
UPMC St. Margaret: 412-784-5162 or 412-784-4195

Comprehensive Diabetes Center Education Program
Patients are offered the opportunity to meet one-on-one with a nurse practitioner or dietitian certified diabetes educator, as well as group education programs. Group and individual sessions are geared for newly diagnosed diabetics, those who need education updates, and those interested in the latest tips to best manage diabetes.

REGISTER: To schedule please call 410-955-9270 or visit, http://bit.ly/2Hrs9ix

Comprehensive Diabetes Self Management Classes
The Diabetes Self -Management Class Series will be starting in August. These classes will require a referral (http://bit.ly/22dtNc8) from your provider and will equip with all the necessary skills to understand and manage diabetes.

- The importance of making the right food choices
- Staying physically active
- What your blood glucose numbers mean
- Strategies to manage blood glucose levels
- Medications to help manage Type 2 diabetes
- Healthy coping skills

The Johns Hopkins Program Schedule 2019
- August 19: On the Road to Better Managing your Diabetes, Diabetes and Healthy Eating
- September 23: Diabetes and Healthy Eating (continued) and Monitoring Your Glucose
- October 28: Continuing Your Journey with Diabetes
- December 16: On the Road to Better Managing your Diabetes, Diabetes and Healthy Eating

REGISTER: To apply join our program and take our Diabetes Risk Quiz (http://bit.ly/25wriVt) to see if you are eligible for the program. Contact 801-213-8720 or email DPP@utah.edu to see if you qualify for a scholarship.

Diabetes One Day Education and Care Program
This unique one-day program offers personalized care as well as diabetes education in a small group setting. The interactive educational program helps you develop a personalized plan to achieve your diabetes goals. The program is designed to support individuals who have a new diagnosis of diabetes and those who have had diabetes for many years. You will have access to follow-up with the team to promote ongoing success. Some activities include: meet with a nurse practitioner or physician and diabetes educators to establish your diabetes treatment goals, review the latest diabetes medications and technology and receive exercise and nutrition education with personalized recommendations, and more. Breakfast, lunch, and snacks will be provided.

DATE, TIME: First and third Friday of month, 9AM to 5PM.
LOCATION: Utah Diabetes & Endocrinology Center - 615 Arapeen Drive, Suite 100, Salt Lake City, Utah 84108
REGISTER: Anyone with Type 1 or Type 2 diabetes can enroll in our program. Limited spots per session. We encourage you to bring a family member or friend along.


Gestational Diabetes Class in Spanish and English
The Utah Diabetes Center is accepting all patients. Those without insurance may be covered.

- Spanish Gestational Diabetes Class
  DATE, TIME: Every Wednesday 2:00 - 4:00 PM

- English Gestational Diabetes Class
  DATE, TIME: 2nd and 4th Thursday of the month 9:30 - 11:30 AM

Spanish Diabetes Classes
DATE, TIME: Every 3rd Wednesday and Thursday of the month 4:00 - 6:00 PM

Diabetes Complications Program
The program provides retinal and vascular testing to identify early stage eye and vascular complications. Eye testing is completed using state of the art fundus photography. Vascular testing is completed using an ankle brachial index. Each test takes less than 15 minutes to complete. Early detection of diabetes complications can allow for early treatment, slowing the progression of diabetes complications and improving quality of life.

DATE, TIME: First and third Friday of every month, 9AM to 5PM.
LOCATION: Utah Diabetes & Endocrinology Center
615 Arapeen Drive, Suite 100, Salt Lake City, Utah 84108
REGISTER: Anyone with Type 1 or Type 2 diabetes can be tested if they meet certain criteria. To see if you qualify for testing, please contact Julie Neuberger at julie.neuberger@hsc.utah.edu or call 801-587-3914.

Diabetes Support Group
Session where you can exchange information, feelings and ideas. Groups offer discussion, question and answer sessions, and other activities. FREE and open to ALL adults in the community, 18 years and older. Spouses and support members are encouraged to also attend.

- Education at Community Clinics (for the newly diagnosed patient): Redwood Center (1525 W. 2100 S., SLC)
- Education at Utah Diabetes Center (for the newly diagnosed or returning patient)

DATE: Every fourth Tuesday of the month, 6:00 - 7:30PM
LOCATION: 615 Arapeen Drive, Suite 100, Salt Lake City, Utah
REGISTER: For dates, times and registration, please call 801-587-3913. Registration is required for group classes and individual consults.

Step Out: Washington, DC
DATE: September 21, 2019
TIME: Registration Opens 8:00 AM; Walk Starts 9:30 AM
LOCATION: Washington Monument Grounds
REGISTER: Contact Sharon Keating at 202-331-8303 ext. 4532 or email SKeating@diabetes.org or visit http://bit.ly/2Y7JYGs

Step Out: Baltimore
DATE: October 6, 2019
LOCATION: Canton Waterfront, 1501 S. Clinton St.
REGISTER: Contact Corey Proctor at 410-265-0075 or email cproctor@diabetes.org or visit http://bit.ly/2XZdWkT

Step Out: Philadelphia
DATE, TIME: November 2, 2019; 6 AM
LOCATION: Philadelphia Museum of Art
REGISTER: Contact Alyssa Laufer at 610-828-5003 ext. 4633 or email ALaufer@diabetes.org or visit http://bit.ly/30VKDN8

Tour de Cure Pittsburgh: South Side Riverfront Park
RIDE: 63 MI, 30 MI, 12 MI, WALK: 5K, RUN: 5K
DATE: September 14, 2019
LOCATION: South Shore Riverfront Park
2701 S Water St, Pittsburgh, PA 15203
REGISTRATION FEE: $20 for cyclists, no fee for walk/run; Fundraising Minimum: Riders $200 | Runners/Walkers $100 | Children Riding 12 and under $50
REGISTER: Contact Chelsea Schaffer at 412-824-1181 x4609 or email cschaffer@diabetes.org, or visit http://bit.ly/2JZH959.

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