

Wisconsin Diabetes Weekly

Monday, August 5, 2019

Volume 14, Number 23

In the News

Diabetes Educators Positioned to Improve Population Health Measures

A shift in the United States from fee-for-service to value-based care combined with new population health initiatives offers certified diabetes educators an opportunity to go beyond diabetes self-management and education services and partner with other members of the care team to meet larger health goals, according to a review published in *The Diabetes Educator*. [Read more.](#)

Hypertension Increases CV Risk Regardless of Definition

Systolic and diastolic hypertension independently affected the risk for adverse CV events, including MI, hemorrhagic stroke and ischemic stroke, regardless of whether hypertension was defined as BP of at least 140/90 mm Hg or at least 130/80 mm Hg, according to a recently published study. Researchers analyzed data from 1,316,363 patients. [Read more.](#)

Regular Glucose Test Could Predict Diabetes Risk

A new test can predict diabetes years before a person develops the condition, a new study says. The random blood glucose test can detect risk factors normal diabetes tests usually miss, giving patients a better chance to treat the condition before it progresses. The study included more than 900,000 VA patients who hadn't previously received diabetes diagnoses; each patient took three random blood glucose tests during normal doctor visits. [Read more.](#)

Researchers Get Handle on How to Control Blood Sugar After Stroke

Hyperglycemia, or high levels of glucose, is common in patients with acute ischemic stroke and is associated with worse outcomes compared to normal blood sugar levels. Animal studies also pointed to an effect of high blood sugar in worsening stroke injury. Stroke experts have debated whether intensive glucose management after acute ischemic stroke leads to better outcomes, but a new study finds that aggressive methods are not better than standard approaches. [Read more.](#)



Resistance Exercises Yield Similar Beta-Cell Benefits as Aerobics

Workouts that focus on resistance exercises are as effective as aerobic regimens at stopping the transition from prediabetes to type 2 diabetes, according to recently published findings. Researchers randomly assigned 248 adults with prediabetes who attended one of three hospital centers in China to 6-month regimens of aerobic exercise, resistance exercise, or a control regimen. [Read more.](#)

In the News *continued* . . .

NIH: Largest Genomic Study on T2D in Sub-Saharan African Populations


National Institute of Health researchers have reported the largest genomic study of type 2 diabetes (T2D) in sub-Saharan Africans, with data from more than 5,000 individuals from Nigeria, Ghana and Kenya. Researchers confirmed known genomic variants and identified a novel gene ZRANB3, which may influence susceptibility to the disease in sub-Saharan African populations. The gene could also influence the development of T2D in other populations and inform further research. [Read more.](#)



Conferences, Education, and Grants

Improving Health Equity Through Rural Economic Development Webinar • August 13 • 2PM–3PM CT

Join County Health Rankings & Roadmaps as they explore the connection between economic development and health equity through community example Klamath County, Oregon, a 2018 winner of the Robert Wood Johnson Foundation Culture of Health Prize. You'll hear from the Jennifer Little, director of the Klamath County Public Health Department, and Erin Schulten, former co-chair of the Healthy Klamath Coalition, who will provide useful insights for rural and urban communities alike by sharing their roles in Klamath County's economic development activities, as well as their approach to resident engagement and multi-sector collaboration. [Learn more and register.](#)




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

Journal Articles and Reports of Interest

Diabetes as a Risk Factor for Heart Failure in Women and Men: A Systematic Review and Meta-analysis of 47 Cohorts Including 12 Million Individuals. Ohkuma T, et al. *Diabetologia*. 2019 Jul 18. doi: 10.1007/s00125-019-4926-x. [Epub ahead of print]

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