

DIABETES SUPPORT GROUP NEWSLETTER



An Affiliate of UnityPoint Health

WINTER 2026

FROM THE DESK OF...

SEE WHAT IS HAPPENING
THIS MONTH

HEALTHY RECIPES

REFRESH YOUR TASTE BUDS
WITH THESE HEALTHY RECIPES

FROM THE DESK OF...

Hello, I hope this finds everyone warm and hoping the groundhog did not see his shadow. I don't know about you, but I would like spring to be less than 6 weeks away.... I know wishful thinking. With the hope of spring comes new life, new beginnings, new adventures. How many of you paid attention to the new Food Guide Pyramid recently released? How does it impact people with diabetes? Let's take a look.

We have been introduced to many dietary changes over the years. The Ornish diet, the Keto diet, the Mediterranean diet, low carb, high carb, no fat, high fat, the soup diet, the cabbage diet and on and on and on. And yet we have continued to put on weight as a nation.

If you look back to the 1960's the rate of obesity was 13% in accordance with the Centers for Disease Control Guidelines and 1% considered severely obese. Today approximately 40% of adults are considered obese and 21% are considered severely obese (USAfacts, 2025).

The first recommendations for low fat diets were introduced in the 1960's. In the late 1970's and early 1980's low fat high carb diet recommendations were part of nutrition guidelines for Americans. Unfortunately, this did not help to decrease the rate of obesity or the rising rates of diabetes.

The average weight for men in the 1960's was approximately 166.3 lbs. and for women the average weight was approximately 140.2 lbs. In 2010 men's average weight was between 195.5 - 198 lbs. and women's average weight was approximately 166.2 - 171 lbs. A significant increase.

Diabetes occurred in 1-1.6 % of the population in 1960. Today the rate of diabetes in the United States is 12% of the population between 2024 -2025. There are 590 million people in the world living with diabetes and that is expected to reach 853 million by 2050.

The newly released food guide pyramid is promoting protein over carbohydrates with an increase in animal-based products including eggs, poultry, seafood, and red meat. It also encourages protein rich plants such as beans, peas, lentils, legumes, nuts seeds, and soy (Assistant Secretary for Public Affairs (ASPA), 2026).

The new food guidelines advise to avoid highly processed foods and added sugars while encouraging fat intake to come from whole food sources and using the most nutrient dense fats for cooking (USAfacts, 2025).

Eating whole grains and avoiding refined carbohydrates such as highly processed white bread, ready-to-eat or packaged breakfast options, flour tortillas and crackers are additional recommendations (USAfacts, 2025).

Other recommendations are diets lower in carbohydrates to manage chronic disease. With diabetes we have encouraged maintaining a carbohydrate budget to help manage your blood glucose levels.

There are some new recommendations and recommendations we have been telling you about for years. We will discuss this further at the Diabetes Support Group on February 19th at 7 pm. I hope to see you there.



Christine Drake BSN, RN

Guthrie County Hospital Diabetes Education Coordinator

FROM THE DESK OF...

Reference:

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Facts & figures. International Diabetes Federation. (2025, November 25). <https://idf.org/about-diabetes/diabetes-facts-figures/>

Ogden, C. L., Fryar, C. D., Carroll, M. D., & Flegal, K. M. (2004, October 27). *Mean body weight, height, and body mass index, United States 1960-2002.* Advanced Data from Vital and Health Statistic's. <https://www.cdc.gov/nchs/data/ad/ad347.pdf>

USAfacts. (2025, November 5). *US obesity rates have tripled over the last 60 years.* <https://usafacts.org/articles/obesity-rate-nearly-triples-united-states-over-last-50-years/>

<https://247wallst.com/special-report/2018/11/20/the-average-weight-of-men-and-women-since-the-1970s/>

Writer, B., By, & Writer, S. (2024, November 22). *Forty years of low-fat diets: A "failed experiment."* Harvard T.H. Chan School of Public Health. <https://hsphs.harvard.edu/news/low-fat-diets-failed-experiment/>

Upcoming Drug Therapy: Once Weekly Insulin

For those who have Type 1 Diabetes (T1DM), where their pancreas is no longer functional or making insulin, multiple daily injections are required to maintain adequate glucose control. Those with Type 2 Diabetes (T2DM) can also sometimes be required to inject insulin multiple times a day to keep their blood sugars within range. Multiple daily injections can carry both an emotional and physical toll on those living with diabetes. These hassles include: carrying around insulin and glucometer supplies, taking extra time to complete your injections, and the sometimes painful process of injecting the insulin.

One new exciting breakthrough in insulin treatment is two different once weekly insulins are currently being studied! Insulin iicodec and insulin efsitora alfa are the newly developed weekly insulins undergoing drug trials. These once weekly insulins are different from the current long-acting insulins on the market today because their chemical structures allow them to bind to proteins in your body for a longer period of time, extending how long they are able to produce glucose lowering effects.

In the drug trials with each of these insulins, the drug companies have looked at blood sugar control and the rates of hypoglycemia (low blood sugar).

Both insulin iicodec and insulin efsitora alfa have shown similar glucose lowering efficacy compared to once daily long-acting insulins. Over the study period of approximately one year, A1c measurements were similar when insulin iicodec was compared against insulin degludec (Tresiba) and when insulin efsitora alfa insulin degludec (Tresiba).

Another important aspect reviewed was the rates of low blood sugar with each once weekly insulin compared to insulin degludec (Tresiba). Unfortunately, both insulin iicodec and insulin efsitora alfa have shown more low blood sugar events compared to once daily insulin degludec (Tresiba) and this has caused the FDA to reject insulin iicodec's approval to the U.S. market. Both manufacturers of insulin iicodec and insulin efsitora alfa are currently working to minimize these low blood sugar events and provide the FDA with enough safety assurance to eventually get each of these insulins on the market and available to Americans.

While these once weekly insulins will significantly cut down on how many insulin injections required each week, these insulins will not replace meal-time insulin that is always required for those with T1DM and sometimes required for people with T2DM. Another factor that is up in the air is the cost of once weekly insulin vs. once daily insulin. As these insulins have yet to be FDA approved, there is no U.S. prices available at this time. These insulins will most likely be more expensive than once daily insulins, but could decrease the cost of health care overall for patients with diabetes if these insulins allow people to take their insulin more routinely and achieve lower glucose levels to prevent complications.

Once weekly insulin is an exciting development in diabetes care that could help improve quality of life for those with diabetes. Hopefully in the next few years these insulins will be available in the U.S. and their introduction will greatly benefit those living with diabetes.



Jackie Willms, PharmD
Director of Pharmacy

Here are some heart healthy diabetes friendly recipes to try.

Big Skillet Breakfast

INGREDIENTS

- 2 tsp olive oil
- 1 cup onion(s) (chopped)
- 1 1/2 cup white (button) mushrooms (sliced)
- 1 cup grape or cherry tomatoes (quartered)
- 2 cup spinach (fresh, coarsely chopped)
- 1/2 tsp seasoning (salt-free, extra-spicy)
- 3 large egg whites
- 4 large eggs
- 1 tbsp water
- 2 tbsp feta cheese (lower-fat)



PREPARATION

1. Heat the olive oil in a large nonstick skillet over medium-high heat. Add the onion and cook, stirring frequently, until soft, about 3 minutes. Add the mushrooms and cook, stirring frequently, about 4 minutes.
2. Add the mushrooms and cook, stirring frequently, about 4 minutes. Add the tomatoes and cook until the tomatoes lose most of the moisture.
3. Add the tomatoes and cook until the tomatoes lose most of the moisture.
4. Add the spinach and cook for about a minute more. Add the spinach and cook for about a minute more.
5. Whisk together the spicy seasoning, egg whites, eggs, and water. Reduce the heat to medium and add the eggs. Let the eggs cook, without stirring until they begin to cook around the edges.
6. Use a spatula and turn the egg mixture and cook until almost set. Remove from the heat; allow to stand for the eggs to complete cooking from the residual heat.
7. Sprinkle with feta. Cut into four wedges for serving.

NUTRITION INFORMATION

4 servings per recipe Serving Size: 1 wedge

Calories 140; Total Carbohydrate 7g; Total Sugars 4g; Protein 12g; Total Fat 8g; Saturated Fat 2.2g; Cholesterol 190mg; Sodium 170mg.

Plum Salad with Goat Cheese and Walnuts

INGREDIENTS

- 8 cup mixed greens
- 4 plums (pitted and sliced)
- 1 English cucumber(s) (sliced)
- 1/2 cup walnuts (chopped and toasted)
- 1/4 cup goat cheese (crumbled)
- 1/4 cup sugar-free or no-sugar-added balsamic vinaigrette
- salt and pepper to taste



PREPARATION

1. Season with salt and pepper to taste.
2. Add walnuts and goat cheese. Drizzle with balsamic vinaigrette and toss gently to coat.
3. In a large bowl, combine salad greens, plums, and cucumber.

NUTRITION INFORMATION

4 servings per recipe **Serving Size: 2 cups salad, 1 plum**
Calories 200; Total Carbohydrate 15g; Total Sugars 11g; Protein 6g; Total Fat 14g; Saturated Fat 2.3g;
Cholesterol 5mg; Sodium 190mg.

Easy Turkey Chili

INGREDIENTS

- 1/2 tsp black pepper
- 1/2 tsp salt
- 1 tsp cumin
- 1 tbsp chili powder
- 1 14.5-ounce can no-salt-added diced tomatoes
- 1 small yellow onion (peeled and diced)
- 1 bell pepper, any color (diced)
- 1 lbs lean ground turkey
- nonstick cooking spray



PREPARATION

1. Add cooking spray to a stock pot over high heat. Add the turkey and sauté until just cooked through, about 7-8 minutes.
2. Add the remaining ingredients and bring to a boil. Reduce to a simmer for 15 minutes.
3. Serve hot or cool to room temperature, then store in an airtight container in the refrigerator for up to one week or package in freezer bags in one cup increments for up to 3 months.

NUTRITION INFORMATION

4 servings per recipe

Serving Size: 1 1/4 cup

Calories 170; Total Carbohydrate 11g; Total Sugars 2g; Protein 28g; Total Fat 2g; Saturated Fat 0g; Cholesterol 55mg; Sodium 430mg.

Whole Wheat Fresh Gingerbread

INGREDIENTS

- 2 cup whole wheat flour
- 1/3 cup brown sugar substitute
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/2 cup unsweetened applesauce
- 1/3 cup maple syrup

- 1/4 cup vegetable oil
- 2 tbsp fresh ginger (grated)
- 2 large eggs
- 1 tsp vanilla extract
- 1 cup water (hot)



PREPARATION

1. Preheat the oven to 350 degrees F. Grease a 9x5-inch loaf pan.
2. In a large bowl, whisk together the whole wheat flour, brown sugar substitute, baking soda, baking powder, salt, cinnamon, ginger, nutmeg, and cloves.
3. In another bowl, combine the applesauce, maple syrup, vegetable oil, freshly grated ginger, eggs, and vanilla extract. Mix until well combined.
4. Gradually add the wet ingredients to the dry ingredients, stirring until just combined. Do not overmix.
5. Slowly pour in the hot water while gently stirring the batter. The batter will be thin.
6. Pour the batter into the prepared loaf pan.
7. Bake in the preheated oven for about 45-50 minutes, or until a toothpick inserted into the center of the bread comes out clean.
8. Once baked, remove the gingerbread from the oven and allow it to cool in the pan for about 10 minutes. Then, carefully remove it from the pan and transfer it to a wire rack to cool completely.

NUTRITION INFORMATION

12 servings per recipe **Serving Size: 1 slice**

Calories 150; Total Carbohydrate 23g; Total Sugars 7g; Protein 4g; Total Fat 6g; Saturated Fat 1g; Cholesterol 30mg; Sodium 220mg.

Sautéed Cinnamon Apples

INGREDIENTS

- 1 tbsp margarine (trans-fat-free)
- 2 large Granny Smith apples (peeled and chopped)
- 1/2 tsp ground cinnamon
- 1 tsp vanilla extract
- 3 tbsp water
- 1 tbsp honey or 2 packets artificial sweetener



PREPARATION

1. Heat margarine in a sauté pan over medium-high heat. Add apples and sauté for 3 minutes, stirring frequently.
2. Add remaining ingredients. Reduce heat to low and simmer for 12 minutes, stirring occasionally.

NUTRITION INFORMATION

4 servings per recipe Serving Size: 1/2 cup

Calories 100; Total Carbohydrate 19g; Total Sugars 14g; Protein 0g; Total Fat 2.5g; Saturated Fat 0g; Cholesterol 0mg; Sodium 30mg.

DIABETES SUPPORT GROUP

• SAVE THE DATE •

February 19th, 2026 @ 7:00 p.m.

May 21st, 2026 @ 7:00 p.m.

August 20th, 2026 @ 7:00 p.m.

November 19th, 2026 @ 7:00 p.m.

Facilitated by Christine Drake, RN, BSN

Join us at Sneakers Café located in Guthrie County Hospital for the diabetes support group. This is a great way to share your experiences and expand your knowledge about diabetes in a relaxed educational setting.

DIABETES EDUCATION TEAM



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