

# SEARCH Food Security Study

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## Contact Us

*Study Recruiter:*

*Krystal Cooper*

*Toll-free Phone:*

*1-866-309-2313*

*Email:*

*hugheskp@mailbox.sc.edu*

## **To Our Participants:**

On behalf of the SEARCH Food Security (SFS) Study team, we would like to say **thank you** to those of you who have already participated in SFS! Hearing from you through your study participation is so important. Your responses help us learn how food security is affecting the lives of children, teens, and adults with diabetes in South Carolina. Food security means having enough food for an active and healthy life. If you have not participated yet, you are invited to join us and **we need to hear from you!**

We look forward to sharing what we learn with you overtime. In this newsletter, we have provided information about Coronavirus and diabetes. You will also learn more about this study and what is involved in participating, and how you can help. There are also helpful resources included. Please continue to stay involved in the study. Together, we can learn more about how diabetes impacts young people.

Sincerely, The SFS Team

## **Coronavirus and Diabetes**

The coronavirus (COVID-19) is a new virus that causes respiratory illness and has been determined to be a public health threat. Staying healthy during the outbreak is important. Please visit these websites to learn more about COVID-19 and how it impacts people with diabetes. You will also find information on how to protect yourself and prevent the spread of the virus. Hopefully you do not get sick from the virus. However, it is important that you understand your risk, make a plan, and take precautions. Many of us are adjusting to new routines at home. There are many apps and websites with information on how to stay health—including getting physical activity and eating healthy.

### **General information on COVID-19:**

Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

### **COVID-19 and diabetes links:**

Juvenile Diabetes Research Foundation <https://www.jdrf.org/coronavirus/>

American Diabetes Association <https://www.diabetes.org/coronavirus-covid-19>

### **Free health and wellness resources:**

<https://9to5mac.com/2020/03/23/apps-and-services-coronavirus/>

<https://www.heart.org/en/about-us/coronavirus-covid-19-resources>

<http://eatsmartmovemore.org/covid-19-resources/>

## What is SFS?

SEARCH Food Security (SFS) is a research study that is learning about how food security affects youth and young adults with diabetes. People who participated in SEARCH in South Carolina, Colorado, and Washington state are invited to be a part of SFS. SFS has two phases. The first phase is called Follow-up 1. In follow-up 1 participants complete a survey either online or by paper or phone. The survey takes about 40-60 minutes and asks questions about diabetes, medical care, food access, and health issues. After completing this survey, participants are mailed a gift card for \$50.00 as a thank you.

The second phase is called Follow-up 2. Participants who completed Follow-up 1 will be invited to be a part of Follow-up 2 about nine months later. Follow-up 2 includes a similar survey that has some of the same questions, as well as new questions. It also takes about 40-60 minutes. Participants are also invited to come to a non-fasting brief clinic visit at one of our three locations in South Carolina for a blood draw to measure HbA1c. Participants receive a \$50.00 gift card for completing the Follow-up 1 survey, and a \$30.00 gift card for completing the clinic visit.

## Who has Participated? *(as of March 2020)*



### Washington

- 183 participants have completed Follow-up 1.
- 8 participants have completed Follow-up 2.

### Colorado

- 305 participants have completed Follow-up 1.
- 33 participants have completed Follow-up 2.

### South Carolina

- 284 participants have completed Follow-up 1 since November 2018.
- 71 participants have completed Follow-up 2.

## We need your help!

If you have not yet participated in Follow-up 1, we are trying to reach you!

Please call us at  
**1-866-309-2313.**

## Prize Drawings!!



As a thanks to participants who complete their Follow up 1 survey, we will be having prize drawings for **additional \$50.00 gift cards!**

If you have completed your Follow up 1 survey you will automatically be entered for a chance to win. If you have not completed the Follow up 1 survey, there is still time—the first drawing is for those who complete by June 1!

**Complete your survey today!**

## Meet the SFS South Carolina Team

### Krystal Cooper, SFS Recruiter



*Hi SFS participants!*

*I am so thankful that so many people have participated in the SFS Study. Please stay involved so we can all get answers to important questions about diabetes in our youth— now and in the future. Also be on the look-out for my calls, emails and text messages.*

*Thanks again! - Krystal*

### Terry Headley

SFS Nurse  
MUSC  
Charleston, SC



### Lisa Looper

SFS Nurse  
Prisma Upstate  
Greenville, SC

**PRISMA**  
HEALTH<sup>SM</sup>



### Angela Liese

Principal Investigator



### Jessica Stucker

SFS Program  
Manager

## Diabetes Resources in South Carolina

South Carolina's Department of Health and Environmental Control has information on managing diabetes, as well as a listing of national government and non-profit organizations that provide additional information and assistance. <https://www.scdhec.gov/health/diseases-conditions/diabetes>

The American Diabetes Association has a local office for the Carolinas. More information can be found on their website: <https://www.diabetes.org/community/local-offices/north-south-carolina>

The American Diabetes Association provides help for individuals who are struggling to pay for insulin or other diabetes medications. Check out the following website for more information. <https://insulinhelp.org/>

## Delicious Diabetic Friendly Recipe to enjoy this Spring!

### Ingredients:

- 4 eggs
- 4 egg whites
- Dash hot pepper sauce
- 1/4 tsp black pepper
- 2 tbsp cheddar cheese (reduced-fat, shredded)
- 2 tsp margarine (trans fat-free)
- 4 slices deli ham (reduced-sodium, chopped, about 3 ounces)
- 1/4 cup diced onion
- 1/4 cup diced green pepper
- 4 corn tortillas (heated)



### Directions:

In a medium bowl, whisk together the eggs, egg whites, hot pepper sauce, black pepper, and cheese. Heat the margarine in a medium non-stick pan over medium heat. Add the ham and sauté for 2-3 minutes. Remove the ham from the pan. Add the onions and green peppers to the hot pan and cook for about 5 minutes. Add the ham back to pan. Reduce the heat to low and add the eggs to pan. Gently stir the eggs with a spoon or spatula and continue lightly cooking over low heat until the eggs are cooked and set. Evenly divide the egg mixture into 4 servings. Spoon each portion of the egg mixture into a tortilla and top each with 1 tsp. salsa. Fold the tortilla to close.

<https://www.diabetesfoodhub.org/recipes/breakfast-egg-and-ham-burrito.html>