

THE T2D CONNECTION

July 2022

A QUARTERLY NEWSLETTER FROM MONTGOMERY COUNTY DEPARTMENT OF
PUBLIC HEALTH AND HUMAN SERVICES



QUARTERLY NEWS AND UPDATES:

Health in Montgomery County 2010-2019
Surveillance Report on Population Health
Published! View report and townhall recording
<https://www.montgomerycountymd.gov/healthymontgomery/>

We officially launched the Type 2 Diabetes
website! Check it out!

<https://www.montgomerycountymd.gov/healthymontgomery/programs/type-2-diabetes/index.html>

To learn more about Maryland's
Diabetes Action Plan, please visit
<https://health.maryland.gov/phpa/CCDPC/Pages/diabetes-action-plan.aspx>

MEETING HIGHLIGHTS

We thank you for taking the time to provide us with suggestions on how build, network, and share resources. We will work to incorporate your feedback into our meetings and the Unite 2 Integrate Coalition.

Dr. Lori Melman, Executive Director, Family Learning Solutions, Inc. presented on Food Grown Home: Reducing Type 2 Diabetes Through Food Grown at Home

View the meeting recording here: [U2IDC 2nd Meeting](#)

The next Unite 2 Integrate Diabetes Coalition Meeting will be held virtually on Thursday, August 18th, 2022 at 11am.

Dr. Karyn N. Onyeneho, PhD, MS, Founder, Color of Genes will present, The Color of Genes: The Era of Precision Health

Featured Program

FOOD GROWN HOME: REDUCING T2D THROUGH FOOD GROWN AT HOME

Speaker: Dr. Lori Melman
Executive Director, Family Learning Solutions, Inc.
Unite 2 Integrate Diabetes Coalition



How to Grow Sprouts

Materials:

- 1) Mason jar
- 2) Sprouting Lid
- 3) Seeds
- 4) Water



Soak Seeds

Soak your seeds overnight in water or for 8 hours.



Rinse 3x per Day

Rinse your sprouts 3x per day after the initial soak.



Harvest in 3-5 Days

Harvest and enjoy in as little as three days.

For all of the sprouts we grew with our cohort, we have detailed instruction guides that can be electronically delivered to participants.

Example Model: *AeroGarden Harvest*

- Grows up to 6 plants at once
- LED panel reminds you when to water/add nutrients
- Automatic watering + timer
- Easily fits on a countertop- (1.5 ft tall, less than 1 ft wide)
- Grows food up to 5x faster than soil planting



Connect with us!



@familylearningsolutionsinc
(overall programming)



@flsmoco



@foodgrownhome



@foodgrownhome

✉ email: flsmoco@gmail.com

☎ phone 301-642-9273

ADDITIONAL RESOURCE

The Diabetes Action Network, a division of the National Federation of the Blind, is a support and information network for all diabetics, especially those who are blind or losing vision. Members have experienced ramifications of diabetes such as blindness, amputation, nerve damage, heart problems, kidney disease, etc. More information here <https://nfb.org/about-us/divisions-committees-and-groups/divisions/diabetes-action-network>

If you would like more information or be featured in our newsletter, please contact Felicia Huges at felicia.huges@montgomerycountymd.gov

Disclaimer: The programs featured do not necessarily represent the official endorsement of the Montgomery County Department of Health and Human Services (DHHS)

