**Diabetes and COVID-19 Vaccinations**

People with Type 1 and Type 2 Diabetes are at higher risk of developing severe illness from COVID-19. Additionally, research shows that COVID-19 infection causes increased blood sugar levels in those with diabetes. Therefore, the recommendation is that children 12 and above receive the COVID-19 vaccination. For up-to-date information about COVID-19 vaccinations and recommendations for children and adolescents, check the CDC's website.

**Diabetes and Flu Vaccinations**

People with diabetes are at higher risk of developing serious flu complications such as pneumonia or persistent hyperglycemia. The flu vaccine is an annual injection that is recommended for all patients. Flu vaccines are available at local pharmacies, your pediatrician's office, or can be done at your diabetes appointment.

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**Let’s Talk About TIME IN RANGE**

**What is Time in Range?**

The amount of time your blood sugar is in what we call a target range, a low range, or a high range. The more time blood sugars are in the target range, the better control. While research is still being done, for people with Type 1 Diabetes, the target range is 70-180mg/dL.

**How can I measure my Time in Range?**

Time in Range (TIR) can only be measured if you are wearing a continuous glucose monitoring (CGM) device. If you wear a CGM, you can see your TIR in your corresponding app/website:

- Dexcom Clarity
- FreeStyle LibreLink
- (Medtronic) Guardian Connect

**What’s the benefit?**

The more time your blood sugars are in range, the less likely you are to develop diabetes-related complications. While hemoglobin a1c levels are useful in giving an average of blood sugars, they do not capture daily highs and lows, both of which can be dangerous. Time in Range gives a more accurate depiction of blood glucose control.

**What percentage Time in Range should I strive for?**

There is not an official definition for Time in Range percentage for children with Type 1 Diabetes. However, most research suggests:

- > 50% TIR for children and adolescents
- > 70% TIR for adults (over 18 years old)

For Hypoglycemia (blood sugars under 70mg/dl):

- < 4 % of time time for adults
- < 1% for “high risk” (including children)

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**What’s happening at NewYork-Presbyterian Weill Cornell?**

*November is World Diabetes Month! To celebrate our community, we are hosting the following virtual events:*

- **November 3rd (Wednesday) at 5:15pm:** “Coffee Talk” - Diabetes and Mental Health with Dr. Catarozoli
- **November 8th (Monday) at 5:15pm:** Diabetes Technology Night
- **November 15th (Monday) at 5:15pm:** Advanced Carb Counting and Nutrition
- **November 22nd (Monday) at 5:15pm:** Type 2 and Me

**Zoom Link for the above classes:** [https://weillcornell.zoom.us/j/96687286427](https://weillcornell.zoom.us/j/96687286427)

JDRF is also offering educational and interactive sessions through their [TypeOneNation Virtual Summit](https://jdrf.org) on Nov 1, 3 & 4
Rosa Montilla, is one of the patient coordinators for the Pediatric Endocrinology team at Weill Cornell Medicine

About: ”I was born and raised in the Bronx. I've been at Cornell for 6 years but with the diabetes team for 2.5. I truly love our team and love supporting them in any way I can to help make our newly diagnosed patient's journey go as smooth as possible. In my spare time, I like to spend time with family, volunteer, read and EAT.”

Advice/Tip: ”School is back in session! If you come for a visit and changes are made to your child's care, make sure to request updated orders from your provider to give to the school nurse.”

Reminder: You can always reach out to your providers with any questions at 646-962-3442, or email WCMpedsendo@med.cornell.edu or Mychart/Cornell connect

Dietitian Corner:

Fall Recipe: Pumpkin Spice Dip

Ingredients
1 can of pumpkin
½ can of chickpeas
2 tablespoons of almond butter
1 tablespoon of oil (avocado, coconut)
1 ½ teaspoons of vanilla extract
1 ½ teaspoon of cinnamon
1/3 teaspoon of nutmeg
1/3 teaspoon of ground ginger

Directions:
Add all the ingredients to a food processor or blender. Mix until smooth
Dip with sliced apples, pears, celery, crackers OR add to your yogurt, oatmeal, overnight oats
Enjoy 😊

Serving Size: ½ cup; Carbohydrate amount: 25 grams