

Project: Center for Diabetes and Metabolism [Centro de Diabetes y Metabolismo: CeDiMet], a collaborative dream comes true.

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Reynosa urban area has 690,000 inhabitants (384,000 adults >20 years old), 35% moved from other states. The use of cell phones is in 81%, personal computer or laptop with 29%. The prevalence of overweight is 39%, obesity 36%, and T2D 13%. The expected adult population with T2D is 49,900 individuals. There are 5 clinics prepared to attend T2D, and few with specialized personnel.

The CeDiMet is a collaborative clinic involving health personnel and researchers from the Universidad Mexico Americana del Norte, Universidad Autonoma de Tamaulipas, Hospital General de Mexico "Dr. Eduardo Liceaga", University of Texas Rio Grande Valley, and the Texas Diabetes Institute in San Antonio. The funding source comes from private companies in Reynosa. The clinical structure includes physicians, nurses, nutritionists, psychologists, and a section for telemedicine for consulting specialists from USA and Mexico City.

Besides clinical attendance, the CeDiMet will conduct educational activities in offices, factories, churches, and schools for prevention of obesity complications (T2D and hypertension), early

detection of diabetic foot, fatty liver, and endothelial damage. "Tree of Health in the Family" is a program to encourage youth to know and understand the metabolic problems in their families to focus on prevention.

Recently, we obtained a grant from COTACyT to explore the effect of COVID-19 in a cohort of 200 students and their families. The analysis of post-traumatic stress due to confinement and antibodies concentration to detect contact and its association with metabolic problems is an example of the research we can perform.