Congratulations!!

To one of our previous interns, Clair Russell, who recently passed her Registered Dietitian Exam and began work as a Clinical Pediatric Dietitian with the University of Vermont!!

Best of luck Clair!
We know you’ll do a great job!

Announcements

The Fitness Room has reopened!

Due to COVID-19 safety measures, we have reduced participant capacity. We have also reduced the number of fitness classes. At this time, we cannot offer community classes For the immediate future, priority is given to our program patients with diabetes. We have implemented additional protocols for utilizing the fitness room, including COVID-19 screenings. If we find our staff and participants are safe and the number of community COVID-19 cases decline, we can eventually add more time slots and/or increase the fitness room capacity and we hope to do that soon.

Niá:wen for your patience

August is Summer Sun Safety Month

Skin cancer is the most common of all cancer types. More than 5 million skin cancers are diagnosed each year in the United States. That’s more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer. UV rays from the sun cause DNA damage, leading to skin cancer and aging:

- Dark patches
- Wrinkles
- Loose skin
- Premature aging
- Sunburns
- Eye problems

Use sunscreen - What to look for:

- Broad Spectrum – Protects against both UVA and UVB rays
- SPF 30...at least! SPF 30 blocks 97% of UVB rays
- Expiration Date – Sunscreen lasts two to three years, so check the date
- Lip balm with an SPF of at least 30

How to apply it

- Be generous! One ounce (about a palmful) should be used to cover the arms, legs, neck and face
- Don’t forget your ears, hands, feet and under sides of your arms

Kids burn more easily. Babies younger than 6 months old should be kept out of direct sunlight.

Inside this Issue

- SGDM Research 2,3
- Heart & Kidney Health 4,5
- Recipes 6,7
- Announcements 8
In 2019, the Let’s Get Healthy Program had the pleasure of participating in an important Research Study with the University of Pittsburgh, the University of Colorado’s Centers for American Indian and Alaska Native Health, and numerous Native Health partners. We were proud to be the first site to reach our target goal of 30 Mother/Daughter dyads recruited to participate in the project. Niawen:kówa to our incredible participants, staff who worked on the project and our awesome partners! Check out the first newsletter below designed by the team of researchers.

Avocado Alfredo with Zucchini Noodles

**Ingredients:**
1. 2 avocados
2. 4 C zucchini noodles
3. 1/4 C grated Parmesan cheese
4. 2TBSP minced garlic
5. 1TBSP avocado oil
6. 1/4 tsp black pepper & salt

**Directions:**
In a blender or food processor, puree the avocado flesh with 2 TBSP of the parmesan cheese, lemon juice, salt and pepper. Heat the oil in a large skillet or wok over medium heat. Add the garlic and sauté until fragrant, about 30 seconds. Add the zucchini noodles and sauté, stirring frequently, until crisp-tender, about 3 minutes. Remove the skillet from the heat, then add the avocado puree. Mix with tongs to coat the zucchini noodles and warm the avocado sauce. Serve immediately. Top each serving with the remaining cheese and parsley.

**Nutrition Facts**
- Calories: 110
- Total Fat: 4g
- Cholesterol: 0mg
- Carbohydrates: 16g
- Protein: 4g
- Sodium: 50mg
- Potassium: 230mg

Black Bean and Corn Salad

**Ingredients:**
1. 2 (14.5 oz cans) Black beans, rinsed and drained
2. 2 C frozen corn, thawed
3. 1 red bell pepper, finely diced
4. 1/2 C red onion, finely diced
5. 1/2 C fresh cilantro, chopped
6. 2 small limes, juiced
7. 3 TBSP olive oil
8. 1/2 tsp cumin
9. 1/4 tsp garlic powder
10. 1/4 tsp black pepper
11. 1/4 tsp cayenne pepper (optional)

**Directions:**
In a medium bowl, combine beans, corn, red pepper, red onion and cilantro. In a small bowl, whisk together remaining ingredients and pour over bean salad. Toss to coat.

**Nutrition Facts**
- Calories: 180
- Total Fat: 15g
- Cholesterol: 0mg
- Carbohydrates: 11g
- Protein: 4g
- Sodium: 190mg
- Potassium: 640mg
Zucchini Burrito Boats

Ingredients:
- 4 medium zucchini, cut in half lengthwise
- 1 15-ounce can black beans, drained and rinsed
- 1 C cooked brown rice or quinoa
- 1 C low sodium salsa
- 1 red bell pepper, seeds removed and diced
- 1/2 C red onion, diced
- 1/2 C organic frozen yellow corn, thawed
- 1 jalapeno pepper, seeds removed minced
- 1 C reduced fat cheddar cheese, shredded
- 1 TBSP olive oil
- 2 tsp cumin
- 1 tsp chili powder
- 1/2 C fresh cilantro, washed, patted dry and minced

Directions:
Preheat oven to 350. Using a metal teaspoon, hollow out the center of each zucchini. Lightly brush the tops with olive oil then place them skin side down in a 9x13 casserole dish. Bake until zucchini turns bright green and is just beginning to soften, about 10 minutes.

Warm a tablespoon of olive oil in a large skillet over medium heat. Add the onion and the peppers and cook for 2-3 minutes. Add the rice/quinoa, corn, and beans along with the salsa, chili powder and cumin. Stir everything together and continue to cook for about 5 minutes then remove the skillet from the heat and set aside.

Stir in 1/4 cup of the cilantro to the filling. Spoon the filling inside each zucchini until they are all full. Sprinkle each one with cheese and arrange them in the dish. Bake in the oven for 15 minutes, until the cheese is bubbly and golden brown. Allow to cool for 5-10 minutes then top with fresh cilantro and serve. Store leftovers in an airtight container for up to 3 days.

Try This:
Use this filling to make stuffed bell peppers!

Zucchini

Zucchini is incredibly versatile and can be eaten raw or cooked
Here are some other ways to incorporate it into your meals:

Add it raw to salads
Boil, then blend into soup
Try it breaded and cooked in an air fryer
Bake into bread, muffins, or cakes
Stuff with rice, lentils, or other veggies, then bake it
For a mild stir-fry, add olive oil and sauté it
Grill or sauté with garlic and oil and serve as a side
Spiralize into spaghetti and use it to replace pasta

Helpful hints

Talking to your doctors and nurses before getting pregnant about how to plan a healthy pregnancy can help teen girls have a healthy pregnancy in the future. Talk with them about:

- Importance of having a healthy weight before getting pregnant
- Facts about GDM and pregnancy
- Risks of complications from GDM for you and your baby
- Facts about healthy lifestyle and decreasing your chances for getting GDM
- Developing a healthy lifestyle plan by eating healthy, sitting less, and being more active
- Importance of how to plan a pregnancy
- How to prevent an unplanned pregnancy
- Family planning advice
- Finding family members and friends who can give you support

Stopping Gestational Diabetes Research Study

diabetes in the future. They can also decrease the risk of their baby getting diabetes.

- Stopping GDM is an education program on women’s health and how to plan healthy pregnancies to prevent GDM. Stopping GDM includes a video and an online book. These materials include information about gestational diabetes, its risk factors, and how it can be prevented.

- The best way to prevent GDM is by having a healthy weight before getting pregnant. A healthy weight lowers a woman’s chances for getting GDM.

- Stopping GDM also includes a mother and daughter communication booklet. This booklet can help mothers talk to their daughters about sensitive topics. This includes topics like dating, starting to have periods, sex, and a healthy body weight.

- Stopping GDM teaches that healthy choices about eating and cutting back on sugary drinks can lower the risk for getting GDM.

- Stopping GDM teaches that being physically active and sitting less are also healthy choices.

We hope you will continue to make these changes for yourself and your family. We hope you will encourage everyone in your family and community to help make these changes.

If you see problems in your community that keep you from eating healthy, like no fresh fruits or vegetables in your local stores, then speak up! Get involved. Go to a community meet- ing and let other community members know this is not acceptable. Talk about what you and your community can do to change this.

For more information or to see the Stopping GDM video or eBook, please visit us at www.stoppinggdm.com

PRINCIPAL INVESTIGATOR: Denise Charon-Prochownik, PhD, RN, CNPIR, FAAN | Professor | Nursing and Graduate School of Public Health | Department of Health Promotion and Development | School of Nursing | University of Pittsburgh
Kathy Morea, MD, FAAP (Musculoskeletal Ctr). Associate Professor | Centers for American Indian and Alaska Native Health | Colorado School of Public Health | University of Colorado Anschutz Medical Campus
FUNDING: This newsletter was supported by the National Institutes of Health through Grant Number ULTR003857
With type 2 diabetes, your risks for developing heart disease and chronic kidney disease (CKD) are also elevated. Diabetes is linked to both and recent studies have shown that medications for diabetes can also improve outcomes for heart and kidney health.

**The Connection Between Diabetes, Kidney Disease and Your Heart**

You may not think of your kidneys and heart as a connected system, but they are. How? Well, your kidneys are powerful filters that remove toxins from your blood, which is moved through your body through blood vessels—a complex network of arteries, veins and capillaries—which is part of your cardiovascular system.

Type 2 diabetes can put a lot of stress on both your heart and your kidneys. To stay healthy, it’s vital for you and your doctor to keep tabs on your risk for problems in both your heart and kidneys and to take care of problems you may have.

But this is good news—with the right care plan, you can manage diabetes, heart disease and kidney disease all at once. What’s good for your heart is also good for your kidneys.

**What are my Risks of Developing Kidney Disease?**

When you manage your diabetes, you also manage your risk of heart disease and kidney disease. Remember, diabetes and cardiovascular and kidney risks are all connected to each other. Talk to your doctor about reducing your risk. Research shows that:

- Approximately one-third of people with diabetes may develop kidney disease, and diabetes is the leading cause of kidney failure
- Diabetes can damage blood vessels in your kidneys, which can eventually lead to CKD and, over time, kidney failure
- High blood pressure can worsen kidney damage and raise your risk for heart attack and stroke

**The Right Plan, The Best Support**

If you have diabetes, it’s normal to feel overwhelmed at times. But when it comes to your health, remember that you’re in the driver’s seat. You’re very capable of building a healthier life—and you can make changes today that can have a positive impact on your body and your future.

**Kidneys**

Each kidney contains many tiny filtering units (called nephrons). Over time, diabetes can damage these filtering units.

Protein spills into the urine and the kidneys over time cannot filter blood the way they normally should. These events together can lead to kidney disease.

---

**Continued from page 4...**

Try one of these to get started:
- At your next appointment, ask your doctor if your diabetes is affecting your kidney function
- Keep your blood sugar, cholesterol and blood pressure in target ranges
- Have a healthy, balanced eating plan
- Move more with daily exercise. The goal is 150 active minutes per week. This can be split up into 30 minutes of activity every day and doesn’t need to be all at once. If 30 minutes is too much, try taking 10-minute walks three times a day to reach your goal
- Take your medications as prescribed. Talk to your doctor if you have side effects that impact you
- Get your specialists, (like the cardiologist and endocrinologist) on the same page
- Stay positive! Scientists are making exciting new discoveries every day that will help lead to a brighter future for those who have diabetes and/or heart disease

One of the most important things to keep in mind is that everyone’s health journey is different. You may have some days where it feels like it’s more difficult to manage or some days where it’s easier. But your efforts do make a difference! Ultimately, what matters is making progress toward your goals.

Type 2 Diabetes, Your Kidneys and Heart: A Triangle of Risk (knowdiabetesbyheart.org)

---

Adults with diabetes are 2X more likely to have a heart attack or stroke than people without diabetes. If you have type 2 diabetes, learning about your risk is one of the best ways you can take care of yourself.

Millions of people with diabetes are leading healthy lives. And you can too.

---

**4 Questions to ask your Doctor about Diabetes and Your Heart**

- What changes can I make to take care of my heart?
- What can I do before my next appointment?
- How will I know if the changes I’ve made are making a difference?
- What resources can help me learn more?
With type 2 diabetes, your risks for developing heart disease and chronic kidney disease (CKD) are also elevated. Diabetes is linked to both and recent studies have shown that medications for diabetes can also improve outcomes for heart and kidney health.

The Connection Between Diabetes, Kidney Disease and Your Heart
You may not think of your kidneys and heart as a connected system, but they are. How? Well, your kidneys are powerful filters that remove toxins from your blood, which is moved through your body through blood vessels—a complex network of arteries, veins and capillaries—which is part of your cardiovascular system.

Type 2 diabetes can put a lot of stress on both your heart and your kidneys. To stay healthy, it’s vital for you and your doctor to keep tabs on your risk for problems in both your heart and kidneys and to take care of problems you may have.

But this is good news—with the right care plan, you can manage diabetes, heart disease and kidney disease all at once. What’s good for your heart is also good for your kidneys.

What are my Risks of Developing Kidney Disease?
When you manage your diabetes, you also manage your risk of heart disease and kidney disease. Remember, diabetes and cardiovascular and kidney risks are all connected to each other. Talk to your doctor about reducing your risk. Research shows that:

• Approximately one-third of people with diabetes may develop kidney disease, and diabetes is the leading cause of kidney failure

• Diabetes can damage blood vessels in your kidneys, which can eventually lead to CKD and, over time, kidney failure

• High blood pressure can worsen kidney damage and raise your risk for heart attack and stroke

The Right Plan, The Best Support
If you have diabetes, it’s normal to feel overwhelmed at times. But when it comes to your health, remember that you’re in the driver’s seat. You’re very capable of building a healthier life—and you can make changes today that can have a positive impact on your body and your future.

Try one of these to get started:
• At your next appointment, ask your doctor if your diabetes is affecting your kidney function
• Keep your blood sugar, cholesterol and blood pressure in target ranges
• Have a healthy, balanced eating plan
• Move more with daily exercise. The goal is 150 active minutes per week. This can be split up into 30 minutes of activity every day and doesn’t need to be all at once. If 30 minutes is too much, try taking 10-minute walks three times a day to reach your goal
• Take your medications as prescribed. Talk to your doctor if you have side effects that impact you
• Get your specialists, (like the cardiologist and endocrinologist) on the same page
• Stay positive! Scientists are making exciting new discoveries every day that will help lead to a brighter future for those who have diabetes and/or heart disease

One of the most important things to keep in mind is that everyone’s health journey is different. You may have some days where it feels like it’s more difficult to manage or some days where it’s easier. But your efforts do make a difference! Ultimately, what matters is making progress toward your goals.

Try two of these to get started:
• Adults with diabetes are 2X more likely to have a heart attack or stroke than people without diabetes.
• If you have type 2 diabetes, learning about your risk is one of the best ways you can take care of yourself

Millions of people with diabetes are leading healthy lives. And you can too.

4 Questions to ask your Doctor about Diabetes and Your Heart

❤️ What changes can I make to take care of my heart?
❤️ What can I do before my next appointment?
❤️ How will I know if the changes I’ve made are making a difference?
❤️ What resources can help me learn more?
**Zucchini Burrito Boats**

**Ingredients:**
- 4 medium zucchini, cut in half lengthwise
- 1-1 1/2 cups black beans, drained and rinsed
- 1 C cooked brown rice or quinoa
- 1 C low sodium salsa
- 1 red bell pepper, seeds removed and diced
- 1/2 C red onion, diced
- 1/2 C organic frozen yellow corn, thawed
- 1 jalapeno pepper, seeds removed and minced
- 1 C reduced fat cheddar cheese, shredded
- 1 TBSP olive oil
- 2 tsp cumin
- 1 tsp chili powder
- 1/2 C fresh cilantro, washed, patted dry and minced

**Directions:**

1. Preheat oven to 350. Using a metal teaspoon, hollow out the center of each zucchini. Lightly brush the tops with olive oil then place them skin side down in a 9x13 casserole dish. Bake until zucchini turns bright green and is just beginning to soften, about 10 minutes.

2. Warm a tablespoon of olive oil in a large skillet over medium heat. Add the onion and the peppers and cook for 2-3 minutes. Add the rice/quinoa, corn, and beans along with the salsa, chili powder and cumin. Stir everything together and continue to cook for about 5 minutes then remove the skillet from the heat and set aside.

3. Stir in 1/4 cup of the cilantro to the filling. Spoon the filling inside each zucchini until they are all full. Sprinkle each one with cheese and arrange them in the dish. Bake in the oven for 15 minutes, until the cheese is bubbly and golden brown. Allow to cool for 5-10 minutes then top with fresh cilantro and serve. Store leftovers in an airtight container for up to 3 days.

**Try This:**

Use this filling to make stuffed bell peppers!

---

**Zucchini**

Zucchini is incredibly versatile and can be eaten raw or cooked. Here are some other ways to incorporate it into your meals:

- Add it raw to salads
- Boil, then blend into soup
- Try it breaded and cooked in an air fryer
- Bake into bread, muffins, or cakes

Stuff with rice, lentils, or other veggies, then bake it for a mild stir-fry, add olive oil and sauté it. Grill or sauté with garlic and oil and serve as a side. Spiralize into spaghetti and use it to replace pasta.
In 2019, the Let’s Get Healthy Program had the pleasure of participating in an important Research Study with the University of Pittsburgh, the University of Colorado’s Centers for American Indian and Alaska Native Health, and numerous Native Health partners. We were proud to be the first site to reach our target goal of 30 Mother/Daughter dyads recruited to participate in the project.

Niawen:kówa to our incredible participants, staff who worked on the project and our awesome partners! Check out the first newsletter below designed by the team of researchers.

Avocado Alfredo with Zucchini Noodles

**Ingredients:**
- 2 avocados
- 4 C zucchini noodles
- 1/4 C grated Parmesan cheese
- 2 TBSP minced garlic
- 2 TBSP fresh parsley
- 1 TBSP avocado oil
- 1/2 TBSP lemon juice
- 1/4 tsp black pepper & salt

**Nutrition Facts**
- Calories: 180
- Total Fat: 15g
- Cholesterol: 0mg
- Carbohydrates: 11g
- Protein: 4g
- Sodium: 190mg
- Potassium: 640mg

**Directions:**
In a blender or food processor, puree the avocado flesh with 2 TBSP of the parmesan cheese, lemon juice, salt and pepper. Heat the oil in a large skillet or wok over medium heat. Add the garlic and sauté until fragrant, about 30 seconds. Add the zucchini noodles and sauté, stirring frequently, until crisp-tender, about 3 minutes. Remove the skillet from the heat, then add the avocado puree. Mix with tongs to coat the zucchini noodles and warm the avocado sauce. Serve immediately. Top each serving with the remaining cheese and parsley.

Traditional Alfredo sauce is a decadent dish made with lots of cream and butter. This lighter version gets its creaminess from avocado, which is full of heart-healthy monounsaturated fatty acids (instead of saturated fat found in cream and butter). It also adds lots of fiber to a dish that typically has none. For a low carb meal, we toss the sauce with zucchini noodles instead of regular pasta. Try adding your favorite veggies!

Black Bean and Corn Salad

**Ingredients:**
- 2 (14.5 oz cans) Black beans, rinsed and drained
- 2 C frozen corn, thawed
- 1 red bell pepper, finely diced
- 1/2 C red onion, finely diced
- 1/2 C fresh cilantro, chopped
- 2 small limes, juiced
- 3 TBSP olive oil
- 1/2 tsp cumin
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper (optional)

**Nutrition Facts**
- Calories: 110
- Total Fat: 4g
- Cholesterol: 0mg
- Carbohydrates: 16g
- Protein: 4g
- Sodium: 50mg
- Potassium: 230mg

**Directions:**
In a medium bowl, combine beans, corn, red pepper, red onion and cilantro. In a small bowl, whisk together remaining ingredients and pour over bean salad. Toss to coat.
Congratulations!!
To one of our previous interns,
Clair Russell, who recently passed
her Registered Dietitian
Exam and began work as a
Clinical Pediatric Dietitian
with the University of Vermont!!

Best of luck Clair!
We know you’ll do a great job!

The Fitness Room has reopened!

Due to COVID-19 safety measures, we have reduced participant capacity.
We have also reduced the number of fitness classes. At this time, we cannot offer
community classes
For the immediate future, priority is given to our program patients with diabetes
We have implemented additional protocols for utilizing the fitness room,
including COVID-19 screenings
If we find our staff and participants are safe and the number of community
COVID-19 cases decline, we can eventually add more time slots and/or increase
the fitness room capacity and we hope to do that soon.

Niáwen for your patience

August is Summer Sun Safety Month
Skin cancer is the most common of all cancer types. More than 5 million
skin cancers are diagnosed each year in the United States. That’s more
than all other cancers combined. Skin cancer rates have been on the rise
over the past few decades. The good news is that you can do a lot to
protect yourself and your family from skin cancer.

UV rays from the sun cause DNA damage, leading to skin cancer and aging:
• Dark patches
• Wrinkles
• Loose skin
• Premature aging
• Sunburns
• Eye problems

Use sunscreen - What to look for:
• Broad Spectrum – Protects against both UVA and UVB rays
• SPF 30...at least! SPF 30 blocks 97% of UVB rays
• Expiration Date – Sunscreen lasts two to three years, so check the date
• Lip balm with an SPF of at least 30

How to apply it
• Be generous! One ounce (about a palmful) should be used to cover the
arms, legs, neck and face
• Don’t forget your ears, hands, feet and under sides of your arms

Kids burn more easily. Babies younger than 6 months old should be kept
out of direct sunlight.

Niáwen for your patience