

# Tsiothóhrha /December 2021

Tsitewatakari:tat—Let's Get Healthy Program  
Diabetes Center for Excellence  
66 Margaret Terrance Memorial Way  
Akwesasne, NY 13655



## Ways to Control your Diabetes This Holiday Season

**Focus on Friends and Family** - The holidays are a time to slow down and cherish time with friends and family, instead of focusing on food, play a game together, volunteer as a family, or play outside.

**It's a Party, But Don't Overdo It** - Choose the foods you only have once a year, eat slowly and really enjoy the foods you choose. If the holiday meal is around the same time as a regular meal, choose the same amount of carbohydrates you normally would have. Resist going back for second helpings. If you plan on having dessert, cut back on the carbohydrates you choose at the meal.

**Bring What You Like** - Instead of stressing about what foods will be there, bring something you like, do your research ahead of time so you know the serving size and the amount of carbohydrates per serving.

**Drink in Moderation** - If choosing alcoholic beverages, remember to have a snack with it to prevent low blood sugar later on. The recommendation is no more than 2 drinks for men and no more than 1 drink for women. To help control glucose levels it is best to stay away from drinks mixed with regular soda, or cocktail mixers that are sweet, like daiquiri mixes.

**Stay Active** - One reason we struggle to maintain weight and glucose control over the holidays is that we are not as active. Keep up with your regular exercise routines and schedule time to exercise if you have a busy schedule. Plan a walk with your family after a holiday meal. Invite a friend to exercise with you.

**Get Back on Track** - Instead of focusing on a meal that you over indulge on, an exercise class you missed or a dessert that had too many carbs, look ahead to the next day. Start fresh with exercise, glucose monitoring and meal planning.

**We will be closed**

**Thursday December 23rd,**

**Friday December 24th &**

**Friday December 31st**



### Inside this Issue

SGDM Research	2,3
Fitness	4
Holiday Tips	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 second newsletter below designed by the team of researchers.

# Stopping Gestational Diabetes Mellitus (GDM) Newsletter



## RESEARCH HIGHLIGHTS

In 2016-2017 we interviewed:

- Tribal leaders,
- American Indian women with a history of GDM (or diabetes during pregnancy),
- American Indian mothers of young girls at risk for GDM,
- Young American Indian girls at risk for GDM, and
- Doctors and nurses who care for American Indian girls

to get their feelings on how to change an existing video and booklet on women's health to fit the needs and be important to Native girls.

Welcome to our second newsletter! We want to send a special thanks to all who participated in our study.

We would also like to thank our Community Partners:

Indian Health Care Resource Center of Tulsa, Tulsa, OK  
Northern Navajo Medical Center, Shiprock, NM  
Portland State University, Portland, OR  
Saint Regis Mohawk Diabetes Center for Excellence, Akwesasne, NY  
University of Oklahoma Harold Hamm Diabetes Center, Tulsa, OK

➔ The research team used their advice along with other key tribal leaders and team members from our community partners. Some of the suggestions were:

- Include stories from American Indian women and families about GDM



# Stopping Gestational Diabetes Research Study

## Publications

Moore KR, Stotz SA, Fischl A, Beirne S, McNealy K, Abujaradeh H, Charron-Prochownik D. (2019) Pregnancy and Gestational Diabetes Mellitus (GDM) in North American Indian Adolescents: Implications for Girls and Stopping GDM. *Current Diabetes Reports*, 19(113). DOI: <https://doi.org/10.1007/s11892-019-1241-3>

Moore K, Stotz SA, Nadeau KJ, Terry MA, Garcia-Reyes Y, Gonzales K, Charron-Prochownik D. (2019) Recommendations from American Indian and Alaska Native Adolescent Girls for a Community-Based Gestational Diabetes Risk Reduction and Reproductive Health Education Program. *Research Journal of Women's Health*, 6(1).

Nadeau KJ, Stotz SA, Moore KR, Garcia-Reyes Y, Sereika S, Stein H, Charron-Prochownik D. (2000) Beta Testing a Mother-daughter Dyadic Gestational Diabetes Risk Reduction Intervention for American Indian/Alaska Native (AIAN) Teens. *Journal of Pediatric Health Care* 34(5): 418-423. <https://doi.org/10.1016/j.pedhc.2020.04.005>

Stotz SA, Charron-Prochownik D, Terry MA, Gonzales K, Moore K. (2019) Reducing Risk for Gestational Diabetes Mellitus (GDM) through a Preconception Counseling Program for American Indian/Alaska Native Girls: Perceptions from Women with Type 2 Diabetes or a History of GDM. *The Diabetes Educator*, 45(2).

Stotz SA, Charron-Prochownik D, Terry MA, Marshall G, Fischl A, Moore KR. (2020) Stopping Gestational Diabetes in American Indians and Alaska Native Girls: Nutrition as a Key Component to Gestational Diabetes Risk Reduction. *Current Developments in Nutrition*. In Press. <https://doi.org/10.1093/cdn/nzaa081>

Terry MA, Stotz SA, Beirne, S., Gonzales K, Marshall G, Charron-Prochownik D, Moore KR (2020). Recommendations from an Expert Panel of Health Professionals Regarding a Gestational Diabetes Risk Reduction Intervention for American Indian/Alaska Native Teens. *Pediatric Diabetes*, 21; 413-149. <https://doi.org/10.1111/pedi.12990>



- Include pictures, colors, and designs that show American Indian cultures and traditions
- Include American Indian girls as young as 12 and up to age 24
- Focus on positive healthy weight messages and not weight loss

From 2018-2020 we tested the new program with moms and their daughters from the American Indian communities served by our community partners. Added all together, our community partners recruited 150 moms and daughters for 4 sessions over 9 months. Based on when they were recruited into the study, some moms and their daughters did not attend all 4 visits.

Total number of mother and daughter pairs in study: visit #1 - 150; visit #2 - 114; visit #3 - 80; visit #4 - 64

Our early results show that knowledge on diabetes and women's health improved in both daughters and mothers. And after the first visit, daughters said in their answers to a survey that they would be more likely to talk to their doctor or nurse about having a healthy weight for a healthy pregnancy and use family planning. Mothers said that Stopping GDM helped them to feel more comfortable talking to their daughters about sensitive topics like sex and healthy body weight.

For more information or to see the Stopping GDM video or eBook, please visit us at [www.stoppinggdm.com](http://www.stoppinggdm.com)



**PRINCIPAL INVESTIGATORS:** Denise Charron-Prochownik, PhD, RN, CPNP, FAAN | Professor | Nursing and Graduate School of Public Health Chair | Department of Health Promotion and Development | School of Nursing | University of Pittsburgh

Kelly Moore, MD, FAAP (Muscogee Creek) | Associate Professor | Centers for American Indian and Alaska Native Health | Colorado School of Public Health | University of Colorado Anschutz Medical Campus

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## Why Warming Up and Cooling Down is Important

You'd be surprised how many people decide they don't need to warm up before working their core, or that it's fine to skip their cool-down after jogging on the treadmill. In most cases, it's not because people hate doing the warm up or cool-down, but because they want to save time. After all, it is just the main part of the workout that counts, right?

A warm-up and a cool-down both involve doing exercises at a lower intensity and slower pace, which improves your athletic performance, prevents injuries, and helps with recovery from exercise.

Warm up activities include light jogging, or cycling slowly on a bike. Warming up before exercise prepares your cardiovascular system for physical activity, by increasing the blood flow to your muscles, and raising the temperature of your body. If you start exercising at a strenuous level without warming up first, you will place unnecessary stress on your heart and lungs. It also helps to lower the risk of getting injured — when your muscles are adequately warmed up, the movements, stretches, and strain you put on them during your workout is less severe. This also minimizes muscle soreness.

Cooling down after your workout aims to gradually bring your heart rate and blood pressure to its normal level — the level it was at prior to exercising. During your workout, your heart rate has been pumping much higher than it does normally, and it's important to ease it back down instead of abruptly stopping all motion. Cooling down also helps to regulate your blood flow, which is especially important for people who undertake endurance sports such as long distance running. To safely cool down, gradually reduce the pace of your exercise during the last 10 minutes of your session — for example, if you're jogging, reduce your pace to a brisk walk for the last 10 minutes.

The next time you feel like you can't spare the extra 10 minutes to cool down after running, think carefully about the effect it will have on your body. Those 10 minutes certainly seem worth it when you consider that you're helping prevent injuries to your body, improve your performance, and aid your post-workout recovery.

Submitted by Aaron Jock, Health Promotion Specialist

Source: Why Warming Up and Cooling Down is Important - Tri-City Medical Center ([tricitymed.org](http://tricitymed.org))

## Stay Motivated During the Winter Months

These tips will help you stay active during the winter!

- \*Plan ahead
- \*Commit to an exact number of workouts each week
- \*Join an exercise group/class
- \*Stay social
- \*Eat fruits, veggies and protein
- \*Do something you enjoy
- \*FOCUS on how it FEELS to stay active
- \*Dress warm for outdoor activities



## Holiday Season Tips

Americans gain about one to two pounds during the holidays. While this doesn't sound so dramatic, research shows it adds up over the years. Luckily, there are ways to avoid holiday weight gain.

### Tip #1: Don't Skip Meals

Saving your appetite for a big holiday party or feast? Don't. Skipping meals during the day may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

### Tip #2: Eat Small Portions

Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.

### Tip #3: Pick a Strategy to Avoid Overeating — and Use It!

There are many strategies to help you avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really are hungry.

### Tip #4: Keep Moving

Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch with the kids.

## Breathing Exercises

Breathing is a necessity of life that usually occurs without much thought. When you breathe in air, blood cells receive oxygen and release carbon dioxide. Carbon dioxide is a waste product that's carried back through your body and exhaled. Improper breathing can upset the oxygen and carbon dioxide exchange and contribute to anxiety, panic attacks, fatigue, and other physical and emotional disturbances.

Most people aren't really conscious of the way they're breathing, but generally, there are two types of breathing patterns:

**Diaphragmatic (abdominal) breathing:** This is a type of deep, even breathing that engages your diaphragm, allowing your lungs to expand and creating negative pressure that drives air in through the nose and mouth, filling your lungs with air. This is the way newborn babies naturally breathe. You're also probably using this pattern of breathing when you're in a relaxed stage of sleep.

**Thoracic (chest) breathing:** This type of breathing comes from the chest and involves short, rapid breaths. When you're anxious, you might not even be aware that you're breathing this way.

The easiest way to determine your breathing pattern is to put one hand on your upper abdomen near the waist and the other in the middle of your chest. As you breathe, notice which hand raises the most. If you're breathing properly, your abdomen should expand and contract with each breath (and the hand on it should raise the most).

It's especially important to be aware of these differences during stressful and anxious times when you're more likely to breathe from your chest.



## Recipes

### Black Bean Soup

#### Ingredients:

- 3 (14 oz) cans low sodium chicken broth
- 3 (14 oz) cans black beans, rinsed and drained
- 2 cups frozen whole kernel corn, thawed
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1/2 C celery, chopped
- 1 C carrots, peeled and chopped
- 1 C colored bell peppers, seeded and chopped
- 1 jar mild salsa— choose lowest sodium
- 1 TBSP extra virgin olive oil
- 2 TBSP chili powder
- 1 TBSP ground cumin
- 1/4 tsp ground black pepper



**Prep Time: 20 mins**

**Cook Time: 30 mins**

#### Directions:

In a soup pot, heat oil over medium high heat, cook onion, celery, carrots, garlic and bell peppers in oil for 5 minutes. Add chili powder, cumin, black pepper, cook for 1 min. Stir in broth, beans, corn, salsa. Heat to boiling, stirring occasionally. Reduce heat to medium, simmer for 15 minutes. Serve Warm.

### Barley and Vegetable Soup

#### Ingredients:

- 3/4 C pearl barley, uncooked
- 2 carrots, peeled and diced
- 2 C cabbage, sliced
- 1 zucchini, washed and cubed
- 1 (24 oz.) can low sodium diced tomatoes
- 1 yellow onion, diced
- 2 cloves of garlic, minced
- 8 C low sodium vegetable stock
- 2 TBSP olive oil
- 2 bay leaves
- 1 tsp dried Italian seasoning
- Ground black pepper to taste



#### Directions:

In a large pot, sauté garlic and onions in olive oil for 5 minutes. Carefully add vegetable broth and remaining ingredients. Bring to a slow simmer. Cook until barley is tender, approximately 30 minutes. Adjust seasonings as desired.

## Healthier Holiday Options

### Better Mashed Potatoes

#### Ingredients:

- 1/3 C low-fat buttermilk
- 1 head cauliflower florets, discard core and stem
- 5 cloves garlic, peeled and left whole
- 1 russet or baking potato, peeled and cut into 2 inch cubes
- 1 TBSP olive oil
- 2 tsp unsalted butter
- 2 TBSP grated Parmesan cheese
- 1 tsp salt
- 1/2 tsp black pepper



#### Nutrition Facts:

**Serving Size: 1/2 Cup**

Calories: 60

Total Fat: 2g

Cholesterol: 5 mg

Carbohydrates: 7g

Protein: 2g

Sodium: 230mg

Potassium: 260mg

#### Directions:

In a large saucepan, place the potato, garlic, and cauliflower with enough water to cover. Bring to boiling, reduce the heat to medium, and cook until the potato and cauliflower are tender, about 15 minutes. Drain and add the vegetables and garlic back to the pot. Cover the pot with a kitchen towel and put the lid over the towel. Let stand for 5 minutes. Remove the lid and towel. This process helps to dry the vegetables so they mash better. Add the buttermilk, cheese, olive oil, butter, salt, and pepper. Mash\* until the ingredients are lightly combined. If desired, garnish with fresh snipped chives.

A typical mashed potato recipe (serving size: 1/2 cup) can have 130 calories, 8 g fat, 15 g carbohydrate, and 770 mg sodium. Cauliflower, which has less starch than potato, helps cut in half the carbohydrate grams in this dish. Fat-free buttermilk adds richness without the fat calories of the butter and whole milk in the original recipe.

\*Mashing options: Put the mixture through a ricer or a food processor for a smooth mash. Mash with a potato masher for a coarse mash.

### Pan Fried Brussels Sprouts with Bacon and Cranberries

#### Ingredients:

- 3 slices low sodium turkey bacon (6 ounces)
- 12 oz. Brussels Sprouts cut in half lengthwise
- 1/4 C unsweetened dried cranberries
- 2 TBSP water
- 1/4 C chopped walnuts (optional)



#### Directions:

In a large skillet, cook bacon until crisp. Remove and place onto a plate lined with paper towels. Place Brussels Sprouts in hot pan cut side down. Cook Brussels Sprouts until bottoms have browned. Add cranberries and water. Cover and cook until Brussels sprouts are tender (about 2-3 minutes). Remove cover, stir in walnuts (if using) and stir fry until walnuts are toasted. Serve warm

## Announcements

The Fitness Room has reopened!

If you are interested in utilizing the Medical Fitness Program  
(formerly called Move for Health)

please call Heather Garrow at: (518) 358-9667 to see if you are eligible.

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

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



**Working  
Together Today  
to Build a  
Better Tomorrow**