

Tsiothohrkó:wa/January 2023

Tsitewatakari:tat—Let's Get Healthy Program

Diabetes Center for Excellence

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The New Year is a time of reflection and contemplation. As we review the year behind, we often find things we'd like to change in the coming year.

Focus on setting a SMART goal this year for success in maintaining your New Year's Resolution through the whole year.

S-Specific

What do you want to achieve?

M-Measurable

Can your progress be measured in some way?

A-Action oriented

What steps will you take to reach this goal?

R-Realistic

Is it realistic?

T-Time frame

What is the time frame that you have set for achieving this goal?

Instead of making a resolution to "lose weight" Set a SMART goal. For example, "I want to lose 1-2 pounds per week, by increasing exercise to 5 days per week and making healthier food choices at work and home".

Looking to start a healthy 2023?

Make an appointment with the Let's Get Healthy Program for healthy lifestyle goals, diabetes education and prevention



We are closed

**Monday January 2nd
&**

Monday January 16th

**In observance of
New Year's Day &
Martin Luther King, Jr
Day**

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Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Symptoms - Symptoms may start out mild and become more severe as the season progresses. Signs and symptoms of SAD may include:

- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy, feeling tired and sluggish, and difficulty concentrating
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live

Causes - The specific cause of seasonal affective disorder remains unknown. Some factors may include:

- **Your biological clock (circadian rhythm).** The reduced level of sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression.
- **Serotonin levels.** A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.
- **Melatonin levels.** The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.

Lifestyle and home remedies - In addition to your treatment plan for seasonal affective disorder:

- Make your environment sunnier and brighter. Open blinds, trim tree branches that block sunlight. Sit closer to bright windows while at home or in the office
- Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning
- Exercise regularly. Physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood
- Normalize sleep patterns. Schedule times to wake up and go to bed each day. Especially for fall-winter-onset SAD, reduce or eliminate napping and oversleeping
- Practice stress management. Learn techniques to manage your stress better. For example, you may try relaxation techniques such as yoga, tai chi and meditation.
- Socialize. When you're feeling down, it can be hard to be social. Make an effort to connect with people you enjoy being around. They can offer support, a shoulder to cry on or shared laughter to give you a little boost

When to see a doctor - It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your health care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.

Fitness & Winter Safety

January Challenge - The Let's Get Healthy Program wants to kick off 2023 with a focus on overall health and wellness. Our January Health challenge will include earning punches on a card. Once your card is filled, you will be entered into our monthly prize drawing. Participants can earn punches by getting 7-9 hours of sleep, eating healthy meals, attending a fitness class, completing the workout of the day, working out at the fitness center, and bringing a refillable water bottle with you.



Staying Safe and Proper Shoveling Technique

As for any yard maintenance job, priority #1 in snow shoveling is safety, followed closely by comfort and efficiency. Consider doing the following before you even step outside:

- Stretch your muscles to prevent injury.
- Dress in layers to stay warm.
- Vow to take breaks: Continuous or heavy snow shoveling can strain your cardiovascular system.
- "Wax" your shovel blade, making it slippery and thereby preventing snow from sticking to it. Although candle wax, floor wax, or car wax may be used, Pam cooking spray works fine, too.

Once you step outside and start wielding your shovel, remember the following:

- Bend your knees and lift with your legs.
- As you lift the snow, keep the shovel blade close to you, to reduce back strain.
- Switch off between snow shoveling right-handed and left-handed, so that you're working different muscles.
- Periodically change your grip on the hand holding the bar (palm under vs. palm over).
- When the snowfall is heavy (1 foot in depth), don't try to clean right down to the ground with a single scoop. Instead, skim the top 6 inches off, then scoop up the bottom 6 inches. Otherwise, you could be hurting yourself by lifting too much.

WCIE Research Project

The Let's Get Healthy Program is honored to have participated in the What Can I Eat Research (WCIE) Project along with the Colorado School of Public Health's Centers for American Indian & Alaska Native Health. Within this project, researchers utilized the American Diabetes Association's WCIE curriculum and worked with communities to culturally tailor it to American Indian and Alaska Natives. The project began in 2018 with focus groups in Akwesasne. Feedback from these focus groups contributed to major changes. The completed curriculum was then retested among Akwesashró:non. We feel privileged to have contributed to this important work. Below is an overview of the project.

"American Indian and Alaska Native What Can I Eat?" Nutrition Education for Native People Living with Diabetes

The goal of this study was to help American Indian and Alaska Native (AIAN) adults living with diabetes learn better eating habits. Eating in a healthy way can improve people's blood sugars, blood pressure, and weight.

Why It Matters

Healthy eating helps manage blood sugars, blood pressure, and weight. That is important for people with diabetes. Healthy eating means knowing what to eat and how much to eat. It can be hard to choose healthy foods when someone does not have time to cook healthy meals, is on a tight budget, or is under stress. Learning about healthy eating with other people living with diabetes may be easier than learning by yourself since people with diabetes can learn from each other in a group class. Food is also very important to AIAN communities. Sharing traditional foods and customs may help AIANs to eat healthier in a program like this that has been created just for AIAN people.

What Did We Do?

In the AIAN What Can I Eat (WCIE) study, 58 Native adults took part in 5 classes on healthy eating.

Each class included:

- Information about healthy eating,
- An exercise activity,
- An activity focused on making mindful decisions about food, and
- Discussion of barriers to eating a healthy diet.

Classes covered topics such as:

- Identifying protein and carbohydrate foods,
- Making healthy food choices,
- Reading food labels to identify salty foods,
- Healthy and unhealthy beverages,
- Meal planning on a budget,
- Choosing healthy foods when eating out,
- Preparing meals for 1 or 2 people, and
- Preparing meals "on the go" for busy families with children.



Classes were taught by trained nutritionists. Because of the COVID-19 pandemic, classes were held online.

WCIE Research Project

How Was This Done?

We recruited AIAN adults with type 2 diabetes from 5 health care clinics that serve Native people. People who agreed to be in the study were put in 1 of 2 groups:

- the immediate group or
- the waitlist group.

People in the immediate group started taking classes right away. The waitlist group started classes 3 months later.

To study the impact of the classes, we measured participants':

- Confidence that they could eat a healthy diet,
- Eating habits,
- Blood sugar,
- Blood pressure, and
- Height and weight.

We measured these things before people started classes, after Class 4, and after Class 5.



What Did We Learn?

The study had 2 important findings. First, we learned that taking part in the classes increased people's confidence that they could make healthy food choices and use the diabetes plate to plan their meals. Second, we found that AIANs with type 2 diabetes enjoyed taking the classes online. They felt it was convenient and safer than meeting in person during the pandemic. Although participants said they would like to take in-person classes in the future, they felt an online option would help people who have issues with transportation or childcare.



Diabetes Plate Method

What Does It Mean?

The AIAN WCIE program can increase self confidence in healthy eating and making healthy food choices. Practicing healthy eating habits can lower blood sugars, blood pressure, and weight. It can also help to prevent complications of diabetes, like blindness.

How Can I Get Involved?

The study has ended, but you can contact Sarah Stotz at sarah.stotz@cuanschutz.edu with questions.

Acknowledgements

Special thanks to the community members and their families for their time and collaboration, including the AIAN WCIE study sites and team for their commitment to this work.

This summary describes the works of: Moore KR, Stotz SA, Brega AG, McNulty M, Jiang L, and the AIAN WCIE Study Group. For more information please contact Sarah Stotz at sarah.stotz@cuanschutz.edu.

Centers for American Indian & Alaska Native Health
colorado school of public health

Recipes

January is National Oatmeal Month

More oats are purchased in the months of January and February than any other months of the year. A warm bowl of oatmeal makes a delicious and healthy breakfast during the cold winter months. It is important when making your oatmeal to limit the amount of added sugar from maple syrup, brown sugar or honey. It is also a good idea to include a source of protein with your oats, some easy choices are sliced almonds, chopped walnuts, chia seeds, flax seeds, natural peanut butter or Greek yogurt.

Health Benefits of Oats

- Eating oats helps lower LDL “bad” cholesterol and may help reduce the risk of heart disease
- Oats help you feel fuller longer, which helps control your weight
- Oats may help lower blood pressure
- When eaten in proper portions, oats may help reduce your risk of type 2 diabetes, since their soluble fiber helps control blood sugar
- Oats help cut the use of laxatives, without the side effects associated with medications
- Oats are high in beta-glucans, a kind of starch that stimulates the immune system and inhibits tumors. This may help reduce your risk of some cancers
- Early introduction of oats in children’s diets may help reduce their risk of asthma
- Oats are higher in protein and fiber, and lower in carbohydrates than most other whole grains
- Oats are naturally gluten free, but may become contaminated during processing

Overnight Oats (makes 2 servings)

Ingredients:

- 1/3 C plain Greek yogurt
- 1/2 C old fashioned oats (uncooked)
- 2/3 C unsweetened almond/cashew milk
- 1 TBSP chia or milled flax seeds
- 1/2 tsp pure vanilla extract
- As desired: sweetener of your choice-
honey, maple syrup, stevia

Directions:

Mix all ingredients in a jar or container. Cover and let sit at least 4 hours in the fridge. Can be saved up to 5 days in the refrigerator.

TRY THIS:

- Chocolate and peanut butter: 1TBSP cocoa powder and 2TBSP natural peanut butter
- Chocolate chip and bananas: 1TBSP dark chocolate chips and 1/2 banana mashed
- Pumpkin pie: 1/2 cup pure pumpkin puree and 1 tsp pumpkin pie spice



Recipes

Make your own oatmeal packets

*Add 1/4 C old fashioned oats into snack size Ziploc bags

*Choose your add-ins based on your preference:

- ground spices
- chopped nuts/seeds
- powdered peanut butter (PB2)
- dried fruit or freeze dried fruit but limit to 2TBSP

*label the bag with the flavor. Store in a cool dry place.

When ready to use:

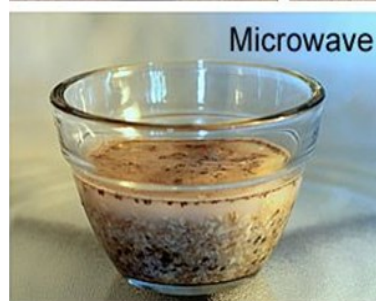
Pour contents of one bag into microwave safe bowl, add 1/2 C cold water and microwave for 1-3 minutes. Let cool and enjoy.



Combine instant oatmeal mix and water



Microwave 1 to 3 minutes.



Try This Flavor!

No Bake Cookie Oatmeal

- 1/2 C cooked old fashioned oats
- 1 TBSP natural peanut butter
- 5 dark chocolate chips
- 1 tsp honey



Fitness Room

The fitness room is open

Monday - Thursday: 7:00 am to 5:00 pm

& Friday: 7:00 am to 1:00 pm

You do not need any prior appointments or clearance, you will complete a questionnaire and be assessed at your first visit. This is an “open gym” concept. Use any cardio or strength machines, and fitness equipment at your own pace. Our Health Promotion Specialists are available to assist and for any questions.

- Please use the parking lot and entrance to the fitness room located at the back of the Diabetes Center
- COVID-19 safety guidelines are in place; please wear your mask at all times, stay 6 feet apart, and if you don't feel well, please wait until your symptoms subside
- The lockers are open for use during this time, but showers are not
- Remember to bring clean, dry shoes and a refillable water bottle

Specialized Fitness Classes:

SCULPT & BURN: Monday and Wednesday, 4:15 - 5:00 p.m. Sweat your way through an aerobic workout that gets your heart pumping and body moving to increase your cardiovascular fitness and burn calories and body fat. All fitness levels welcome.

LUNCH CRUNCH: Tuesday and Thursday, 12:15 - 12:45 p.m. A half hour session to burn fat and increase strength. Each class will vary and you will leave feeling energized and refreshed. All fitness levels welcome.

Should you have any questions, or if you would like to schedule your 1st visit, you may call Megan Bushey at (518) 358-9667 or email Aaron Jock, Health Promotion Specialist: Aaron.jock@srmt-nsn.gov

December's 12 Days of FITMAS:

A total of 71 people participated in the 12 days of challenges!

Congratulations to our prize winners:

Fitbit: Albert Terrance

Blender: Richard Laffin

Journal & towel: Xtine Sunday



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