

Enniskó:wa/March 2023

Tsitewatakari:tat—Let's Get Healthy Program
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Diabetes Alert Day®

Diabetes Alert Day® is on March 28, 2023! Observed annually on the fourth Tuesday in March by the American Diabetes Association, Diabetes Alert Day is a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk. We encourage you to find out if you—or someone you love—are at risk for type 2 diabetes by taking the Diabetes Risk Test.

National Nutrition Month®

Held annually in March, National Nutrition Month® is a nutrition education and information campaign sponsored by the Academy of Nutrition and Dietetics. It focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

March is National Kidney Month

National Kidney Month is a time for communities to raise awareness. This year's theme is **Have More Healthy Moments: Get Tested and Follow Your Kidney Health**. Finding kidney disease early allows you time to try lifestyle changes and medication that could keep your kidneys healthier for longer, and reduce your risk for heart attack and stroke.

*American Indians are disproportionately affected by kidney failure:
Compared to Whites, American Indians are about 1.2 times more
likely to be diagnosed with kidney failure.*

*Diabetes is the leading cause of kidney failure among
American Indians. However, better diabetes care is reducing the risk
for kidney failure in American Indians with diabetes.*

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Diabetes Alert Day

Understand Your Risk

The sooner you know you're at risk, the sooner you can take steps to prevent or manage diabetes. If you have a family history of diabetes, are overweight, or are not physically active, you have a greater chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes as you get older. All adults 35 or older should get tested for diabetes and prediabetes.

Risk Factors for Type 2 Diabetes

Your chances of developing type 2 diabetes depend on a combination of risk factors. Although you can't change risk factors related to family history, age, race, or ethnicity, you may be able to avoid some risk factors by maintaining a healthy weight and being physically active.

Read about risk factors for type 2 diabetes below, and see which ones apply to you. Acting on the factors you can change may help delay or prevent type 2 diabetes.

What are the Risk Factors for Type 2 Diabetes?

You can develop type 2 diabetes at any age, even during childhood. You are more likely to develop type 2 diabetes if you:

- Are overweight or have obesity
- Are age 35 or older. Children and teens can also develop type 2 diabetes, but the risk increases as a person gets older
- Have a family history of diabetes
- Are African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander
- Are not physically active, because of physical limitations, a sedentary lifestyle, or a job that requires sitting for long periods of time
- Have prediabetes
- Have a history of gestational diabetes, a type of diabetes that develops during pregnancy, or gave birth to a baby weighing 9 pounds or more

Children and teens are also at higher risk of developing type 2 diabetes if, in addition to the previous risk factors, they were born with a low birth weight or if their parent had gestational diabetes while pregnant.

You are encouraged to talk with a doctor about any of the health conditions listed above that may require medical treatment. Managing health problems may help reduce your chances of developing type 2 diabetes. Ask your doctor about any medication you or your child take that might increase your risk.

You can also take the Diabetes Risk Test to learn more about your risk for type 2 diabetes.

Take the Diabetes Risk Test @ <https://diabetes.org/diabetes/risk-test>

Risk Factors for Type 2 Diabetes | NIDDK (nih.gov)

Nutrition Month

This year's theme, "Fuel for the Future," highlights the importance of fueling our bodies at every age and eating with the environment in mind. Practice gratitude for your body by giving it the fuel it needs with sustainable foods! Below are messages and ideas for each week of March.

Week 1: Eat with the environment in mind:

- Enjoy more plant-based meals and snacks (see recipe section for ideas)
- Purchase foods with minimal packaging
- Buy foods in season and shop locally when possible
- Start a container or backyard garden to grow food at home

Week 2: See a Registered Dietitian Nutritionist (RDN):

- Ask your doctor for a referral to an RDN
- Find an RDN who specializes in your unique needs
- Learn how nutrient needs may change with age
- Receive personalized nutrition information to meet your health goals

Week 3: Stay nourished and save money:

- Plan your meals and snacks
- See what food you have at home before purchasing more
- Use a grocery list and shop sales when purchasing food
- Learn about community resources such as SNAP, WIC and local food banks

Week 4: Eat a variety of foods from all food groups:

- Include your favorite cultural foods and traditions
- Eat foods in various forms including fresh, frozen, canned and dried
- Avoid fad diets that promote unnecessary restrictions
- Practice gratitude for your body by giving it the fuel it needs

Week 5: Make tasty foods at home:

- Learn cooking and meal preparation skills
- Try new flavors and foods from around the world
- Find creative ways to use leftovers rather than tossing them
- Create happy memories by eating with friends and family when possible



eat right. Academy of Nutrition and Dietetics



National Nutrition Month® (eatright.org)

Kidney Month

March is National Kidney Month! Did you know kidney disease is often referred to as a “silent disease,” because there are usually no symptoms during its early stages? In fact, as many as 90% of Americans who have chronic kidney disease (CKD) don’t know they have the disease until it is very advanced.

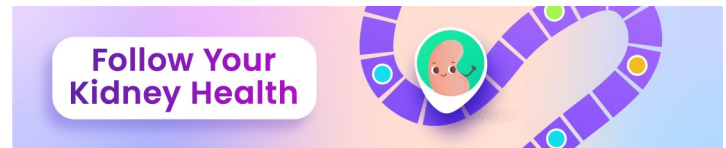
The good news is the earlier you find out you have kidney disease, the sooner you can take steps to protect your kidneys from further damage.

Even if you feel healthy, if you are over 60 or have risk factors like diabetes, high blood pressure, or heart disease, consider talking with your doctor about getting tested for kidney disease. Your doctor can use your test results to work with you to develop a kidney care plan. Having a plan may reduce your risk for serious health problems, like heart attack and stroke.

Your doctor will use two quick tests to check for kidney disease—a urine test to check for damage and a blood test to check how well your kidneys are removing wastes from your blood.

You are more likely to develop kidney disease if you have

- diabetes
- high blood pressure
- heart disease
- a family history of kidney failure



Manage diabetes, high blood pressure, and heart disease - If you have diabetes, high blood pressure, or heart disease, the best way to protect your kidneys from damage is to:

- Keep blood glucose numbers close to your goal. Checking your blood glucose, or blood sugar, level is an important way to manage your diabetes. Your health care team may want you to test your blood glucose one or more times a day
- Keep your blood pressure numbers close to your goal. The blood pressure goal for most people with diabetes is below 140/90 mm Hg
- Take all your medicines as prescribed. Talk with your health care provider about certain blood pressure medicines, called ACE inhibitors and ARBs, which may protect your kidneys. The names of these medicines end in “pril” or “sartan”
- Be careful about the daily use of over-the-counter pain medications. Regular use of nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen, can damage your kidneys
- To help prevent heart attacks and stroke, keep your cholesterol levels in the target range. There are two kinds of cholesterol in your blood: LDL and HDL. LDL or “bad” cholesterol can build up and clog your blood vessels, which can cause a heart attack or stroke. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels. A cholesterol test also may measure another type of blood fat called triglycerides

Fitness

Congrats to the participants of our **February Heart Health Challenge**, our goal of 500 miles of cardio was surpassed and we logged 700 miles! Keep up the good work!

March Madness Challenge

Our next fitness challenge is designed similar to a March Madness basketball bracket:

Instead of picking teams, participants are encouraged to complete 2 exercises.

Once they complete both exercises they will vote for their favorite.

At the end of the day, we tally the votes and the exercise with the most votes advances to the next round.

The exercises will change throughout the month and will include upper body, lower body, core and cardio.

This will be a lot of fun and a great time for participants to learn about a variety of exercises and proper form.



Join us on March 15th from 4:15 - 5:00 pm (Sculpt & Burn Class)

& March 16th from 12:15 - 12:45 pm (Lunch Crunch Class)

for our special St. Patrick's Day "Luck of the Draw" fitness classes

Wear your St. Patrick's Day attire (green clothing, shamrocks, leprechaun, pot of gold, rainbow, etc.)
and be entered to win a prize!



**LET'S GET HEALTHY PROGRAM
FITNESS CLASS SCHEDULE**

MONDAY	SCULPT AND BURN 4:15-5:00pm
TUESDAY	LUNCH CRUNCH 12:15-12:45pm
WEDNESDAY	SCULPT AND BURN 4:15-5:00pm
THURSDAY	LUNCH CRUNCH 12:15-12:45pm

 All fitness levels welcome **FREE** to attend
Located at the Diabetes Center for Excellence
(518) 358-9667

Recipes

Slow Cooker Chicken Fajitas

Ingredients:

- 1 green bell pepper, seeded and sliced into even strips
- 1 red bell pepper, seeded and sliced into even strips
- 1 small yellow onion, skin removed and sliced into even pieces
- 3 uncooked boneless, skinless chicken breast (4-5 ounces each)
- 1/2 cup no-salt added chicken stock or vegetable broth
- 2 TBSP no-salt taco seasoning (recipe below)
- 1 tsp paprika or smoked paprika
- 4 Whole grain tortillas, or 2 cups cooked quinoa/brown/wild rice



Directions:

Add all ingredients into a slow cooker. Cook in a slow cooker on low for 5 hours, remove chicken breast and shred with a fork. Add chicken back to slow cooker and serve warm on whole grain tortillas.

Vegetarian Option:

Can be made with black beans or tofu. Meal will take less time to cook and will be ready when peppers and onions are tender.

Optional Toppings:

Avocado slices, plain Greek yogurt, reduced fat cheddar or taco blend shredded cheese, low sodium salsa.

No-Salt Taco Seasoning

Ingredients:

- 3 TBSP chili powder
- 1 TBSP ground cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/4 tsp dried thyme
- 1/2 tsp dried oregano
- 2 tsp dried basil
- 1/8 tsp ground white pepper
- 1/8 tsp ground black pepper

Directions:

Mix all spices in an airtight container. Store covered, away from heat and moisture for up to six months.

Uses:

Fajitas, tacos, burritos, taco salads

Chicken and black beans

Mexican pizza - salsa, taco seasoning, cooked chicken, chopped green chiles and shredded Mexican blend cheese

Homemade nachos

Add to homemade hummus and serve with Tostitos

Mix with cooked yellow kernel corn

Mix into a salad dressing made with lime juice and olive oil

No-Salt Taco Seasoning

Sodium: 320 mg

1 packet of store bought Taco Seasoning

Sodium: 1980 mg

Benefits of making your own spices:

Simple ingredients

No preservatives, artificial colors or flavoring

You know EXACTLY what is in them

They store longer

Less expensive

More flavorful

Recipes

Three Bean Chili with Chunky Tomatoes

Ingredients

- 2 TBSP canola oil
- 1 C onion, coarsely chopped
- 1/2 C celery, rinsed and chopped
- 1 C green bell pepper, rinsed and diced
- 1 can (15½ oz) low-sodium black beans, drained and rinsed
- 1 can (15½ oz) low-sodium red kidney beans, drained and rinsed
- 1 can (15½ oz) low-sodium pinto beans, drained and rinsed
- 2 cans (14½ oz each) no-salt added diced tomatoes with basil, garlic, and oregano
- 1 TBSP ground cumin
- 1 TBSP chili powder

Directions

In an 8-quart soup or pasta pot, heat the oil over medium heat until hot but not smoking. Add onion. Cook and stir until onion starts to soften, about 5 minutes. Add celery and green pepper. Cook and stir another 5 minutes, until all vegetables soften. Add drained and rinsed beans to pot. Stir in tomatoes, cumin, and chili powder. Bring to a boil, cover, reduce heat, and simmer 10-20 minutes to blend flavors. Serve immediately.

Nutrition Facts

Calories: 443
Total Fat: 8 g
Carbohydrates: 73 g
Protein: 22 g
Sodium: 331 mg
Fiber: 16 g

Pasta Primavera

Ingredients

- 8 oz. dry whole wheat spaghetti
- 1 TBSP olive oil
- 1 tsp garlic, minced (about ½ clove)
- 4 C assorted cooked vegetables—such as red pepper strips, broccoli florets, carrot sticks, or green beans
- 1 can (15½ oz.) no-salt-added diced tomatoes
- 1 can (5½ oz.) low-sodium tomato juice
- 1/4 tsp ground black pepper
- 1/4 C grated parmesan cheese



Directions

In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add spaghetti, and cook according to package directions. Meanwhile, combine olive oil and garlic in a large sauté pan. Cook until garlic is soft, but not browned (about 30 seconds). Add mixed vegetables, and cook until vegetables are soft, but not browned (about 3–5 minutes). Add diced tomatoes, tomato juice, and pepper. Bring to a boil. Reduce heat, and simmer for 5 minutes. Add spaghetti and parmesan cheese. Toss until the pasta is hot and well mixed, serve immediately.

Nutrition Facts

Calories: 319
Total Fat: 6 g
Carbohydrates: 59 g
Protein: 13 g
Sodium: 167 mg
Fiber: 12 g

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



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