

Kentenhkó:wa /November 2021

Tsitewatakari:tat—Let's Get Healthy Program
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November is American Diabetes Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on prediabetes and preventing diabetes.

Thursday November 14th is World Diabetes Day

World Diabetes Day (WDD) was created in 1991 by the International Diabetes Foundation and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes.

WDD is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.

The campaign is represented by a blue circle logo that was adopted in 2007 after the passage of the UN Resolution on diabetes. The blue circle is the global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.



We will be closed

Thursday Nov. 11th,

Thursday Nov. 25th

& Friday Nov. 26th



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Prediabetes

Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. Having prediabetes is serious because it raises your chance of developing type 2 diabetes. Many of the same factors that raise your chance of developing type 2 diabetes put you at risk for prediabetes.

Other names for prediabetes include impaired fasting glucose or impaired glucose tolerance. Some people call prediabetes “borderline diabetes.”

According to the CDC, more than 1 in 3 U.S. adults have prediabetes—that’s 88 million people—but the majority of people don’t know they have it.

The good news is that by making small healthy lifestyle changes, it is possible to prevent type 2 diabetes and even reverse your prediabetes.

Here are some tips to help manage prediabetes and prevent diabetes:

- Take small steps. Making changes to your lifestyle and daily habits can be hard, but you don’t have to change everything at once. It is okay to start small. Remember that setbacks are normal and do not mean you have failed—the key is to get back on track as soon as you can.
- Move more. Limit time spent sitting and try to get at least 30 minutes of physical activity, 5 days a week. Start slowly by breaking it up throughout the day.
- Choose healthier foods and drinks most of the time. Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.
- Lose weight, track it, and keep it off. You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.
- Seek support. It is possible to reverse prediabetes. Making a plan, tracking your progress, and getting support from your health care professional and loved ones can help you make the necessary lifestyle changes.
- Stay up to date on vaccinations. The COVID-19 (booster shot, if eligible) and flu vaccines are especially important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

National Diabetes Month 2021 | NIDDK (nih.gov)

small
steps **big**
difference

PREVENTING
DIABETES
IS WITHIN
YOUR REACH



Prevention

Type 2 diabetes prevention is proven, possible, and powerful. Taking small steps, such as eating less and moving more to lose weight, can help you prevent or delay type 2 diabetes and related health problems.

Set a weight-loss goal

If you are overweight, the keys to preventing type 2 diabetes are to lose weight by choosing foods and drinks that are lower in calories, and to be more active. Set a weight-loss goal that you can reach. Try to lose at least 5 to 10 percent of your current weight within 6 months. For example, if you weigh 200 pounds, a 10 percent weight-loss goal means that you will try to lose 20 pounds. A good short-term goal is to lose 1 to 2 pounds per week.

Follow a healthy eating plan for weight loss

Research shows that you can prevent or delay type 2 diabetes by losing weight when following a low-fat, reduced-calorie eating plan and being more active. Following an eating plan can help you reach your weight-loss goal. There are many ways to do this. Remember that the key to losing weight and preventing type 2 diabetes is to make lifelong changes that work for you. Many popular weight-loss plans promise “quick fixes” and haven’t been proven to work long-term or to prevent type 2 diabetes.

The four most important steps to eating healthy for weight loss are:

- Eat smaller portions than you currently eat
- Eat healthier foods in place of less-healthy choices
- Choose foods with less trans fat, saturated fat, and added sugars
- Drink water instead of drinks with sugar such as soda, sports drinks, and fruit juice

Move more

When you move more every day, you will burn more calories. This can help you reach your weight-loss goal and keep the weight off. Even if you don’t lose weight, being more active may help you prevent or delay type 2 diabetes. Use these tips to get started:

- Dress to move. Wear walking shoes that fit your feet and provide comfort and support. Your clothes should allow you to move and should keep you dry and comfortable.
- Start slowly. Start by taking a 5-10 minute walk (or doing another activity that you like) on most days of the week. Slowly add more time until you reach at least 30 minutes of moderate-intensity activity 5 days a week. Moderate-intensity activity will increase your heart rate and breathing. To check your intensity, use the Talk Test: a person doing moderate-intensity activity is able to talk but not sing.
- Add more movement to your day. There are many ways you can add more movement to your day. If you have a dog, take your dog for a brisk walk in the morning or evening. When going shopping, park further away from the store’s entrance to increase your walk time.
- Try to sit less in your day. Get up every hour and move. When you watch TV, walk or dance around the room, or try marching in place.
- Move more at work. Take a “movement break” during the day. Go for a walk during lunchtime. Deliver a message in person to a coworker instead of sending an email. Walk around your workplace while talking on the telephone. Take the stairs. Use the alarm on your phone, watch, or other device to remind you to take “movement breaks.”

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Fitness

- Count your steps. You may be surprised to learn how much walking you already do every day. Use a pedometer or other wearable device to keep track of your steps.
- Keep your muscles strong. Do activities to strengthen your muscles, such as lifting weights or using resistance bands 2 or more days a week.
- Stretch it out. If your body aches or is sore, you are less likely to move more. To reduce stiff or sore muscles or joints, consider stretching after being active. Try taking a hot bath using Epsom salts.
- Make it social. When you bring other people into your activities, you are more likely to stick to your plan. Make walking “dates” with friends or family members throughout the week.
- Have fun. Being active doesn’t have to be boring or painful. Turn up the music and dance while cleaning the house. Try swimming, biking, walking, jogging, or any activity that you enjoy that gets you moving.
- Keep at it. Reward yourself with nonfood treats, such as watching a movie, to celebrate your small successes. The longer you keep at it, the better you’ll feel. Making changes is never easy, but being more active is one small step toward a big reward: a healthier life.

Your Game Plan to Prevent Type 2 Diabetes | NIDDK (nih.gov)

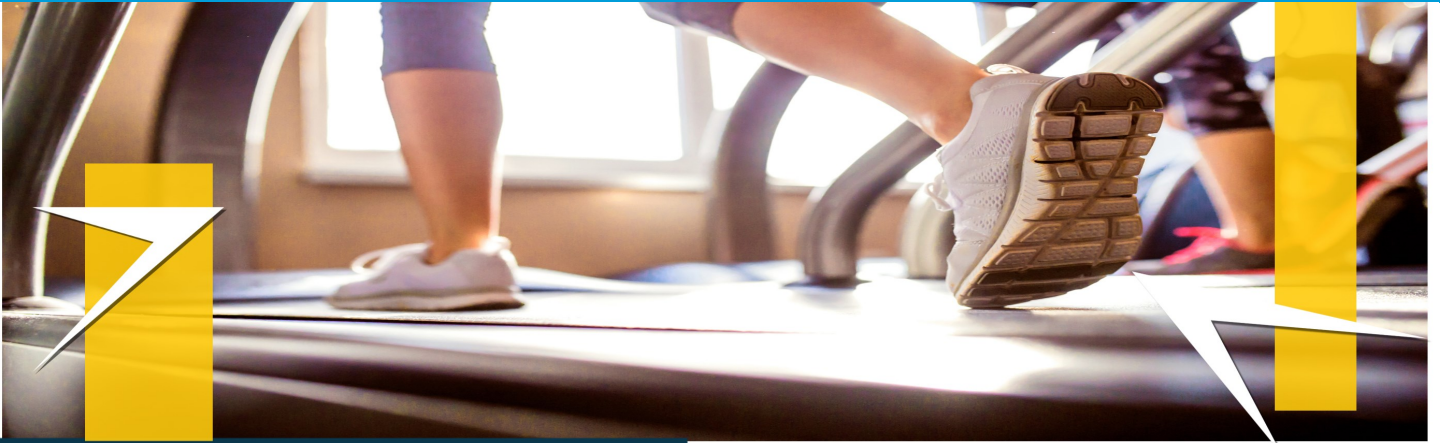
Welcome our new Health Promotion Specialist, Aaron Jock!

Aaron holds a Master’s Degree in Sports Administration and a Bachelor of Science in Physical Education. In addition, he is certified with the National Academy of Sport Medicine specializing in golf fitness, group fitness, and personal training with over ten years of experience. He also brings health and fitness-based knowledge and experience as a varsity player with the University of Vermont Lacrosse Team; a Physical Education Teacher; a Personal Trainer for Life Time Fitness in Austin, Texas; an Assistant Director and Coach for a private school lacrosse program in Texas; and a Diabetes Prevention Specialist for the Mohawk Council of Akwesasne. His hobbies include family excursions, vegetable gardening, hunting and fishing, and raising chickens. Aaron currently lives in Fort Covington with his wife and two children.

Aaron is eager to meet and discuss your health and fitness goals with you. He offers a comprehensive fitness assessment and creates exercise plans designed to fit your health needs and goals. His areas of focus are to improve general health and wellness, balance and flexibility, resistance training, and weight loss. Last, he hopes to teach various group fitness classes in the near future.

If you have any questions, please feel free to reach out at: aaron.jock@srmt-nsn.gov





Move It Monday!

Prizes include:
Heart to Heart
Gift Card,
Fitness Basket,
and More!



Hosted by: SRMT Health
Promotion & Planning
Program/Let's Get Healthy
Program

Start Your Week Off Right!

Join our event page "Move It Monday!". Each Monday during the month of November, we will share tips, resources, and a weekly video of different exercises you can try! Post a photo of you participating in physical activity throughout the month with the hashtag #AkweMoveitMonday to be entered to win prizes!



Follow us on FB:
Akwasasne Health
& Wellness



Thanksgiving Meal - Healthy Alternatives

Thanksgiving is a time to be thankful for family, friends, good health and great food. This year, instead of serving the old versions, try a few healthier recipes

Try healthier versions of your favorite foods:

Mashed potatoes → Mashed cauliflower
Candied yams → Roasted sweet potatoes
Green bean casserole → Sautéed beans
Dark meat turkey → Turkey breast

Skip the high carb/high calorie extras:

Cranberry sauce
Dinner rolls or crackers
Whipped topping or ice cream
Alcoholic beverages
Gravy or Butter

Reduce calories by drinking:

Plain water
Hot green tea
Unsweetened iced tea

Bring a low carb dish to share

Sautéed green beans
Roasted asparagus
Apple spinach salad



Apple Spinach Salad

Ingredients:

10 oz. baby spinach
2 large apples, cored and thinly-sliced
1/2 of a small red onion, peeled and thinly-sliced
1 C walnut halves, toasted (or pecans)
2/3 C dried cranberries
5 oz. goat cheese, crumbled (or feta cheese)
1 batch apple cider vinaigrette (see below)

Vinaigrette Ingredients:

1/3 C extra virgin olive oil
1/4 C apple cider vinegar
2 TBSP lemon juice
1 TBSP Dijon mustard
1 garlic clove, peeled and minced
a generous pinch of salt and black pepper
(optional) 1 TBSP honey or maple syrup, to sweeten



Directions:

Add spinach, apples, red onion, walnuts, dried cranberries, and half of the goat cheese to a large bowl. Drizzle with the vinaigrette, and toss to combine. Serve immediately, garnished with the remaining goat cheese.

For the Vinaigrette - add all ingredients together in a bowl and whisk to combine.

Three Sisters Chili Stuffed Acorn Squash

Ingredients:

- 2 acorn squash, halved and seeded
- 2 lbs. lean ground turkey
- 2 small yellow onions, diced
- 2 cloves garlic, minced
- 2-15 oz. can Rotel tomatoes with mild chilies
- 1 C no salt added tomato sauce
- 2 cans kidney beans, rinsed and drained
- 15 oz. hominy
- 1 C water
- 1 tsp ground cumin
- 3 tsp chili powder
- 1/2 tsp smoked paprika (or regular paprika)
- Reduced fat sharp cheddar cheese, shredded

Optional: chopped cilantro, ground black pepper. Or try ground venison in place of the turkey.

Directions:

Preheat oven to 400 degrees. Spray baking sheet with non-stick spray. Place squash halves on baking sheet, cut side down. Bake until soft (30 to 40 minutes). Remove from oven when cooked.

While squash is baking, in a large skillet, cook the ground turkey over medium high heat, breaking it up into smaller pieces as it cooks. Add black pepper.

When meat is cooked through, add the onion and garlic, cook for 3 minutes. Add the Rotel tomatoes, tomato sauce, water, cumin, chili powder, paprika and bay leaf. Cover and simmer over medium/low heat for 15 minutes, stirring occasionally. After 15 minutes, remove the bay leaf, add the kidney beans and the hominy corn, heat until warmed through.

Flip the squash over and fill each half of the squash with approximately 3/4 cup chili.

Top with cheese and cilantro if desired. To reheat leftovers, bake at 350 degrees for 20-25 minutes.



Roasted Sweet Potatoes

Ingredients:

- 4 sweet potatoes, peeled and cut into 1 inch cubes
- 1/4 C extra virgin olive oil
- 1/4 C honey
- 2 tsp ground cinnamon
- Salt and fresh ground pepper

Directions:

Preheat oven to 375 degrees F. Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes. Roast for 25 to 30 minutes in the oven or until tender. Take sweet potatoes out of the oven and transfer them to a serving platter.



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

People with diabetes are up to **3 times** more likely to develop **cardiovascular disease**

1 in 3 people with diabetes will develop some form of **vision loss** during their lifetime

Over **50%** of type 2 diabetes is preventable



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