

# Seskehkó:wa/September 2021

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## Healthy Aging Month

The mission of Healthy Aging Month is to draw attention to the importance of healthy lifestyles for adults.

## Cholesterol Education Month

National Cholesterol Education Month seeks to inform the public about the dangers of high cholesterol and its connection with the leading cause of death around the globe - heart disease. A simple blood test can tell you if your cholesterol is high and if you're in danger of heart disease. Since there are no symptoms for high cholesterol, adults over the age of 20 are encouraged to get this test once every five years.

## National Childhood Obesity Month

About 1 in 5 (19%) children in the United States has obesity. National Childhood Obesity Awareness Month provides a chance for all of us to learn more about this serious health condition. While there is no simple solution, there are many ways communities can support children with their journey to good health

Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers.

Children with obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems. Adult obesity is associated with a higher risk of type 2 diabetes, heart disease, and many types of cancers.

**We will be closed**

**Monday**

**September 6th**

**For Labor Day**



### Inside this Issue

Healthy Aging	2,3
Cholesterol	4
Child Obesity	5
Recipes	6,7
Announcements	8

# Healthy Aging

## Mental Wellness

**Be realistic** - If you feel overwhelmed by some activities (yours and/or your family's), learn to say NO! Eliminate an activity that is not absolutely necessary. You may be taking on more responsibility than you can or should handle.

**Shed the "superhero" urge** - No one is perfect, so don't expect perfection from yourself or others. Ask yourself, "What really needs to be done?" How much can I do? Is the deadline realistic? What adjustments can I make?" Don't hesitate to ask for help if you need it.

**Take one thing at a time** - For people under tension or stress, an ordinary workload can sometimes seem unbearable. The best way to cope with this feeling of being overwhelmed is to take one task at a time. Pick one urgent task and work on it. Once you accomplish that task, choose the next one. The positive feeling of "checking off" tasks is very satisfying. It will motivate you to keep going.

For more mental wellness tips, visit [Mental Health America](https://www.mentalhealthamerica.net)

## Physical Fitness

There are many benefits of physical activity for adults and older adults.

Exercise has been proven to lower the risk of cardiovascular disease, including heart disease and stroke), hypertension, type 2 diabetes, cancers of the bladder, breast, colon, esophagus, kidney, lung, and stomach. Keeping fit helps improve cognition, reduces the risk of dementia (including Alzheimer's disease), builds skeletal muscle strength, power, endurance, and mass.

The first key guideline for adults is to move more and sit less. We are meant to move. Exercise and strength training improves the quality of life, reduces anxiety, the risk of depression and improves sleep to say nothing of potential weight loss, improved bone health, and a lower risk of falls.

**Aerobic exercise** - For substantial health benefits, adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, it would be best if you spread aerobic exercise throughout the week.

**Muscle strengthening** - Adults should also do muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups on two or more days a week, as these activities provide additional health benefits.

Continued on page 5

— SEPTEMBER IS —  
**HEALTHY AGING**  
— MONTH —



## Health Aging

### Diet

Forty two percent of Americans have packed on the pounds with an average weight gain of 29 pounds since the start of the pandemic. If you need a reset on your diet, check out the Dietary Guidelines for Americans 2020 – 2025 published by the USDA. The USDA suggests a healthy eating plan by doing the following:

**Review your daily diet and make necessary changes** - Keep a food log for one week. Write down everything you eat and drink. Then look for ways to implement healthier options. Choose a diet that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; includes a variety of protein foods such as seafood, lean meats, and poultry, eggs, legumes (beans and peas), nuts, and seeds.

Chose a diet low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars and stay within your daily calorie needs

If you need some free help, try the Start Simple with MyPlate app. This app is easy-to-use and helps you pick simple daily food goals, see real-time progress, and earn badges along the way. After you log in your age, sex, height, weight and physical activity, you receive an instant, customized food plan.

### Social

As a result of the lengthy lockdowns during the pandemic and now a fear of more to come, how we socialize is up in the air. We are social animals and crave human interaction. After prolonged isolation, some older adults find it hard to get out without being mentally exhausted. With different opinions on how to socialize (fist bump, handshake, hug, or not to hug), it's hard to know what to do. Looking for ways to socialize while still keeping your distance? Here are some ideas.

**Volunteer** - Change the world by volunteering. Become a United Nations Volunteer.

The UN Volunteers website currently lists over 150 ideas from around the world. Here are a few examples: teach elementary students via Skype in southern India once a week. Or you can volunteer to translate, proof-read and develop websites. You can also become an Audio Book Volunteer, volunteer to read and record chapters of books in the public domain for LibriVox.

**Use Virtual Visits and Tours**- Skype, Zoom, or FaceTime with family and friends. It's a great way to connect while still following safety guidelines.

Visit the U.S. National Parks in Google Earth which brings you on a guided tour through 31 different parks around the country.

View breathtaking vistas of the Shenandoah Valley, or the pink granite formations of Otter Cliff in Maine's Acadia National Park, then head west to explore the ancient Pueblo dwellings of Mesa Verde National Park in Colorado.

## Cholesterol

Cholesterol is a waxy substance that's made by the body and found in some animal-based foods. Blood cholesterol levels describe a group of fats also known as lipoproteins (lipids) which includes HDL, or "good" cholesterol and LDL, or "bad" cholesterol. Cholesterol is important to overall health, but when LDL levels are too high, it can contribute to narrowed or blocked arteries. Unfortunately, people with diabetes are more prone to having high cholesterol, which contributes to cardiovascular disease (CVD). By taking steps to manage cholesterol, you can reduce your chance of CVD and premature death.

Your health care professional will do a blood test to measure your lipid levels. It assesses several types of fat in the blood. These are:

**Low-density-lipoprotein (LDL) cholesterol = "bad" cholesterol** - A high LDL level is associated with a higher risk for CVD. However, your LDL number should not be the main factor in guiding treatment to prevent heart attack and stroke. For people taking statins, it's important to work with your health care team to manage your LDL. A diet high in saturated and trans fats can raise your LDL cholesterol.

**High-density-lipoprotein (HDL) cholesterol = "good" cholesterol** - With HDL, higher levels are associated with a lower risk for CVD. Low HDL cholesterol puts you at higher risk for heart disease. People with high blood triglycerides usually also have lower HDL cholesterol. Genetic factors, Type 2 diabetes and certain drugs, such as beta-blockers and anabolic steroids, also lower HDL cholesterol levels. Smoking, being overweight and being sedentary can all contribute to lower HDL cholesterol.

**Triglycerides** - Triglycerides are the most common type of fat in the body. Normal triglyceride levels vary by age and sex. A high triglyceride level combined with low HDL cholesterol or high LDL cholesterol is associated with atherosclerosis, the buildup of fatty deposits in artery walls that increases the risk for heart attack, peripheral artery disease and stroke.

### How does diabetes affect cholesterol?

Diabetes tends to lower "good" cholesterol levels and raise triglycerides and "bad" cholesterol levels, which increases the risk for heart disease and stroke. This condition is called diabetic dyslipidemia.

Diabetic dyslipidemia means your lipid profile is going in the wrong direction. It's a combination that puts people at risk for premature coronary heart disease and atherosclerosis.

Studies show a link between insulin resistance, which is a precursor to Type 2 diabetes, and diabetic dyslipidemia, atherosclerosis and blood vessel disease. These conditions can develop even before diabetes is diagnosed.

Learning how to prevent and treat abnormal cholesterol levels is an important step in maintaining optimum health.

## Child Obesity

### Parents and Caregivers Can Help Prevent Obesity and Support Healthy Growth

Be aware of your child's growth. Learn how obesity is measured in children, and use the CDC's Child and Teen BMI Calculator to screen your child for potential weight issues.

Provide nutritious, lower-calorie foods such as fruits and vegetables in place of foods high in added sugars and solid fats. Try serving more fruit and vegetables at meals and as snacks.

Make sure drinking water is always available as a no-calorie alternative to sugary drinks and limit juice and soda intake.

Help children get the recommended 60 minutes of physical activity each day. Regular physical activity can have immediate health benefits like better sleep, better academic achievement, and reduced feelings of anxiety and stress.

Make sure your child has healthy sleep habits. Sleep helps improve attention and reduces the risk of developing type 2 diabetes, and even obesity later in life. Get your child to bed at the same time each day, including the weekends; remove electronic devices from the bedroom; and keep their bedroom dark and cool. Your child needs at least 8 hours of sleep, maybe more depending on age.

Be a role model! Eat healthy meals and snacks, and get the right amount of physical activity every day.

#### **Recommended Levels for Preschool-Aged Children (ages 3 through 5 years)**

Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day for growth and development. Adult caregivers should encourage preschool-aged children to be active when they play.

#### **Recommended Levels for School-Aged Children and Adolescents (ages 6 through 17 years)**

Children and adolescents ages 6 through 17 years should do 60 minutes or more of moderate-to-vigorous intensity physical activity each day, including daily aerobic – and activities that strengthen bones (like running or jumping) – 3 days each week, and that build muscles (like climbing or doing push-ups) – 3 days each week.



Acanthosis Nigricans is a skin condition, where the skin is velvety and discolored around the creases and joints, most often noticed around the neck, armpits, groin, elbows and knees.

The changes to the skin can be a warning sign for insulin resistance, prediabetes or type 2 diabetes.

If someone you know has Acanthosis Nigricans they should be seen by their doctor or pediatrician to have bloodwork done to check insulin levels, glucose levels and Hemoglobin A1C.



## Pita Pizza

### Ingredients:

- 1 (6 in.) round whole wheat pita pocket
- 1/4 C spaghetti sauce
- 1/4 C low fat mozzarella cheese
- Toppings as desired– veggies, olives, pineapple, turkey pepperoni, bell peppers, etc.



### Directions:

Preheat oven to 350 degrees. Place pita bread on a large baking sheet. Spread sauce over each pita bread leaving space on the edge for “crust”. Sprinkle with cheese. Add desired toppings. Bake for 10-12 minutes until cheese is melted. Serve warm.

## Whole Grain Avocado Toast

### Ingredients:

- 1 whole egg, cooked to your preference
- 1 slice whole grain bread, toasted
- 1/2 avocado, ripe
- 1/2 tsp lime juice
- ground black pepper to taste



### Directions:

Mash the avocado with lime juice and pepper. Spread the avocado on toast. Top with an egg. You can try different style eggs - over easy, poached, scrambled. For extra veggies, add sliced tomato or red onion.

## Overnight Oats

### Ingredients:

- 1/3 cup rolled oats
- 1/2 cup unsweetened almond milk
- 1 teaspoon chia seeds
- 1 teaspoon maple syrup
- 1/2 teaspoon vanilla extract
- 2 tablespoons slivered almonds
- 1/2 medium banana, sliced
- 1/4 cup blueberries (fresh or frozen)

### Directions:

In an airtight container, mix oats, almond milk, chia seeds, maple syrup, and vanilla. Seal the container and place in the fridge overnight. In the morning, stir oats and top with slivered almonds, sliced banana, and blueberries. Enjoy!

You can also try different fruits, berries and nuts/seeds

\*You don't want the fruit to be more than about 1/2 cup total



## Cauliflower Fried “Rice”

### Ingredients:

- 3 C cauliflower florets
- 2 large carrots, finely diced
- 3 green onion, chopped
- 1/4 C low sodium chicken broth
- 1 1/2 tsp soy sauce  
(reduced-sodium)
- 1/8 tsp ground ginger
- 1 TBSP olive oil, divided
- 1 tsp sesame oil
- 1/8 tsp ground black pepper



### Nutrition Facts

Calories: 80  
Total Fat: 5g  
Cholesterol: 0mg  
Carbohydrates: 8g  
Protein: 3g  
Sodium: 260mg  
Potassium: 360mg

### Directions:

Cut the cauliflower into small chunks and process in a food processor until rice consistency, or grate the head of cauliflower with a grater; set aside. Heat 1/2 Tbsp. olive oil in a nonstick pan over medium-high heat. Add carrots and scallions and sauté for 5 minutes. Add remaining 1/2 Tbsp. olive oil and sesame oil to pan. Add cauliflower “rice” and remaining ingredients and lower heat to medium-low. Cook cauliflower mixture

## Simple Chicken Stirfry

### Ingredients:

- 1 1/2 C cooked chicken
- 1 (14oz.) bag frozen stir-fry vegetables
- 1 C low sodium chicken broth
- 2 TBSP lower sodium soy sauce
- 1 clove garlic, minced
- 2 tsp corn starch
- 1 TBSP olive oil
- 1/2 tsp ground black pepper

### Nutrition Facts

Calories: 180  
Total Fat: 8g  
Cholesterol: 45mg  
Carbohydrates: 9g  
Protein: 18g  
Sodium: 380mg  
Potassium: 530mg



### Directions:

Add olive oil to a non-stick skillet over high heat. Add the frozen vegetables and sauté for 5-7 minutes. While the vegetables are sautéing, whisk the broth, soy sauce, corn starch, garlic and black pepper in a bowl until combined. Add the chicken and sauce to the pan and sauté another 5-7 minutes, until chicken is heated through and sauce is thickened. Serve or let cool then store in an airtight container in the refrigerator for up to 1 week.

\* Try this recipe over the Cauliflower Fried “Rice”

## 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

### Five Facts About Cholesterol

- High cholesterol has no symptoms making it difficult to diagnose
- More than 35 million Americans have cholesterol high enough to put them at risk for heart disease
- The National Cholesterol Education Program suggests people over 20 years old get their cholesterol checked every five years
- Lifestyle changes such as regular exercise, a diet low in fat and high in fiber, and not smoking can help lower cholesterol
- Most people don't need added cholesterol from their diet, their bodies make enough on their own



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