



Enniskó:wa / March 2017



Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center For Excellence
66 Business Park Road
518-358-9667



The Let's Get Healthy Program Celebrated Wear Red Day 2017



This year, "Wear Red Day" was celebrated at the Diabetes Center for Excellence on Friday February 3, 2017. The Let's Get Healthy Program provided various activities throughout the day for community members, such as: club circuit exercise class, a heart healthy breakfast bar featuring Mother Earth Eggs, a guided relaxation session, heart health presentation by Theresa Gardner, FNP, a heart healthy luncheon and demonstration, community screenings for glucose and blood pressure, a fitness demonstration and prizes.

Níá:wen to those who helped bring awareness to women and heart disease.



INSIDE THIS ISSUE:

National Nutrition Month	2
Taste The Rainbow	3
Skip the Drive Through	4-5
Diabetes Risk Assessment	6
Diabetes Alert Day	7
News	



March is National

Eating Right Doesn't Have to be Complicated

Eating right doesn't have to be complicated. Simply begin to shift to healthier food and beverage choices. These recommendations from the *Dietary Guidelines for Americans* can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat dairy products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods.

The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients your body needs.

A nutrient rich snack would be a fresh apple instead of a 100 calorie pack of Oreos.

Making smart food choices can help you stay healthy and manage your weight.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh or frozen. Eat more dark green leafy vegetables such as spinach and kale, and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish and beans, for example, black beans. Choose whole grains, like oatmeal, whole grain bread, quinoa or wild rice.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the food labels for total fat and saturated fat.

What Are Probiotics and What Do They Do?

Probiotics are the "good" bacteria or live cultures, just like those naturally found in your gut. These active cultures help change intestinal bacteria to balance gut flora. This functional component may boost immunity and overall health, especially GI health. For instance, probiotics have been used for management of irritable bowel syndrome symptoms. Some strains of these live cultures may help prevent specific allergy symptoms, reduce symptoms of lactose intolerance and more. There are numerous new studies showing that probiotics are helpful for more than just intestinal health, there are possible links to decrease depression and anxiety too.

Probiotics in Your Diet:

To obtain more probiotics from your meals, try including fermented dairy foods including yogurt, kefir, and aged cheeses, which contain live cultures. For those that can't tolerate dairy or follow a dairy free eating plan there are some non-dairy foods which also have beneficial cultures, including kimchi, sauerkraut, miso, tempeh and cultured non-dairy yogurts.



Nutrition Month



Taste A Rainbow

Healthy eating advocates often tell people to "eat the rainbow." It's a simple way of reminding you that a variety of fruits and vegetables in your diet will get you the vitamins and minerals you need. It also brings attention to the fact that you can learn a lot about your food just by looking at it.



Create your own Workout at Home

Create your own exercise circuits at home with no equipment needed. It can be a great way to get a good workout. According to the American Council on Exercise, a typical circuit training workout includes about 8-10 exercises. Try alternating strength/resistance exercises focused on different muscle groups with brief cardio bursts of 30 seconds to 3 minutes.

Examples of exercises that can be used

Cardio Exercises

Jumping jacks
Jumping rope
Jogging or marching in place
Stair climbing or step-ups

Strengthening and Stability Exercises

Plank and side plank
Pushups
Sit-ups or crunches
Hip lift or bridge position
Triceps dips on a chair
Lunges
Squats or chair position
Wall sits

Safety Tips

- If you're unsure about any of these exercises, talk with your healthcare professional or a certified fitness trainer.
- Choose exercises that are appropriate for your level of physical fitness and ability.
- Rest or stretch between exercises as needed.
- When starting an exercise program, begin slowly with low-intensity exercises.
- Wear appropriate shoes for your activity and comfortable, loose-fitting clothing that allows you to move freely but won't catch on other objects.
- Warm up with low-intensity exercises at the beginning of each exercise session.
- Drink water before, during, and after your exercise session.
- Stop if you have pain or pressure in your chest, neck, shoulder, or arm or feel dizzy or sick to your stomach.
- Breathe regularly; exhale as you push or lift and inhale as you relax. Don't hold your breath during strength exercises.
- Build up your time and number of repetitions slowly as your fitness improves



Green Smoothie



Ingredients:

1 TBSP lime juice
½ cup green grapes, washed
3/5 cup frozen mango
1 c fresh baby spinach or other greens
¼ cup cold water



Directions:

Add all ingredients to a single serve blender. Blend until smooth.
Chia seeds or milled flax seeds can be added, you may need extra water.

Plan ahead to
skip the drive
through line!



Overnight Chocolate Chia Seed Pudding

Ingredients:

1 1/2 cups Almond milk, unsweetened
1/3 cup chia seeds
1/4 cup unsweetened cocoa powder
2 TBSP liquid sweetener: agave nectar, honey or maple syrup (less if you prefer)
1/2 tsp ground cinnamon
1/2 tsp pure vanilla extract



Directions:

Add all ingredients except sweetener to a mixing bowl and whisk vigorously to combine.
Sweeten to taste with liquid sweetener.
Let rest covered in the fridge overnight or at least 3-5 hours or until it is a pudding-like consistency.
Leftovers keep covered in the fridge for 2-3 days, though best when fresh.

One Pan Meal - Chicken, Carrots and Red Potatoes



Ingredients:

2 TBSP olive oil
1 bag of baby carrots (4 cups total)
4 medium size red potatoes, washed and chopped
No salt spice like Mrs. Dash, to taste
2 boneless, skinless chicken breasts cut in half

OR

4 thinly sliced chicken breasts

Cook once and have 4 healthy
and balanced meals
Chicken Breast
Baby Carrots
Red Potatoes

Directions:

Preheat oven to 350 degrees. In a 9x13 casserole dish, drizzle 1 TBSP olive oil.
Place chicken in a row in the middle of dish.
Add the chopped red potatoes in a row to one side of the dish.
Add the baby carrots to a row on the other side of the dish.
Drizzle with remaining 1 TBSP olive oil and sprinkle with no salt spices as desired.
Cover with foil and bake for 30-45 minutes. Remove foil and enjoy warm.

EACH Plate should include:

one serving of chicken breast, 1/2 cup red potatoes and 1 cup carrots.



Vary your vegetables:
Sweet potatoes
Cauliflower/Broccoli
Red onion/bell peppers
Mushrooms

Baked Egg and Veggie Bites



Makes 10-12 egg bites

Ingredients:

6 whole eggs
2 TBSP skim or 1% milk
fresh vegetables, chopped
(bell peppers, onions, mushrooms, broccoli)
shredded cheddar cheese, reduced fat

Directions:

Preheat oven to 350 degrees.
Spray a non stick muffin pan with cooking spray or “grease” with a small amount of olive oil.
Add about 1/4 cup veggies and cheese in each tin.
Whisk together eggs and milk and pour into each tin over veggies.
Place muffin tin on center rack. Bake until set and starting to get golden brown 20-25 minutes.
Let cool. Can be refrigerated or frozen for use all week.

Make it a meal : 1 or 2 Egg and Veggie Bites with whole grain toast and berries.

5 days of breakfast in 30 minutes!

High in protein

Easy to prepare

TRY THIS:

Broccoli and reduced fat feta cheese

Mushrooms and swiss cheese



Overnight steel cut oats

Ingredients:

4 cups of water
1 cup of oats



Directions:

Bring water to a boil, reduce heat and add oats. Simmer for one minute, stirring often. Cover and let sit overnight. In the morning, reheat, add some fruit and protein for a balanced meal. Banana, flax seed and natural peanut butter are good options.

A serving is 1/2 cup cooked oats, 2TBSP flax seed, 1TBSP peanut butter and 1 medium banana.

Oatmeal is a
good source
of fiber.



Blueberry-Maple Muffins

Ingredients:

1/3 cup milled flaxseed
1 3/4 cup whole white wheat flour
1 1/2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/4 teaspoon salt
2 large eggs
1/2 cup pure maple syrup
1 cup nonfat buttermilk
1/4 cup canola oil
2 teaspoons freshly grated orange zest
1 tablespoon orange juice
1 teaspoon vanilla extract
1 1/2 cups fresh blueberries

Directions:

Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.

Add whole white wheat flour, baking powder, cinnamon, baking soda and salt; whisk to blend. Whisk eggs and maple syrup in a medium bowl until smooth. Add buttermilk, oil, orange zest, orange juice and vanilla; whisk until blended.

*Make a well in the dry ingredients and stir in the wet ingredients with a rubber spatula just until moistened.

*Fold in blueberries. Scoop the batter into the prepared muffin cups.

*Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes.

*Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly.

Tip: No buttermilk? Make “sour milk”: mix 1 tablespoon lemon juice or vinegar to 1 cup low fat milk.

ARE YOU AT RISK FOR TYPE 2 DIABETES?



Diabetes Risk Test

1 How old are you?

Less than 40 years (0 points)
40—49 years (1 point)
50—59 years (2 points)
60 years or older (3 points)

Write your score
in the box.

2 Are you a man or a woman?

Man (1 point) Woman (0 points)

3 If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5 Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6 Are you physically active?

Yes (0 points) No (1 point)

7 What is your weight status? (see chart at right)

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)

You weigh less than the amount
in the left column
(0 points)

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Add up
your score.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at diabetes.org/alert or call 1-800-DIABETES (1-800-342-2383)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life. If you are at high risk, your first step is to see your doctor to see if additional testing is needed. Visit diabetes.org or call 1-800-DIABETES (1-800-342-2383) for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.



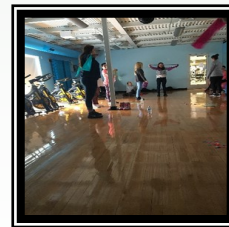
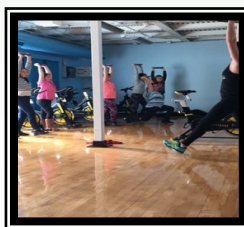
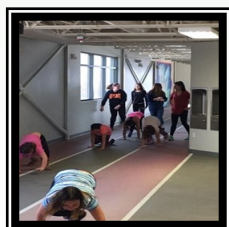
**STOP
DIABETES.**

Special Thanks to our National Sponsor

Walgreens

Culture Enrichment Week

The Let's get Healthy Program teamed up with Iakw'shatste Youth Fitness for an afternoon of fitness for the ACDP & ACFS culture camp! Activities were held February 22nd at Heart to Heart Fitness where the youth participated in circuit training, fitness Bingo, stretching and meditation exercises, and enjoyed healthy snacks.



Diabetes Alert Day 2016

Please join the Let's Get Healthy Program

Tuesday March 28, 2017

for

Diabetes Alert Day:

If you have a family history of diabetes or have signs or symptoms of diabetes and want to have your blood glucose checked, this is the event for you!



Chances
to win
Prizes!

Health Screenings and Diabetes Risk Assessments

With the Let's Get Healthy Program Nurses

Diabetes Center for Excellence

8am-4pm

“Open House” Public Fitness Class

Diabetes Center for Excellence

12:00pm-3:00pm

All are welcome to join us in our fitness room.

Check out the equipment, meet the Health Promotion Staff, ask questions and come to exercise!

For more information, please contact the Let's Get Healthy Program at 358-9667.



*To take the Diabetes Risk Assessment online, go to <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>. The link will also be available at the Akwesasne Employment Resource Center and the Akwesasne Library and Cultural Center computer labs.

Treatment and Care for American Indians/Alaska Natives with Diabetes

Consider these sobering statistics from the U.S. Department of Health and Human Services Indian Health Service:

2.2 times higher— Likelihood of American Indians and Alaska Natives to have diabetes compared with Non-Hispanic whites

68%— Increase in diabetes from 1994 to 2004 in American Indian and Alaska Native youth aged 15-19 years

95%— Of American Indians and Alaska Natives with diabetes who have type 2 diabetes. A condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently.

Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people.

30% — Estimated percent of American Indians and Alaska Natives who have pre-diabetes.

American Indians and Alaska Natives are clearly at greater risk. Educate yourself on how to prevent type 2 diabetes if you don't have it now, or how to effectively treat it if you've been diagnosed.

* News *

National Nutrition Month 2017 **Special Events**

Cooking Demonstrations

1) Be Prepared:

Make your breakfast ahead of time

When:

Tuesday March 14th
9:00am-10:30am

Recipes:

Veggie and Egg Muffins
Overnight Oatmeal

2) Skip the Fast Food Line:

Make your own lunch

When:

Tuesday March 21st
11:00am-12:30pm

Recipes:

Quinoa Salad with DIY Greek Dressing
Spinach Salad with DIY Strawberry Balsamic Dressing

RSVP By March 13th

If you have diabetes
and have not seen the
Registered Dietitian this year, please
call to make an appointment.

Guided Relaxation Diaphragmatic Breathing Mini Meditations Relaxation Response



**These services are available by
appointment**

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Let's Get Healthy Program
on
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Diabetes Alert Day:



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Risk Assessments
With the
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Nurses**
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8am-4pm

"Open House" Public Fitness Class

Diabetes Center for Excellence
12:00pm-3:00pm
All are welcome to join us in our
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Check out the equipment, meet the
Health Promotion Staff,
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Exercise Classes:

Move For Health

Nurse supervised exercise
classes
Must be enrolled in LGHP.
Monday-Thursday
8-9am, 9-10am, 10-11am,
11-12pm

Community Classes: **No registration required**

Body Works

Monday & Wednesday
4:30-5:15pm

After Hours Fitness
Monday & Wednesday
5:30-6:15pm

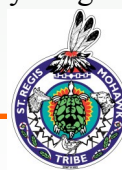
Public Fitness
Tuesday & Thursday
12-1pm

Water Aerobics
Thursday
5:15-6:15 pm

Club Circuit
Friday
9:00-9:45am

Supervised Swim
Monday & Wednesday:
4:15-5:15pm
Friday:
8:00-9:00am

All exercises classes offered by
the Let's Get Healthy Program
are free to ages 18



**Helping Build A Better
Tomorrow**

