



FCS *DEAP* Newsletter

Diabetes Education Awareness Prevention

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Gussie McConnell, Extension Agent - Family and Consumer Sciences
Cooperative Extension Program
P.O. Box 471, Linden, TX 75563
(903) 756-5391

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Learning About Type 2 Diabetes

Type 2 diabetes is the most common form of diabetes and can develop at any age. In this type of diabetes, the body does not make enough insulin or the insulin that the body makes does not work the way that it should; the body may also keep making sugar even though it does not need it. Once a person has type 2 diabetes, it does not go away.

Finding out that you have diabetes can be upsetting – and type 2 diabetes is serious – but if you take an active role in managing the disease, you will be on the road to better health.

When you have type 2 diabetes, it is important to balance the level of sugar in your body. Your body helps to do this by releasing insulin, a hormone made by the pancreas. Insulin moves the sugar from your blood into your cells to use for energy. People with diabetes must work to control their blood sugar. Your body's main source of energy is glucose, a type of sugar.

Your body gets sugar from two major sources:

- 1. The foods that you eat**
- 2. The sugar that your liver makes when you have not eaten**

Type 2 diabetes is a disease of high blood sugar. Symptoms of high blood sugar include increased thirst, increased urination, weight loss, and blurred vision. Uncontrolled high blood sugar, when present for a long time, can cause health problems, such as heart disease, kidney disease, blindness, and poor circulation, which may lead to limb amputation.

Sometimes the liver makes more sugar than the body needs, which causes the blood sugar level to get even higher and out of balance.

In summary, diabetes is a disease of high blood sugar. A person with diabetes may not have enough insulin, or the insulin that the body makes may not work as well as it should. The liver can keep making sugar even though the body does not need it. Uncontrolled high blood sugar can cause health problems when present for a long time. ❖

What is Project DEAP?

One of Extension's newest health educational efforts is Project DEAP (Diabetes Education Awareness Prevention), a holistic approach to reducing diabetes in children and adults. The primary focus of the project is creating lifestyle changes, such as maintaining a healthy diet, exercise, and weight loss, if needed, to help prevent or delay the onset of diabetes.

If you, or someone you know, has been diagnosed with diabetes, there are changes that must be made. Most people grieve over what they have to change to take care of themselves. If everything seems too difficult, you may even deny you have diabetes. Acting like you don't have diabetes is a big mistake.

DEAP classes are available beginning in January, 2007. A series of six classes on nutrition, fitness, and diabetes management will be taught. Upon completion of the classes, educational materials to reinforce what was learned will be provided to participants. ❖

Weight Loss and Exercise

Losing weight and keeping it off is a real challenge for most people. That's why it's important to begin a weight loss program with the help of your health care team, including, if possible, a dietitian. They can help you find ways to decrease calories but still consume the foods you enjoy. And they can suggest strategies to help you change old habits for new

ones. It's important to remember that losing even a relatively small amount of weight can make a real improvement in reducing your risk for diabetes and other serious conditions.

Exercise is also known as physical activity and includes anything that gets you moving, such as walking, dancing, or working in the yard. You can earn the benefits of being physically active without going to a gym, playing sports, or using fancy equipment. When you're physically fit, you have the strength, flexibility, and endurance needed for your daily activities. Being physically active helps you feel better physically and mentally.

ClubPed is the American Diabetes Association's new online feature. You already walk every day. Now all you have to do is track your walking steps. Set a goal and start walking. Walk alone, with a friend, or in a group. ClubPed can help you get started and maintain your walking program, while offering some cool rewards. ❖

Ways to Reach 30 Minutes

Phone calls, Groceries. Family time. They can all count toward your goal. Researchers have good news to share: **Exercise has some amazing health benefits. But even more amazing is this: you don't need to be a hard-core athlete to enjoy those benefits.** Although experts recommend at least 30 minutes of exercise a day, three 10-minute sessions work just as well as one 30-minute bout. And forget about "exercise" – just focus on 30 minutes of *movement* a day. It all adds up! Here are some ideas for getting active.

Stroll with a friend. The minutes will pass quickly as you talk. Plus, you'll be less likely to skip your workout when you know someone is depending on you.

Walk with a dog. He'll prod you to get out the front door, even on the most dismal days.

Take a virtual hike. With Web-walking USA, you can travel a virtual scenic trail. Log your walking time to move along. Find this program and more at www.walking.about.com.

Try a relay. Carry grocery bags into the house one at a time.

Make a splash. Pool-based classes, such as water aerobics and lap swimming, are joint friendly.

Move to a movie. Pop in a DVD, get on the treadmill, and walk while the plot unfolds.

Book it. Listen to books on tape as you walk.

Make dancing dates. Go to a dance club, or take dance lessons.

Get down at home. Put on tunes and dance – even while you’re doing other activities.

More at the mall. Safety and climate control can make it a great walking location.

Try Tai Chi or other martial arts. Check your local hospital or Y for martial arts classes. They’re gentle on the joints and help improve balance.

Step it up. For a few bucks, pedometers can serve as priceless motivation boosters. Wear one to record your average number of daily steps. Then increase your steps each day, tracking your progress on a calendar.

Use kitchen Time. Stand an arm’s length from the counter, and place your hands against it. Push in and out to work your arms and shoulders.

Be ready on the road. Keep sneakers, a Frisbee, tennis rackets, or other fitness gear in your trunk. Then whenever you have extra time and you’re near a park, get active.

Sit and Squeeze. Whenever you find yourself sitting – in a meeting at work or in a traffic jam

– squeeze the muscles in your butt, arms, shoulders, tummy, back, and legs. Hold for four counts then release.

Add a walk. Going to the mountains or a relative’s house for a visit? Out to dinner? Wherever you go, build a short walk into your activities.

Stand before you sit. When in front of a chair about to sit down, do a squat. Begin to sit down and as soon as your tush nears the seat of the chair, stand back up.

Reap a reward. Walk to the bookstore for a new read.

Get fit gardening. As you dig, pull weeds, and water, you’ll use muscles all over your body.

Bowl it up. Bowling can burn up to 225 calories an hour.

Visit the zoo. By the time you see all the animals, you’ll have walked more than 30 minutes. Museums work too.

Park it. Find and explore a new local park every month. Then walk its paths.

Enjoy the ride. Elektra, Fuji, and others have designed “comfort” bikes that allow you to sit upright and easily put a foot down when necessary.

Watch it. Set an alarm to go off every so often to remind you to stand up, stretch, and walk for 10 or so minutes.

March it. March in place while folding clothes to burn a few extra calories.

Skip the cart. At the grocery store, carry a basket in each hand. If you use a cart, pick up the pace when near temptations.

Walk and talk. While talking on a cordless phone, walk around the house or up and down your driveway.

Take TV breaks. Walk in place or do squats whenever a commercial comes on.

Just play. Take your kids or grand kids to the playground and join them on the equipment.

Ditch the drive-through. Walk inside the bank or dry cleaners. ❖

What is 2-1-1?

2-1-1 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community.

While services that are offered through 2-1-1 vary from community to community, 2-1-1 provides callers with information about and referrals to human services for every day needs and in time of crisis. For example, 2-1-1 can offer access to the following types of services:

- ◆ Basic Human Needs Resource – food banks, clothing, shelters, rent assistance, utility assistance.
- ◆ Physical and Mental Health Resources – medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention, rehabilitation, health insurance programs, Medicaid and Medicare, maternal health, children’s health insurance programs.
- ◆ Employment Support – unemployment benefits, financial assistance, job training, transportation assistance, education programs.
- ◆ Support for Older Americans and Persons with Disabilities – home health care, adult day care, congregate meals, Meals on Wheels, respite care, transportation, and homemaker services.
- ◆ Support for Children, Youth and Families

– quality childcare, Success by 5, after school programs, Head Start, family resource centers, summer camps and recreation programs, mentoring, tutoring, protective services. ❖

Recipe of the Month

CANDIED YAMS

Sweet potatoes and yams are often mistaken for each other, although both are considered tuber vegetables to those who live in warm climates in South America, Asia, and the southern United States. The sweet potato is sweet and distinct in flavor. The yam has a less sweet taste and complements a spicy or sweet dish. Try sweet potatoes instead of yams in this traditional holiday dish.

4 medium yams
¼ cup firmly packed dark brown sugar
1 tsp cinnamon
½ tsp ground cloves
1 Granny Smith apple, peeled and thinly sliced
¾ cup apple cider
2 Tbsp stick margarine, cut into pea-sized pieces

Preheat the oven to 350 degrees F. Spray an 8x8-inch baking dish with nonstick cooking spray. Place the yams on a baking sheet and bake until the skin feels soft to the touch, 60 minutes. Cool, peel, and slice into ⅛ to ¼-inch rounds. In a small bowl, whisk the sugar, cinnamon, and cloves. In the baking dish, place half of the yams, then the apple slices, then half of the sugar mixture. Top with the remaining yams and sugar mixture. Pour the cider around the edges of the baking dish. Evenly scatter the margarine pieces on top. Bake covered, until bubbly and the yams are tender, about 40 minutes.

Number of Servings: 9

Serving Size: ½ cup

Exchanges per serving: 2 starch

Calories: 174 ❖