



FCS *DEAP* Newsletter

Diabetes Education Awareness Prevention

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Each issue of this newsletter will feature some aspect of diabetes education, health and wellness topics, current activities that are being offered in the program, and upcoming events. I look forward to your readership and urge you to contact me if you have comments.

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everything seems too difficult, you may even deny you have diabetes; however, there are changes that must be made. Acting like you don't have diabetes is a big mistake.

To help educate clients about this disease, a series of six educational classes on nutrition, fitness, and diabetes management are being offered to families and individuals in Cass County. The classes will include food demonstrations and nutritious recipes. Upon completion of the classes, educational materials will be provided to participants and a graduation ceremony will be conducted. There is **no cost** to participate. If you or anyone in your family has diabetes, you certainly want to enroll in these classes. DEAP classes will be offered on October 1, 2007 through February, 08. Please contact the Extension office at 903-756-5391 for registration information. ❖

What is Project DEAP?

The primary focus of project DEAP (Diabetes Education Awareness and Prevention) is to educate clientele on the importance of lifestyle changes, such as maintaining a healthy diet, engaging in regular physical activity, and losing weight, 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

What is 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

The Cooperative Extension Program serves people of all ages regardless of race, color, national origin, sex, sexual orientation, religion, disability, political beliefs, marital or family status. (Not all classes apply to all programs) Persons with disabilities who require alternative means for communication of program information (braille, large print, audiotape, etc.) should contact Gussie McConnell at 903-756-5391.

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; however, 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 main sources:

- The foods that you eat
- 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. ❖

Health Fair

The DEAP task force will conduct a **free** health fair on October 20, 2007 from 9:00 a.m. until 2:00 p.m. at the First Baptist Church Family Life Center at 205 Allday Street in Atlanta.

Health agencies and providers will conduct on site screening for diabetes, cholesterol, vision, hearing, blood pressure,

and prostate health. Flu shots will be available for individuals 65 years of age and up. ❖

Health Habits That Can Lead to a Healthier You

Eat five or more fruits and vegetables a day
Fruits and vegetables are an important part of any healthy diet. Increasing the quantity and variety of fruits and vegetables in your diet provides your body with the nutrition it needs.

Keep your weight to within the “healthy” to “overweight” range for your body.

Stop smoking. No matter how long you've smoked, quitting now will help you live longer!

Exercise at least two and a half hours a week (30 minutes a day, 5 days a week). Check with your doctor before beginning any exercise program. Beginning an exercise program now will bring long-term benefits. ❖

Recipe of the Month

Collard Greens with Smoked Turkey

1 (4-ounce) smoked turkey leg or turkey ham
2 pounds collard greens
4 cups reduced-sodium chicken broth
2 tablespoons minced garlic
2 teaspoons onion powder
Pinch red pepper flakes
Black pepper to taste
Vinegar to taste

Spray large soup pot or Dutch oven with cooking spray. Heat over medium heat until hot. Add turkey leg. Cook 2 to 3 minutes, turning occasionally. Add collards, broth, garlic, onion powder, pepper flakes, black pepper, and vinegar. Cover. Cook 2½ hours, stirring occasionally.

Makes 10 (1-cup) servings.

Dietary Exchanges:; 1 vegetable, 1 meat