

# HEALTHY FUTURES NEWSLETTER

WASSAJA MEMORIAL HEALTH CENTER

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For more diabetes, nutrition and health education & Information visit us at Wassaja Memorial Health Center (480)789-7890



**DIABETES BINGO**

Join us for an evening of food, fun and prizes to promote National Diabetes Awareness Month

**THURSDAY, NOVEMBER 3rd, 2016**  
5:45 to 8 p.m.

**Fort McDowell Recreation Center**  
For more information call Lori Rico at (480)789-7890

TOGETHER WE CAN STOP DIABETES



There is an estimated 29.1 million Americans who have diabetes and another 86 million with prediabetes, this also includes 8.1 million who are not diagnosed. These numbers are alarming and are only growing. Which is why it is so crucial that we bring awareness to a disease that effects so many people. This month is National Diabetes Awareness Month, a time to

bring national attention to the risks, complications and effects of diabetes. With diabetes affecting people of all ages and causing many health concerns in the body, it is so very important to be aware of this disease. The theme for this year is, "This is Diabetes", which will showcase real life stories of family, friends and neighbors who manage the day

to day triumphs and challenges of living with this disease. It's important to realize that you do not have to have diabetes to be affected by it, we may know someone or have loved ones with this disease. So this November, join as we salute the 29 million Americans with diabetes, to raise awareness and create a sense of urgency about this growing public health crisis.



**1 in 11**  
Americans has diabetes today.



Every **23 seconds**, someone in the U.S. is diagnosed with diabetes.



**86 million**  
Americans are at risk for diabetes.



Diabetes causes more deaths than AIDS and breast cancer combined.



## My Plate Corner

It's important to eat a variety of vegetables daily because they provide your body with vital nutrients to grow and stay healthy. Vegetables contain fiber that helps keep you full longer, reduces cholesterol and your risk of heart disease. This food group is the lowest in calories and contains little to no carbohydrate so they are a good choice when watching your weight and blood glucose. Vegetables also contain antioxidants which help reduce your risk of many types of cancer and boost your immune system.



### Tips to get more veggies in your diet

#### Make vegetables more appealing:

- Try a salad dressing or dip with raw broccoli, red and green peppers, celery sticks or cauliflower, remember portion size with the dressing/dip as it contains calories
- Add color to salads by adding baby carrots, shredded red cabbage, or spinach leaves.
- Decorate plates or serving dishes with vegetable slices.
- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator.

#### Vegetable tips for children:

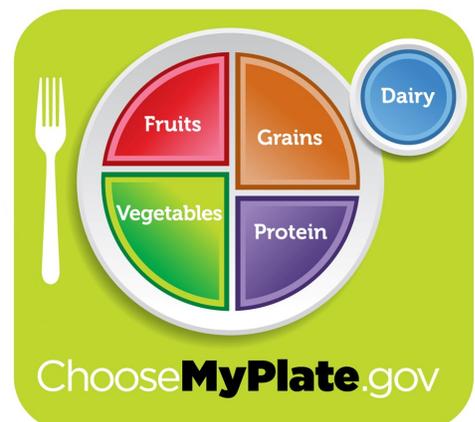
- Set a good example for children by eating vegetables with meals and as snacks.
- Let children decide on the dinner vegetables or what goes into salads.
- Depending on their age, children can help shop for, clean, peel, or cut up vegetables.
- Allow children to pick a new vegetable to try while shopping.
- Children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately.

#### Keep it safe:

- Rinse vegetables before preparing or eating them.
- Keep vegetables separate from raw meat, poultry and seafood while shopping, preparing, or storing.

A serving of vegetables:

- 1/2 cup canned or frozen veggies
- 1 cup fresh veggies
- 1/2 cup cooked veggies
- 1 cup 100% veggie juice



## What is Diabetes?

Diabetes can strike anyone. It is the seventh leading cause of death in the US and can lead to serious complications that effect the entire body.

Diabetes is a metabolic disease where the body does not produce any or enough insulin, or the body does not properly use insulin, resulting in high blood glucose or sugar. There are different types of diabetes:

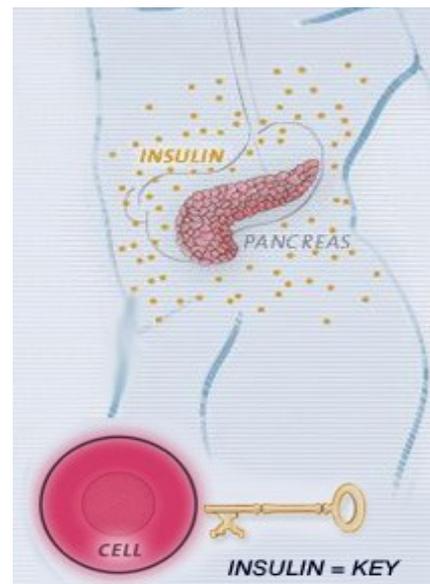
- Type 1 diabetes– the body does not make any insulin
- Type 2 diabetes– the body makes some insulin but not enough or is not using it properly
- Gestational diabetes– when a women who does not have diabetes has high blood glucose during pregnancy

It is important to know the risk factors of getting diabetes (seen on page 4) as well as the symptoms.

The most common symptoms:

- Urinating often
- Feeling very thirsty
- Feeling very hungry even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts or bruises that are slow to heal
- Unexplained weight loss
- Tingling or pain in the hands or feet

If you are feeling any of these symptoms, you should make an appointment to see your doctor.



**Insulin serves as the “key” to open your cells and allow the glucose to enter, so your body can use the glucose for energy**

## Simple steps to prevent or control diabetes

The good news is that type 2 diabetes is largely preventable and can be controlled. 9 out of 10 cases can be avoided. Here are some steps to stay healthy:

- \* Keeping your weight under control
- \* Exercising 30 minutes a day
- \* Eating a healthy diet
- \* Not smoking

Work with your diabetes educator, registered dietitian and fitness specialist to learn how to make healthy lifestyle changes to stay healthy and prevent diabetes or prevent the complications from diabetes. These simple steps are beneficial for everyone.

**Remember, you can live healthy with or without diabetes!**



## WORLD DIABETES DAY– November 14

November 14th is World Diabetes Day (WDD). It was created by the International Diabetes Federation and the World Health Organization in honor of Dr. Frederick Banting, the co-discoverer of insulin in 1921. Because of Dr. Banting's research, people with diabetes are able to safely control their blood sugars and prevent damage to their bodies.



WDD draws attention to the diabetes issues that the world is facing and keeps diabetes in the public and political spotlight. The theme for WDD 2016 is "Eyes on Diabetes" which focuses on the importance of screening for diabetes. Screening is important for early detection of Type 2 diabetes and to prevent serious complications.

We hope that this day and month will help people realize their own risk factors and do all they can to reduce them.

Type 2 Diabetes can be prevented or delayed. If you have diabetes the complications can be prevented by taking care of your diabetes.

Some risk factors for Type 2 Diabetes:

- Family history
- Being overweight
- Sedentary lifestyle
- Unhealthy diet

While there are some risk factors we cannot change there are several that we can. Make sure you are doing all you can to reduce your risk.

Wassaja Memorial Health Center holds health screenings at various events throughout the community.

Here is a list of the remaining events for 2016:

- ⇒ Nov 2 @ Tribal Office  
8:30-10:30am
- ⇒ Nov 3 @ Diabetes Bingo night 5:45-7pm
- ⇒ Dec 7 @ Wassaja Memorial Health Center 9-11am



## Thanksgiving Food Safety

November is here and that means time for turkey, stuffing and pumpkin pie with family and friends. Here are some food safety tips to ensure you have a fun and safe Thanksgiving holiday.



To ensure proper handling, storage and preparation of your turkey follow these tips:

- **Keep clean.** Before and after handling raw turkey and its parts, always wash your hands in warm, soapy water. Keep your utensils and work surfaces clean, too.
- **Thaw safely** — in the fridge, on a clean tray, for 24 hours per 5 pounds of whole turkey, or in cold water that's changed every 30 minutes.
- **Separate** — keep raw eggs, meat, poultry, seafood and their juices away from other foods that will not be cooked. Use separate cutting boards for meats and produce/
- **Stuff with care.** Cooking dressing separately is safest; fill the turkey cavity with onion or apples and herbs instead. If you prefer to stuff, fill the bird loosely *just before roasting*:  $\frac{3}{4}$  cup stuffing per pound of turkey.
- **Cook thoroughly in no less than a 325°F oven.** (No partial precooking!) Use a meat thermometer to check for doneness: 180°F in the thickest part of the thigh muscle, not touching bone, and 165°F for the stuffing.
- **Serve hot, and finish serving within two hours of roasting.** Guests late? Keep cooked turkey hot in a 200°F oven, with the internal temperature at least 140°F.
- **Store leftovers safely.** First remove the stuffing and debone. Refrigerate in shallow containers within two hours, this includes pumpkin pie. Eat refrigerated leftover stuffing within two days and turkey within four days.



# Wild Rice Stuffing

## Ingredients

3/4 cup uncooked wild rice (or equal amount of uncooked quinoa)  
2 1/2 cups water  
1 tablespoon olive oil  
3/4 cup chopped onion  
1 cup sliced mushrooms  
1 cup chopped apple (including peel)  
1/4 cup dried cranberries  
2 cups diced celery  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 tablespoon poultry seasoning  
1/2 cup reduced sodium chicken broth  
1/4 cup slivered almonds, toasted

Makes 12 servings

## Directions

Rinse wild rice two to three times — until water runs clear.

Place wild rice and water in a 1 1/2 quart sauce pan and bring to a boil. Reduce to a simmer, cover and cook until all water is absorbed, stirring frequently. Do not burn. Cook wild rice for about 30 minutes. (If you're using quinoa, cook it for about 15 minutes.)

Heat olive oil over medium heat in a skillet. Add onion, mushrooms, apple, cranberries and celery. Stir and heat through until tender. Add the salt, pepper and poultry seasoning. Continue to stir and cook slowly until fragrant, about 10 minutes total.

Combine the rice, the fruit/vegetable mixture and chicken broth in a large bowl. Use to stuff turkey. Or bake in a dish coated with nonstick spray. Cover and keep warm in oven until serving. Garnish with a sprinkle of toasted almonds.



## Nutritional analysis per serving

**Serving size: Approximately 1/2 cup**

**Calories 78; Total carbohydrate 13g; Dietary fiber 2g; Total fat 2g; Saturated fat Trace; Monounsaturated fat 1.5g; Protein 2g; Sodium 136mg**

**Recipe from Mayo Clinic**