

Get With It



Sponsored by the Women's Wellness and Maternity Center and the Get With It Collaborative

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The Sweeter Side of Life: Diabetes, are U at Risk?

Have you ever heard of someone having sugar diabetes? Or someone having sugar? Well, actually it means they have diabetes. Diabetes is a disease that causes high levels of blood glucose (or blood sugar) levels. It is caused by the body's inability to make insulin the way it should, defects in your body's insulin action, or both.

According to the American Diabetes Association:

- 23.6 million children and adults in the US have diabetes
- Nearly one-quarter (25%) of those with diabetes do not know they have it
- One in five Americans are at risk for developing Type 2 diabetes

American Diabetes Alert Day is recognized every fourth Tuesday in March. This year, on March 24, 2009, will be the 21st year that the American Diabetes Association has commemorated this day.

Diabetes can lead to serious health problems and early death if it is not properly managed. Diabetes can affect many parts of the body and can lead to blindness, heart disease, stroke, kidney failure, and loss of the lower-limbs (causing you to lose your legs).

There are 2 types of diabetes:

- **Type 1 diabetes** usually strikes children and young adults, although it can occur at any age.
- **Type 2 diabetes** was previously called adult-onset diabetes. People that are usually affected are people who are older in age, those with family members that have diabetes, women that had diabetes while pregnant, those that do not exercise often, and certain races/ethnicities.
- Another type of diabetes is called **Gestational diabetes**. Only pregnant women are at risk for this type of diabetes. There are an estimated 135,000 cases of gestational diabetes in the US each year (ADA).

You are at greater risk for developing diabetes if you are:

- Age 45 years or older
- Overweight (Body Mass Index 25 or above)
- Have high blood pressure (reading of 140/90 mmHg or higher taken more than once)
- Have a close family member with diabetes (such as a brother or sister, a parent, grand-parent, aunt or uncle)

For more information about American Diabetes Alert Day visit the American Diabetes Association's website at www.diabetes.org. If you would like to know more about your risk visit www.diabetes.org/communityprograms-and-localevents/american-diabetes-alert.jsp, look to the right and select "Take the Risk Test". This test will help you score your results.

Know your risk and learn how to prevent diabetes! And remember to talk to your healthcare provider. -by Erika Haire, MPH, CHES

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Special points of interest:

- **FREE Zumba** at Kids Kare in Madisonville for women who are members of the GWI program.

This class is offered **Every Wednesday** from 6:15-7:00pm.

FREE childcare is provided by our trained staff.



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If you have a comment or would like to share recipes for one of our upcoming newsletters, call our office at one of the numbers above or email Erika at erikah@getwithitwomen.org.

March's Recipe: Baked Apples

Ingredients:

- 1 ½ cups of freshly squeezed orange juice
- .66 cups of no-calorie granular sweetener (such as Splenda®)
- 1 ½ tablespoons of all-purpose flour
- ½ teaspoons of ground cinnamon
- 2 tablespoons of margarine
- 2 teaspoons of grated orange peel
- 8 small Granny Smith apples (or other crisp dessert apples)

Directions:

- 1: Preheat oven to 350° F. Spray an 11 x 7 x 2-inch baking dish with vegetable cooking spray.
- 2: Whisk together orange juice, granular sugar, flour, and cinnamon in a medium saucepan; cook over medium heat, whisking constantly, until mixture comes to a boil and thickens slightly.
- 3: Remove from heat; whisk in margarine and orange peel.
- 4: Core apples; peel 1 inch from tops of apples. Place apples in prepared dish; pour sauce over apples. Bake uncovered, 35 to 40 minutes or until tender, basting at 10 minute intervals. Serve apples with sauce. (serves 8)

**recipe adapted from American Diabetes Association and Splenda®*

Interested in a Community Garden?

A community garden can be anywhere such as, a hospital, a school, or a neighborhood. A community garden can grow flowers or vegetables. Also there are many benefits of having a community garden such as help to conserve resources, serves as a gathering place to meet other people in your community, learn new gardening skills and techniques, and share your gardening expertise. A community garden also provides benefits to your health such as helping to lower blood pressure and reduce muscle tension.

For more information about starting your own community garden call your local UT Agricultural Extension Office at

- UT-Loudon County Extension Office located at 100 River Road, Box 112, Loudon TN next door to the Loudon County Health Department. Office number is 865-458-5612.
- UT-Monroe County Extension Office located at 105 College Street, Madisonville TN. Office number is 423-442-2433.

Or visit the American Community Garden Association's website at www.communitygarden.org.

Interested in the idea of having a community garden but don't want to garden? Well, a possible alternative is to start a food sharing club. A food sharing club can be as small as two families or as large as an entire neighborhood. These clubs are made up of people in a community that are interested in sharing food items. Often buying food in bulk quantities can be cost saving; however, it is not a good idea to purchase produce and other perishable foods in bulk unless you can use them right away or freeze it. Produce items have different storage needs, for example apples release a gas which can cause other produce items to spoil faster; therefore it is best to store apples separate from other foods. Items such as tomatoes and unripened (green) bananas should not be stored in the refrigerator. It is best to keep these food items at room temperature and out of direct sunlight. Foods such as cantaloupes can be stored at room temperature until it ripens then it should be placed in a sealed container and put into the refrigerator away from other produce.

Many of us is trying to save money as much possible and it seems that food prices keeping going up. Well, who won't want to take advantage of a deal when we see one? Often grocery stores offer great deals on produce and other food items; however, using up or storing those foods can be a little tricky. Typically, we often buy produce with the desire to eat healthier; however, by the end of a long day you may often find yourself looking for something quick to eat. By the end of the week you are left with a refrigerator full of rotten or spoiled food. By starting your own food sharing club you can help reduce your food waste and share the "wealth" of discounts with your neighbors.