November is American Diabetes Month

At the Alliance we frequently talk about the risk factors of diabetes but we don’t always talk about what diabetes actually is? Who besides overweight and obese children are affected by diabetes? What are the risks and what can be done to prevent diabetes? Here are a few stats, tips and tools to share with your family, friends and community to ensure they are staying active, eating healthy and preventing the risk of diabetes this holiday season.

Diabetes is one of the leading causes of disability and death in the United States. If it’s not controlled, diabetes can cause blindness, nerve damage, kidney disease, and other health problems.

Type 2 diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia. Type 2 diabetes is the most common form of diabetes. If you have type 2 diabetes your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time it isn’t able to keep up and can’t make enough insulin to keep your blood glucose at normal levels.

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Only 5% of people with diabetes have this form of the disease. In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into...
Healthy Recipe Swap

Pumpkin Apple Protein Bars
You can still enjoy the flavors of fall without indulging in pumpkin lattes. Freeze these bars in individual snack size bags and grab one on your way to work, or have one as a snack after a good workout!

INGREDIENTS

Cooking spray
1 egg
2 egg whites
1 teaspoon vanilla
3 tablespoons Splenda Brown Sugar Blend
1/3 cup canned pumpkin
1/4 cup unsweetened applesauce

1 apple, peeled and grated (use the large hole on grater)
1/2 cup old-fashioned oats
1/4 cup almond meal (almond flour)
1 scoop reduced-carb vanilla protein powder (18 g protein per scoop)
1 teaspoon cinnamon
1/2 teaspoon baking powder

*N Be sure to use canned pumpkin instead of pumpkin pie filling, which has extra sugar added to it.

NUTRITIONAL INFO

Calories: 65
Total Fat: 2 g
Cholesterol: 20 mg
Sodium: 35 mg
Potassium: 85 mg
Total Carbohydrate: 9 g
Dietary Fiber: 1 g
Sugars 4 g
Protein: 4 g

1. Preheat oven to 350 degrees F. Coat an 8x8 baking pan with cooking spray.
2. In a medium bowl, whisk together egg, egg whites, vanilla, Splenda Brown Sugar Blend, pumpkin, applesauce and grated apple.
3. In another medium bowl, mix together oats, almond meal, protein powder, cinnamon and baking powder.
4. Add wet ingredients to dry ingredients and mix until blended.
5. Pour into prepared baking dish and bake for 25 minutes.
6. Let cool before cutting and serving.

For more healthy recipes, please visit www.diabetes.org.

energy needed for daily life. With the help of insulin therapy and other treatments, even young children can learn to manage their condition and live long, healthy lives.

One in 12 Americans has diabetes—that’s more than 25 million people. And another 79 million adults in the United States are at high risk of developing type 2 diabetes. The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.
Wellness Challenge

10,000 Turkey Trots (steps) per day!

Does 10,000 sound like a lot? Maybe so, considering the average American only takes around 3,000 to 5,000 steps a day. Experts recommend about 10,000 steps a day to achieve the health benefits associated with physical activity. To put this in perspective, 2,000 steps is about equal to walking one mile and burning about 100 calories. It’s nearly impossible for us to get in 10,000 daily steps without intentionally going out for a walk, exercising, etc. Even though 10,000 steps may seem like a lot, remember that it doesn’t have to be done all at once. Ten minutes here, twenty minutes there, a few times a day, can quickly add up.

Challenge Instructions:
1. Your goal is 10,000 steps a day.
2. Track and record the number of steps taken each day.
3. Remember to write your steps down each day so you don’t lose track.
4. Submit the total number of daily steps taken on the chart provided and a picture of yourself “stepping it up”!

Steps can be calculated by:
• Use tracking devise such as: FitBit, UP Band, etc. to calculate your steps.
• Use an old fashion pedometer
• Use a conversion charts below to turn other physical activities, sports, house cleaning, yard work, etc. into steps

Walk4Life
10,000 Steps Program

Healthy Tips

Happy, healthy Thanksgiving
Knowing how to avoid overindulging around the holidays is the first step toward success. Try these tricks to avoid unnecessary calories and fat.

TURKEY
Swap out dark meat with skin for a slice of white meat without skin. White meat turkey breast contains as much protein and little fat.

MASHED POTATOES
Skip mashed white potatoes with cream and butter. Serve baked sweet potatoes instead. They are a good source of vitamin A, beta carotene, vitamin C, potassium, and fiber, and are naturally sweet.

ROASTED PUMPKIN
Naturally low in fat and calories, and loaded with potassium, vitamin A, beta carotene, and vitamin C, cubed and roasted pumpkin makes a great side dish.