

DECEMBER: DIABETES AWARENESS MONTH

Do you or someone you know have diabetes? So do nearly 21 million people in the U.S. Left untreated, diabetes ups the risk of heart disease, stroke, and other serious conditions. But it can often be avoided and managed.

This December, as we close out the year 2008, let's start **now** with our resolutions to not just prevent diabetes, but to also live a healthier lifestyle by maybe taking a few less bites of Holiday party food, starting a good workout regimen, and utilizing some of the resources provided by Medical Mutual (see about the **Healthy Living Programs** below), as well as the CSU Wellness Committee (see our new website!).

The year 2009 is going to bring a great deal more from the CSU Wellness Committee. We look forward to coming even closer to "Creating a Culture of Health for all Central State Employees"!



The December Spotlight on Health will focus on Diabetes Awareness.

SPONSORED BY THE CENTRAL STATE UNIVERSITY WELLNESS COMMITTEE

WELLNESS DIGEST

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In This Issue:

December 2008: Diabetes Awareness Month	1
From the CSU Wellness Committee: Medical Mutual Healthy Living Programs	1
Spotlight on Health: Diabetes	2
Portion Control for the Holidays	2

Special points of interest:

* The CSU Employee Wellness website is here! Go to:

http://www.centralstate.edu/faculty/human_res/CSUEmployeeWellness.html

To get past Wellness Digests, see our Calendar of Events, and more!

FROM THE CSU WELLNESS COMMITTEE: MEDICAL MUTUAL HEALTHY LIVING PROGRAMS

Do you want to lose weight ,reduce stress, eat better or shape up? Medical Mutual of Ohio offers Web-Based Healthy Living Programs to help.

Whatever your goal, Healthy living programs can help you change your lifestyle in just six weeks! Personalized weekly action plans assist you in making small changes that can yield big results a healthier, happier you.

Healthy Living Programs

- **Easy Start**– Eases you into getting healthier, one step at a time.
- **Weight Loss**– Offers you the basics of weight loss and nutrition, and provides tools for lifetime weight

maintenance.

- **Get in Shape**– Includes personalized fitness plans and menus to help you meet your goals.
- **Stress Relief**– Shows the dangers of stress on your health, and teaches nutrition and fitness strategies to fight stress.
- **Healthier Diet**– Offers long range plans for healthier eating.
- **Disease Fighting**– Gives you 3 programs to help prevent chronic disease: **Cancer Fighting, Diabetes Fighting and Healthy Heart programs.**
- **Smoke Free**– Helps you quit smoking and provides you with

tools to improve your overall lifestyle.

- **Healthy Aging**– Shows how to look good, feel younger and stronger, and prevent disease.
- **Custom**– You receive an interactive program tailored to fit your needs.

How to sign up:

1. **Go to:** [MedMutual.com](http://www.MedMutual.com) and register or sign on to the Members section.
2. **Select:** *Healthy Living Programs.*
3. **Pick a Program:** Find information about each Web based program.
4. **Set Your Goals:** *Establish a starting point, set your program goals and start Week 1*

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2008 WELLNESS CALENDAR

JANUARY

Nutrition

FEBRUARY

Heart Healthy Month

MARCH

Kidney Month

APRIL

Cancer Month

MAY

Hypertension Awareness Month

JUNE

AIDS Awareness Month

JULY

Smoking Awareness Month

AUGUST

Mental Health Awareness Month

SEPTEMBER

Cholesterol Awareness Month

OCTOBER

Breast and Prostate Cancer Awareness Month

NOVEMBER

Diabetes Awareness Month

DECEMBER

Alcohol Awareness Month

SPOTLIGHT ON HEALTH: DIABETES

WHAT IS DIABETES?

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

MAJOR TYPES OF DIABETES

TYPE 1 DIABETES

Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes.

TYPE 2 DIABETES

Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

GESTATIONAL DIABETES

Immediately after pregnancy, 5% to 10% of women with gestational diabetes are found to have diabetes, usually, type 2.

PRE-DIABETES

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 57 million Americans who have pre-diabetes, in addition to the 23.6 million with diabetes.

DIABETES MYTHS

Myth #1: You can catch diabetes from someone else.

No. Although we don't know exactly why some people develop diabetes, we know diabetes is not contagious. There seems to be some genetic link in diabetes, particularly type 2 diabetes. Lifestyle factors also play a part.

Myth #2: Eating too much sugar causes diabetes.

No. Diabetes is caused by a combination of genetic and lifestyle factors. However, *being overweight* does increase your risk for developing type 2 diabetes.

Myth #3: People with diabetes should eat special diabetic foods.

A healthy meal plan for people with diabetes is the same as that for everyone – low in fat (especially saturated and trans fat), moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit. Diabetic and "diabetic"

versions of sugar-containing foods still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

Myth #4: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.

Starchy foods are part of a healthy meal plan. What is important is the portion size. For most people with diabetes, having 3-4 servings of carbohydrate-containing foods is about right. Whole grain starchy foods are also a good source of fiber, which helps keep your gut healthy.

Myth #5: People with diabetes are more likely to get colds and other illnesses.

No. You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any infection interferes with your blood glucose management, putting you at risk of high blood glucose levels and, for those with type 1 diabetes, an increased risk of ketoacidosis.

Myth #6: Insulin causes weight gain, and because obesity is bad for you, insulin should not be taken.

Both the UKPDS (United Kingdom Prospective Diabetes Study) and the DCCT (Diabetes Control & Complications Trial) have shown that the benefit of glucose management with insulin far outweighs (no pun intended) the risk of weight gain.

Myth #7: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.

Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruit contains carbohydrate, it needs to be included in your meal plan. Talk to your dietitian about the amount, frequency and types of fruits you should eat.

Myth #8: You don't need to change your diabetes regimen unless your A1c is greater than 8 percent.

The better your glucose control, the less likely you are to develop complications of diabetes. An A1c in the sevens (7s), however, does not represent good control. The ADA goal is less than 7 percent. The closer your A1c is to the normal range (less than 6 percent), the lower your chances of complications. However, you increase your risk of hypoglycemia, especially if you have type 1 diabetes. Talk with your health care provider about the best goal for you.

Information obtained from:

<http://www.diabetes.org/about-diabetes.jsp>
<http://www.diabetes.org/diabetes-myths.jsp>

PORTION CONTROL FOR THE HOLIDAYS

In our house, Thanksgiving and Christmas are no-holds barred holidays when it comes to food. Like most families this time of year, the holiday season ends with us overstuffed, just like the chairs we inevitably find ourselves sprawled over.

This year, we are determined to turn over a new leaf! Starting with our portion sizes, we are determined (sort of) to eat less!

Here's some useful information to use as a guide to the appropriate portions our food should have. Hopefully it will help prevent us from eating enough mashed potatoes to fill Mt. St. Helen!

One serving of **meat** should be roughly equal to the size of a deck of cards.



A serving of a **side dish** should be a little less than the size of a tennis ball.

Always remember that **beverages** are also high in sugar and calories, including alcoholic beverages, so be sure to drink (everything) responsibly!

