

# HEALTH ALERT

ADDRESSING THE NEEDS OF INDIVIDUAL'S WHO ARE SUFFERING WITH DIABETES AND OTHER HEALTH PROBLEMS RELATED TO THAT ILLNESS.



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## November is American Diabetes Month®

*The American Diabetes Association Asks, "Why Should You Care About Diabetes?"*

It is the leading cause of kidney disease, blindness, and amputation, yet nearly 25% of people who have it don't even know it. This November, during American Diabetes Month®, the American Diabetes Association (ADA) is asking "Why should you care about diabetes?"

Chances are, you – or someone you love – have been affected by diabetes in some way. But even if you haven't been affected by diabetes, you need to know that diabetes is the biggest public health crisis of the 21<sup>st</sup> century, and it continues to grow to epidemic proportions. Nearly 24 million children and adults in the United States, have diabetes, including **some who live in Knightdale, Wendell and Zebulon**. The death rate for diabetes has continued to grow since 1987, while the death rates due to heart disease, stroke and cancer have declined.

### ***Having diabetes places a person at increased risk for a number of serious, even life-threatening complications, including:***

- **Heart disease and stroke** - Adults with diabetes have heart disease death rates about 2 to 4 times higher than adults without diabetes.
- **Blindness** - Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year making diabetes the leading cause of new cases of blindness in adults 20-74 years of age.
- **Kidney disease** - Diabetes is the leading cause of kidney failure, accounting for 44% of new cases in 2002.
- **Amputations** - More than 60% of nontraumatic lower-limb amputations occur in people with diabetes.

Remembering the 'ABCs of diabetes' can help to prevent or delay the onset of these serious diabetes complications:

- **A1C** - For most people with diabetes, it is important to keep their A1C (average blood glucose level over 2 or 3

months) less than 7 percent.

- **Blood Pressure** - People with diabetes should have a target blood pressure of less than 130/80 mmHg.
- **Cholesterol** - LDL (bad) cholesterol should be below 100 mg/dl; HDL (healthy) cholesterol should be above 40 mg/dl for men and 50 mg/dl for women; triglycerides should be below 150 mg/dl.

For more information about American Diabetes Month, please visit the American Diabetes Association at [www.diabetes.org](http://www.diabetes.org) or call 1-888-DIABETES (1-888-342-2382). Information from both these sources is available in English and Spanish.

## Enjoying Thanksgiving

Thanksgiving is a perfect time to spend time with family and friends. It can also be a time of great anxiety for people with diabetes and their families. Don't let questions on what to eat, how much to eat, and meal timing dampen your holiday. Plan in advance, so you can fully enjoy the day and keep your diabetes management on track.

1. Think about the timing of your meal. Plan in advance how you will handle making changes if your Thanksgiving dinner is at an "off" time to your regular meal schedule. If you take insulin or a pill that lowers blood glucose, you may need to have a snack at your regularly scheduled meal time to prevent a low blood glucose reaction. Check with your health care team if you have any questions.
2. Be physically active! The best way to compensate for eating a little more than usual is to be active. Start a new tradition that involves being physically active and away from the food. Ideas include taking a walk with the whole family or playing Frisbee, soccer, or touch football with your children, grandchildren, or the neighborhood kids.
3. Foods for nibbling. Have foods to nibble on while you are cooking – or waiting – that won't sabotage blood glucose levels before you sit down to eat. Try setting out a platter of raw or blanched veggies with your favorite low-calorie dip.
4. Make Choices. Don't feel obligated to sample everything on the table. Whether it is the mashed potatoes, rolls, cranberry sauce or pumpkin pie that you enjoy the most, eat your favorites and pass on the rest. For example, if stuffing is your favorite, pass on rolls. Choose either sweet potatoes or mashed potatoes.
5. Smaller portions. Because high carbohydrate foods are plentiful at most Thanksgiving tables, watch your portion sizes. If you can't decide on one or two carbohydrate containing favorites to eat, have very small portions or "samples" of several dishes. Overall, try to keep your total carbohydrate intake like your everyday meals.



### Shoes Needed

Men, Women, Children

Boots (work, play), Dress shoes, Tennis shoes

We Need Your Old Shoes. Clean out your closets. Ask your relatives and friends for their shoes.

Help the Now Faith CDC as they collect shoes to be shipped to Africa!

Bring them in during normal office hours

Or call

## Save Thanksgiving – and Your Taste Buds

Thanksgiving: the holiday that tempts you to toss nutritional judgment out the window for an all-day smorgasbord of eating and drinking until you can't sit up. You've heard the advice about portion control and carb-overloading, but what about all that stuffing, mashed potatoes, and pie? Is it possible to enjoy Thanksgiving and keep some of that nutritional judgment in check?

### Quick fixes

Small changes in recipes can make a big difference nutrition-wise. What they say is true: you can gain up to five pounds during the holiday season. Save yourself hundreds of calories and numerous grams of fat and carbohydrates with some simple tweaking of those cherished family dishes.

Below are some star ingredients in traditional Thanksgiving dishes, along with healthier substitutions that will let you maintain the same flavor.

#### Instead of

¼ cup sour cream

2 Tbsp mayonnaise (for salads)

1 Tbsp butter (in baking or sautéing)

1 cup sugar (in baking)

1 oz regular cheese

1 oz chocolate

1 cup bleached all-purpose flour (in baking)

1 tsp salt

¼ cup vinaigrette

#### Try

¼ cup low-fat or fat-free plain Greek yogurt

1 Tbsp mayonnaise + 1 Tbsp plain, low-fat or fat-free Greek or regular yogurt + pinch of lemon zest or splash of hot pepper sauce

1 ½ tsp canola, olive or other heart-friendly oil + 1 tsp butter

¾ cup turbinado sugar + pinch of sweet spice, such as ground cinnamon, and/or extra ¼ tsp vanilla extract

¾ oz high-flavored regular cheese, such as extra sharp cheddar instead of mild cheddar cheese

3 Tbsp unsweetened natural cocoa powder + 1 Tbsp canola oil

½ cup unbleached all-purpose flour + 1/3 cup whole wheat flour

½ tsp sea salt + up to twice the amount of herbs or spices already in recipe

¼ cup natural low-fat vinaigrette or puree of ¼ cup cubed fruit + 1 Tbsp oil + 1 Tbsp vinegar

*These substitutions are taken from the American Diabetes Association's world-renowned [All-Natural Diabetes Cookbook](#), by Jackie Newgent, RD. ©2007 by the American Diabetes Association.*

### Looking for more?

The at-a-glance substitutions above are only the tip of the iceberg. Ethnic dishes, gourmet sides, and other less-traditional Thanksgiving plates sometimes include unique or off-the-wall ingredients. To find healthier options to those ingredients – or to search for healthier Thanksgiving recipes – visit [MyFoodAdvisor™](#).

*The Now Faith Community Development Center  
will be  
focusing on  
Diabetes Education  
And  
HIV/AIDS/STD Awareness and Education  
in  
2001*



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information to the citizens  
in the Eastern Wake County Community"*