

Minority Health Diabetes Prevention

What is Type 2 Diabetes?

As an African American, American Indian or Hispanic/Latino you have a greater chance of having type 2 diabetes. Type 2 Diabetes usually occurs in individuals around the age of 18 years. Your grandparents may have or had type 2 diabetes and you heard them describe it as having a “little sugar or having sugar diabetes”. With type 2 diabetes the body does not produce enough insulin or the body cells ignore the insulin. Insulin is necessary for the body to use and break down sugar (glucose) in our blood. Sugar is the basic fuel for the body’s cells. Insulin takes the sugar into the body’s cells. When there is a build up of sugar in the blood it can cause many problems. If high blood sugar goes untreated, you could have a lot of serious medical problems.

If you have type 2 diabetes and it is not under control it can lead to many serious problems such as kidney failure, blindness, heart attack, stroke and loss of toes and legs. If you have any symptoms of type 2 diabetes please see your healthcare provider as soon as possible.

Symptoms of Type 2 Diabetes:

- Constant hunger
- Frequent urination
- Blurry vision
- Constant thirst
- Sudden weight loss

We need to think about how we are going to prevent or delay the onset of type 2 diabetes. There are easy things we can do called lifestyle changes which can prevent or delay the onset of type 2 diabetes.

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Lifestyle Changes for 2007

A lifestyle change in our lives equals to our diet on a daily basis, the amount of exercise we get on a daily basis and other factors which will help is to stop smoking and drinking alcohol.

If you are overweight a 7% to 10% weight loss can prevent or delay the onset of type 2 diabetes. This may seem like that is a lot of weight to lose, but here is the way to figure your 7% weight loss if you weighed 190 pounds. Always remember to use your own body weight.



Example

190 pounds (base weight) x .07 (7%) = 13 pounds to lose

Starting with your lifestyle changes you can be on your way to prevent or delay type 2 diabetes in your life.

Changing Your Eating Habits

Eating at least five servings of vegetables, fruits and whole grains on a daily basis will help to put you on the right track to a healthier you and prevent or delay the start of type 2 diabetes. Decreasing the portion size, salt and fat content in your diet will help you also. Ways to improve your diet is easier than you think.

- Use 1% or skim milk rather than whole milk.
- Cook your leafy green vegetables such as cabbage, collard, mustard or kale greens with 2 capfuls of vegetable oil rather than smoked bacon.
- Taking the skin off of your fried chicken before eating it.
- Eating fish or chicken which is broiled or baked rather than fried.
- Drink 8 ounces of 100% pure fruit juice or vegetable juice to get a full fruit or vegetable serving.
- Have a banana, apple or orange for a snack or a dessert.
- Use herbs such as rosemary, basil or Ms. Dash™ for seasoning rather than salt.
- Eat your tossed salad with fat free dressing.
- Eating a chicken tortilla wrap with lettuce and tomato will help you cover several food groups.
- Try eating a medium baked potato rather than french fries.
- Use canola oil for fried foods rather than lard (manteca) or solid shortening.
- Drink water or diet soda with meals rather than drinks with sugar.
- Do not super size your order when eating out.
- Eliminate or limit your alcohol intake.



Lifestyle Change with Exercise

Exercise is just as important in your lifestyle changes as watching your diet. You will want to start your exercise program at 10 to 15 minutes a day and gradually work your way up to 30 minutes a day at least 5 days per week. If you exercise on a daily basis, not only will you feel better, it will also help you get your weight under control and help you with any weight loss you need.



- Walking is the cheapest and easiest form of exercise.
- Gardening and yard work are considered forms of exercise as long as it is done for the required amount of time.
- Always remember to do a warm up routine for 3 to 5 minutes of bending and stretching prior to starting your exercise.
- Even dancing around the house can be considered exercise and you can be dusting your house at the same time. You can get your house clean and get your exercise too.
- Take a walk around the mall. Just remember to keep moving and do your window shopping at the same time.
- Take a friend or a family member with you when you are walking or out dancing. It can be a lot of fun!

Smoking Cessation

Stop smoking as soon as possible.

You know the harm smoking can cause to your general health. There are over-the-counter products to help you to stop smoking such as patches and lozenges. Your local health department has a **free** stop smoking program of nicotine replacement products. Contact the Kentucky Tobacco Quit Line at 1-800-QUIT NOW (or 1-800-784-8669) for more information. The most important thing to remember is YOU have to want to stop smoking. If you haven't started smoking, please DON'T.



Share

Sharing the lifestyle changes we are making to improve our health and to prevent and delay type 2 diabetes should be passed on to our family and friends. Sometimes we have a problem deciding what food is in the grain group or what food is high in fat or how to plan our menu for a day from breakfast until dinner. Included in this newsletter is a daily meal planning guide that will help you to see some of the foods you like to eat and the correct amount for the foods by just using your hand as the measuring cup for your meals. Have a good time with the lifestyle changes and your resolutions for 2007 to prevent and delay diabetes in your life.



Chicken Tortilla Soup

Ingredients:

1 pound shredded, cooked chicken
1 (15 ounce) can whole peeled tomatoes, mashed
1 (10 ounce) can enchilada sauce
1 medium onion, chopped
1 (4 ounce) can chopped green chile peppers
2 cloves garlic, minced
2 cups water
1 (14.5 ounce) can chicken broth
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon basil
1 (10 ounce) package frozen corn
1 (15 ounce) can of black beans, rinsed and drained
1 cup white hominy
Crushed tortilla chips

Directions:

1. Place chicken, tomatoes, enchilada sauce, onion, green chiles and garlic into a slow cooker (crock pot). Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper and basil. Stir in corn, hominy and black beans. Cover and cook on low setting for 6 to 8 hours, or on high setting for 3 to 4 hours.
2. Ladle soup into individual serving bowls and top with crushed tortilla chips. Serve and ENJOY!

Nutrition Information

Servings Per Recipe: 8
Amount Per Serving
Calories: 267

Total Fat: 11g

Cholesterol: 44mg

Sodium: 924mg

Total Carbs: 25.4g

Dietary Fiber: 3.5g

Protein: 18.2g

Have a healthy 2007!

*This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider.
Please consult your healthcare provider for advice about a specific medical condition.*