

Road to **WELLfluent**TM

Embrace better health.

National Diabetes Month 2021



November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on prediabetes and preventing diabetes.

Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. **According to the CDC, more than 1 in 3 U.S. adults have prediabetes—that's 88 million people—but the majority of people don't know they have it.**

The good news is that by making small healthy lifestyle changes, it is possible to prevent type 2 diabetes and even reverse your prediabetes.

Here are some tips to help manage prediabetes and prevent diabetes.

- **Take small steps.** Making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. It is okay to start small. Remember that setbacks are normal and do not mean you have failed—the key is to get back on track as soon as you can.

- **Move more.** Limit time spent sitting and try to get at least 30 minutes of physical activity, 5 days a week. Start slowly by breaking it up throughout the day.
- **Choose healthier foods and drinks most of the time.** Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.
- **Lose weight, track it, and keep it off.** You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.
- **Seek support.** It is possible to reverse prediabetes. Make a plan, track your progress, and get support from your health care professional and loved ones. It can help you make the necessary lifestyle changes.
- **Stay up to date on vaccinations.** The COVID-19 (booster shot, if eligible) and flu vaccines are especially important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

Source: <https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>

Great American Smoke Out 2021

The FDA says not to use e-cigarettes as a quit smoking aid. With recent news of over 1,000 lung injuries and 18 deaths from vaping, the CDC says you should not vape either. For more information on vaping and e-cigarette use please visit: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html



Health Benefits of Quitting Smoking Over Time

Within minutes of smoking your last cigarette, your body begins to recover:

20 minutes



Your heart rate and blood pressure drop.

A few days



The carbon monoxide level in your blood drops to normal.

2 weeks to
3 months



Your circulation improves, and your lung function increases.

1-12
months



Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.

1-2 years



Your risk of heart attack drops dramatically.

5-10 years



Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases.

10 years



Your risk of lung cancer is about half that of a person who is still smoking (after 10-15 years). Your risk of cancer of the bladder, esophagus, and kidney decreases.

15 years



Your risk of coronary heart disease is close to that of a nonsmoker.

Source: <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html>

To get help and learn more, visit www.cancer.org/healthy/stay-away-from-tobacco or call **1-800-227-2345** for free tips and tools.

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November 2021

5 Healthy Eating Tips for the Holidays



Here's your recipe for staying on track no matter what's cooking.

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks.

How do you stick to your diabetes meal plan when everyone around you seems to be splurging? Here are 5 tips that can help:

1. Holiday-proof your plan

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

2. Outsmart the buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.

- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your ZZ's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived, you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

Source: <https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

Gym or Home

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or domestic partner.**



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**Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees will vary based on fitness center selection.

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