

Walk to Health August, 2011 Newsletter

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Walk to Health Coordinator

Jamey Keen

Public Health Nurse

For more information
on the Walk to Health
program call:

308-345-4223

Email:

nurse@swhealthdept.com

or visit our website at:

www.swhealthdept.com



Good Times & Good Company

There is nothing better than a nice stroll with a great group. Perkins and Red Willow counties participated in the Walk to Health - Walk Together event held on Wednesday, June 29th and Wednesday, July 20th. Participants had an opportunity to have their blood pressure, fat analysis, body weight and body mass index measured if they chose to. A "goodie" bag was handed out that included a bottle of water with a water bottle koozie, insect repellent packet, information on cutting down salt in the diet and information on fruits and veggies. Most importantly the groups were able to take a stroll together and visit. It made the walk go much faster than when walking alone. I met some really great people.

It made me think how nice it is to be living in a rural area. Where else would you feel safe enough to meet with people, walk down the middle of a street (in some towns) all while listening to birds chirping, sprinklers swishing and children playing? Enjoy the rural area! Enjoy friends and co-workers! Enjoy exercising on such nice days! Most of all, don't be afraid to make new friends. There is so much to learn from one another and from our previous or past experiences. Happy walking!

Walk Together 2011



L-R: Verna Barnett, Sandy Baker, Frannie Chambers, David Baker, Larry & Georgia Kelly, & Jamey Keen



L-R: Vick Hatcher, Laurie Walrod, Shari Fiedel, & Steve Elmshaeuser



L-R: Verna Barnett, Sandy Baker, Frannie Chambers, David Baker, Larry & Georgia Kelly, Molly (puppy), and Jeff Keen

Diabetes

DAILY:

Approximately:

- 4,384 new cases of diabetes are diagnosed
- 839 people die from diabetes or diabetes is a contributing cause of death
- 195 people with diabetes will have an amputation
- 128 people with diabetes will begin treatment for end-stage renal disease
- 50 people with diabetes will go blind

Source: National Institute of Diabetes and Digestive and Kidney Diseases. National Diabetes Statistics, 2007. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, 2008.

Diabetes is a disorder that affects the way your body uses food for growth and energy. Normally, the food you eat is broken down into glucose. The glucose then passes into your bloodstream, where it is used by your cells for growth and energy. For glucose to reach your cells, however, insulin must be present. Insulin is a hormone produced by your pancreas, a hand-sized gland behind your stomach.

• **Type 1 diabetes** is an auto-immune disease that develops when the body's immune system destroys pancreatic beta cells—the only cells in the body that make the hormone insulin that regulates blood glucose. People with type 1 diabetes must take insulin every day either by injection or pump.

• **Type 1 diabetes** accounts for 5% to 10% of all diagnosed cases of diabetes and usually affects children and young adults, although the disease can occur at any age. There is no known way to prevent type 1 diabetes.

• **Type 2 diabetes** usually begins as insulin resistance—a disorder in which cells do not use insulin properly.



Estimated Cost of Diabetes in the U.S.

\$174 billion

Diabetes can lead to serious problems and complications, such as heart disease, blindness, kidney failure, lower-limb amputations, and premature death.



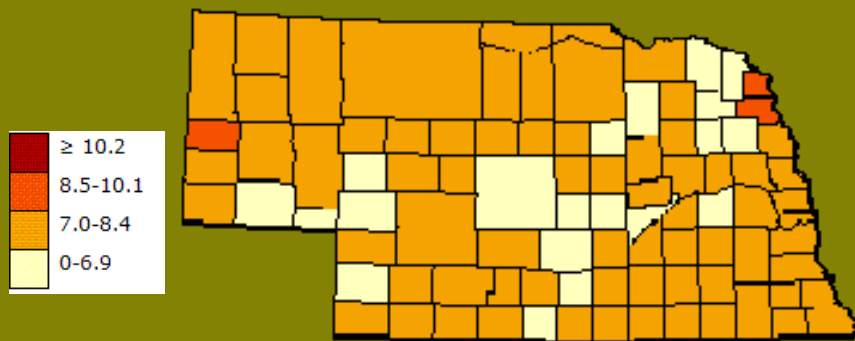
As the need for insulin rises, the pancreas gradually loses its ability to produce it. Insulin resistance and abnormal beta cell function may occur long before type 2 diabetes is diagnosed.

• **Type 2 diabetes** accounts for about 90% to 95% of all diagnosed cases of diabetes. It is associated with older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity, and race/ethnicity. African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Native Hawaiians and other Pacific Islanders are at particularly high risk for type 2 diabetes and its complications. Although still rare, type 2 diabetes is being diagnosed more frequently in children and adolescents.

• **The key to preventing diabetes** is to lose weight, eat healthy, and be physically active. A 5 to 7 percent weight loss in those overweight or obese is shown to have a big impact on lowering the risk of diabetes.

Source: <http://ndep.nih.gov>

2008 Age-Adjusted Estimates of the Percentage of Adults with Diagnosed Diabetes in Nebraska (20 years of age and older)



COUNTY	PERCENTAGE
Chase	6.7
Dundy	7.8
Frontier	7.1
Furnas	7.6
Hayes	7.1
Hitchcock	7.4
Perkins	7.2
Red Willow	7.2

Nutrition

Eat Your Colors

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. These may lower the risk of some cancers. Dried fruits can be found in each of the color groups.



Dried Fruit vs. Fresh Fruit

Increasing consumption of fruits and vegetables has been shown to lower the rates of obesity and chronic diseases. However, despite campaigns and educational efforts, a significant gap still remains between the recommended amount of fruits and vegetables and the quantities actually consumed by populations around the world.

Dried fruits are already included alongside fresh fruits in official dietary recommendations for Argentina, Australia, Canada, France, Germany, Italy, Sweden, the United Kingdom, and the United States. Policy makers in other countries should follow the lead of these countries to include dried fruits with their recommended guidelines for fruit and vegetable intake.

Considering their important nutritional qualities and because they are naturally resistant to spoilage, easy to store and transport, available year round, readily incorporated into other foods, and relatively low in cost, dried fruits represent an important means to increase overall fruit consumption.

SOURCE International Nut and Dried Fruit Foundation (INC)

Reasons to Eat Dried Fruits

One serving of most dried fruits provides:

- A source of dietary fiber (e.g., dates, dried figs, dried plums, raisins).
- Potassium, which the body needs to maintain muscle contractions and a healthy nervous system (e.g., dried plums, raisins).
- Iron, an essential mineral for maintaining the delivery of oxygen throughout the body (e.g., dried figs, raisins).
- A source of calcium, Vitamin A, Vitamin C, B-complex vitamins and magnesium (e.g., dates)

Color Group	Health Benefits	Examples of Fruits and Vegetables
Red	Help maintain heart health, memory function and urinary tract health.	Dried apples, beets, dried cranberries, red currants, pomegranats, rhubarb, red peppers
Yellow/Orange	Help maintain heart health, vision health and healthy immune system	Golden raisins, yellow figs, dried apricots, mandarins, sweet potatoes, yellow squash
White/Tan Brown	Help maintain heart health and cholesterol levels that are already healthy	Dates, dried figs, quince Asian pears, leeks, onions, garlic, cauliflower, jicama, bananas, mushrooms
Green	Help maintain vision health and strong bones and teeth	Dried kiwi, dried green apples, bok choy, mustard greens, turnips
Blue/Purple	Help maintain healthy aging, memory function and urinary tract	Dried plums, raisins, Zante currants, dried blueberries, eggplants, purple cabbage



Ingredients:

Makes 32 tablespoons

- 4 cups dried fruits (at least 5 varieties*)
- 1½ cups mixed nuts
- 4 cups small pretzels
- 2½ cups whole grain cereal

Mix together in a bowl and enjoy!

 **Southwest Nebraska
Public Health Department**

P.O. BOX 1235 · MCCOOK NE 69001

**To finish the moment, to find the journey's
end in every step of the road, to live the
greatest number of good hours, is wisdom."**

~ Ralph Waldo Emerson

Extreme Makeover Health Risk Assessment

Visit our website at:

www.swhealthdept.com and take the
"Xtreme Make Over Wellness Edition."

This health risk assessment is a comprehensive look at your overall health.

The survey asks the usual questions regarding your age, sex, height and weight. In addition to health questions you will be asked about your eating habits, activity level, tobacco and alcohol use and seatbelt use. It also asks if you plan to change any of your habits and if so, how soon. There are questions regarding depression and stress, and if you feel comfortable talking to your physician.

You will need to know your blood pressure, cholesterol and blood sugar numbers as well. Don't worry if your numbers are not entirely accurate, you

can estimate them. Your answers and information is always kept confidential.

Once you have completed the entire assessment, you will receive an overall wellness summary. The summary includes a list of healthy habits that you already have and things that you need to work on to improve your health. You can then read on for tips to help you improve those problem areas that were identified in the survey.

It is a good idea to print off your overall wellness summary and take it to your physician. The two of you can discuss the areas in which you need to improve. Prevention of disease is much easier and less costly than treatment.



IMPORTANT DISCLAIMER!

Always check with your doctor before starting any new physical activity program or before increasing your activity level.

The information contained in this newsletter should be used for suggestions and informational purposes only. This information should never take the place of your doctor's recommendations.

If you have concerns, please seek the advice of your primary care provider.

