



# STRENGTHENING OKLAHOMA FAMILIES

## Family and Consumer Science News

### KAY COUNTY EXTENSION

### Prediabetes is cause for concern

Don't be fooled by the pre in prediabetes. Prediabetes is a serious health condition that about a third of American adults have. What's scary is about 80% of those adults are unaware of their condition.



Janice Hermann, Oklahoma State University Extension nutrition education specialist, said prediabetes puts a person at an increased risk of developing type 2 diabetes, heart disease and stroke.

"While prediabetes is a serious health risk, health problems increase even more for people for those individuals who go on to develop diabetes," Hermann said. "This is why it's important to make healthy choices and live a healthy lifestyle."

What causes prediabetes? Insulin is a hormone made by the pancreas that lets blood sugar into cells to use as energy. If you have prediabetes, your cells don't respond normally to insulin, so your pancreas makes more insulin to get the cells to respond. Eventually your pancreas can't keep up and your blood sugar rises, which sets the stage for type 2 diabetes down the road.

People with diabetes often develop major complications including kidney failure, blindness and nerve damage. Nerve damage can lead to the amputation of a toe, foot or leg. As more diabetes-related health issues occur, people with the disease are two times more likely to become depressed. All of these issues

can greatly diminish a person's quality of life.

People can have prediabetes for years with no clear symptoms. Hermann said it's important to talk to your primary care physician about getting your blood tested if you have any of the risk factors, including:

- Being overweight
- 45 years old or older
- Having a parent or sibling with type 2 diabetes
- Being physically active less than three times per week
- Ever having gestational diabetes or giving birth to a baby weighing more than 9 pounds
- Polycystic ovary syndrome

Race and ethnicity are also factors. Those at higher risk include African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders and some Asian Americans.

"If you're diagnosed with prediabetes, think about it as a fork in the road. If you ignore it, your risk of developing type 2 diabetes continues to increase," Hermann said.

"However, if you address it and make changes, your risk goes down. Losing even a small amount of weight can make a big difference. Increasing your physical activity to at least 150 minutes per week also helps cut the risk. Small changes over time will add up."

Other changes can include making half your plate fruits and vegetables and focus on whole fruits. Make half your grains whole grains and vary your proteins. Switch to low-fat or fat-free milk or yogurt and choose foods and beverages with less added sugars, saturated fat and sodium.

"Just a few simple changes and you'll feel healthier and have a better quality of life. As you age, you're more likely to stay independent," she said. "It also will make it easier to keep up with your children and grandchildren."

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Kay County Extension Family and Consumer Sciences



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## Preventing Muscle Loss During Aging

As you get older, you see differences in muscle mass. Just look at your parents and grandparents. Everyone loses muscle when they age. However, simple habits can help you keep some of your muscle. The scientific name for muscle loss is sarcopenia. Sarcopenia is the loss of skeletal muscle mass and function that happens with aging.<sup>1</sup> This decrease in muscle mass and function leads to increased body fat mass and frailty. This loss can lead to falls, disability, and possible hospitalization. Good reasons to prevent muscle loss!

One other term to learn is sarcopenic obesity. This is the term used when a person has sarcopenia and obesity. One condition can lead to the other. Having overweight often leads to also being less active. Being less active leads to muscle loss. So, the condition can get worse in this circular way. Being older also usually means being less active. Let's talk about some steps to take to slow this negative process.

Choosing foods wisely can help. Having enough protein in your diet is important. In older adults, 1 – 1.2 g/kg per day of protein is recommended to keep muscles healthy.<sup>2</sup> For example, someone who is 130 lbs., this would be 60 – 70 g of protein per day, or two palms of your hand.

Vitamin D intake is helpful in preventing muscle mass loss as well. Older adults are at higher risk for low levels of vitamin D. This happens because of low vitamin D intake and less time spent outdoors.<sup>3</sup> Vitamin D can be found in milk, some fish like salmon, tuna, and cod, and egg yolks. Some foods are fortified with additional Vitamin D. Examples of fortified foods include some cereals, yogurt, margarine, and juices.<sup>5</sup> Additionally, mushrooms that have been exposed to UV can have additional vitamin D, called irradiated mushrooms. Using the nutrition label is a simple way to see if these foods contain adequate Vitamin D. The amount of vitamin D appears on the label as micrograms ( $\mu\text{g}$ ) and percentage of Daily Value (DV) for a 2,000 calorie diet. A label with 10% vitamin D is equal to 2.0  $\mu\text{g}$ . Recommendations for daily intake. Individuals under 70 years of age need 15  $\mu\text{g}$  a day, over 70 requires 20  $\mu\text{g}$  daily.

Vitamin D can also be made in your skin when exposed to sunlight. This happens less well in older adults because of skin changes and less sunlight exposure.

Some symptoms of vitamin D deficiency include fatigue, muscle weakness or pain, and mood changes.<sup>4</sup> Vitamin D deficiency has been associated with loss of strength, greater body instability, falls and disabilities in older adults. Vitamin D levels can be checked through a blood test ordered by your primary care doctor. If you have low levels of Vitamin D, your doctor will recommend a supplement.

The Mediterranean diet pattern is rich in lean sources of protein, whole grains, fruits, and vegetables. This dietary pattern is rich in protein and vitamin D, aligning it with preventing muscle mass loss. As an added benefit, the [Mediterranean diet](#) showed a greater regulation of hemoglobinA1c levels. Eating a balanced diet and drinking six to eight cups of water gives your body all the things it needs to keep your muscle mass.

Additionally, increasing muscle strength through physical activity can decrease the loss of muscle mass. Resistance exercise training is really good for this. These tips together can be used to delay and prevent sarcopenia development.

Illinois Extension



## **OHCE Officer, Chairman and Member Workshop**

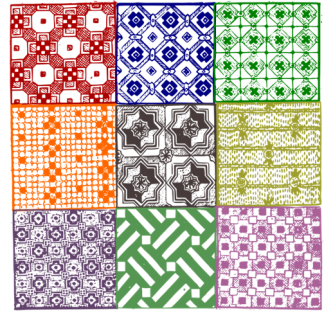
**January 24, 2023 at 6:30 pm**

**OSU Ext. Multipurpose Room**

**If you want to learn more about the duties of being an officer, chairman and OHCE member then this fun and educational workshop is for you. Save this date and bring other members with you.**

# Cake Mix Quilt Workshop

## OHCE Leader Lesson



- ◆ **Who-** OHCE members and the public
- ◆ **When-** November 17th 1pm
- ◆ **Where-** Noble County Fairgrounds- 1 Ivanhoe Street, Perry
- ◆ **What-** Do you enjoy quilting or want to learn about quilting? Come and join Kay, Noble and Logan County OHCE at the Noble County Fairgrounds for a fun quilting technique called Cake Mix Quilting. We will try to car pool to help everyone that is interested have a ride. Call the Kay County OSU Extension Office to sign up by November 15th at 580-362-3194.

## *Oklahoma Home and Community Education News*

**Reminder! Please pick up your new 2023 yearbooks at the office next month.**

All instructions for the award applications, report books, life stories, and photography contest are available on the OHCE website at <https://extension.okstate.edu/programs/oklahoma-home-and-community-education/resources/index.html>. Under the Tab

“Award” you will find **OHCE Member Award, OHCE Rookie Award, OHCE Young Member Award, Photography Contest, Life Stories, Report Book, and OHCE Week Reports** these are due to the Kay County OSU Extension by **January 14, 2022**. I hope to see many applications and entries!



### **RULES FOR COUNTY PHOTOGRAPHY CONTEST**

1. Photo must be of an OHCE activity and members, in color, with photo no larger than 5x7 inches.
2. Photography must be taken by an OHCE member during the previous year.
3. Please mount photo on mat board no larger than 5x7 inches, do not attach to a folder.
4. LABEL should be placed on the back of the mat board: include name, county, and district. Write the name of the OHCE members in the picture on the back as well. Also place a label briefly describing the activity pictured and place on front of the matting.
5. Each county may submit 3 entries (may or may not be taken by the same person).
6. Photos will be judged on photography skills. Photos become the property of OHCE for promotional purposes.

### **RULES FOR LIFE STORY ESSAY CONTEST**

1. Two entries per county, one entry per person.
2. Entry must be written by an OHCE member in good standing.
3. Entries will only be judged if they are placed in a 3-brad paper folder with pockets for 8 ½ x 11 paper. Information is needed in the following order: Life story, name of author, address, county, district, and year written on the upper right-hand corner of the label affixed to the folder.
4. The essay must be written on a typewriter or computer using Times New Roman font, size 12 and double-spaced with a 1-inch left-hand margin. It should be 1-3 pages in length.
5. Do not include photographs, clipart, or news clippings.
6. All life essays submitted for state judging must include the signed Life Essay “Release Form” statement, by the author, giving OHCE the right to read publicly and publish or post electronically on OHCE website for public viewing without further financial compensation to the author.
7. County winner essays must be submitted to the OHCE Awards Chair, postmarked by February 1st.



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**KAY COUNTY  
 EXTENSION**

*Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best.*



*Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.*

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## Upcoming Events

### November

- 11– Veterans Day– Office Closed
- 17– OHCE Leader Lesson– Cake Mix Quilt– Perry 1pm Noble County Fairgrounds
- 24-25– Thanksgiving Holiday– Office Closed

### December

- 2– Decorate BancFirst Tree– Blackwell
- 21– Hostess and Lesson Leader form due
- 22– Pick up Leader Lesson at the office
- 25– Christmas
- 26-27– Holidays– Office Closed
- 31– OHCE Fiscal year ends

### January

- 1– Happy New Year!!!
- 2– New Years Holiday– Office Closed
- 3– Take down OHCE Trees at BancFirst
- 3– Awards due to the office
- 16– Martin Luther King Holiday– Office Closed
- 18– Leader Lesson– Freezer Meals– OSU office
- 24– Officer workshop– OSU office