

# STRENGTHENING OKLAHOMA



**GARFIELD COUNTY  
EXTENSION**

## World Diabetes Day will be Observed on November 14

In 1922, a 14-year-old child received the first-ever insulin injection to bring his high blood sugar into a manageable range. To honor this breakthrough in medical science, Nov. 14 is World Diabetes Day and also the birthday of Sir Frederick Banting, who, along with Charles Best, first extracted insulin from an animal in 1921.

This changed the course of diabetes forever, and changed type 1 diabetes from being a rapid, painful death sentence to something that could be managed over a normal lifespan, said [Lauren Amaya, Oklahoma State University Extension](#) diabetes specialist.

There are two types of diabetes. Type 1 diabetes is an autoimmune condition in which the immune system attacks beta cells in the pancreas, which are responsible for insulin production. This disease is typically diagnosed during childhood or adolescence.

“Lifestyle and diet have no impact on the development of type 1 diabetes, though once a person has developed it, lifestyle and diet will help with diabetes management,” Amaya said. “The use of insulin injections or an insulin pump are essential for survival.”

Type 2 is much more common than type 1 and accounts for about 95% of all diabetes cases. In this instance, the body doesn't use insulin effectively. Because of this, a person doesn't produce enough insulin to compensate for the insu-



lin resistance, so blood glucose levels are elevated.

“Risk factors for type 2 diabetes include family history, overweight or obesity, physical inactivity, being from a minority population, over age 45 or previously having gestational diabetes or having an infant weighing over 9 pounds at birth,” she said. “While type 2 diabetes isn't reversible, management of weight and physical activity levels can drastically improve metabolic outcomes and help to prevent diabetes complications.” Amaya said there are other diabetic conditions that can cause health issues, including prediabetes, gestational diabetes and latent autoimmune diabetes in adults (LADA). She said prediabetes and gestational diabetes are the only forms of diabetes that are considered reversible.

“Prediabetes affects more than one in three Americans and most don't even realize they have it,” she said. “If lifestyle changes aren't made at this stage, most individuals will eventually develop type 2 diabetes. A weight loss of just 5% to 7% can significantly

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reduce the risk of developing type 2 diabetes.”

To help those with type 2 diabetes, OSU Extension offers [L.E.A.D.](#) as a diabetes management program. Live well, Eat well, be Active with Diabetes is a four-lesson program developed by Amaya and Janice Hermann, OSU Extension nutrition specialist, that provides tools, resources and hope to individuals across the state who are managing the chronic condition.

OSU Extension also offers the National Diabetes Prevention Program for those with prediabetes. Amaya is planning to offer a virtual cohort later this fall. Those interested in the course may contact her at [lauren.amaya@okstate.edu](mailto:lauren.amaya@okstate.edu). This [test](#) is helpful in determining if a person is at risk or may have prediabetes.

Gestational diabetes is diagnosed between the 24th and 28th week of pregnancy. During this time, the placenta produces a lot of hormones. This, coupled with weight gain, leads to insulin resistance. Causes of gestational diabetes can include genetics, older (over age 25) maternal age during pregnancy, being overweight, previously having a baby over 9 pounds, having polycystic ovary syndrome or being in an ethnic group that puts individuals at higher risk of disease development. Amaya said treatments include regular monitoring of blood glucose, eating healthy foods at appropriate times, physical activity and possibly insulin injections.

LADA is sometimes referred to as type 1.5 diabetes. It typically begins in adulthood and can initially be treated like type 2 diabetes with lifestyle modifications and oral diabetes medications. However, sometime after about six months, these treatments are no longer effective due to the slow destruction of beta cells. A person with LADA will eventually require multiple daily insulin injections for survival.

“Managing diabetes effectively is vital for your health. It takes time and effort,” Amaya said. “While a health care team is important, self-management is the key.”

## Waldorf Salad (Diabetic Friendly)

- 1 teaspoon lemon juice
- 2 1/2 cups diced apples
- 1 cup celery, in thin strips about 1-inch long
- 1/2 cup broken walnuts
- 1 tablespoon (sugar substitute) granular
- 1 dash salt
- 1/2 cup low-fat vanilla yogurt
- 1 tablespoon low-fat mayonnaise

### DIRECTIONS

1. Drizzle lemon juice over diced apples, toss well.
2. Mix in celery and walnuts.
3. Blend together sugar, salt, low-fat yogurt and mayonnaise.
4. Fold into apple mixture; chill.

### NUTRITION INFO:

Serving Size: 1 (149) g

Servings Per Recipe: 4

### AMOUNT PER SERVING % DAILY VALUE:

Calories 166.6; Calories from Fat 90g; Total Fat 10.1g; Saturated Fat 1.2g; cholesterol 1.5 mg; Sodium 80.3 mg; Total Carbohydrate 17.9g; Dietary Fiber 3.3g; Sugars 13.2g; Protein 4.1g

Source: <https://www.food.com/recipe/diabetic-friendly-waldorf-salad-171421>

# Education Workshops for November

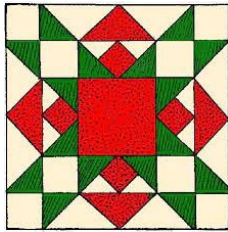
Check out some of these offerings for OHCE members, guests or anyone interested in a good time with friends and learning a new skill.

## Patchwork Pumpkin Pillow Monday Nov 6, 10 am – 1pm

The cost is \$6 and includes a kit for completing the patchwork pumpkin. This project can be finished as a pillow, table topper or wall hanging. Machines are available at the office or bring your own as well as personal sewing items. There are a couple of spots left for this project. Call and reserve your place by November 3.

## Barn Quilt – Friday November 17, 9-3 pm

For \$40, you will complete a 2 x 2 Barn Quilt suitable for outdoor display. Cost includes all materials, patterns and lunch. Call the office to enroll by November 14. This will be the last class of the year if you wish to paint a holiday pattern.



## Binding your Quilted Project Friday, November 10 10 am – 1 pm

The cost is \$10, Jeannine Davidson will teach you how to bind a quilted project from a full size quilt to a placemat. Join the class by enrolling by November 7, so kits can be prepared. Sewing machines are available at the office, or bring your own as well as basic sewing supplies. Call the office at 580-237-1228 from 8-5.



## Executive OHCE Board Meeting Monday, December 4 — 9:30 am

We will be having a brunch. Get with Shirley if you would like to bring something for the lunch.

*The Garfield County Extension Office will be closed Thursday and Friday, November 23 and 24, 2023 for Thanksgiving.*



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Extension Educator, FCS/4-H Youth Dev.

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or [joy.rhodes@okstate.edu](mailto:joy.rhodes@okstate.edu) at least two weeks prior to the event.



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## Dates to Remember

- Nov. 6 Patchwork Pumpkin Pillow
- Nov. 10 Binding Your Quilting Projects
- Nov. 17 Barn Quilt Workshop
- Dec. 4 OHCE Board Meeting



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