

STRENGTHENING OKLAHOMA



GARFIELD COUNTY EXTENSION

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

Prediabetes is cause for concern



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

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(Continued from page 1) 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.”

Physical Activity

Regular physical activity helps the body cells take up glucose and thus lower blood glucose levels. Regular physical activity also helps with weight loss as well as controlling blood cholesterol and blood pressure. You need to let your doctor and dietitian know about the kinds of physical activities you do regularly. Your doctor and dietitian will help you balance your physical activity with your medication and diabetes meal plan. If you are not physically active now, your doctor may recommend that you increase your physical activity level.



11TH NOVEMBER
**VETERANS
DAY**



IN MEMORY AND OUR HEROES

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

—RALPH WALDO EMERSON

10 Tips to Trim the Fat from Thanksgiving Dinner

HEALTH INFORMATION NUTRITION & HEALTHY LIFESTYLE
BY: ANNE DANAHY, MS, RD, LDN



For most Americans, Thanksgiving marks the official start of the Holiday Feasting Season. With the average Thanksgiving dinner weighing in at over 3,000 calories (most adults only need 1,500-2,000 calories per day), it's no wonder most of us will roll into the New Year at least a few pounds heavier. Holidays and weight gain don't have to be synonymous, however, if you do some advance planning and make smart choices at the dinner table. The following suggestions can shave at least 1,000 calories off a typical Thanksgiving dinner:

1. **Eat breakfast.** Eating a balanced, healthy meal before the food comes out makes it much easier to say NO to high fat appetizers like cheese and crackers or creamy artichoke dip, and YES to the shrimp cocktail and veggie platter. Average savings: 400 calories.
2. **Alternate your spirits with a calorie free beverage.** Calories from wine, beer, or any alcoholic drink can add up, so alternate with a glass of seltzer or diet soda. Average savings per drink: 150 calories.
3. **Start with soup.** Broth-based soups like vegetable or turkey noodle are low in calories and help you to fill up faster, which means you probably won't need seconds (or thirds) on your main meal. Average savings: varies
4. **Choose white meat over dark and skip the skin – it's all fat.** Turkey meat is a lean protein overall but choosing the breast without skin makes it even healthier. Average savings: 50 calories per 4oz portion.
5. **Take just one scoop less of starches** like mashed potatoes, stuffing or sweet potatoes. These 3 foods contribute most of the calories to Thanksgiving dinner, so cutting back just a bit on portions here can really make a difference. Average savings: at least 80-100 calories per ¼ cup scoop for each.
6. **Offer to bring homemade sugar free cranberry sauce or relish** and avoid the added sugar (and calories) in regular cranberry sauce. Average savings: 50 calories per ¼ cup serving.
7. **Load up on veggies.** Most vegetables have only 25 calories per ½ cup serving, not to mention they're good for you, so this one is a no-brainer. Try to fill at least ½ of your plate with vegetables (from both salads and cooked vegetables) to make your plate healthier and help you fill you up faster. Average savings: varies.
8. **Choose your dessert wisely.** A slice of pumpkin pie (300 calories) has fewer calories than apple (400 calories) and less than pecan (500 calories). Or maybe just a cookie would do (50 calories), so choose wisely. If you really love it, have it, but split it with someone.
9. **Take a brisk walk** after dinner instead of a nap. Average calories burned: 200 for a 20-minute walk.
10. **Make your late-night turkey sandwich "open-face"** and skip half the bread. Average savings: 80 calories.



6 Ways to keep your home healthy during the holidays

As the holiday season approaches, there's exciting activities and family visits to look forward to. But amid the hustle and bustle, the stress and the food, it can be all too easy to over do it, resulting in illness or injury. Keep your home safe, happy and healthy by following these six tips in your home this holiday season:

1. Get your flu shot

On top of holiday shopping and everything else, not everyone remembers to get their flu shot every year. However, this is one of the main tools in your arsenal for warding off the holiday sniffles (and worse). Check your insurance to see the best places to get a flu shot, or look online for a free flu shot clinic near you. Many workplaces offer employee flu shots on site, or you can even sign up to host your own on-site flu clinic. It doesn't matter how you get it, just be sure to check this off your list and remind your loved ones to do the same.

2. Wash your hands

It sounds simple, but hand washing is your first line of defense against germs. Create healthy habits for your family by instituting a hand-washing rule when you get home from an outing and before each meal. By simply following the techniques listed by the CDC, you'll ensure a healthier home for everyone.

3. Food awareness

In addition to following the proper food safety guidelines listed by the FDA, you should try to keep the focus on holiday togetherness rather than food. Grazing and snacking along with overeating become common symptoms of holiday eating, so be intentional and aware about the food you consume. Be sure to eat at regular intervals to avoid overindulging later on, and allow yourself some indulgences while saying no to the rest. By keeping the focus on fun, not food, you'll be less likely to overdo it.

4. Stay active

Our bodies need movement regardless of the weather, so find ways to stay active this holiday season. Sedentary winter months and holiday overeating combine to make a very regretful New Year's Day, so make a plan to stay active this season. Whether it's planning a quick trip to the gym amid your celebrations or scheduling a family basketball game, do what you enjoy that keeps your body moving.

5. Clear the air and home

For cleaner air, the use of live plants (such as an evergreen tree or poinsetta) help naturally filter the air in your home. Using a certified HEPA filter will also help clear allergens and other debris. When searching for a way to fill your home with holiday scents, stick with beeswax or vegetable-based wax candles scented with natural essential oils to avoid toxins that paraffin candles produce.

6. Manage stress

Travel, extra spending, and a lack of sunshine are just some factors that can add up for holiday stress. Schedule in some daily meditation or mindfulness exercises to keep your mental health on track during the busy winter months.



OHCE News & Notes

OHCE Board Meeting



The OHCE Board Meeting will be held Monday December 5 at 9:00 a.m. Please note the time change as the board will celebrate the holidays with a brunch. Members have volunteered to bring items for the meal. Hope to see everyone at this meeting.

We had a great turnout for our Fall Association meeting with over 25 in attendance. Everyone enjoyed our time as we created some great fall decorations and crafts. Thank you to Pioneer Wheathearts for providing the lovely refreshments. Our next County OHCE meeting will be Achievement Day, Saturday, January 28. Be sure and mark this date on your 2023 calendar.



Leader Lesson

Thank you everyone for your responses to the recent survey for our OHCE 2023 Leader Lessons. We had a great return rate this year. Those will be calculated and lessons will be set for 2023 in the very near future. There is no lesson scheduled to be held for your December meeting as that is reserved for your group's choice of activity. The lesson for January will be a mailout and ready for pick up around December 20 as well as the 2023 OHCE Yearbooks.

Barn Quilt Workshop

The last Barn Quilt class for 2022 will be Saturday, December 10th starting at 10 am. Please call to reserve your place. Cost is \$45 and includes all supplies as well as lunch and snacks for the day.



District OHCE Meeting March 25, 2023

A group met in October to begin plans for the upcoming District meeting. We are working to find some great presenters for workshops, plan the program and other items to make this a great time for all West District members attending. If you would like to assist in this planning and missed the first meeting, let our President Shirley Clark know and she will keep you informed. We will need assistance in many areas the day of the event as well as setting up and cleaning up the venue.

*Garfield County OSU Extension
Office will be closed on
Thursday and Friday
November 24th and 25th, 2022
For Thanksgiving*

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Joy Rhodes
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 at least two weeks prior to the event.



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Dates to Remember

November 1st—OHCE Membership Years information due

November 27th & 28th—Garfield County OSU Extension Office
will be closed for Thanksgiving Holiday

December 5th— OHCE Board Meeting 9 a.m.

December 10th— Barn Quilt Workshop 10 a.m.

January 11th— District OHCE Planning Mtg. 10:30 a.m.



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