



## 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. Even though, November was National Diabetes Awareness Month, it is still important to discuss with family during the holiday season.

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

## Logan County Extension Office

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[dawn.andrew@okstate.edu](mailto:dawn.andrew@okstate.edu)

### Website

<https://extension.okstate.edu/county/logan/index.html>

### Social Media

Facebook: Logan County  
Cooperative Extension Service

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## **Prediabetes is cause for concern, continued from page 1**

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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## **It will be SEW much fun!**

### **Become a Master Sewing Volunteer**



Are you interested in learning more about the Master Sewing Volunteer program and upcoming training workshop scheduled for April 27-28, 2023 in Norman, OK?

First steps—Be a Certified Master FCS Volunteer, ask about application form, set a time for a personal visit with FCS extension educator and bring in a sewing sample. Deadline is mid-January!

Please contact Dawn Andrew, FCS/4-H Extension Educator, at the Logan County Extension Office to learn more and to get started on your training. Contact info: 405-282-3331 or dawn.andrew@okstate.edu.

If there are several interested, then we will schedule a day for the Master FCS Volunteer training in December.

You can also access information on [www.ohce.okstate.edu](http://www.ohce.okstate.edu).



## Five Steps to Seasonal Savings

When the holiday season is over you may find yourself saying: “Why did I spend all of that money? Why did I wait until the last minute to shop? I don’t even want to think about how long it will take to pay off the credit cards. I hope I didn’t take too much money out of the ATM. Did I buy my mom the same gift twice? I should have had a plan.” By following a few simple steps, you can end this post-holiday hangover.

These steps include:

1. Recognize Your Seasonal Stressors
2. Develop a Holiday Spending Plan—Making a Budget
3. Develop a Holiday Spending Plan —Creating a List
4. Alternatives to Pricey Presents
5. Fine-Tuning Your Financials

To find out the details about these simple seasonal savings steps, use this link to the University of Florida Extension fact sheet “Five Steps to Seasonal Savings—FCS5267” <https://edis.ifas.ufl.edu/pdf/FY/FY140500.pdf>

(Source: “Five Steps to Seasonal Savings”, McWilliams, Pigott-Dillard, Gutter, IFAS Extension



**Interested in OHCE? . . . .**  
**Contact the Logan County**  
**Extension Office**

What is OHCE?  
 Oklahoma Home and Community

Logan County OHCE is involved in community service projects, 4-H youth development, educational projects, Bake Show, County Fair, Quilt Retreat, and a lot more! Come join us!

### **CLUB INFORMATION**

**Abell**

**President—Diane Frick 405-401-3439**

**Cimarron Valley**

**President—Barbara Tooley 256-682-0515**

**Daylighters**

**Contact-Linda Hastings 405-820-7213**

**Friendship**

**President—Kerry Niskern 405-531-6376**

**Grandview**

**President—Roberta Burns**

**Moonlighters**

**Contact-Cheryl Burkett 405-596-6969**

**Town & Country**

**President—Marge Calvert 405-596-8087**

**Westway**

**President—Ada Pfeiffer 580-455-2559**

**Hippie Homemakers**

**President—Susan Brown 405-348-0604**



# Tastes of the Season—

## Cranberry Pumpkin Muffins

### Ingredients

- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 egg (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)



Recipe Source: [myplate.gov/recipes](http://myplate.gov/recipes)  
Univ. of Massachusetts Extension

### Directions

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes. (Makes 12 servings)

### Nutrition Information

Serving Size: 1 muffin, 1/12 of recipe (82g)

[Show Full Display](#)

Nutrients	Amount
Total Calories	204
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	31 mg
Sodium	255 mg
Carbohydrates	32 g
Dietary Fiber	2 g
Total Sugars	14 g
Added Sugars included	12 g
Protein	3 g
Vitamin D	0 mcg
Calcium	83 mg
Iron	2 mg
Potassium	82 mg

N/A - data is not available

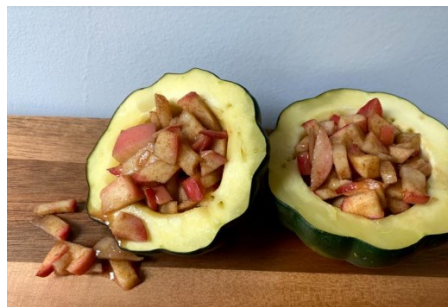
## Apple-Stuffed Squash

### Ingredients

- 4 acorn squash (washed)
- 1 tablespoon butter (or margarine)
- 2 apples (chopped)
- 2 teaspoons brown sugar (2 Tablespoons, packed)
- 1/2 teaspoon cinnamon

### Directions

1. Wash hands with soap and water.
2. Cut squash into halves and remove seeds. Place in a glass dish, cover with plastic wrap and microwave on high for 5 minutes.
3. Melt butter in a separate bowl in the microwave. Mix in apples, sugar, and cinnamon. Microwave for 1½ minutes.
4. Spoon apple filling into each squash half. Cover and microwave on high for 3-5 minutes until squash and apples are tender.
5. Serve warm. (Makes: 8 servings)



Source: [myplate.gov/recipes](http://myplate.gov/recipes)  
University of Maryland Extension

### Nutrition Information

Serving Size: 1/2 squash with filling, 1/8 of recipe

[Show Full Display](#)

Nutrients	Amount
Total Calories	130
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	8 mg
Carbohydrates	31 g
Dietary Fiber	4 g
Total Sugars	7 g
Added Sugars included	3 g
Protein	2 g
Vitamin D	0 mcg
Calcium	78 mg
Iron	2 mg
Potassium	790 mg

N/A - data is not available



**March 28, NE District OHCE Meeting, Tulsa Tech, Owasso**

**May 7-13, OHCE Week**

**July 9-11, Annual OHCE State Meeting**

**More information to come! Make plans to attend!**

# UPCOMING EVENTS

## December 2022

- December 1:** OHCE County Council, 10am, Education Building  
**December 2:** Gingerbread House Contest, Guthrie Chamber of Commerce  
**December 3-10:** Voting for Gingerbread House Contest  
**December 10:** 8pm winners announced Gingerbread House Contest  
**December 21:** First day of Winter  
**December 23-26:** Logan County Extension Office closed for Christmas  
**December 31:** End of OHCE Fiscal Year—New Year's Eve



## January 2023

- January 1:** Happy New Year!  
**January 1:** OHCE State Fiscal Year & Program Area Goals Begin  
**January 10:** Member award applications, Achievement Score Sheet, State Project Report entries are **due** to Logan County Extension office  
**January 16:** Logan County Extension Office closed for Martin Luther King Day  
**January 24:** OHCE Leader Lesson for February, 10am, Extension Office

## February 2023

- February 2:** OHCE County Council, 10am, Education Building  
**February 20:** Logan County Extension Office closed for President's Day  
**February 21:** OHCE Leader Lesson for March, 10am, Extension Office

## March 2023

- March 21:** OHCE Leader Lesson for April, 10am, Extension Office  
**March 28:** Northeast District Meeting, Tulsa Tech, Owasso



- ⇒Refer to your Yearbook for Leader Lesson topics for 2023
- ⇒Refer to Fair rules now and promote more entries for 2023
- ⇒Membership day is everyday, We all Recruit for new members
- ⇒Newsletter—December, February, April, June, August and October will always give you a heads up on events with dates, time and where to be.
- ⇒Be Kind and helpful and OHCE will grow
- ⇒Above everything enjoy the projects throughout year





**OKLAHOMA COOPERATIVE  
EXTENSION SERVICE**

**Logan County Cooperative Extension Service  
Oklahoma State University  
215 Fairgrounds Rd, Ste. B  
Guthrie, OK 73044**



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Cooperative Extension Service Facebook page!  
Logan County Cooperative Extension Service**

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***Strengthening Oklahoma Families*** is published by the Logan County OSU Extension Family and Consumer Science Programs. This newsletter is one way of providing educational information to interested citizens of Logan County. **Editor: Dawn Andrew, Extension Educator, Family and Consumer Sciences/4-H**

***Dawn Andrew***

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Dawn Andrew at 405-282-3331 or dawn.andrew@okstate.edu at least two weeks prior to the event.

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