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| **Hopewell Area School District** |



**Health Happenings Newsletter**

***By: The Hopewell Area School Nurses***

**Programs:**

* ***Dental Exams***
  + ***November 1, 2011    Junior High School - grade 7***
* ***Winter Sport Physical Examinations*** 
  + ***November 1, 2011   Junior High School- 3pm for athletes in grades 7-12 –information & forms available at:*** [***http://www.highschoolsports.net/announcements/Hopewell-HS-Aliquippa-PA/All/All/All/***](http://www.highschoolsports.net/announcements/Hopewell-HS-Aliquippa-PA/All/All/All/)

**HOT Topics:**

**Stay Healthy With Diabetes and Prevent Type 2**

**You have the power to prevent and control diabetes. If you already have diabetes, work to lower your risk of serious complications. If you don't have the disease, learn if you are at risk for type 2 diabetes.**

America is facing an epidemic of diabetes, a serious disease that damages bodies and shortens lives. In the next four decades, the number of U.S. adults with diabetes is estimated to double or triple, according to CDC scientists. That means anywhere from 20 to 33 percent of adults could have the disease. About 1 in 9 adults have diabetes now.

If you already have diabetes, managing the disease can lower your risk of complications such as kidney failure, heart disease and stroke, blindness, and amputations of legs and feet. Here are some important steps to take to control diabetes:

* Talk to your health care provider about how to manage your blood glucose (A1c), blood pressure, and cholesterol.
* Stop smoking and do not use any other tobacco products.
* Get a flu vaccine. For those with diabetes, type 1 and type 2, it is important to ask for the "shot" version. Talk to your health care provider about a pneumonia (pneumococcal) shot. People with diabetes are more likely to die from pneumonia or influenza than people who do not have diabetes. CDC recommends that everybody aged 6 months and older get a flu vaccine, including family members of people with diabetes.
* Reach or stay at a healthy weight.
* Make sure you're physically active. Plan for 2 hours and 30 minutes each week of moderate physical activity, such as walking quickly or gardening, or 1 hour and 15 minutes each week of vigorous physical activity, such as jogging or jumping rope. Add muscle strengthening activities on 2 or more days each week. Physical activity can help you control your weight, blood glucose, and blood pressure, as well as raise your "good" cholesterol and lower your "bad" cholesterol.

**Obesity is a Major Risk Factor**

Being overweight or obese raises your risk of developing type 2 diabetes. To see whether you are at a healthy weight, check your body mass index (BMI) at this [CDC calculator](http://www.cdc.gov/healthyweight/assessing/bmi/). People with a body mass index of 25-29.9 are considered overweight, and people with a BMI of 30 or above are classified as obese.

Other risk factors for type 2 diabetes include the following:

* Age 45 or older
* Developed diabetes while pregnant (gestational diabetes)
* Have a parent, brother or sister with type 2 diabetes
* Are not physically active
* Belong to certain racial or ethnic groups. African Americans, Hispanic/Latino, American Indians, and some Asian Americans and Pacific Islanders are at high risk for type 2 diabetes.

**Ways You Can Help Prevent Diabetes**

Having a condition called prediabetes means you are at high risk of developing type 2 diabetes within 3 to 6 years. People with prediabetes have blood glucose (sugar) levels that are higher than normal, but not high enough to be diagnosed as diabetes. CDC estimates that 1 in 3 U.S. adults—79 million people—have prediabetes.

Research trials have shown that type 2 diabetes can be prevented or delayed in people at high risk for the disease who make lifestyle changes. Weight loss of 5 to 7 percent (about 10 to 14 pounds for a 200-pound person) and increasing physical activity to 150 minutes per week can reduce or delay the development of type 2 diabetes by nearly 60 percent. You can find written and electronic resources to help through the [National Diabetes Education Program[External Web Site Icon](http://www.yourdiabetesinfo.org/)](http://www.yourdiabetesinfo.org/), sponsored by CDC and the National Institutes of Health, and community-based group classes through the CDC-led [National Diabetes Prevention Program](http://www.cdc.gov/diabetes/prevention).

You can learn more about preventing type 2 diabetes and managing existing diabetes during a live Twitter chat at 11 a.m. EST November 8 with Dr. Ann Albright, PhD, RD, director of CDC's Division of Diabetes Translation. To participate, follow CDC on Twitter [@CDCgov[External Web Site Icon](http://twitter.com/#!/CDCgov)](http://twitter.com/#!/CDCgov) or #CDCdiabetes. Questions can be submitted in advance at [@CDCgov[External Web Site Icon](http://twitter.com/#!/CDCgov)](http://twitter.com/#!/CDCgov) #CDCdiabetes, or on [CDC's Facebook page[External Web Site Icon](http://www.facebook.com/cdc)](http://www.facebook.com/cdc)

**CDC's National Diabetes Prevention Program**

CDC and its inaugural partners in the National Diabetes Prevention Program, UnitedHealth Group and the YMCA of the USA, are working to prevent type 2 diabetes. The National Diabetes Prevention Program is a public-private partnership among community organizations, private insurers, government agencies, employers, and health care organizations, collaborating to build and grow the network that establishes lifestyle intervention programs in communities.

Group classes offered through the program encourage such lifestyle changes as moderate weight loss and physical activity, and teach coping skills to help you maintain those changes. As of November, 2011, group classes are offered at 178 Y locations in the United States.

* [National Diabetes Fact Sheet, 2011 Adobe PDF file [PDF - 2.7 MB]](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf)

**[](http://www2c.cdc.gov/ecards/message/message.asp?cardid=525&category=219)**

**Additional information available at:** [**http://www.cdc.gov/Features/LivingWithDiabetes/**](http://www.cdc.gov/Features/LivingWithDiabetes/)

* **Take steps to prevent the flu** 
  + It's Fall and the flu season is here! The best way to protect against flu is to get the vaccine every flu season. Everyone 6 months and older should get a flu vaccine. The flu vaccine provides protection that lasts throughout the flu season. Get vaccinated now so that you will be protected all season long!
  + Med Express is offering **FREE FLU VACCINATIONS** for children ages 4-18 in all their centers from November 1-14th. Call the Med Express near you for information.
* **Wash your hands** C:\Documents and Settings\krosst\Local Settings\Temporary Internet Files\Content.IE5\YE55FA1Y\MC900371340[1].wmf
  + Keeping hands clean is one of the best ways to prevent the spread of infection and illness. Keeping hands clean prevents illness at home, at school, and at work. It's best to wash your hands with soap and clean running water for 20 seconds. If that's not possible, use alcohol-based hand rubs.
* **Be prepared for cold weather** C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0299587.wmf
  + Although winter comes as no surprise, many of us are not ready for its arrival. Be prepared this Fall and make sure to dress for the weather. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.
* **Get smart about antibiotics** C:\Documents and Settings\krosst\Local Settings\Temporary Internet Files\Content.IE5\UDV5L35C\MC900432423[1].wmf
  + Antibiotics do not fight infections caused by viruses like colds, most sore throats and bronchitis, and some ear infections. If antibiotics are used too often for things they can't treat—like colds or other viral infections—they can stop working effectively against bacteria when you or your child really needs them. See your doctor or nurse to find out if your illness is bacterial or viral.

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**Children’s Grief Awareness Day *Thursday, November 17, 2011***

*Join with your Caring Team to* ***show support for grieving children.***

**NUTRITION CORNER**



## *C:\Documents and Settings\krosst\Local Settings\Temporary Internet Files\Content.IE5\YE55FA1Y\MC900444881[1].jpgTurkey and Cranberry Stew*

*Another way to use leftover turkey. Try this colorful stew combining the natural sweetness of sweet potato and carrot with the tang of cranberries.*

**This is one of our own Fruits & Veggies—More Matters® recipes. It meets the Centers for Disease Control and Prevention’s** [**strict nutrition guidelines**](javascript:win_pop_flex('/?page_id=751',300,300)) **as a healthy recipe.**

**Category**: Appetizers, Dips & Salsa **Think Variety; Think Color**: RedYellow/OrangeWhiteGreen **Preparation time:** 45 minutes **Serves:** 6 **Cups of Fruits and Vegetables per Serving:** 1

#### Ingredients:

2 teaspoons canola oil  
1 medium onion, chopped  
1 large carrot, cut into bite-size pieces  
1 rib celery, cut into thin slices  
1 parsnip, peeled and cut into bite-size pieces (optional)  
1 medium sweet potato or yam, peeled and cut in half, then into bite-size pieces  
1 bay leaf  
1 teaspoon dried thyme  
2 cups non-fat, reduced-sodium turkey or chicken stock, divided  
1 sweet, juicy apple, peeled, cored and cut into bite-size pieces  
1 cup frozen (and defrosted) cranberries or canned whole cranberries, rinsed and drained  
3 cups diced cooked turkey  
Salt and freshly ground black pepper, to taste\*

* In a deep pan or skillet, heat the oil over MEDIUM-HIGH heat.
* Sauté the onion until it softens, about 4 minutes.
* Add the carrot, celery, parsnip (if using) and sweet potato.
* Lower heat to MEDIUM and, stirring frequently, sauté until the vegetables become lightly browned.
* Add the bay leaf, thyme and 1 cup of stock.
* Lower heat to a simmer and cook until the vegetables are almost tender, about 10 minutes or less.
* Stir in the apple and cranberries, if using the frozen kind.
* If the mixture seems dry, add enough additional stock to cook the fruit.
* Gently simmer until the apple has softened and the cranberries are tender, about 5 minutes.
* If using canned cranberries, add them after the apple has softened, along with the turkey.
* Heat through for a few more minutes, until the turkey is hot.
* Season to taste with salt and pepper.
* Serve as is or over cooked brown rice or whole-grain pasta, if desired.

***\* Nutrition information does not include salt and pepper to taste.***  
**Each serving provides:** an excellent source of vitamin A, and  a good source of vitamin C, potassium and fiber.

**Credit:** Recipe courtesy American Institute for Cancer Research. This recipe meets Produce for Better Health Foundation (PBH) and Center for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

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| **Nutritional Information per Serving** | |
| Calories: 207 | Carbohydrates: 18g |
| Total Fat: 5.2g | Cholesterol: 53mg |
| Saturated Fat: 1.3g | Dietary Fiber: 4g |
| % of Calories from Fat: 23% | Sodium: 231mg |
| Protein: 22g |  |

**Information available at:** [**http://www.fruitsandveggiesmorematters.org/?page\_id=35&iRID=817**](http://www.fruitsandveggiesmorematters.org/?page_id=35&iRID=817)

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**Quote for the month**

**Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow**.  ~Edward Sandford Martin

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