

DIABETES NEWSBEAT



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INSIDE THIS ISSUE:

Summer Time: Thinking Ahead and Reducing “The Dreads” 1

Bran Reduces Heart Disease Deaths 3

8 Ways to Turn Dishes into Diabetes-Friendly Meals 4

Start a Walking Workout 5

Tips for Traveling with Diabetes 6

Practice “Mindful” Eating 7

New NDEP Podcasts 8

Summer Vegetable Spaghetti 9

Lemony Blueberry Cheesecake Bars 9

The Nebraska Diabetes Prevention and Control Program (NDPCP) is a Centers for Disease Control and Prevention grant funded program designed to help reduce the burden of diabetes in the State of Nebraska. The NDPCP works in partnership with the American Diabetes Association (ADA) and local community and healthcare groups statewide to provide education and assistance with minimizing health problems which may result from diabetes. The NDPCP focuses on prevention through education.

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Summer Time: Thinking Ahead and Reducing “The Dreads”

By Marcia D. Draheim RN, CDE



As the weather becomes warmer we start to think about what we are going to do with all

our time outside of work. Our minds begin to run wild with thoughts of all of the tasks that we want to accomplish and the fun things that we can do. As we smile at others and to ourselves, beguiled with all of these images and possibilities, we sometimes leave out an important ingredient of creative **balanced** planning as a part of our on-going health management.

When figuring out how to work all of our activities into our summer, we can't forget to make time for our health management needs, such as taking medications/insulin on time, checking blood sugar, meal timing, and physical activity.

Diabetes educators can provide information on how to plan for travel whether locally, nationally, or internationally. They can also help us troubleshoot problems such as short-term illness or loss of medication and testing supplies and assist us in finding healthcare resources at home or away. Diabetes educators can advise us about exercise and hydration and help set realistic



goals and expectations on participating in summertime physical activities.

The one thing diabetes educators cannot do for us is to carry out the balanced planning necessary to control our diabetes and maintain our health during this very busy and fun time of the year. The person with diabetes cannot afford to “let life get in the way” of carrying out specific measures to maintain their health and reduce the risk of complications.

Continued on page 2

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NEBRASKA
Diabetes Prevention and Control Program

Summer Time: Thinking Ahead and Reducing “The Dreads”

Continued from page 1

There are many emotions that surround diabetes and its management. It’s very easy to fall into an emotional pattern of putting off taking medications or waiting to check blood glucose until we get back to our home, camper, or hotel room. We may feel obligated to hustle along with others and pay little or no attention to our own needs.

It’s important for us to realize that we will not and cannot always do things perfectly. Sometimes life does get in the way, so we shouldn’t harbor negative thoughts and feelings about ourselves! However, it is important for us to maintain our will, confidence, and remain steadfast to our own values in taking care of our health needs.

By using balanced planning, we are capable of managing our health along with our social and work activities. We can include those necessary measures to control our blood glucose and maintain optimal health and still thoroughly enjoy a very active and full lifestyle during this summer.



Often, simple measures can be taken to remedy barriers that are preventing us from taking care of our diabetes while on the go. But first we must take a good look at what is causing these concerns, then



take action and consult with your diabetes educator or healthcare professional if your plan of action is not effective.

Marcia D. Draheim RN, CDE , is the Immediate Past President American Association of Diabetes Educators

Summer is a busy season so make time to take care of yourself and your health!

Bran Reduces Heart Disease Deaths

Study Shows Whole-Grain Foods Lower Cardiovascular Risk in People

People with diabetes who eat plenty of bran-rich whole grains appear to have a reduced risk of death from heart attack, stroke, and other cardiovascular causes, a new study shows.

Researchers from Harvard University followed almost 8,000 nurses with type 2 diabetes for almost three decades.

They found that women who ate the most bran had a 35% lower risk of death from heart disease and a 28% lower risk of death from all causes than women who ate the least.

Compared to people without diabetes, diabetic people have two to three times the risk of heart disease and early death. The new research suggests eating a balanced diet that includes complex carbohydrates in the form of whole grains can help lower this risk.

American Heart Association spokesman Robert Eckel, MD, reported, "Many diabetics still believe they should limit carbohydrates, including complex carbohydrates. Certainly refined grains and simple sugars raise blood sugar and should be limited. But it looks like eating whole grains is not only safe, but beneficial."

The study indicated that, after considering other cardiovascular risk factors, bran consumption was strongly associated with a reduced especially fiber- and vitamin-rich bran, may protect the heart by reducing inflammation in the body.

The Harvard researchers are conducting a similar study in men in hopes of confirming that the benefits of eating whole grain extends to men with diabetes.

Not All 'Whole Grain' Foods Equal

These days, many of the most highly processed breakfast cereals and other grain-based foods claim to be good sources of whole grain and fiber, but it isn't necessarily true. Popcorn, brown rice, whole-wheat flour, and long-cooking oatmeal are good, minimally processed whole-grain foods.

The American Heart Association recommends looking for products that contain at least 5 grams of fiber per serving and that contain only ingredients that are easily recognized. Just because a brand advertises whole grains doesn't mean you're getting any benefit. Plenty of products use the expression

"made from whole grains" as a ploy when they really contain insignificant amounts.

Another buzzword you can forget: multigrain. The term may be describing a product made with a handful of different refined grains. To know you're truly getting a whole-grain product, look for the words whole grain before the first ingredient listed. If a product says it's made with 100 percent whole wheat or stone-ground whole wheat (describing how the grain was milled), you're most likely getting a true whole-grain product.

Anatomy of a Grain

An unrefined grain of wheat, rice, oat, corn, or any other cereal contains three parts: the tough outer bran layer, the middle endosperm, and the inner kernel or germ.

The fiber in grain is found in the bran, while bran and germ contain most of its vitamins and minerals.

Refined grain products, such as white flour and white rice, contain only the starchy endosperm. B vitamins and iron, but not fiber, are usually added back after processing.

Summarized article from Web MD—Diabetes Health Center

8 Ways to Turn Dishes into Diabetes-Friendly Meals



One of the most-repeated diabetes myths is this: ***People with diabetes must eat special foods.*** Truth is, whether you have diabetes or not, you should be eating more whole grains, vegetables, and fruits and fewer packaged items, fried foods, and refined carbohydrates. But that doesn't mean you have to stick to a diet of salad and yogurt. By employing some clever kitchen tricks, you can cut out excess calories, fat, carbohydrates, and sodium without sacrificing taste.

1. Adjust Portion Sizes.

- Before you alter your recipe, consider whether you can simply eat a little less of it.

2. Make Simple Swaps.

- Next time you dish out a plate of spaghetti, make sure it's the whole wheat kind.
- Choose brown rice instead of white.
- Pick skim milk or 1 percent over whole.
- And when creating a dip, skip the mayo or full-fat sour cream and use nonfat sour

cream or fat-free, plain Greek-style yogurt in its place.

- Baking is a little trickier since any changes you make will affect the final product's texture, density, and volume. An easy-to-adopt swap: Replace cooking oil with an equal amount of unsweetened applesauce or baby-food pureed prunes.
 - Dump at least some of the salt. A simple fix is to use herbs and spices instead.
 - Cook with 3 tablespoons of unsweetened cocoa powder instead of an ounce of unsweetened bar chocolate.
 - Try evaporated skim milk as a replacement for cream.
 - Use two egg whites instead of a full egg or switch to Egg Beaters
- ### 3. Get More of the Good Stuff.
- Give yourself a double dose of vegetables or beans, and you'll eat less of the high-carb, high-fat, or high-calorie portion of the meal. "
- ### 4. Become Meat Savvy.
- Certain meats (think ground beef, bacon, and sausage) are high in saturated fat so pick lower-fat protein for your favorite recipes. Ground turkey can sub for ground beef, turkey bacon for pork bacon, and turkey sausage or meat-free sausage for the fattier variety.
 - Many people find that extra-firm tofu, seasoned or marinated and sautéed, tastes surprisingly like chicken.

Continued on page 8

Start a Walking Workout

Walking is America's favorite workout for good reasons. You don't need a gym membership. It's more fun than a stationary bike. And it's more convenient than going to a swimming pool.

Unfortunately, some people think walking is too easy to make a difference. Studies show, however, that regular exercise -

even walking - reduces the risk of heart disease, stroke, diabetes and some cancers.

To help you begin your walking program, here are answers to other common concerns that can trigger procrastination.

What if I haven't been exercising regularly?

- Check with your exercise program, especially if you are over age 40. Then begin with a relaxed, 10-minute walk around the block.
- Each week, gradually increase your speed and time, until after 10 weeks or so you are

walking a total of 30 minutes a day at a brisk pace.

- Continue to work toward an hour a day in total time spent walking if you can.



I'm a slow walker. How can I walk faster?

- If you swing your arms faster, you'll walk faster because your arms and legs move in sync. Bend your elbows at a 90-degree angle to swing them faster, but don't swing them higher than chest level.

- Also try to push off with the balls of your feet and take quicker steps, instead of lengthening your stride. Your body will naturally choose the stride that works best for you.
- To prevent physical discomfort, maintain an upright posture, with your head, shoulders, hips, knees and feet vertically aligned.
- Another way to increase the benefit of your workout is to increase the intensity. Try moving on grass, walking uphill or occasionally breaking into a short jog.

What shoes should I wear?

- When buying shoes, wear socks that you will use for walking. Also try to shop late in the day because your feet can swell throughout the day. Lastly along with the length and width of the shoes, check the toe space. You should be able to move your toes without restriction.
- Any good pair of shoes is suitable for walking, as long as they feel comfortable to you. Proper fit, however, is crucial.

How can I keep my workout interesting?

- Walk with other people or a dog.
- Bring a portable CD or tape player to listen to music or recorded books (but be careful when crossing streets).
- Use the time to plan, solve problems or meditate.
- Wear a pedometer, which counts your steps. Or vary the route you take.

Article re-printed from Diabetic Gourmet Magazine



Tips for Traveling With Diabetes

For people with diabetes, going on vacation or traveling for business requires extra planning. Changes in meal patterns, activity levels, and time zones can affect your blood sugar levels. Here are some tips to make traveling easier.

Before You Leave

- Make an appointment with your health care provider to discuss your travel plans.
- Get twice as many supplies needed to travel and bring extra prescriptions and a letter from your doctor explaining that you have diabetes.
- If you need immunization shots, plan to get them three to four weeks before your vacation. Some of these shots can upset your blood sugar levels.
- Be prepared. Know what facilities are available within the region that you will be traveling.

What Should I Bring With Me?

- Bring your doctor's name and phone number and keep it with you at all times.
- Bring a list of current medicines and keep it with you at all times.
- Always carry and wear medical identification that states that you have diabetes.
- Keep medicines, syringes, and blood sugar testing supplies in your carry-on luggage. Do not check these supplies with your luggage in case it is lost. Also, the cargo hold is not heated or insulated well, so medicine and supplies can be damaged.
- Take enough medicines and medical supplies to last an extra week in case you get stranded or stay longer than you planned.
- Have a traveling companion carry some of your medical supplies, if possible.
- Always carry some type of sugar source in case you develop hypoglycemia.

Coping With an Emergency When Out of the Country

- If an emergency occurs and you do not know where to go, try to reach the American consulate, the Red Cross, or a local medical school.
- Learn certain phrases in the local language such as: "I need help" or "I have diabetes, where is the hospital?" or "I need sugar."



- Inform the airlines, cruise ships, and tour guides in advance that you have diabetes. Most airlines and cruise ships will provide special meals.
- Test your blood sugar more often than usual.

At the Airport

Steps you can take to make your trip through airport security hassle-free include:

- Make sure you tell security that you have diabetes and that you are carrying medical supplies. Your supplies can be taken through security check points, but they must have a prescription label on them.

Continued on page 7

Continued from page 6

- All of your supplies should have a label.
- Syringes will be allowed through security if you have insulin as well.
- If you are wearing an insulin pump you must meter. You must request that the meter not be removed.

Insulin Injections

If you are traveling on an airplane and you need an insulin injection during your flight, follow your normal procedure -- with one difference: Put only half as much air into your insulin bottle as you normally would. The pressure is different in airplanes than on the ground.

Time zone changes of two or more hours may mean you need to change your injection schedule. Check with your doctor for special instructions.

Keep the temperature of your insulin between 33 degrees F and 80 degrees F. Do not freeze your insulin or keep it in direct sun.

On the Road Foot Care

People with diabetes require special foot care. Follow these tips:

- Pack at least two pairs of shoes so you can change shoes often. Changing shoes helps prevent blisters and sore pressure points.
- Pack comfortable shoes, socks, and a first aid kit to treat minor foot injuries.
- Do not go barefoot. Instead, wear shoes that are specially made for ocean or beach walking. Protect your feet at all times when you are walking by the pool, in the park, on the beach, or swimming in the ocean.
- Do not wear open-toe shoes, including sandals, flip-flops, or others (you increase your risk for injury and infection when your toes are exposed).
- Follow your daily foot-care regimen.

Reprinted article from Web MD—Health Center

Practice Mindful Eating

Here are some simple ways to slow it down as you both enhance your eating enjoyment while shedding pounds.

1. Meditate for 10 minutes every day.

Get in the habit of slowing down your thoughts and impulses and just “be”.

2. Make the emotion-eating connection.

Journal the overeating triggers and become prepared to neutralize these impulses with mindfulness.

3. Decrease distractions.

Try not to eat while sitting in front of a computer, driving to work, or talking on the phone.

4. Be aware of whether you are truly hungry or your appetite is out of control.

Appetite is a psychological drive that revolves around “I want to eat.” True hunger is a biological drive and addresses the issue of “I need food to survive. It’s when appetite wanders off on its own that you rack up extra calories.

5. Before you eat, focus on your stomach.

Be aware of how it feels when you’re truly hungry and your stomach is empty.

6. Savor every bite.

Take time to be aware of the amazing sensations of smell, taste, texture and visual presentation of the food.

7. Bite and pause.

During the pause, savor your food and reflect on how your stomach is feeling.

8. Practice in challenging situations.

Proactively prepare to neutralize the impulse to eat faster by increasing mindfulness.

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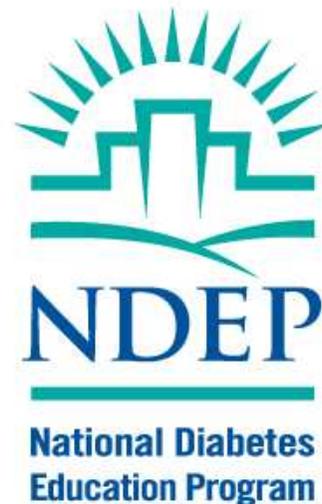
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Nebraska Department of Health & Human Services
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New NDEP Podcasts Feature Personal Stories about Managing Diabetes

In November 2009, the National Diabetes Education Program (NDEP) began posting on its website podcasts of real people talking about managing their diabetes. As they relay their stories, the speakers encourage listeners to take control of their diabetes, offering strategies to be more physically active, make healthy food choices, and closely track their blood glucose, also called blood sugar, levels.

The podcasts are part of the NDEP's "Control Your Diabetes. For Life." campaign, which was updated in 2009 to communicate the seriousness of diabetes, the importance of managing diabetes to prevent or delay complications, the message that it is not always easy to manage diabetes but it's worth it, and the importance of making a plan. Print public service announcements and a poster series feature photos of the podcast speakers.



"By employing some clever kitchen tricks, you can cut out excess calories, fat, carbohydrates, and sodium without sacrificing taste."

8 Ways to Turn Dishes into Diabetes-Friendly Meals

Continued from page 4

Be Smart About Fat.

- Skip the saturated fats found in butter, certain meats, cream, and cheeses in favor of healthier fats from avocados, walnuts, and olive oil.
- Give sandwiches a feeling of richness without using mayo or cheese by including avocado slices.
- Using hard cheeses like Parmesan (they're lower in fat) instead of softer ones, or picking reduced-fat or low-fat versions instead.

6. Save the Best for Last

- Do most of your sautéing or roasting with cooking spray or a little olive oil. Then, as a finishing touch, add a teensy

- Top your dish with an indulgent ingredient to make flavors really pop.

7. Think Outside the Box.

- Sometimes the best way to make a recipe healthier is to reinvent it. Case in point: baked chicken that's seasoned and rolled in Japanese panko bread crumbs (airier and crunchier than the typical crumb) is every bit as tasty as fried chicken.

8. Go Easy on Yourself.

- Don't beat yourself up if it takes a few dinners to find a success.
- Don't be afraid of experimenting—dust off a few cookbooks or log on to a Web site like diabetes.org/myfoodadvisor to find healthy recipes. With a little practice (and, yes, patience) you can cook up lighter versions of your favorite family meals.

Article reprinted from American Diabetes Association.

Summer Vegetable Spaghetti



- 2 C small yellow onions, cut in eighths
- 2 C (about 1 lb) ripe tomatoes, peeled, chopped
- 2 C (about 1 lb) yellow and green squash, thinly sliced
- 1 1/2 C (about 1/2 lb) fresh green beans, cut
- 2/3 C water
- 2 Tbsp fresh parsley, minced
- 1 clove garlic, minced
- 1/2 tsp chili powder
- 1/4 tsp salt
- black pepper—to taste
- 1 can (6 oz) tomato paste
- 1 lb spaghetti, uncooked
- 1/2 C Parmesan cheese, grated

Each serving contains:

Calories.....	271
Total Fat.....	3 grams
Saturated Fat.....	1 gram
Cholesterol.....	4 mg
Sodium.....	328 mg
Carbohydrates.....	51 grams
Total Fiber.....	5 grams
Protein.....	11 grams

1. Combine first 10 ingredients in large saucepan. Cook for 10 minutes, then stir in tomato paste. Cover and cook gently for 15 minutes, stirring occasionally, until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti. Sprinkle Parmesan cheese on top.

Yield: 9 Servings Serving size: 1 cup of spaghetti and 3/4 cup of sauce with vegetables

Lemony Blueberry Cheesecake Bars

Crust:

- 1 1/2 cups whole-wheat pastry flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons unsalted butter, softened
- 2 tablespoons canola oil
- 1/2 cup sugar
- 1 large egg, lightly beaten
- 1 teaspoon vanilla extract

Makes 24 bars

Cream Cheese Filling:

- 12 ounces reduced-fat cream cheese
- 1/2 cup sugar
- 1 tablespoon cornstarch
- 2 large eggs, lightly beaten
- 4 teaspoon freshly grated lemon zest
- 1/2 teaspoon vanilla extract
- 3 cups fresh or frozen and partially thawed blueberries

1. Preheat the oven to 350°F. Coat a 9 x 13-inch baking dish with nonstick spray.
2. To make the crust: Whisk the flour, baking powder, baking soda, and salt in a medium bowl. Beat the butter, oil, and sugar with an electric mixer in a mixing bowl until smooth. Add the egg and vanilla. Beat until smooth. Add the dry ingredients and mix with a rubber spatula just until the dry ingredients are moistened. Transfer the dough to the prepared baking dish. Use a piece of plastic wrap to press it into an even layer.
3. Bake the crust, uncovered, until puffed and starting to brown around the edges, about 20 minutes.
4. To make the Cream Cheese Filling: Blend the cream cheese, sugar, and cornstarch with an electric mixer or in a food processor until smooth and creamy. Add the eggs, lemon zest, and vanilla. Beat or process until smooth. Spread the blueberries over the crust. Pour the cream cheese batter over the blueberries, spreading evenly.
5. Bake the bars until the filling has set, 35 to 40 minutes. Let cool completely in the pan on a wire rack.

Each serving provides (one 2 x 2-inch bar):

140 cal, 6 g fat (3 g sat), 17 g carbs, 3 g protein, 1 g fiber, 40 mg chol, 105 mg sodium