

Seskéha/August 2025

Tsitewatakari:tat Let's Get Healthy Program Diabetes Center for Excellence



Akwesasne Wellness Month

Wellness Month was full of family fun and healthy activities for our community. Our staff participated in the Community Wellness Walk, Health Fair and the Color-Bubble Run!



*We are closed Monday August 4th in observance of Kahwá:tsire Family Day
& Wednesday August 13th for Health Services Staff Development Day*



66 Margaret Terrance Memorial Way Akwesasne, NY 13655 (518) 358-9667

SUMMER FUN

Color - Bubble Run



Congratulations to our prize winners for the Community Walk



Meet our Summer Intern

Hello, my name is Sophie Lauzon, I am heading into my senior year at Syracuse University, where I am majoring in Public Health with a minor in Nutrition. This is my 3rd summer interning with the tribe, and each year I have had the pleasure of working in a different department. This summer, I have been enjoying my time at the Diabetes Center with the Let's Get Healthy Program.

Throughout my internship this summer, I have been involved in helping set up for classes, taking vitals, and participated in community events during wellness month including the color run, wellness walk, and the health fair. This experience has provided me with valuable insights into healthcare that I plan to carry with me into my future career.

A little more about me personally, I love listening to music! My playlists are a bit chaotic with the mixing of all of the different genres. I enjoy spending time with my family and friends, and one thing almost everyone knows about me is how I absolutely love dogs, especially my dogs. I have 3 goldendoodles: Rosie, Callie, and Buddy, who are my pride and joy. I also enjoy reading and have been getting more into it lately. I love relaxing with a good tv show or movie, one of my favorites is Law and Order: SVU, which my mom got me hooked on.

Over the past few weeks, I have had the pleasure of meeting and working with many of you. It has been a truly enjoyable experience, and I look forward to seeing you all around! Thank you for an amazing summer with the Let's Get Healthy Program!



INSULIN RESISTANCE VS. PREDIABETES

Understanding the difference between insulin resistance and prediabetes is essential, especially considering that an average of 1 in 3 people in the US struggle with prediabetes and insulin resistance.

What Is Insulin Resistance?

Insulin is a hormone released by the pancreas that helps to maintain healthy blood sugar levels by moving excess glucose out of the blood and storing it in muscle tissue. It also reduces glucose production in the liver when overall blood sugar levels are adequate.

Insulin resistance is a condition in which these processes are disrupted due to the inability of cells to respond to insulin's signals effectively. If prolonged, insulin resistance can eventually contribute to metabolic disorders such as type 2 diabetes and non-alcoholic fatty liver disease.

What Is Prediabetes?

Prediabetes is a condition in which blood sugar levels are elevated above normal but not to a high enough threshold to be diagnosed as type 2 diabetes. In prediabetes, the pancreas may struggle to produce enough insulin to regulate blood sugar levels within the body, leading to high blood glucose.

Insulin Resistance & Prediabetes: What Is The Connection?

Insulin resistance is often the first step along the pathway to type 2 diabetes and other metabolic conditions, with prediabetes often following as the condition progresses.

During insulin resistance, the muscle and liver cells may not respond to insulin signals effectively, leading to temporary elevations in blood sugar. The pancreas responds by producing more insulin to help return blood sugar levels to a healthy range.

In contrast, in prediabetes, the pancreas may reach a point when it can no longer produce enough insulin to maintain blood sugar balance, resulting in persistent blood glucose dysregulation.

Insulin Resistance Vs. Prediabetes: Key Differences

The main difference between insulin resistance and prediabetes is in regard to pancreatic function.

In insulin resistance, although pancreatic processes are increased, they may still manage blood sugar levels effectively.

In prediabetes, pancreatic cells may no longer compensate for reduced insulin sensitivity, resulting in persistent elevations in blood sugar.

Prevention and Management

Both prediabetes and insulin resistance are highly associated with physical inactivity and overweight status. Therefore, lifestyle interventions are at the cornerstone of supporting the management of these conditions.

Diets, such as the Mediterranean diet that prioritize high fiber intake from fruits and vegetables, whole grains, lean proteins, and fats that limit processed foods and sweets, are associated with decreased risk of type 2 diabetes and improved glycemic control.

Additionally, regular aerobic exercise has been shown to support healthy fasting blood glucose and hemoglobin A1c levels, reduce central obesity, and increase insulin sensitivity in patients with prediabetes and insulin resistance.

EDUCATION CLASSES

Congratulations to our first cohort of participants for the What Can I Eat? Nutrition Education Program. Participants joined 5 classes to learn how making healthy food choices and physical activity can benefit health. We plan to implement the program again in the fall.

Keep an eye out for your chance to join our next class!



NEW EDUCATION SERIES

Please join Let's Get Healthy & the Health Promotion and Planning Program
for a four session education series

Classes will be held August 6th, 8th, 11th, & 15th, from 9:30 to 10:00 am in the
Diabetes Center Conference room

Topics include getting active, making healthy food choices, staying motivated, managing
stress, relaxation techniques and keeping your heart healthy

First 10 participants will receive a welcome bag. Prizes will be drawn throughout the sessions

Register with Heather Garrow in person or by phone (518) 358 - 9667

Healthy Native Youth and Diabetes Prevention

The colonization of American Indian and Alaska Natives caused widespread disruptions to traditional lifestyles.

This led to poor access to healthy foods and decreases in physical activity and contributed to an epidemic of type 2 diabetes in people of all ages.

Know Your Child's Growth Pattern

Being overweight is one of the main predictors of type 2 diabetes in children. Children's height and weight are tracked at clinic visits and determine if a child is underweight, healthy weight, overweight, or obese.

Screening for Diabetes

All Native youth, age 10 and older, who are overweight or obese should be screened for diabetes.

Support Lifestyle Changes

Establishing healthy habits early helps prevent diabetes. Adults can help by providing access to nutritious foods, daily physical activity, and support for weight loss for overweight or obese youth.

Stay Active

Support youth in being physically active for one or more hours per day. Monitor screen time and set age appropriate limits.

walking to school	15 minutes
biking or skateboarding	15 minutes
playing sports	30 minutes
TOTAL	1 hour



Aerobic activities use the body's large muscles to strengthen the heart and lungs, such as brisk walking, skateboarding, biking, or any activity that raises the heart rate.

Strengthening activities can help the:

Muscles - Climbing, doing push-ups, sit-ups, or pull-ups, or using resistance bands, free weights, and/or machine weights.

Bones - Jumping or running, including while playing basketball, lacrosse, and soccer.

"As our ancestors looked out for us, we must look out for our children and grandchildren. Together, let's build a diabetes-free future for our children."

- Lorelei De Cora,
Winnebago





Eat a Variety of Foods

Native youth need a variety of whole foods like traditionally grown and prepared foods. Help youth try new foods and find ones they enjoy, such as:

FRUITS

berries, melons, oranges, apples, peaches, pears, and dried cranberries

VEGETABLES

corn, beans, and squash, baby carrots, celery, cucumber, lettuce, and tomatoes

WHOLE GRAINS

corn tortillas, oatmeal, corn meal, whole wheat bread, pasta, wild rice, and quinoa

PROTEIN

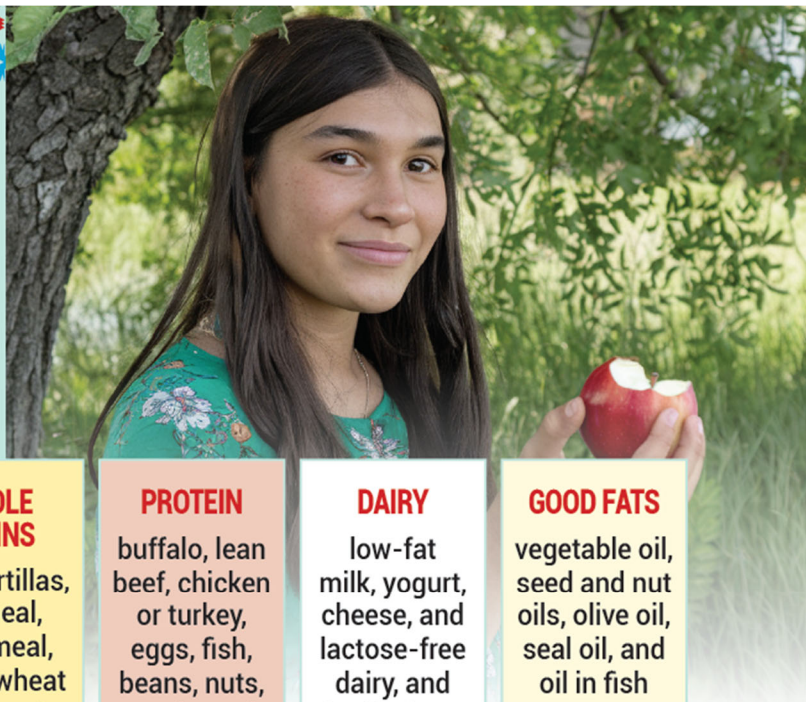
buffalo, lean beef, chicken or turkey, eggs, fish, beans, nuts, seeds, and tofu

DAIRY

low-fat milk, yogurt, cheese, and lactose-free dairy, and fortified soy milk

GOOD FATS

vegetable oil, seed and nut oils, olive oil, seal oil, and oil in fish



Increase Water Intake

- Water first – offer a reusable water bottle to use daily.
- Drink water with meals. Try water infused with fresh fruit, or cucumber and mint.

Limit Sugary Drinks

Avoid drinks high in added sugar. Sugary drinks make it hard for youth to get the nutrients they need without extra calories. Limit 100% fruit juice to 8 ounces daily.

Prepare Meals as a Family

- Prepare meals using whole foods and encourage tasting new and traditional foods.
- Get youth cooking! Help them learn skills like following a basic recipe, baking in the oven, and chopping vegetables.
- Invite youth to participate in traditional harvesting, preservation, preparation, and story time about foods from our plant and animal relatives.

Traditional Foods

Visit <https://notourdestiny.com> for traditional foods, finding recipes and more.

If you need help providing nutritious food for your family, consider looking into the food assistance resources at the following website: <https://www.usa.gov/food-help>

We all can do a lot to help Native youth prevent type 2 diabetes. The changes you make as a family today can help them achieve a healthier future.



Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit www.ihs.gov/diabetes. 07/2024

NEW

Fitness Room Hours:

Monday - Thursday

7:00 a.m. - 4:00 p.m.

Friday

7:00 a.m. - 1:00 p.m.

Fitness Room Classes

All fitness levels welcome

ELDER FITNESS:

Monday, Wednesday & Friday

9:00 - 9:30 am

A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living

LUNCH CRUNCH:

Monday - Thursday

12:15 - 12:45 pm

A 30 minute session to burn fat and increase strength. Each class will vary and will leave you feeling energized and refreshed

PICKLEBALL:

Tuesday & Thursday

8:45 - 9:45 am

Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. It can be played as singles or doubles, where players use a smooth paddle to hit a plastic ball over a net that is 34 inches high. The game is played on a court similar in size to badminton.

Learn to play

Weather permitting



August Fitness Challenge

Join us for our **"Step into August"** Fitness Challenge. Complete at least 5 minutes on any cardio machine. Then write your name and add it to our board.

All participants will be entered into our monthly prize drawing.

We had over 100 entries for the July **"Stars & Stripes"** Challenge.
Great job to all participants!



Mediterranean Quinoa Salad w/Roasted Veggies

Ingredients:

1 medium eggplant (about 1 pound), diced
1 medium zucchini, diced
1 medium yellow squash (or another zucchini), diced
4 TBSP olive oil, divided
1 & 1/2 C cooked quinoa
2 to 3 TBSP lemon juice, to taste (about 1 medium lemon)
1 clove garlic, pressed or minced
1 C halved grape tomatoes
1/3 C fresh basil leaves, chopped
1/3 C fresh mint leaves, chopped
1/4 C sliced almonds or pine nuts, toasted
3/4 C crumbled feta cheese
Salt and freshly ground black pepper

Directions:

Preheat oven to 425 degrees Fahrenheit. Line two large, rimmed baking sheets with parchment paper. Divide the eggplant, zucchini and yellow squash between the two baking sheets. Drizzle each baking sheet with 1 tablespoon olive oil and toss. Sprinkle each pan with 1/4 teaspoon salt and 5 twists of pepper. Roast until the veggies are softened and browning along the edges, about 25 to 30 minutes. Set aside to cool. To toast the almonds or pine nuts, cook them in a small skillet over medium heat, stirring frequently, until they're turning lightly golden and fragrant, about 4 to 8 minutes. Be sure to keep an eye on them so they don't burn. Transfer them to a bowl to cool. In a large serving bowl, whisk together 2 tablespoons of the lemon juice and garlic. Slowly pour in the remaining 2 tablespoons of olive oil while whisking constantly. Add the tomatoes, quinoa, basil, mint, roasted vegetables and nuts, and gently stir to combine. Season with salt, pepper and maybe another squeeze of lemon, to taste. Stir in the crumbled feta. Serve at room temperature. Store in an airtight container in the refrigerator for up to 5 days.



Nutrition Facts

Calories: 354
Total Fat: 24g
Carbohydrates: 29g
Protein: 9g
Sodium: 190mg
Sugar: 9g

Parmesan Zucchini Fries

Ingredients:

2 medium fresh zucchini
1 egg white
1/4 C low fat milk
1/2 C shredded parmesan cheese
1/2 C seasoned bread crumbs (or add dried Italian herbs to plain bread crumbs)
Cooking spray

Directions:

Preheat oven to 425. Cut zucchini into 3 inch sticks (fries). Whisk the egg white in a small bowl and add the milk. Combine parmesan cheese and seasoned bread crumbs in a separate bowl. Dip the zucchini sticks into the egg mixture and then roll in the parmesan mixture. Coat a baking sheet with cooking spray and place the zucchini in a single layer on the baking sheet. Bake for 25-30 minutes or until golden brown. Serve warm.



*Quick and Easy Recipe
Only 5 Ingredients!*

Enjoy as a side dish or a snack!