

Enniskó:wa/March 2025

Tsitewatakari:tat—Let's Get Healthy Program
Diabetes Center for Excellence
66 Margaret Terrance Memorial Way
Akwesasne, NY 13655
(518) 358-9667



Diabetes Alert Day®

Diabetes Alert Day® is on March 25, 2025! Observed annually on the fourth Tuesday in March by the American Diabetes Association, Diabetes Alert Day is a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk. We encourage you to find out if you are at risk for type 2 diabetes by taking the Diabetes Risk Test.

National Nutrition Month®

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

March is National Kidney Month

National Kidney Month is a crucial time dedicated to raising awareness about kidney health and chronic kidney disease. American Indians are disproportionately affected by kidney failure. Compared to Non-Hispanic White adults, American Indians are two times more likely to be diagnosed with kidney failure. Diabetes is the leading cause of kidney failure among American Indians. However, better diabetes care is reducing the risk for kidney failure in American Indians with diabetes.

Thank you to everyone who joined us for Elder Fitness Class on Wear Red Day!



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Diabetes Alert Day

American Diabetes Association Diabetes Alert Day[®], is a wake-up call asking the public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes and to inform the American public about the seriousness of diabetes, particularly when diabetes is left undiagnosed or untreated.

Diabetes affects approximately 11.6% of the U.S. population. American Indian/Alaska Native adults are almost three times more likely than non-Hispanic white adults to be diagnosed with diabetes. It's also estimated that more than 8 in 10 adults are living with prediabetes and don't know they have it.

If you have a family history of diabetes, you have a greater chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes if you are over age 45, are overweight, or are not physically active.

Preventing Type 2 Diabetes

Perhaps you have learned that you have a high chance of developing type 2 diabetes, the most common type of diabetes. You might be carrying extra weight or have a parent, brother, or sister with type 2 diabetes. Maybe you had gestational diabetes (diabetes that develops during pregnancy). These are just a few examples of factors that can raise your chances of developing type 2 diabetes.

Diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. Prediabetes can also cause health problems. The good news is that type 2 diabetes can be delayed or even prevented. The longer you have diabetes, the more likely you are to develop health problems, so delaying diabetes by even a few years will benefit your health. You can help prevent or delay type 2 diabetes by losing a modest amount of weight by following a reduced-calorie eating plan and being physically active most days of the week.

How Can I Lower my Chances of Developing Type 2 Diabetes?

Research shows that you can do a lot to reduce your chances of developing type 2 diabetes. Here are some things you can change to lower your risk:

- Lose weight and keep it off. You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight. For instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.
- Move more. Get at least 30 minutes of physical activity 5 days a week. If you have not been active, talk with your health care professional about which activities are best. Start slowly to build up to your goal.
- Eat healthy foods most of the time. Eat smaller portions to reduce the amount of calories you eat each day to help you lose weight. Choosing foods with less fat is another way to reduce calories. Drink water instead of sugar sweetened beverages.

Most often, your best chance for preventing type 2 diabetes is to make lifestyle changes that work for you long term.



Participate in Diabetes Alert Day and take the
American Diabetes Association's Type 2 Diabetes Risk Test @
<https://diabetes.org/diabetes-risk-test>

Nutrition Month

This year's theme for Nutrition Month is "Food Connects Us." Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Connect with Food:

- Learn cooking, food preparation and meal planning skills
- Explore where your food comes from
- Learn about community resources such as SNAP, WIC and local food banks

Connect with a Nutrition Expert:

- Ask your doctor for a referral to a Registered Dietitian (RD)
- Find a RD who specializes in your unique needs
- Receive personalized nutrition information to meet your health goals

Explore the Connection Between Food and Culture:

- Experiment with recipes using different ingredients or cooking techniques
- Include your favorite cultural foods and traditions or try new global flavors
- Enjoy your meals with family or friends, when possible

Build the Connection Across all Stages of Life:

- Learn how nutrient needs may change with age
- Include healthful foods from all food groups
- Focus on balanced and sustainable eating habits

There is a lot of research linking a healthy eating pattern, which consists of fruits, vegetables, whole grains, lean protein foods, and dairy or fortified soy versions, while also limiting saturated fat, sodium, and added sugars with a reduced risk of diet-related chronic diseases, such as heart disease, Type 2 diabetes, and some types of cancer.

Start your day off right with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

Some changes can be difficult, so it's easier to start with just one or two changes in your eating habits. For example, if your goal is to eat more fruit, include berries with your breakfast and an apple as a snack a few times per week. This may be easier to start than increasing your intake every day.



**Food
Connects Us**
2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

Diabetes & Chronic Kidney Disease

Chronic kidney disease (CKD) often develops slowly and with few symptoms. Many people don't realize they have CKD until it's advanced and they need dialysis (a treatment that filters the blood) or a kidney transplant to survive.

If you have diabetes, get your kidneys checked regularly, which is done by your doctor with simple blood and urine tests. Regular testing is your best chance for identifying CKD early if you do develop it. Early treatment is most effective and can help prevent additional health problems.

CKD is common in people with diabetes. Approximately 1 in 3 adults with diabetes has CKD. Both type 1 and type 2 diabetes can cause kidney disease

How Diabetes Causes Kidney Disease

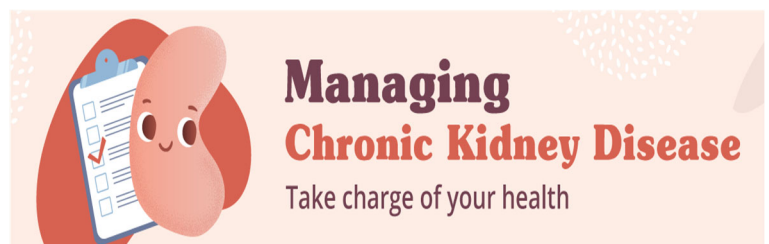
Each kidney is made up of millions of tiny filters called nephrons. Over time, high blood sugar from diabetes can damage blood vessels in the kidneys as well as nephrons so they don't work as well as they should. Many people with diabetes also develop high blood pressure, which can damage kidneys too.

CKD takes a long time to develop and usually doesn't have any signs or symptoms in the early stages. You won't know you have CKD unless your doctor checks you for it.

Tips To Keep Your Kidneys Healthy

You can help keep your kidneys healthy by managing your blood sugar, blood pressure, and cholesterol levels. This is also very important for your heart and blood vessels—high blood sugar, blood pressure, and cholesterol levels are all risk factors for heart disease and stroke.

- Meet regularly with your health care team: Staying connected with your doctor, whether in-person or using telehealth, can help you maintain your kidney health
- Manage blood pressure: Work with your doctor to develop a plan to meet your blood pressure goals. Check your blood pressure regularly and keep it below 140/90 mm/Hg (or ask your doctor what the best blood pressure target is for you)
- Monitor blood glucose levels: Check your blood glucose level regularly if you have diabetes. Keep your blood sugar levels in your target range as much as possible. Get an A1C test at least twice a year, more often if your medicine changes or if you have other health conditions
- Take medicine as prescribed and try to avoid NSAIDs like ibuprofen and naproxen: Your pharmacist and doctor need to know about all the medicines you take
- Aim for a healthy weight: Create a healthy meal plan and consider working with your doctor to develop a weight-loss plan that works for you. Include more fruits and vegetables, eat foods lower in sodium
- Reduce stress and make physical activity part of your routine: Consider healthy stress-reducing activities and get at least 30 minutes or more of physical activity each day
- Make time for sleep: Aim for 7 to 8 hours of sleep per night
- Quit smoking: If you smoke, take steps to quit



Fitness

March Madness Fitness Challenge at the Diabetes Center

The challenge is similar to a March Madness basketball bracket: Participants complete 2 different exercises and vote for their favorite. The exercise with the most votes advances to the next round.

Join us Monday March 17th for St. Patrick's Day "Luck of the Draw" fitness classes:

Elder Fitness, Lunch Crunch and Tone & Sculpt

Wear your green attire and be entered to win a prize!



Congrats to the participants of our February "FAB AB" Challenge. We had 115 entries! Great job!

JOIN LET'S GET HEALTHY FOR A
NUTRITION PROGRAM

WHAT CAN I EAT?

A five session nutrition education program designed for adults with Type 2 Diabetes. Learn how making healthy food choices and physical activity can benefit your health

WEDNESDAYS
9:30-11:00 A.M.

CLASSES HELD ON:
MARCH 19 & 26
APRIL 2 & 9
JUNE 4

Located at the Diabetes Center for Excellence

**For more information or to register, please call
Heather at (518)358-9667**



Recipes

From traditional holiday feasts to everyday family dinners, food is at the heart of social gatherings and celebrations. From a cultural point of view, foods maintain mental, physical and spiritual well-being.

To celebrate Nutrition Month and the “Food Connects Us” theme, this month’s recipes were copied from the Three Sisters Cookbook, produced by the Oneida Indian Nation Health Department. The recipes include traditional Haudenosaunee food staples; corn, beans and squash.



Three Sisters Stew

Ingredients:

- 1 can pinto beans or 2/3 C dried pinto beans
- 1/2 tsp salt (if using dried beans)
- 2 TBSP olive oil
- 1 onion, peeled and finely chopped
- 2 garlic cloves, peeled and finely chopped
- 1 can diced tomatoes
- 14 oz. stock (chicken or vegetable)
- 1 large red bell pepper, chopped into cubes
- 1 butternut squash, peeled and chopped into cubes
- 2/3 C corn
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 & 1/2 tsp cumin
- 1/2 - 3/4 tsp chili powder (depending on how spicy you prefer)



Directions:

- If using canned beans: drain and rinse the beans. If using dried beans: place the beans and salt in a bowl and cover with a generous amount of cold water. Leave to soak for 8 hours. Drain and rinse when ready to use.
- Sauté the onion and garlic. Heat the oil in a deep-sided saucepan over medium-high heat. Add the onion and fry until translucent but not brown, stirring occasionally – about 5 minutes. Add the garlic, fry for 1 minute.
- Add the cumin and chili powder and fry for 30 seconds.
- Simmer the stew. Add the tomatoes, stock, salt and black pepper. Stir until blended. Cover, and bring to boil.
- Reduce the heat to a brisk simmer.
- If using dried beans: add the beans. Cook, covered, until the beans are mostly cooked and have lost their chalky texture – about 45 - 60 minutes.
- Add the butternut squash and bell pepper. Cook, covered, until the squash is tender – about 20 minutes.
- Add the corn and cook, uncovered for 5 minutes. If using canned beans: add with the corn.
- Transfer the stew into a serving dish and serve hot.

Recipes

Succotash

Ingredients:

1 TBSP olive oil
1 & 1/2 tsp butter
1/2 yellow onion, diced
1/2 red bell pepper, diced
1 jalapeno pepper, sliced
3 cloves garlic, minced
1/2 C diced tomatoes
1/2 tsp ground cumin
1 pinch cayenne pepper
2 green zucchinis, cut into cubes
4 oz. fresh green beans, cut into 1/2-inch pieces
1/4 C water
1 & 1/2 C corn
1 C frozen baby lima beans, thawed
salt and freshly ground black pepper to taste

Nutrition Facts

Calories: 127

Total Fat: 4g

Carbs: 20g

Protein: 5g

Sugar: 4g

Sodium: 62mg



Succotash is a North American vegetable dish consisting primarily of sweet corn with lima beans or other shell beans. The name succotash is derived from the Narragansett word sahquittahash, which means "broken corn kernels"

Directions:

Heat olive oil and butter in a skillet over medium heat. Cook and stir onion with a pinch of salt in hot butter and oil until onion is softened and slightly golden, 6 to 7 minutes. Add red bell pepper, jalapeno, and garlic; cook and stir until peppers are fragrant and softened, 3 to 4 minutes.

Stir tomatoes, cumin, black pepper, and cayenne pepper into onion mixture; cook and stir until heated through, 1 to 3 minutes. Add zucchini, green beans, water, and a pinch of salt; cook until zucchini are almost tender, 5 to 6 minutes. Stir corn and lima beans into zucchini mixture until heated through, about 3 to 5 minutes more. Season with salt and pepper.

Maple Cornbread

Ingredients:

1C all purpose flour
1 C yellow corn meal
1 TBSP baking powder
1/2 tsp salt
1 C milk (skim, 1% or 2%)
1/4 C maple syrup
1/4 C melted butter
1 large egg

Directions:

Preheat oven to 425 degrees F. Lightly grease an 8 x 8 inch square baking pan. In medium mixing bowl, whisk together flour, cornmeal, baking powder and salt until combined. In a small bowl, whisk together the milk, maple syrup, melted butter and egg. Add the liquid mixture to the dry ingredients and stir until moistened, pour batter into the prepared pan and bake for 20 - 25 minutes, until lightly browned. Remove from oven and serve warm.



Fitness Room

The fitness room is open

Monday - Thursday: 8:00 am to 5:00 pm

& Friday: 8:00 am to 2:00 pm

You do not need any prior appointments or clearance, you will complete a questionnaire and be assessed at your first visit. This is an "open gym" concept. Use any cardio or strength machines and fitness equipment at your own pace. Our Health Promotion Specialists are available to assist and for any questions.

Remember to bring clean, dry shoes and a refillable water bottle.

Should you have any questions, or if you would like to schedule your 1st visit, you may call Megan Bushey at (518) 358-9667 or email Aaron Jock, Health Promotion Specialist: Aaron.jock@srmt-nsn.gov

Classes: All fitness levels welcome

ELDER FITNESS: Monday & Wednesday, 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.

TONE & SCULPT: Monday, 4:15 - 5:00 pm

This class will focus on building core strength, toning muscles, and burning fat through resistance training and cardio.

YOUTH FITNESS: Tuesday & Thursday, 4:15 - 5:00 pm

Instructor led sports and fitness activities designed to teach proper form, use of gym equipment and fun games. **Ages 12-15. Please call to register your child.*

BOOT CAMP: Wednesday, 4:15 - 5:00 pm

This class strings together circuits of intense exercises for about 30 to 60 seconds each, pausing for only a short break between exercises to burn fat, strengthen muscles and build endurance.



**Working Together
Today to Build a
Better Tomorrow**