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Let's Get Healthy Program
Diabetes Center for Excellence



Diabetes Alert Day®

Diabetes Alert Day® is on March 24, 2026. 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 to promote healthful eating and physical activity habits. It is observed every March, encouraging individuals and communities to make informed food choices, develop balanced eating patterns, and incorporate regular physical activity into daily life. The 2026 theme, "Discover the Power of Nutrition," emphasizes how nutrition can help people thrive, improve energy, and support overall well-being.





Diabetes Alert Day®

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.

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.

Follow these steps to help prevent or delay Type 2 diabetes:

Set a weight loss goal: If you have extra weight, set a weight-loss goal that you can reach. Try to lose at least 5 to 10 percent of your current weight. For example, if you weigh 200 pounds, a 10-percent weight-loss goal means that you will try to lose 20 pounds.

Follow a healthy eating plan for weight loss: Research shows that you can prevent or delay type 2 diabetes by losing weight by following a reduced-calorie eating plan and being more active each day.

Move more: Find ways to be active every day. Start slowly and add more activity until you get to at least 30 minutes of physical activity, like a brisk walk, 5 days a week.

Track your progress: Keep track of your progress to help you reach your goals. Use your phone, a printed log, online tracker, app, or other device to record what you eat and drink, and how long you are active.

Talk with your health care team: Ask your health care team about steps you can take to prevent type 2 diabetes. Learn about other ways to help reach your goal, such as taking the medicine metformin. Also, ask if your health insurance covers services for weight loss or physical activity.

Get support for changing your lifestyle: It's not easy to make and stick to lifelong changes in what you eat and how often you are active. Get your friends and family involved by asking them to support your changes.

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





Healthful Eating with Diabetes

Millions of Americans live with diabetes, both diagnosed and undiagnosed. Changing eating habits can be the most challenging aspect of diabetes self-management, but it can be a huge help in managing blood sugar levels.

Along with proper medication and physical activity, balancing the foods you eat is important in keeping blood sugars at a healthy level.

- **Eat a variety of foods.** Choose foods from each food group every day to get a variety of nutrients.
- **Make half your plate vegetables.** Include more non-starchy vegetables including leafy greens, asparagus, carrots and broccoli each day. Vegetables are full of vitamins, minerals and antioxidants. They are also rich in fiber which helps control blood sugar.
- **Choose whole grains.** Make at least half of the grains you eat each day whole grains, which provide dietary fiber. Whole-grain cereals, bulgur, barley and oats are good sources of fiber.
- **Focus on unsaturated fats.** Limit sources of saturated fat and opt for sources of unsaturated fat when cooking. Choose lean meats, poultry and fish whenever possible. Bake, broil, roast, grill, boil or steam foods instead of frying. Also, choose low-fat or fat-free dairy products. Enjoy meatless meals by swapping meat for lentils or tofu.
- **Cut the salt.** Reduce your salt and try pepper, herbs and other seasonings in its place. Eating less salt helps control high blood pressure.
- **Avoid skipping meals.** Skipping meals can make you feel hungrier, moody and unable to focus. Learn what works best for you. Some people like three meals a day, while others enjoy two meals and two snacks. Find an eating pattern that is healthy for you and stick with it.
- **Focus on your food.** Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you realize.
- **Watch portions.** You don't need to cut out carbohydrate-rich foods, but it is important to eat a balance of them spread evenly throughout the day. Read food labels and pay attention to portion sizes and carbohydrate content.
- **Experiment with Plant-Based Meals.** Expand variety in your menus with budget friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes.





American Heart Association
Healthy for Good™

EAT MORE COLOR

BLUE & PURPLE

blackberries	grapes
blueberries	plums
black currants	prunes
dates	purple figs
eggplants	raisins

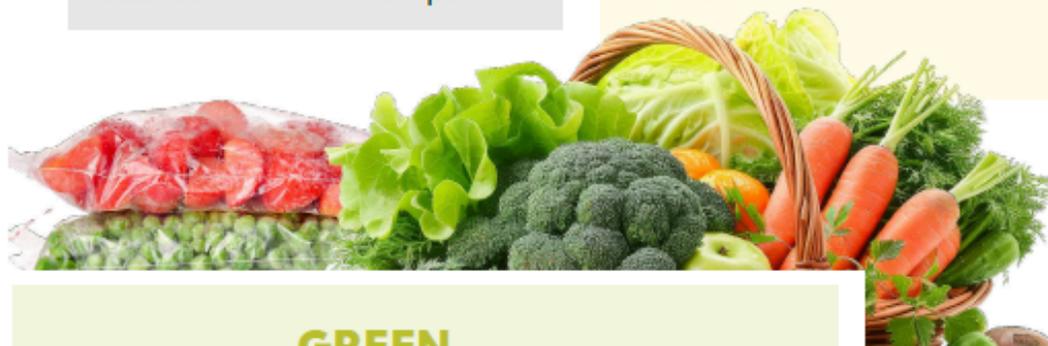
The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. All forms of fruits and vegetables (fresh, frozen, canned and dried) can be part of a heart-healthy diet. Choose types without added salt and sugar.

WHITE

bananas	mushrooms
cauliflower	onions
daikon	potatoes
garlic	parsnips
Jerusalem artichoke	shallots
jicama	taro
lotus root	turnips

ORANGE & YELLOW

acorn squash	nectarines	pumpkins
apricots	oranges	summer squash
butternut squash	orange peppers	sweet potatoes
cantaloupes	papayas	tangerines
carrots	passionfruit	yams
corn	peaches	yellow apples
lemons	pineapples	yellow grapefruits
mangoes	plantains	yellow peppers
		yellow squash



GREEN

artichokes	green cabbage	okra
asparagus	green grapes	pears
avocados	green onions	peas
bok choy	green peppers	romaine lettuce
broccoli	kale	snow peas
Brussels sprouts	kiwis	spinach
celery	leeks	sugar snap peas
collard greens	limes	tomatillo
cucumbers	mustard greens	watercress
green beans	nopales	zucchini

RED & PINK

beets	red apples
cherries	red grapes
cranberries	red peppers
guava	red potatoes
pink grapefruit	rhubarb
pomegranates	strawberries
radicchio	tomatoes
red radishes	watermelons

EAT SMART. LIVE MORE. BE WELL.

heart.org/HealthyForGood



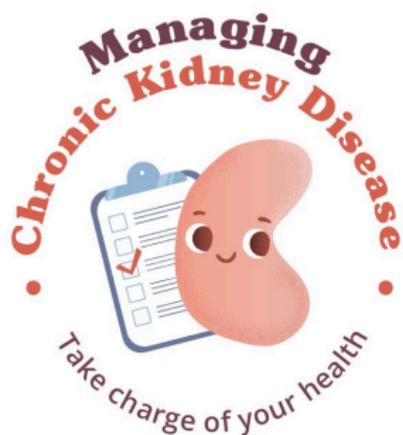


March is National Kidney Month

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.

You are more likely to develop kidney disease if you have diabetes, high blood pressure, heart disease and/or a family history of kidney failure. Diabetes is the leading cause of kidney failure among American Indians.

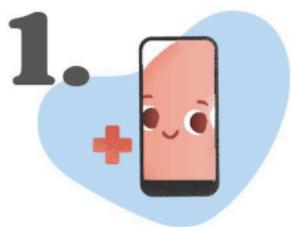
You can help keep your kidneys healthy by managing your blood sugar, blood pressure, and cholesterol levels.



Helpful Tips for Managing Your Kidney Disease

Chronic kidney disease (CKD) is a serious condition affecting around 35.5 million people. CKD is often overlooked until symptoms appear, but the earlier you start taking charge of your health, the better. Adopting a healthy lifestyle can help you manage CKD and its complications. It may seem difficult, but small changes can mean a lot. Regardless of whether you're experiencing symptoms, help to keep your kidneys, and yourself, healthier for longer.

Follow these healthy lifestyle habits to take charge of your kidney health.



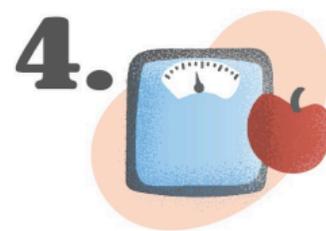
1. Stay connected with your **doctor** — in-person or using your computer, tablet, or smartphone.



2. Learn to manage your **blood pressure**, and if you have diabetes, monitor **blood glucose** levels.



3. **Avoid NSAIDs** like ibuprofen and naproxen and take **medicines** as prescribed.



4. Work with your doctor to develop a **healthy meal plan** and aim for a **healthy weight**.



5. **Reduce stress** and make **physical activity** a part of your daily routine.



6. Aim for 7 to 8 hours of **sleep** each night.



7. Take steps to **quit smoking**.





Join us for St. Patrick's Day "Luck of the Draw" fitness classes



Tuesday March 17: Lunch Crunch & Circuit Training
& **Wednesday March 18:** Elder Fitness Class

Wear your St. Patrick's Day attire for a chance to win a prize!



Traditional Foods Cooking Class



ON THE MENU:
Crookneck
Squash Soup
&
Corn Mush

Learn about the cultural significance of these foods and traditional preparation methods. Together, we'll chop, stir, cook, and share, creating space for connection, learning, and the joy of preparing food as a community.

March 23 9:30-11:00am Elders Session
5:00-6:30pm Community Session

Diabetes Center for Excellence-Theater Kitchen

**All materials will be provided • 10 spots available for each session
Call (518)358-9667 to register**

Collaboration of SRMT programs: Let's Get Healthy,
Health Promotion and Planning, and Agriculture





Fitness Room Classes

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

CIRCUIT TRAINING

Tuesday & Thursday

4:15 - 5:00 pm

A full body workout class targeting multiple muscle groups to improve overall strength and endurance. This class is effective for promoting fat loss while also building lean muscle

MOVE WITH MEGAN

Wednesday

5:15 - 6:00 pm

A fun, group fitness class to move your body and benefit health



All fitness levels welcome

Fitness Room Hours:

Monday -Thursday
7:00 a.m. - 5:00 p.m.

Friday
7:00 a.m. - 2:00 p.m..

March Fitness Challenge

"March Madness"

Perform the two exercises of the day, vote for your favorite and add your name to our pot of gold.



We had over 450 entries for February's
"For the Love of Exercise" Challenge
Great job!





Recipes

Slow-Cooker Corned Beef & Cabbage

Ingredients:

- 1 1/2 lbs. lean corned beef brisket, trimmed
- 1 C frozen pearl onions
- 3 medium carrots, peeled and cut into chunks
- 2 medium parsnips, peeled and cut in half lengthwise
- 1 rutabaga, peeled and cut into chunks
- 1 lb. small red potatoes, halved
- 1/4 C fresh parsley, chopped
- 2 bay leaves
- 1/8 tsp whole peppercorns
- 1 large green cabbage, cut into wedges



Directions:

Lightly coat a large skillet with nonstick cooking spray and heat over medium-high heat. Sear the corned beef until browned on all sides. Remove from skillet and transfer to a crockpot. Add the onions, carrots, parsnips, rutabaga, potatoes, parsley, bay leaves and peppercorns and 3 cups of water. Cover and cook on high for 4 hours. Add cabbage to the slow cooker and cook on high for 1 hour more. Remove the meat from the slow cooker. Remove and discard the bay leaves. Slice the meat and serve it over the vegetables.

White Bean Mushroom Stew



Directions:

Pour the olive oil in a large pot over medium heat. Add the onion and sauté for a few minutes. Add mushrooms. Cook for 7-10 minutes or until the mushrooms have released most of their moisture and begin to brown. Add the garlic and cook for another minute. Next add the cornstarch and stir to coat the vegetables. Add the tamari and mustard and stir again. Add the vegetable broth and potatoes and bring to a boil. Once boiling, reduce the heat and simmer (uncovered) for 15-20 minutes, or until the potatoes are tender, stirring occasionally. Stir in the beans and dairy-free milk and simmer for another 10-15 minutes until the vegetables are tender and the stew has thickened (it will continue to thicken as it cools). Adjust for seasoning and thickness as needed, adding more tamari or salt for saltiness, mustard for acidity, or dairy-free milk to thin it slightly.

Ingredients:

- 3 TBSP olive oil
- 1 medium onion, diced
- 1 lb. mushrooms, sliced
- 4 cloves garlic, minced
- 2 TBSP cornstarch
- 2 tsp tamari or soy sauce
- 1 TBSP Dijon mustard
- 3 C vegetable broth
- 1 lb. baby potatoes, diced
- 2 (15 oz.) cans cannellini beans, drained and rinsed
- 2 C dairy-free milk