



# Diabetes Prevention: Motivation Is the Key



Type 2 diabetes in the United States is an epidemic: **29 million Americans have diabetes and 86 million have prediabetes** (that's one out of three people). It's alarming news, but preventing diabetes (and managing it if you're diabetic) is within your control. **It's proven, possible, and powerful.**

Diabetes doesn't just strike older people. **At least one in eight people diagnosed with diabetes is now under 40**, compared with about one in 30 just 20 years ago, and they are likely to die up to 15 years early because of it. Here are the latest diabetes prevention tips from the American Diabetes Association:

## Be Active!

There are many benefits to regular physical activity. Exercise can help you:

- \* Lose weight
- \* Lower your blood sugar
- \* Boost your sensitivity to insulin—which helps keep your blood sugar within a normal range

Research shows that aerobic exercise and strength training can help control diabetes. The greatest benefit comes from a fitness program that includes both.

It's easy to start an exercise routine once you've decided it's time for a change, but keeping it up can be a challenge. Hitting a road block or two is normal, but you need to have a plan to deal with it. There are bound to be days when you have a bad work out or don't get to exercise at all. When this happens, the most important thing is to accept it, turn any negative thoughts into positive thoughts, and plan to get back at it tomorrow.

**Read more** about positive self-talk, which can be really helpful for getting over these hurdles.

## Get Plenty of Fiber

It's rough, it's tough—and it may help you reduce your risk of diabetes by:

- \* Improving your blood sugar control
- \* Lowering your risk of heart disease
- \* Promoting weight loss by helping you feel full

Foods high in fiber include fruits, vegetables, beans, whole grains and nuts.

## Lose Extra Weight

Every pound you lose can improve your health, and you may be surprised by how much. Participants in one large study who lost a modest amount of weight—around 7% of initial body weight—and exercised regularly, reduced the risk of developing diabetes by almost 60%, according to data collected by the [Diabetes Prevention Program](#).

## Skip the Fad Diets and Just Make Healthier Choices

Low-carb diets, the glycemic index diet or other fad diets may help you lose weight at first. But their effectiveness at preventing diabetes isn't known, nor are their long-term effects. By excluding or strictly limiting a particular food group, you may be giving up essential nutrients. **Instead, make variety and portion control part of your healthy eating plan.**

## The Bottom Line

It's never too late to start making healthier choices. A few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage. Going slowly at first raises your chances of being able to stick with your plan.

*(Sources: American Diabetes Association, Mayo Clinic)*



# WHEN TRYING TO QUIT SMOKING SUPPORT CAN MAKE ALL THE DIFFERENCE

Every year, **on the third Thursday of November**, smokers across the nation take part in the American Cancer Society Great American Smokeout event. Encourage someone you know to use the date to make a plan to quit, or plan in advance and then quit smoking that day. **By quitting—even for 1 day**—smokers will be taking an important step toward a healthier life and reducing their cancer risk.

About 40 million Americans smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the world. While cigarette

smoking rates have dropped (from 42% in 1965 to 17% in 2014),

cigar, pipe, and hookah—other dangerous and addictive ways to smoke tobacco—are very much on the rise. **Smoking kills people**—there's no safe way to smoke tobacco. Despite their popularity, e-cigarettes are not a better alternative to smoking. They still contain highly-addictive nicotine as well as other harmful chemicals.

Quitting smoking has immediate and long-term benefits at any age. Quitting is hard, but you can increase your chances of success with help. Getting help through counseling or medications can double or triple the chances of quitting successfully.

### Take the Stop Smoking Quiz

**The key to success in kicking the habit is to create a personal quit plan.** By taking the stop smoking quiz, you'll know more about how strongly addicted you are, and can use this information to help you design a detailed plan based on your smoking patterns. These suggestions are for adults who are not pregnant. Teens and pregnant women should talk with their doctors about how much they smoke, and what methods are most likely to work for and be safer for them. [Click here to take the quiz.](#)

## SAVE THE DATE

**Our Lunch-N-Learn is on Thursday, November 17. The topic is "A Healthy Approach to Holiday Eating."**

### One-Pot Roasted Chicken with Acorn Squash

#### INGREDIENTS

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| 4 (4-oz) boneless, skinless chicken thighs | 1 Granny Smith apple, cored and sliced |
| 1 tsp dried rosemary                       | 1 Tbsp honey                           |
| 2 tsp olive oil                            | 1/4 tsp cinnamon                       |
| 1 acorn squash (1 1/4 lb)                  | 1/2 cup water                          |

#### INSTRUCTIONS

1. Preheat the oven to 375 degrees F.
2. Season the chicken with the rosemary. In a Dutch oven or oven-safe pot, heat the oil over medium-high heat. Place the chicken in the pot and sear for 3 minutes per side.
3. Cut the acorn squash in half lengthwise and scoop out the seeds. Cut each half into quarters; discard ends.
4. Place the acorn squash and apple slices around the chicken. Drizzle the honey evenly over the squash and apple slices and then sprinkle them with cinnamon. Pour the water over the chicken.
5. Bake for 45 minutes in the oven, uncovered. To serve, pour some of the juices over the chicken, squash and apples.

#### NUTRITION INFO

Serving Size: 1 chicken thigh, 2 acorn squash wedges, about 4 slices of apple  
Calories: 240 | Carbohydrate: 22 g | Protein: 19 g | Fat: 9 g | Saturated Fat: 2.1 g | Sugars: 12 g  
Dietary Fiber: 5 g | Cholesterol: 105 mg | Sodium: 70 mg | Potassium: 615 mg

