

National DIABETES AWARENESS MONTH

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Diabetes occurs when the body doesn't make enough, or any insulin or doesn't use insulin well.

The most common types of diabetes are type 1, type 2, and gestational diabetes. With type 1 diabetes, the body does not make insulin. The immune system attacks and destroys the cells in the pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. Type 2 is the most common type of diabetes. With type 2 diabetes, the body does not make or use insulin well. It can develop at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Gestational diabetes develops in some women when they are pregnant. Most of the time, this type of diabetes goes away after the baby is born. However, if you've had gestational diabetes, you have a greater chance of developing type 2 diabetes later in life.

Diabetes can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, getting more physical activity, and losing weight.

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes. Here are just a few ideas:

- Encourage people to make small changes, like taking the stairs instead of the elevator.
- Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked, and ask the doctor about their diabetes risk.
- Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.

Source: U.S. Department of Health and Human Services



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Stay Fit and Healthy This Thanksgiving

Here's some food for thought. People probably consume 3,000 to 5,000 calories around the Thanksgiving table. While eating often takes center stage during the holidays, that doesn't mean we have to give up on good health. Check out these tips for a fit and healthy holiday, without sacrificing any flavor or fun.

1. **Get enough sleep:** Make sure you get about seven to nine hours of sleep the night before Thanksgiving. Not getting enough sleep could amp up appetite levels the next day.
2. **Get outside:** Are you an early riser? Go for a walk or run to enjoy some pre-festivities alone time, or grab your family member to catch up. For something a bit more competitive, round up a group of family or friends and hit the backyard or local park for some softball.
3. **Split up the chores:** Everyday activities like cleaning up the family room can burn more calories than you realize. Offer to do the dishes or sweep and mop the floor. It allows you to lend a hand and get you moving!
4. **Bust a move:** Have some family bonding through a dance party by gathering a group of people, turning up the tunes, and getting that blood flowing. It may help digest that stuffing too.
5. **Eat breakfast:** Skipping breakfast in order to save your appetite for dinner can lead to binging at the dinner table.
6. **Hydrate:** Drink enough water throughout the day to stay hydrated to avoid sparking hunger pains, which may actually be thirst.
7. **Use a smaller plate:** Research shows this will help you eat 22% less fewer calories.
8. **Skip the seconds:** Wait about 20 minutes before filling up the dinner plate again being that this is the amount of time it probably takes to feel full.
9. **Relax and enjoy:** An overdose of family and food can be stressful but it important to stay rested, calm, and in control. At the end of the day, Thanksgiving should be enjoyed with loved ones, with fun and laughter, and even a little football. Don't stress about cleaning up. Take a few deep breaths and relax.



Maintain, Don't Gain This Holiday Season

This holiday season, the only thing that should be "stuffed" is the turkey. Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds. Later in life, the extra weight may be a major contributor to obesity and the diseases associated with it. The holiday season is a minefield of overeating opportunities. Add the hectic festivities to your calendar, and exercise takes a backseat. Don't let this combination allow you to gain weight. This challenge is for anyone wanting encouragement and accountability through the season but still enjoy the food and fellowship.

Maintain,
don't gain this
holiday season.

2018 Holiday Challenge
November 12 - December 31
esmmweighless.com



What's in Season?



Avocado, Bell Pepper, Carambola (star fruit), Cucumber, Eggplant, Grapefruit, Guava, Mushroom, Orange, Passion Fruit, Peanut, Radish, Snap Bean, Squash, Sweet Corn, Tangerine, Tomato, and Pumpkin.



Thanksgiving Eats

Jamaican Jerk Turkey

Prep Time: 72 hrs Cook Time: 2 Hours

Makes enough for a turkey up to 7kg or 16lbs.

Ingredients

- 1 whole turkey, up to 7kgs or 16 pounds
- 5 onions (approximately 400 grams)
- 4 cups chopped scallions/green onions
- 8 stalks fresh thyme
- 9 cloves of garlic (approximately 40g)
- ¼ cup allspice berries or 1 ½ tsp ground allspice
- 2 whole Scotch Bonnet peppers / substitute with habaneros (with seeds)
- 1 tbsp chopped ginger and black peppercorns or 1 tsp ground black pepper
- ½ tsp grated nutmeg and cinnamon
- 1 tsp brown sugar
- 5 tsp fine sea salt (for a 6kg turkey, less if substituting with table salt)
- ½ cup cooking oil (a plain oil like sunflower)
- 1 tbsp distilled cane vinegar
- cornstarch (or other thickener) to thicken gravy

Source:: www.chefandsteward.com

How to Make

- METHOD FOR JERK SEASONING
- Set salt aside and do not combine with the seasoning.
- If using whole allspice berries and black peppercorns, dry roast them in a frying pan until the pan starts to smoke. Remove from heat, and grind the spices in a spice grinder. Combine with all other dry spices and set aside.
- In a blender, puree the onions, thyme, garlic, ginger, peppers and vinegar, and oil. Add the dry spices and pulse until incorporated.
- Add scallions and pulse several times to shred, careful to not blend them or they will render the seasoning bitter.
- Pour the mixture into a bowl and mix with a wooden spoon or silicone spatula to fully combine.
- METHOD TO ROAST TURKEY
- Defrost turkey in fridge 3 days before you intend to cook it. Hours before cooking time, remove from fridge.
- Clean the turkey and pat it dry, removing innards and any plastic ties for the legs. Keep the neck.
- Apply jerk seasoning liberally to your turkey. Make sure to get it into every nook and cranny of the cavities and inside the neck cavity and chest area. Season neck as well. Add any excess marinade to the grooves of the wings and legs and on top of the breast. Cover with aluminum foil and return to the refrigerator.
- Around 3-4 hours before cooking time, remove the turkey from fridge and add salt all over and inside the cavities. Replace cover and leave on top of kitchen counter to come to room temperature.
- Preheat oven to 450F. Grease roasting pan with oil. Tuck the wing tips under the turkey and truss the legs together. Tying the legs together is essential for even roasting.
- Place the turkey bottom-side-down in the center of the roasting pan. Place in the center of the oven and cook 30 minutes, then reduce oven temperature to 130C / 265F.
- After the turkey has been in the oven for one hour, turn around the roasting pan to compensate for any hot spots in the oven and to ensure even browning.
- Bake for 2- 2.5 hours or until the deepest part of the breast gives a reading of 70 C/ 161 F. Remove from the oven to rest for at least 30 minutes. Despite your eagerness to pinch, let the bird rest in peace. Literally! That's what the neck is for. Grab your phone, take your best shot and brag about it on Instagram. Carve the meat against the grain.

Allow the turkey to rest before carving. It's best to carve just slightly warm results.



Vegan? Try Cauliflower Stuffing



Serves: 6 Prep Time: 15 min Total Time: 30 min

Source: www.delish.com

Ingredients

- 4 tbsp. butter
- 1 onion, chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped or thinly sliced
- 1 small head cauliflower, chopped
- 1 c. chopped mushrooms
- kosher salt
- Freshly ground black pepper
- 1/4 c. chopped fresh parsley
- 2 tbsp. chopped fresh rosemary
- 1 tbsp. chopped fresh sage (or 1 tsp. ground sage)
- 1/2 c. vegetable or chicken broth

Directions

- In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.
- Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more.
- Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes.
- Serve.

Dessert Anyone? Try Simple Baked Apples



Ingredients

- 6 apples - peeled, cored and sliced
- 3 tablespoons all-purpose flour
- 1/2 teaspoon each of: ground cinnamon & ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 cup each of: raisins, chopped walnuts, white sugar & whole milk

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish, or coat with non-stick cooking spray.
- Place apples in a large bowl. In a small bowl, mix together sugar, flour, cinnamon, nutmeg and cloves. Stir spice mixture into apples until evenly distributed. Fold in raisins and walnuts. Spoon into prepared dish. Pour milk evenly over apple mixture.
- Bake in preheated oven for 45 to 60 minutes, or until soft and bubbly. Allow to cool slightly before serving.

Source: www.allrecipes.com

Prep: 30 min Cook: 1 hour Servings: 3
Calories per serving: 136

What do you do for your health?

Laura Lindenbaum

Up until June 2018 I hadn't found a source of exercise I truly enjoyed, nor the unquestionable realization the major role good nutrition plays in your life. Albeit, I knew I needed to make a lasting change. I dreaded every form of exercise I tried. There was always a delicious meal that was easily accessible and/or convenient. That said, I began my Fitness and Nutrition Journey on June 4, 2018. It was the beginning of a transformation I never dreamed I'd achieve, and in such a reasonable amount of time. In addition to walking weekly with the DOH-Broward walking club, I did a six week CrossFit challenge. Following the challenge I decided to join the gym, which I never thought I'd love and be excited to go, nor would it feel like my home away from home. The challenge came with a meal plan I enjoy and can easily follow, with results I always saw or heard about when people find the right combination.

What I've learned in the last four months is that eating healthy regularly, coupled with the form of exercise that suits the individual, undeniably had to be a lifelong, lifestyle change. It has positively impacted my life in so many ways. I have greater physical and mental energy. I feel stronger and sleep better. Best of all I feel more confident which drives my desire to keep going, work harder, and not give up because I know it's attainable and sustainable.



Did you know that physical activity does not have to be vigorous or done for long periods in order to improve your health? Walking is a great way to improve your health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Now that the weather is cooling off, the DOH-Broward Walking Club is a great way to meet your co-workers, get outside, and exercise. - **Caroline Bartha & Laura Lindenbaum**

The Walking Club meets at 1pm in front of the Administration Building every Monday, Wednesday, and Friday. Contact Caroline Bartha x5270.

Mark your calendars!



Please consult your healthcare provider before starting any diet or exercise program.



Zumba is a workout featuring movements inspired by various styles of Latin American dance, performed to music. It's become a popular and trendy workout across the globe. It's a full-body workout. Designed as a combination of salsa and aerobics, there's no right or wrong way to do Zumba. As long as you move to the beat of the music, you're participating in the exercise. Since the intensity of Zumba is scalable, you're moving on your own to the beat of the music. It's a workout that everyone can do at their own intensity level! And since Zumba involves movement of the entire body, from your arms to your shoulders and to your feet. You'll get a full-body workout that doesn't feel like work. A small 2012 study found that a standard, 39-minute Zumba class burned an average of 9.5 calories per minute. This adds up to 369 calories in total throughout the class. The American Council on Exercise recommends that individuals burn 300 calories per workout in order to promote weight loss and maintain a healthy bodyweight. Zumba fits their criteria perfectly.

So, who's ready to dance? Try a Zumba class taught by Janelle Taveras (certified instructor). Contact Cynthia Dawes to sign up for the next Employee Wellness Zumba Class.

Source: Healthline



DID YOU KNOW? Taking walking breaks is good for your mind. It can help you concentrate, increase your creativity, and boost your mood.

Source: American Heart Association

DID YOU KNOW? Fewer than 50% of Americans meet the minimum guidelines for moderate physical activity. Walking is the easiest and most affordable way to correct this problem.

Source: America Walks



COPD & Lung Cancer Awareness Month

AMERICAN LUNG ASSOCIATION
Fighting for Air



WOMEN SMOKERS IN CERTAIN AGE GROUPS ARE MORE THAN
38 TIMES
AS LIKELY TO
DEVELOP COPD,
COMPARED WITH WOMEN WHO HAVE NEVER SMOKED.



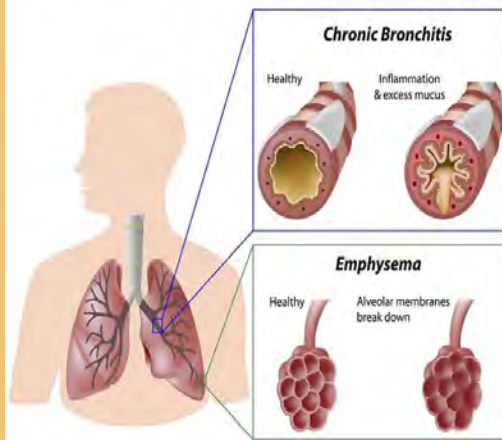
Chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema, is a chronic lung disease that makes it hard to breathe. The disease is increasingly common, affecting millions of Americans, and is the third leading cause of death in the U.S. More than 11 million people in the U.S. suffer from COPD. It causes serious long-term disability and early death.

COPD damages the airways in your lungs and leads to shortness of breath, impacting your work, exercise, sleep and other everyday activities. The main cause of COPD is smoking, but nonsmokers can get COPD too. Many people don't recognize the symptoms of COPD until later stages of the disease. Sometimes people think they are short of breath or less able to go about their normal activities because they are "just getting older."

Shortness of breath can be an important symptom of lung disease, along with chronic cough, shortness of breath while doing everyday activities, frequent respiratory infections, blueness of lips or fingernail beds, fatigue, producing a lot of phlegm, and wheezing. If you experience any of these symptoms, or think you might be at risk for COPD, it is important to discuss this with your doctor. Early detection of chronic obstructive pulmonary disease (COPD) is key to successful treatment. The good news is COPD is often preventable and treatable.

Source: American Lung Association

Chronic Obstructive Pulmonary Disease (COPD)



This general information is not intended to diagnose any medical condition or to replace your healthcare professional.

Lung cancer is the most common cancer in men and women in the United States. Lung cancer is a complex disease to understand and treat. Lung cancer happens when cells in the lung change (mutate). They grow uncontrollably and cluster together to form a tumor, destroying the healthy lung tissue around them. These types of tumors are called malignant tumors. When the cancer cells spread, they prevent organs of the body from functioning properly.

Smoking is the number one cause of lung cancer. It causes about 90 percent of lung cancer cases. Tobacco smoke contains many chemicals that are known to cause lung cancer. If you still smoke, quitting smoking is the single best thing you can do for your lung health. If you are a former smoker, your risk is decreased, but has not gone away completely—you can still get lung cancer. Nonsmokers also can be affected by smoking. Breathing in secondhand smoke puts you at risk for lung cancer or other illnesses. Radon exposure is the second-leading cause of lung cancer. Radon is a colorless, odorless radioactive gas that exists naturally in soil. One out of every 15 homes in the U.S. is subject to radon exposure. Exposure to radon combined with cigarette smoking seriously increases your lung cancer risk.

Lung cancer symptoms usually do not appear until the cancer has spread to other parts of the body. At this point, it is harder to treat lung cancer. When symptoms are present, they are different in each person, but may include a cough that doesn't go away and gets worse over time, hoarseness, constant chest pain, shortness of breath or wheezing, frequent lung infections such as bronchitis or pneumonia, and coughing up blood. If you think you are at risk for lung cancer, talk to your doctor about being screened. Some people, unfortunately, go misdiagnosed for a long time because their symptoms are similar to other diagnoses such as pneumonia, allergies or a cold. If you feel that something is wrong, be persistent with your doctor. You know your body best and being persistent could save your life.

Source: American Lung Association



AFRICAN-AMERICAN MEN AND LUNG CANCER

PROTECT YOUR FAMILY AND YOURSELF!

AFRICAN-AMERICAN MEN have the HIGHEST RATES OF LUNG CANCER in the U.S.

LUNG CANCERS are mostly caused by SMOKING.

When you smoke around your family, EVERYONE SMOKES!

The smoke from your cigarettes, called secondhand smoke, can cause lung cancer and other health problems in PEOPLE WHO HAVE NEVER SMOKED, EVEN KIDS.

There's NO SAFE WAY to smoke.

Menthol cigarettes are JUST AS DANGEROUS as non-menthol cigarettes.

IT'S NEVER TOO LATE TO QUIT.

YOUR RISK FOR LUNG CANCER GOES DOWN WHEN YOU QUIT, no matter how old you are or how long you have smoked.

Quitting can be hard, and you may need help. For free help quitting, visit SMOKEREEF.COM, call 1-(800)-QUIT-NOW, or text the word QUIT to 47848 from your mobile phone.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

HEALTHY LIFESTYLE CHOICES



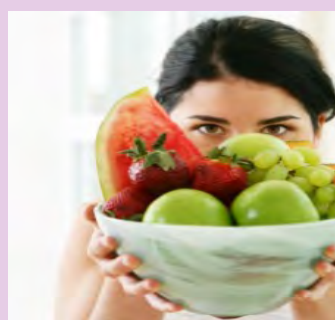
Lifestyle medicine is an approach to decreasing the risk and development of chronic disease by improving lifestyle choices such as nutrition, physical activity, stress management, sleep habits, smoking cessation and avoiding alcohol and drug abuse. Focus on making small changes that fit your lifestyle. Strive to make incremental modifications in your diet and other behaviors to achieve a sustainable healthy lifestyle for the entire family.

Here are some simple tips:

- Don't be afraid to ask your physician for help and/or a referral to see a Registered Dietitian Nutritionist.
- Remember that not everything you read on the internet is factual, accurate, or helpful. Always ask your physician or nutritionist for clarification.
- Increase your daily physical activity. The recommendation for adults is 30 minutes per day while the recommendation for children is 60 minutes per day. Look for ways to add physical activity into your day - take the stairs, park farther from entrances, add a daily walk, do an outdoor family activity, or plant/maintain a garden.
- Reducing stress can help you make better nutrition choices and improve sleep. Seek medical or social support when facing challenges and hardship. Add exercise regimens (walking, running, swimming, weight lifting, organized sports) whenever you can, and remember to take deep breaths throughout the day.
- Work with a healthcare professional to quit smoking. You are never too old to quit, as smoking increases your risk for serious health conditions, diseases and even death. Call 954-262-1580 or visit <http://tobaccofreeflorida.com/county/broward> for free resources and counseling.
- Get plenty of sleep. The National Sleep Foundation recommends 7-9 hours per night for adults. Boost your ability to sleep well by reducing screen time (TV, phone, computer), including daily physical activity in your day, adding a relaxing bedtime ritual to your routine (reading, warm bath, meditation), or try a sleep mask



Source: Florida Medical Association



Please consult your healthcare provider before starting on any diet or exercise program.

Did you know?

Thirty-six percent of Americans are obese and only 36 percent of Floridians are at a healthy weight.

Source: Florida Medical Association

Contact Us:

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