



HEALTHY AT 80

www.communityhealthdayton.org

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WHAT'S YOUR SCORE?

One out of three American adults has prediabetes and most don't even know it. Keep reading to understand YOUR risk and see what you can do about it!

- * Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.
- * Without weight loss or moderate physical activity, many people with prediabetes will develop type 2 diabetes within 3 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack, stroke, blindness, kidney failure, or lose of toes, feet, or legs.
- * Check out www.doihaveprediabetes.org or text RiskTest 97779 to find out your risk. If you are at high risk for prediabetes, talk to you healthcare provider to learn more. Prediabetes can be reversed—know where you stand!
- * If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health! Diabetes Prevention Programs can help you make lasting changes to reduce your risk of type 2 diabetes. In the Dayton Metro area, Public Health – Dayton & Montgomery County, Diabetes Dayton, and YMCA of Greater Dayton are part of the National Diabetes Prevention Program. Ask your health care provider if a Diabetes Prevention Program is a good fit for you!

Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:
www.communityhealthdayton.org/healthyat80



Eat well Move more Live longer

Community Health Centers of Greater Dayton—Your Medical Home

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- What is PRE-Diabetes?
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WHAT IS PREDIABETES?

“But what is PRE-Diabetes? I don’t have diabetes, do I?” Prediabetes is a wake-up call that you’re on the path to diabetes. But it’s not too late to turn things around. Almost 86 million Americans have prediabetes, meaning that your blood sugar (glucose) level is higher than it should be, but not in the range of diabetes. Prediabetes makes you more likely to get heart disease or have a stroke, but everyone, regardless of whether you have prediabetes or not, can take action to lower your risk and prevent Type 2 Diabetes!

- ◇ Making changes may seem tough, but even a small amount of weight loss can usually help prevent type 2 diabetes. Losing just 5-7 percent of your body weight can slow or even reverse prediabetes. For a person who weighs 200 pounds, that’s only 10-15 pounds.
- ◇ Get at least 2.5 hours (150 minutes) of light activity every week. This could be as simple as going for a brisk 30-minute walk 5 days per week. Even 10 minutes at a time adds up. Small steps can lead to big changes.
- ◇ Find simple ways to be more active throughout the day, like taking the stairs instead of the elevator, or parking farther away from the entrance of a store front when you hit the shops. Because, hey, whatever will get you moving is a step in the right direction! At the start of each week, create a schedule of when you’re going to exercise — and make it a priority to stick to it!
- ◇ Reading food labels is so important. The more you know about what goes into your food, the better decisions you’ll be able to make. Also, try and cut down on foods with saturated fat, trans-fat, hydrogenated fat, or partially hydrogenated fat. Check labels to help you make healthy choices, and see the next page to help you keep track of what you learn from those labels!

How to Read a Nutrition Facts Label

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

① Start Here →

② Check Calories

③ Limit these Nutrients

④ Get Enough of these Nutrients

⑤ Footnote

⑥ Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

<https://doihaveprediabetes.org/reverse-prediabetes.html>

PREDIABETES FAQ

“I got a high score on the online risk test. Does that mean I have prediabetes?”

A high score on the online risk test means you may have prediabetes, but only a blood test can tell you for sure, so talk to your doctor. Your doctor will do a simple blood test to check your blood sugar levels. If those levels are higher than normal, but not yet high enough to be type 2 diabetes, it means you do have prediabetes. But the good news is... as you have just learned... that prediabetes can often be reversed.

“How close is prediabetes to having type 2 diabetes?”

5-30 percent of people who have prediabetes will develop type 2 diabetes within 5 years. If you don't make lifestyle changes, it puts you at greater risk.

“How long do I have to make changes in my foods and physical activity?”

It's important to act now, because the sooner you start making changes, the better chance you have of preventing type 2 diabetes. You can start slowly and ease these changes into your life until they feel normal. It's important to make changes that fit into your real-life — there is not a "one size fits all" program.

<https://doihaveprediabetes.org/faq.html>

**MOVE MORE FOR
WHOLE BODY
HEALTH**

A good starting goal is at least 150 minutes a week, but if you don't want to sweat the numbers, just move more!

Find forms of exercise you like and will stick with, and build more opportunities to be active into your routine.

Get started! Just add moderate activity 10 minutes, 2+ times each day, and aim for 150 minutes

GET STARTED! JUST ADD MODERATE ACTIVITY

10

MINUTES
2+ TIMES EACH DAY

AND AIM FOR —

150

MINUTES
EACH WEEK

NUTRITION BITES!

Track It! If you can keep track of your family's crazy schedule, keeping track of your daily fat grams and calorie intake should be a breeze! Here's a handy tracker that will help you make eating healthier a regular thing:



MY GAME PLAN FOOD AND ACTIVITY TRACKER

NAME _____

DATE _____

FROM _____ TO _____

MY GAME PLAN THIS WEEK...

FOR CUTTING FAT GRAMS:

FOR CUTTING CALORIES:

FOR GETTING MORE
PHYSICAL ACTIVITY:

HHS' NDEP is jointly sponsored by NIH and CDC with the support of more than 200 partner organizations.

SAMPLE ENTRY:

MONDAY FOOD AND DRINK TRACKER			
TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
8:00 AM	1/2 cup oatmeal	1	73
	1 cup 2% milk	5	121

Delicious & Nutritious

Making your own low-sodium sauce is a great way to add flavor to your dishes without the extra salt. This recipe features a rich, velvety mustard sauce that blankets savory chicken tenders on a bed of noodles and tender-crisp broccoli.

DIJON CHICKEN WITH BROCCOLI AND NOODLES

6 ounces dried whole-grain no-yolk noodles
2 1/2 cups chopped broccoli florets
3 tablespoons all-purpose flour
1 teaspoon smoked paprika
1/8 teaspoon cayenne
1 pound chicken breast tenders
3 teaspoons olive oil, divided
8 ounces sliced mushrooms
1 cup chopped onion
2 medium garlic cloves, minced
16 oz fat-free plain Greek yogurt
3 tablespoons Dijon mustard



- ⇒ Prepare the pasta using the package directions, omitting the salt. Three minutes before the end of the cooking time, stir in the broccoli. Drain in a colander. Set aside.
- ⇒ Meanwhile, in a medium shallow dish, stir together the flour, paprika and cayenne. Dip the chicken in the flour mixture, turning to coat and shaking off any excess. Using your fingertips, gently press the coating mixture so it adheres to the chicken. Transfer to a large plate.
- ⇒ In a large nonstick skillet, heat 2 teaspoons oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 4 minutes. Turn over. Cook for 2–4 minutes, or until no longer pink in the center. Transfer to a separate large plate. Cover loosely to keep warm.
- ⇒ Reduce the heat to medium. In the same skillet, heat the remaining 1 teaspoon oil, swirling to coat the bottom. Cook the mushrooms, onion and garlic for 2–3 minutes, or until the onion begins to soften, stirring frequently and scraping to dislodge any browned bits. Remove from the heat.
- ⇒ Stir in the yogurt and mustard. Stir in the chicken. Serve over the pasta.

<http://www.diabetes.org/mfa-recipes/recipes/2017-02-dijon-chicken-and-broccoli-and-noodles.html>

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Health Centers

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5 South Alexandersville Road Miamisburg, OH 45342
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Charles Drew Health Center

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Corwin Nixon Health Center

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East Dayton Health Center

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Southview Health Center

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