

DIABETES PREVENTION INITIATIVE

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DIABETES PREVENTION INITIATIVE UPDATE

The Diabetes Prevention Initiative (DPI) program is entering an exciting fourth year. The DPI staff will continue to serve Doña Ana and Otero Counties with programs such as Stanford Chronic Disease Self Management trainings, Diabetes friendly Foods, and support of the Doña Ana County Diabetes Coalition (DADAC) and Otero County Diabetes Education Prevention Collaborative (OCDEPC) to bring networking and collaboration among diabetes programs in each county. DPI is incorporating health



DPI staff: Melissa Cabrera, Yolanda Benally, Amy Trujillo and Alma Torres

literacy and cultural competency trainings and “Fitness and Fun” the community outreach program for kids that teaches nutrition, physical activity and healthy lifestyle messages while engaging participants fun and inexpensive ways to stay active.

Read through this Summer ‘06 issue to learn more about our programs and contact the DPI coordinator, Amy Trujillo at 505-646-3441 ext. 15 if you need more information or for specific training schedule information.

HEALTHY HAPPENINGS

DPI participated in the Community Garden Project in Rincon, New Mexico to deliver the Fitness and Fun community outreach program for children. This three-day program focused on nutrition, portion distortion, and physical activity. A group of energetic 5 to 12 year olds participated in the program. Day one participants learned basic food nutrition through activities using the United States Department of Agriculture’s (USDA) MyPyramid, identifying healthy foods, and



DPI “Fitness & Fun” workshop participants learn about portion sizes from DPI graduate assistant, Alma Torres.

discussing the importance of eating healthy. Day two was an ADVENTURE during the physical activity portion. Children were taught the importance physical activity, how to use

and care for a pedometer, and that physical activity can be fun and inexpensive. The children learned about portion distortion and how this helps maintain a healthful eating, in addition, the children participated in fun hands-on activities which included making their own healthful snacks. In the end, the children received a certificate of completion along with a SoAHEC backpack filled with fun activities.



Diabetes Prevention Initiative
Many hands make light work.

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PASO DEL NORTE HEALTH
FOUNDATION
Better Health, Better Lives, A Better Community.

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OTERO COUNTY DIABETES EDUCATION & PREVENTION COLLABORATIVE

OCDEPC is a collaborative effort to bring together a network of health care professionals to better serve their community. OCDEPC now meets the second third Thursday of each month at the Alamogordo Counseling Center conference room from 11:30 a.m. to 1:00 p.m. Contact Amy Trujillo at 505-646-3441 ext. 15 for more information.

Mission: "The Otero County Diabetes Education and Prevention Collaborative is committed to improve diabetes awareness and risk factors through healthy nutrition, lifestyles and self-management."

WALK OUT WEST EVENT—SEPTEMBER 30, 2006

WWW.NUTRITIONDECISION.ORG
A WEBSITE FOR CHILDREN TO LEARNING HOW TO READ A FOOD LABEL ABOUT FOOD NUTRIENTS ALL WHILE HAVING FUN AND PLAYING GAMES.

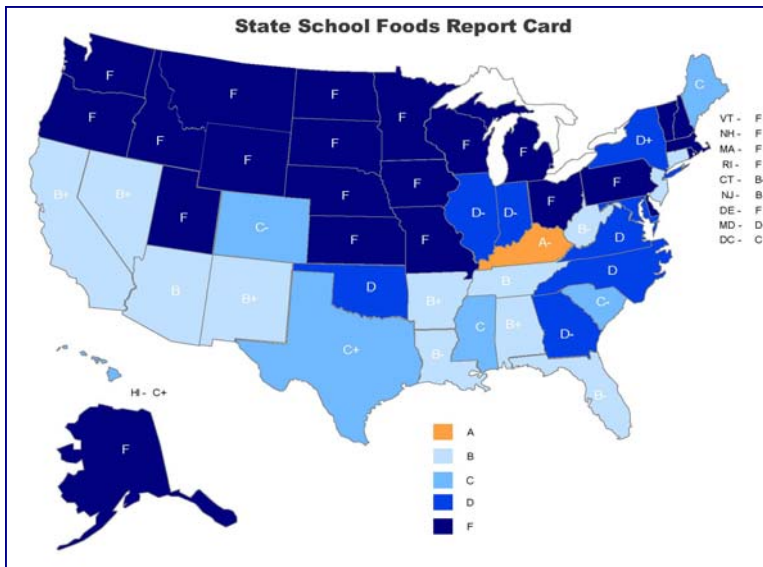
Walk Otero 7th annual event at the Alamogordo Zoo and Alameda Park, September 30th. This year's event features a 2-mile+ walk, 5-mile cycling event, a community health and wellness fair, games and activities for kids and families, and live entertainment including a Dance Otero performance. The health and

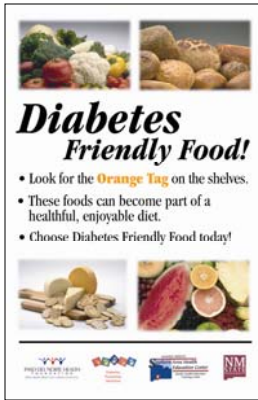
wellness fair will include many community agencies providing free screenings to include glucose, height and weight, BMI, blood pressure and cholesterol screenings and related information for participants. Come for the local entertainment, jumping balloons, local vendors and all attractions the Alamogordo Zoo has to offer. The

Alamogordo Mayor kicks off the event with Walk Otero thanking all of the terrific volunteers, especially the community's youth. Come and Walk out West, celebrate life in Otero County and enjoy our western community.

Registration/activities
9 a.m. to 2 p.m.
Walk 2 p.m. to 3 p.m.
First 1200 walkers receive free t-shirt

NEW MEXICO SCHOOL NUTRITION POLICY RANKS 4TH





Look for Diabetes Friendly food in a participating grocery store.

DIABETES-FRIENDLY FOOD

DIABETES-FRIENDLY FOOD: A COMMUNITY INTERVENTION

The Diabetes-Friendly Food Program brings diabetes information to consumers in restaurants and grocery stores participating in Doña Ana and Otero Counties.

Grocery Stores

Diabetes-related information are displayed, diabetes-friendly foods are identified and labeled throughout the

store, making it easier for shoppers to find healthful foods.

Restaurants

'Diabetes-Friendly Menus' featuring healthy menu alternatives and provide corresponding nutrition information are inserted into existing menus to assist in educating community

members on healthier menu items that may help prevent or better manage this chronic illness.

More Information

Call DPI coordinator, Amy Trujillo at 505-646-3441 ext 15 for information on how your store or restaurant, or one in your community, can participate.

Number of servings: 6
Serving size: 1 slice
Exchanges per serving: 2-1/2 Starch

Nutrition Information

Amount per serving
Calories 209
Calories from FAT 18
Total Fat 2 grams
Saturated Fat 0 mg
Cholesterol 0 mg
Sodium 212 mg
Total Carbohydrate 41 g
Dietary Fiber 4 g
Sugars 20 g
Protein 7 g

SWEET POTATO BREAD: DIABETIC FRIENDLY

Ingredients

Sweet potatoes, peeled, 2 ea
Low-calorie margarine, 2 tbsp
Sugar, 3 tbsp
Nutmeg, 1 tsp
Allspice, 1-1/2 tsp
Salt, 1/4 tsp
Flour, 5 tbsp
Egg substitute, 1

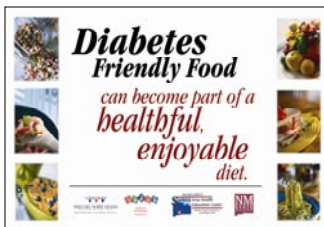
Recipe taken from the American Diabetes Association website



Preparation Instructions

1. Boil the sweet potatoes until soft and mash thoroughly. Stir in the margarine.
2. Heat the oven to 425 degrees Fahrenheit. Add all ingredients and mix thoroughly.
3. Pour the batter into a nonstick loaf pan and bake for 30 minutes, or until a knife inserted in the center comes out clean.

PARTICIPATING GROCERY STORES AND RESTAURANTS



Look for Diabetes Friendly food in a participating restaurant.

Lowe's Fiesta Foods, 2180 N. Main, Las Cruces, NM 88001

Lowe's Grocery Store, 1410 Missouri Ave., Las Cruces, NM 88005

Lowe's #55, 675 10th St., Alamogordo, NM 88310

Lowe's #59, 560 Central, Tularosa, NM 88352

Save Mart, 495 N. Valley Drive, Las Cruces, NM 88005

Savers Supermarket Wholesale and Retail, 9375 Bataan Memorial West, Organ, NM 88052

The Big Chair Café, 2701 W. Picacho Ave., Las Cruces, NM 88007



**VISIT US ON THE WEB
WWW.SOAHEC-NM.ORG**



Watch for changes to the DPI Website. In August, the site will feature a page for Doña Ana and Otero County Diabetes Related programs and information. In addition, the webpage will include upcoming training dates and events for each county. DPI staff hopes this will be just one more way to bridge community efforts, delivering diabetes education information to all citizens.



The New Mexico Area Health Education Center at the University of New Mexico School of Medicine was established in 1986 in an attempt to improve access to primary care in New Mexico. The University of New Mexico (UNM) entered into a collaborative agreement with New Mexico State University (NMSU), College of Health & Social Services to establish the Southern Area Health Education Center (SoAHEC) in the late 1980's. The New Mexico Border Health Education Training Center (BHETC), also through the University of New Mexico School of Medicine, was established at NMSU in the early 1990's respectively. Both SoAHEC and BHETC are housed under the Department of Health Science.

The mission of both programs is: To serve as a culturally competent regional resource and training center for youth, the health workforce, and communities of New Mexico.

- Some of the programs offered at SoAHEC/BHETC:
- The Environmental Health-Home Safety Education Project
- The Diabetes Prevention Initiative
- The Handwashing Program in Schools Project
- Rural/Frontier Women's Health Coordinating Center (RFWHCC)

For more information, contact SoAHEC director, Benjamín Jácquez at jacquez@nmsu.edu.

CALENDAR OF EVENTS: JULY—SEPTEMBER

July 2006

- All month**
Sunset Stroll Nature Walk
White Sands National Monument Call for time. A leisurely one-hour ranger-guided walk. \$3 per person (16 years and under free). 505-679-2599/505-479-6124. www.nps.gov/whsa
- July 22-Burn Lake Duathlon, 5K Run/28-Mile Bike/5K Run**
Field of Dreams @ 7am. 505-541-2554
- July 25-Walk Doña Ana Walk**
Pioneer Park, 500 W. Las Cruces Avenue. Reg. @ 6:30am. Walk @ 7am. 505-541-2581.
- July 27**
Walk Doña Ana Walk Brown Bag
Branigan Library, 200 E. Picacho Avenue. Call for time. 505-541-2581
- July 29**
Pioneer Day 5K Run/Fitness Walk
Call for location, times and registration. 505-527-8465.
- June 7-July 28**
Step It Up Exercise with Dancing Free summer programs for adults
Wed., Thursdays, and Fridays, call for times, 521-0274, lccitydance.org
- Come Out and Dance-** Dance Otero and Otero PATH. Free Ballroom dancing lessons for youth and adults. Tuesdays from 6-7:30 PM July through August 22 call 437-2460.

August 2006

- All month**
Sunset Stroll Nature Walk
White Sands National Monument Call for time. A leisurely one-hour ranger-guided walk. \$3 per person (16 yrs & under free). 505-679-2599/505-479-6124. www.nps.gov/whsa
- August 5-Roadrunner BMX Southwest Youth Sports presents: State Qualifier Race;** Roadrunner BMX Track, 1600 E. Hadley Ave., Call 505-650-3999/505-532-9651. www.roadrunnerbmx.org
- August 5-Summer Fun 5K/10K Run/Fitness Walk;** Location TBA. Call for times. 505-524-7824. dnoneugenia@aol.com
- August 10 Dog Daze -Dog Walk,** South Scenic Extension, corner of 1st Street and Scenic, 6:30 p.m. to 8:00 p.m. Promote physical activity for pets and owners
- August 6-12, Bike to Work Week;** Keep track of your mileage and turn it in to Meerscheidt Recreation Center for a prize.
- August 16 Walk Doña Ana Walk** Benavidez Ctr, 1545 McClure. Reg. at 6:30 pm, walk at 7 pm. 505-541-2581
- August 25 Walk Doña Ana Walk** Branigan Library, 200 E. Picacho. Call 505-541-2581 for time.

September 2006

- September 9-Walk Doña Ana Walk;** Mesilla Valley Mall. 505-541-2581
- September 10-16 Bike to Work Week** Keep track of your mileage and turn it in to Meerscheidt Recreation Center for a prize. 505-541-2581
- September 24-Neighborhood Walk;** East Mesa Park. 505-541-2581
- September 30 Walk Otero: 7th Annual Walk out West**
Alamogordo Zoo and Alameda Park Registration/activities 9 a.m. to 2 p.m. Walk 2 p.m. to 3 p.m. First 1200 registrants receive a free t-shirt
Email walkotero@qwest.net for more information



Yolanda Benally participates in Ride your Bike to Work week.

Common Walking Mistake: Overstriding

Walking the right way can give you better health, fitness, and attitude. It can help you walk faster and more smoothly. Walking the wrong way can lead to wasted effort or even injury, not to mention ridicule.

When walkers try to walk faster, a natural inclination is to lengthen your stride in front, reaching out further with your forward foot. This leads to a clumsy, ungainly gait, striking hard with the feet. Your shins hurt and you really don't get any faster.

The Cure for Overstriding

All of the power of your walk comes from pushing with the back leg and foot. If you are trying to walk fast, concentrate on taking shorter, quicker steps. Then think of really rolling through your step with your back foot and leg, getting a good push off.

The result will be faster feet and lengthening your stride where it does you some good in back.

For more walking tips, visit: <http://walking.about.com/>