



# DISEASE PREVENTION INITIATIVE NEWSLETTER

SoAHEC/BHETC

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# Happy Holidays!

## Disease Prevention Initiative Program A Message From the Staff

The Diabetes Prevention Initiative (DPI) program has been very busy these past few months. We have been working in partnership with local grocery stores in both the Dona Ana and Otero County areas in raising awareness of healthy diabetic friendly foods.

Currently in Las Cruces, NM three local grocery stores who care about their consumers have allowed us to promote diabetes friendly foods by tagging them with bright

orange tags indicating that the selected foods are diabetes friendly. You may have even been shopping at these local participating grocery stores: Lowe's Fiesta Foods on North Main, Lowe's on Missouri Avenue, and the Save Mart on North Main and seen our bright orange tags.

We would like to thank the participating grocery stores, for they have been very helpful in contributing to diabetes friendly food labeling. These stores care

about the community they serve and want to help their consumers make the healthiest food choices possible.

Thank you for helping us make a difference.



### DPI Staff



Alma Torres,  
Graduate Assistant



Yolanda Benally,  
Student Assistant



Melissa Cabrera,  
Student Intern

The Disease Prevention Initiative has a staff of 3 for now. The DPI coordinator resigned and is currently being headed by SoAHEC director Benjamin Jacquez. Alma Torres is a graduate student from NMSU studying Public Health. She has been with the DPI program since May 2005. Being fluent in Spanish makes Alma an essential part of the program.

Yolanda's position at SoAHEC is as a student assistant with the Diabetes Prevention Initiative. She is a student at NMSU majoring in Community Health education. She has been with the DPI program since October of 2005.

Melissa is a student intern from New Mexico State University (NMSU) majoring in Community Health education with a minor in business. On behalf of the staff at the DPI program we would like to extend a Happy Holiday and Prosperous New Year wish!



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Diabetes  
Prevention  
Initiative

## Diabetes Friendly Holiday Recipe

### DIABETIC BANANA BREAD

Yield: 20 Servings

- 1/4 c Sugar;
- 3/4 c Sugar Twin;
- 1/3 c Margarine;
- 1 Egg;
- 2 Egg whites;
- 1 tsp Baking soda;
- 2 c Flour;
- 4 TBS Milk;
- 3/4 tsp Vinegar;
- 3 Bananas; ripe, mashed

Preheat oven to 350 degrees.  
Blend sugar, Sugar Twin, and margarine. Add eggs and mix well. Sift flour and soda into bowl and stir. Mix milk and vinegar together, then add to mixture. Fold in bananas.

Bake 1 hour at 350 degrees in greased 9 x 5 loaf pan. Let cool and cut into 20 slices.

### Nutrients Facts per slice:

Calories 108, Fat 3.6g, Cholesterol 14 mg,, Carbohydrate 17g, Sodium 63mg

### Exchange Facts per slice:

Bread 1, Fruit 1/4, Fat 1.



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January 4, 2006 The NM Public Education Department (PED) will be having public hearings regarding the following rule makings: nutrition, wellness, health education, and physical education from 8:00 a.m. to 3:15 p.m. at 505 S. Main St. Suite 249, Loretto Towne Center in Las Cruces, NM. These proposed rulemakings can be viewed at <http://sde.state.nm.us>.

January 6, 2006 PED will be holding the same public hearings in Santa Fe at 2550 Cerrillos Rd., Santa Fe, NM from 8:00 a.m. to 3:15 p.m.

For those not able to attend either of the public hearings you may submit written comments to Dr. Kristine M. Meurer, Director, School and Family Support Bureau, Public Education Department, 120 S. Federal Place, Room 26; Santa Fe, NM 87501 or you may email her at [Kristine.meurer@state.nm.us](mailto:Kristine.meurer@state.nm.us) (Written comments no later than 01/06/05).

In Las Cruces... Eastside Center offers Exercise classes on Mondays, Wednesdays and Fridays from 9:00 to 10:00 am. Instructor Shannon Pedersen teaches using resistance equipment. [INFO: 505-528-3000]

Alpha Nurses checks blood pressure and glucose levels at the Benavidez Community Center on Mondays from 10:00 am to noon, at the Mesilla Park Community Center on Tuesdays from 10:00 am to noon, at the Munson Senior Center on Wednesdays from 9:00 am to 11:00 am, and at the Eastside Community Center on Thursdays from 10:00 am to noon. [INFO: 505-528-3000]