

DIABETES PREVENTION INITIATIVE

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DIABETES PREVENTION INITIATIVE UPDATE

The Diabetes Prevention Initiative staff is starting the New Year with a group of 22 new trainers who successfully completed the Stanford Chronic Disease Self-Management Leader's training course; two of the new trainers have already completed their first Chronic Disease Self-Management Community Workshop in Anthony, New Mexico.

Doña Ana Diabetes Action Coalition (DADAC) and the Otero County Diabetes Education and Prevention Collaborative (OCDEPC) have actively collaborated for the Diabetes Day at the Capitol in January. In addition, many DADAC members and organizations assisted in the planning and implementation of Diabetes Wellness Day held on October 28, 2006.

DPI staff is nearing the start date for a project that would offer healthful information about portion and serving sizes to community members while eating at

restaurants. The information will be supplied to restaurants on easy to read table tent cards which will help people better understand portions and serving sizes.

DPI staff also welcomed the newest member of the team, Heather Frankland, a New Mexico State University graduate student in Public Health. Heather will be working in the community doing presentations and community visits.

Throughout the rest of the newsletter, you will find additional information on the programs mentioned here and all of the upcoming events taking place in January, February, and March 2007. Please feel free to contact Amy Trujillo if you have any questions about our programs or upcoming trainings amyl@nmsu.edu or 505-646-3441 ext.15.



Diabetes Prevention Initiative
Many hands make light work.

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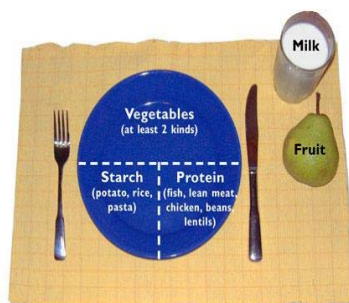


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PASO DEL NORTE HEALTH
FOUNDATION
Better Health, Better Lives, A Better Community.

PORTIONS & SERVINGS: TABLE TENT CARDS



Source: www.diabetes.ca

The Diabetes Prevention Initiative (DPI) is excited to present an innovative project that aims to educate the public on healthy-eating. The project will create and place table-tent cards with healthful information concerning portion and serving sizes in restaurants.

Portion and serving sizes are key factors that are often overlooked or unknown by the public.

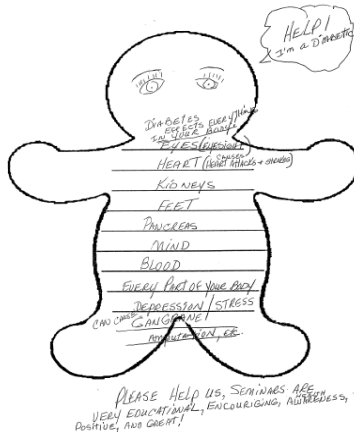
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ON THE WEB AT: WWW.SOAHEC-NM.ORG

DIABETES DAY AT THE CAPITOL



Putting a Face to Diabetes

The Dona Ana Diabetes Action Coalition (DADAC) and the Otero County Diabetes Education and Prevention Collaborative (OCDEPC) are teaming up and taking the message of people with diabetes to the state capitol. This project called, "Putting a Face to Diabetes in Southern New Mexico" is an awareness campaign for

legislators. The campaign aims to be a voice for southern New Mexico by sharing with the thoughts and need of people with diabetes or those people whose lives are affected by diabetes legislators. A group of representatives from each coalition will travel to Santa Fe on January 25th to offer more diabetes awareness to the legislators outside the

capitol building.

The group will bring written and on-camera testimonials from people with diabetes in southern New Mexico to the capitol. This awareness campaign is the first of many to come from DADAC and OCDEPC as a means to put a face to diabetes in Southern New Mexico.

OVER 20 YEARS, PORTIONS HAVE GROWN

Along with the American waistline, the American plate and portion size have grown too. A study at Rutgers University supports earlier research that people today eat bigger servings than they did 20 years ago. "People aren't realizing how much they are eating," said Jaime Schwartz, a registered dietitian and one of the authors of the study. "The larger portion size they're eating — even if it's a healthy food — is still more calories." The research, done in 2003 and described in a recent issue of the American Dietetic Association, replicated a 1984 Penn State University study. Both studies asked students to take food portions of various items. Diners were offered three sizes of plates, bowls and cups in a buffet-like setting. There were 177 students in the more recent study at Rutgers and 147 students in the 1984 Penn State study. In a comparison of breakfast servings, the students in 2003 took 20 percent more cornflakes than students took in 1984, Schwartz said. Ditto for milk. The glass of orange juice grew by more than 40 percent compared to 20 years ago. That translates into 50 additional calories, or a weight gain of five pounds over the course of a year, if consumed on a daily

basis. Dinner and lunch servings grew, too — 50 percent more fruit salad wound up on the plates of the Rutgers students.

"People are eating with their eyes and not their stomachs," Schwartz said.

"They're not listening to their bodies to tell them when to put the fork down."

Most people still lack that skill, but the portion size is getting larger, said Guthrie, a professor emeritus now living in Florida. "The frame of reference for the serving size is increasing," she said. "They still don't have an ability to translate to amounts that are easily quantifiable if you ask people how much they've eaten. That has not changed."

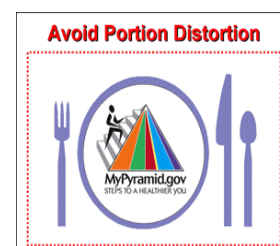
Carol Byrd-Bredbenner, a professor of nutrition at Rutgers and a co-author of the study, said portion size is only one factor feeding the national problem of obesity. However, people may not realize that they are eating more when they take larger plates and bowls. "Plate size, bowl size, cup size are very deceptive," she said. "They can't estimate the amount of food in a dish and it makes it even more difficult when the dish is deeper or bigger."

A 1994 informal survey found that the standard plate size in the restaurant industry grew in the early 1990s, from

10 inches to 12. "That holds 25 percent more food," Schwartz said. "That really makes a difference in how much our plates can hold and how much we eat from them."

Obesity expert Barry Popkin at the University of North Carolina at Chapel Hill said the idea of "value pricing" in fast food restaurants, which sells much larger portions for a minor cost increase, has also changed perceptions at home. "The most surprising result is the larger portion size increases for food consumed at home — a shift that indicates marked changes in eating behavior in general," he wrote in a study published in 2003.

By JANET FRANKSTON LORIN,
Associated Press Writer



MyPyramid.gov

WHAT IS HEMOGLOBIN A1C?

In support of ADA's new "I Decide To Fight Diabetes" campaign, Gold's Gym has created a special diabetes fitness center. To learn more, and to download your free "Get Started" guide, visit Gold's Gym.

www.goldsgym.com
or
www.diabetes.org



You can learn how well you are managing your diabetes by taking a special blood test on a regular basis. It's called the hemoglobin A1c test, also called HbA1c or A1c for short. This test can be a powerful tool in managing your diabetes.

The A1c test gives you and your doctor an important perspective to how well you are managing your diabetes. With careful management, it's even possible for a person with diabetes to have close to normal

hemoglobin A1c levels (the American Diabetes Association guidelines call for a level of seven percent or less).

The higher your A1c test results, the greater the amount of sugar in your blood. And high blood sugar over a long period of time may increase your risk of diabetes complications.

It could take several months to reach your A1c target, depending on how high your initial level is. What's important is that you move in the right direction,

always toward the target level. And take the test regularly: the ADA recommends that you do so every three months.

An article written on
www.bddiabetes.com

Level of Control	A1C Number
Normal	6 or less
Goal	less than 7
Take action	7 or more

Source: www.medicine.net

DIABETIC FRIENDLY RECIPE: BANANA SHAKE

Nutritional Information

Amount per serving

Calories 130

Calories From Fat 10

Total Fat 1 g

Saturated Fat 1 g

Cholesterol 7 mg

Sodium 83 mg

Total Carbohydrate 24 g

Dietary Fiber 1 g

Sugars 17 g

Protein 6 g



Source:
www.dianasdesserts.com

Preparation Instructions

- 1 Blend the milk and frozen yogurt in a blender or food processor for about 1 minute.
- 2 Add the banana and vanilla; blend for a few seconds longer.

Ingredients

fat-free milk	1 cup
vanilla low-fat frozen yogurt	1/2 cup
ripe banana, peeled	1 each
pure vanilla extract	1/4 tsp

Source: For more recipes go to
<http://www.diabetes.org>



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TABLE TENT CARDS

Continued from page 1

A portion is what people eat, which is not exactly the recommended serving sizes.

The table-tent cards were evaluated by nurses, certified diabetes educators, dietitians, nutritionists, and other health workers who will provide input on accuracy of information, most relevant information, and designs of the cards. Their input will be incorporated into the table-tent cards, which will be

ready for distribution by mid February 2007.

Look for the table-tent cards in restaurants by mid February! If you notice a restaurant isn't involved in the project, please contact us or ask the restaurant why they aren't involved. If you have additional questions concerning portion and serving sizes, contact your nearest doctor or dietician.



Source: www.familyfun.go.com

HEALTHY LIVING JAMBOREE

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Health Fair

Walk & Dance Otero Healthy Living 2007 Jamboree - on Saturday, January 27, 2007 10 am to 2 pm at White Sands Mall. We will be showcasing the Come Out & Dance Otero program along with the Walk Otero Challenge for a Healthier Lifestyle. For further information contact Otero PATH, Inc. 437-2460.

Free pedometers



DANCE FOR LIFE

Start the New Year with improved physical and emotional well being!

Doña Ana County Locations and Times Spring 2007 Schedule

- Country - Picacho Middle School, 2700 W. Picacho Mondays, January 22nd to February 26th at 7-8:30 p.m.
- Latin - Court Youth Center, 420 W. Court Wednesdays, January 24th to February 28th at 7-8:30 p.m.
- Ballroom - San Andres High School, US Hwy 28, Mesilla Fridays, January 19th to February 23rd at 7-8:30 p.m.



Be more active...

Try joining a dance class at City Dance



CALENDAR OF EVENTS: JANUARY—MARCH

January 2007 Events

New Year's Walk:
01/06/07, Sam Graft Park, walk at 9:00am

Bike to Work Week:
01/08/07-01/12/07

Dance Otero
01/09/07 Free dancing offered every Tuesday and Thursday for 10 weeks at the Otero Path E. 1st St. Suite 720. Dance is from 6-8pm. begins at 5:30p.m. Registration starts at 5:30 on the 9th.

Brown Bag Luncheon:
01/25/07, Thomas Branigan Memorial Library, 12:00 noon

Benefits of Exercising
01/26/07, Dona Ana Community Resource Center, Rincon, New Mexico, 10am-11am.

February 2007 Events

Bike to Work Week:
02/05/07-02/09/07

Walk/Health Fair:
02/10/07, Frenger Park, 9:00am

President's Day Power Walk: 02/22/07, Triviz Multi Purpose Path, walk at 9:00am

Brown Bag Luncheon:
02/22/07, Thomas Branigan Memorial Library, 12:00 noon

March 2007 Events

Bike to Work Week:
03/05/07-03/09/07

La Clinica Health Screening
03/10/07

Leprechaun Walk:
03/17/07, Young Park, 9:00am

Brown Bag Luncheon:
03/22/07, Thomas Branigan Memorial Library, 12:00 noon

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



Diabetes Prevention Initiative
Many hands make light work.

The four things you have to do every day to lower high blood sugars are:

1. Eat healthy foods
2. Exercise on a regular basis
3. Take your diabetes medicine
4. Test your blood sugars often.