



# Diabetes Life Lines

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### Stand Up and Move for Good Health

A recent article in the *New York Times Magazine* cited some studies looking at the effect of sitting for long periods of time. Consistently the studies showed that people who sit more whether watching TV or working at their desk are more at risk for being overweight, getting Type 2 diabetes and having unhealthy levels of cholesterol.

One researcher, Dr. James Levine has designed special underwear that tracks how much activity people do during the day. Even just small movements like bending over to tie your shoe increases the calories you burn.

In one experiment, Dr. Levine told people not to work-out at all. He then increased their caloric intake by 1000 calories per day. Surprisingly not everyone gained weight. Those who stayed the same weight or gained very little just naturally increased their activity throughout the day even without thinking about it. They climbed the stairs more often instead of taking the elevator or they went down the

hall to get a drink of water while others never moved. There was no other reason to explain the difference.

Another researcher at the American Cancer Society found men who spent 6 hours or more per day of their leisure time sitting had a 20% greater risk of dying compared to men who sat 3 hours or less. The same study found inactive women had a mortality rate 40% higher.

Clearly we are meant to be active. Until the last 50 years, it took a lot more effort just to earn a living, take care of our families and get the food on the table. Think about how hard your great grandmother worked just to wash, dry and iron the family clothes. Consider how much time families spent growing, harvesting and preserving food. People spent hours just doing daily chores and getting to work and school.



What can you do? Laurel Sanville, a registered dietitian tells her clients to stand up and just stretch and move during TV commercials. “Now don’t go to the kitchen for a snack,” she warns her patients, “but do get up and move around.” You can also get up and dust furniture, sweep the floor, clean a mirror, wash the dishes or take out the garbage during those brief breaks.

At work, walk down to the farthest water cooler and restroom so you get a little stroll. Do some stretches at your desk at least twice a day. Replace your desk chair with an exercise ball so you’ll use more muscles to balance yourself while sitting. Take a walk while you talk to your co-workers instead of having a meeting in a conference room. You will think more clearly, feel less stressed and the meeting will probably be a lot shorter.

Take public transportation whenever possible. At least you will have to walk farther than from your house to the car to get there. Some people in larger cities walk 1-2 miles to and from bus and subway stops and never think of it as exercise.

Make a list of different ways you can move more throughout your day. You may be surprised by how much more active you become.

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### **We are in the Jaws of an Alligator**

The Centers for Disease Control and Prevention (CDC) published an article in the *American Journal of Preventive Medicine* that says there is a “Diabetes Belt” just like there is a “Stroke Belt” across several southern states.



In reality, this “belt” looks more like the profile of an alligator with the neck originating in Louisiana and most of the head covering all of Alabama, Mississippi and Tennessee with the upper jaw sweeping into southeastern Kentucky and ending in West Virginia. The lower jaw stretches across central and southern Georgia, through South Carolina and ends in eastern North Carolina.

When the CDC looked at the characteristics of these counties, they found that these citizens reported in the Surveillance Survey (BRFSS) that they were more overweight or obese and more inactive than other people. They also tended to have lower income levels and were less likely to have finished high school or to have attended college.

These counties also had more people of African American heritage living in them, but anyone of any ethnic heritage was still more at risk for diabetes if they lived in those areas.

The CDC concluded that 30% of the risk was associated with factors like diet and physical activity that could be changed, but



another 37% was due to factors like age and genetics that could not be altered.

Here is another reason for families that have a strong history of diabetes to change their eating habits to help everyone to achieve a healthy weight and to become more physically active every day. Only this will loosen that “belt” that is strangling us.

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## New Website for Gluten Free Living

Many people with diabetes also have gluten intolerance or celiac disease. Having this condition is a real challenge since so many products contain gluten. If you must avoid gluten or know someone who needs to, you may want to visit the new Web site called “Gluten Freely” at [www.GlutenFreely.com](http://www.GlutenFreely.com).

This Web site is a partnership with the General Mills Bell Institute of Health and Nutrition, The University of Chicago’s Celiac Disease Center and The University of Maryland’s Center for Celiac Research. It has hundreds of gluten-free recipes, gluten-free products, cookbooks and guides that can be purchased from General Mills through the on-line store, fact sheets on a variety of topics including parenting the child with celiac disease, shopping for gluten-free products or eating out, a blog about gluten intolerance, a question and answer section and links to other organizations devoted to this issue. The website even has a nutrition education video series developed with the assistance of the medical staff at the University of Maryland Center for Celiac Research.

## Victory Over Diabetes!

### What is it?

A full day of workshops, health screenings, product demonstrations and exhibits for people living with diabetes or who are at risk for developing Type 2 diabetes.

### Who offers it?

The American Diabetes Association

### When is it?

Saturday, August 20, 2011

### Where is it?

Georgia International Convention Center in College Park, GA

### Does it cost?

NO! It is totally free with lunch provided.

### **BUT YOU MUST REGISTER!**

Call 404-320-7100 or go to the website

[Diabetes.org/vod](http://Diabetes.org/vod)



## “You have diabetes”

Each year, 1.9 million people hear the words, “you have diabetes.”

Being diagnosed with type 2 diabetes is often met with many different emotions. Fear, denial, and confusion are just a few. It’s also met with many questions.

Have you or someone you love been recently diagnosed with type 2 diabetes? If so, the American Diabetes Association can offer help, hope and support through the new, ***Living With Type 2 Diabetes*** program.

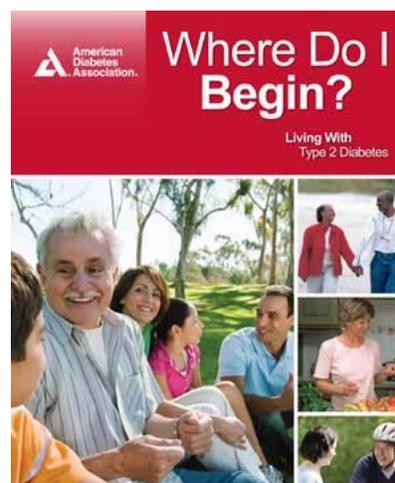
Being diagnosed with diabetes can be overwhelming and many people don’t know where to start. That’s why *Living With Type 2 Diabetes*, a year-long program offers people with diabetes an opportunity to learn more about diabetes and how to live well with diabetes for a lifetime.

This free program is available in English or Spanish and enrollees can choose to enroll into the online or mailed program. Program enrollees receive regular informational packets on topics like food, physical activity and stress and a monthly e-newsletter providing seasonal tips, new recipes and stories from others living with diabetes. Enrollees are also invited to meet peers through the Association’s online community as well as through local American Diabetes Association activities.

Enroll in the *Living With Type 2 Diabetes* program today and let the American Diabetes Association help you get started on your journey with diabetes.

You can enroll by going to [diabetes.org/living](http://diabetes.org/living) or calling 1-800-DIABETES (1-800-342-2383).

Information provided by the American  
Diabetes Association



## Recipe Corner

### Sesame Topped Salmon

4-4 ounce salmon fillets or steaks  
1 tablespoon toasted sesame seeds  
1 tablespoon brown sugar substitute  
1 teaspoon Mrs. DASH lemon pepper  
1 tablespoon lemon juice  
Non-stick cooking spray

2 cups cooked instant brown rice prepared with low sodium chicken broth instead of water  
½ cup fresh pineapple, diced  
½ cup fresh or thawed frozen mango  
Parsley, lemon or lime wedges for garnish

1. Preheat oven to 450 degrees F. Rinse fish and pat dry with paper towels.
2. Place fish in shallow baking pan sprayed with non-stick cooking spray. Measure thickness of fish.
3. In small bowl, combine the sesame seeds, brown sugar substitute, and Mrs. DASH lemon pepper. Press this mixture evenly into the salmon. Bake for 4-6 minutes per ½ inch thickness of fish until fish is opaque and flakes easily.
4. Combine lemon juice, brown rice, pineapple and mango. Microwave for about 3-4 minutes on high to reheat rice and warm fruit. Do not overcook.
5. Serve fish on top of rice. Garnish with parsley and lemon or lime wedges.

Serves 4

#### Nutrition Analysis:

Calories: 352	Carbohydrate: 30 grams	Protein: 25 grams	Fat: 14 grams
Saturated Fat: 3 grams	Cholesterol: 67 milligrams	Sodium: 69 milligram	Fiber: 3 grams

Exchanges: 4 lean meat, ½ starch, ½ fruit

*Adapted from a recipe from Better Homes and Gardens Diabetic Living Website.*

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**Dear Friend,**

*Diabetes Life Lines* is a bi-monthly publication sent to you by your local county Extension agent.

It is written by Food and Nutrition Specialists at the University of Georgia, College of Family and Consumer Sciences. This newsletter brings you the latest information on diabetes, nutrition, the diabetic exchange systems, recipes, and important events.

If you would like more information, please contact your local county Extension office.

Yours truly,

County Extension Agent

Connie Crawley, Principal Writer

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