



## FLORIDA DEPARTMENT OF HEALTH IN GULF COUNTY

Mission: To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

**WELLNESS NEWSLETTER NOVEMBER 2014**

### NOVEMBER IS AMERICAN DIABETES MONTH



Diabetes is one of the leading causes of disability and death in the United States. If it's not controlled, diabetes can cause blindness, nerve damage, kidney disease, and other health problems.

One in 12 million Americans has diabetes. That's more than 25 million people. And another 79 million adults in the United States are at high risk of developing type 2 diabetes. The good news is people who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

How can we use this month to raise awareness about diabetes risk factors and encourage people to make healthy change? Here are a few ideas:

#### Fighting *Stress* with Healthy Habits

Healthy habits can protect you from the harmful effects of stress. Here are 10 positive healthy habits you may want to develop:

1. Talk with family and friends.
2. Engage in daily physical activity.
3. Embrace the things you are able to change.
4. Remember to laugh.
5. Give up the bad habits.
6. Slow down.
7. Get enough sleep.
8. Get organized.
9. Practice giving back.
10. Try not to worry.

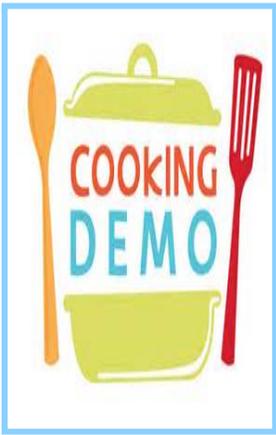
*#HealthiestWeightFL*

- ◆ Talk to people in your community about getting regular checkups . They can get their blood pressure and cholesterol checked, and ask the doctor about their diabetes risk.
- ◆ Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.
- ◆ For more information please visit: [www.diabetes.org](http://www.diabetes.org)

**Act on Diabetes. Now.**



**world diabetes day**  
14 November



The Closing the Gap Program will provide healthy cooking demonstrations at the following locations in November:

Dollar General Market (Port St. Joe) — Nov. 18th and 20th from 3pm-6pm

Ask us about our faith-based cooking demos! 653-2111 x 102  
Love Center Church (Apalachicola)  
Mount Zion Missionary Baptist Church (Apalachicola)  
Church of God in Christ (Port St. Joe)  
Philadelphia Primitive Baptist Church (Port St. Joe)

### Healthy Holiday Eating Tips for Thanksgiving

- Don't go to the Thanksgiving dinner hungry: We often eat fast when we are hungry—therefore eat a wholesome breakfast and lunch on the day to avoid overeating at dinner time.
- Thanksgiving dinner is not an all-you-can-eat buffet: Fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. Eat slowly and stop when you are full.
- Turkey –go skinless: Choose your 4-oz turkey portion skinless to slash away some fat and cholesterol.
- Side Dishes (watch your portion size): Go for smaller portions. This way you can sample all the different foods. Moderation is always the key.
- Make a conscious choice to limit high fat items: High fat food items can be found in fried and creamy dishes as well as cheese-filled casseroles in traditional Thanksgiving meals. If you cannot control the ingredients that go in to a dish, simply limit yourself to smaller helping size.
- Drink plenty of water: Alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep your hydrated.



**HOLIDAY CHALLENGE** NOV. 17 –THROUGH– DEC. 31 **EAT SMART, MOVE MORE**



The Florida Department of Health is teaming up with North Carolina State University to offer the *Maintain, Don't Gain! Holiday Challenge*.

Rather than focusing on trying to lose weight, this **FREE** seven-week challenge provides participants with tips, tricks, and ideas to help maintain your weight throughout the holiday season.

The Holiday Challenge includes weekly newsletters delivered to your inbox with tips to manage holiday stress, fit physical activity into your busy day, survive a holiday party and more!

The challenge runs from November 17<sup>th</sup> to December 31<sup>st</sup>, but sign up is available now at <http://www.healthiestweightflorida.com/activities/holiday.html>.

The newsletter is written by DOH-Gulf /Franklin Health Educators. The information is provided for the purpose of education and is not intended to diagnose and/or treat any medical and/or mental health condition. For specific medical advice, diagnosis, and/or treatment, please contact your primary care provider.