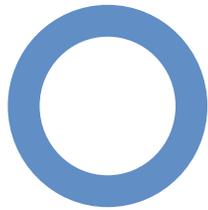


HEAL

Health Education & Awareness for a Lifetime

November
2014

A newsletter from the Florida Department of Health in Wakulla County
48 Oak Street, Crawfordville, FL 32327
850-926-0400

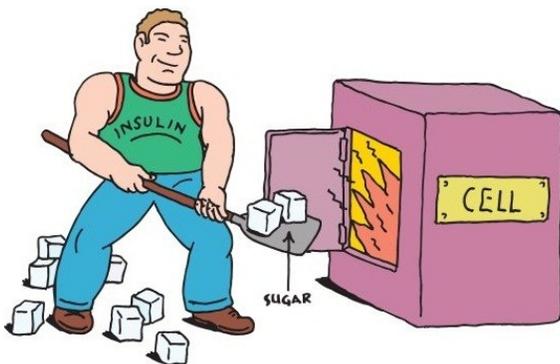


Diabetes Awareness

This month is World Diabetes Awareness! Practically everyone has heard of diabetes and most of us know at least one person close to us who has diabetes. But, do you know what diabetes is?

We eat food and that food turns into sugar which the body uses for fuel. This sugar travels in our blood to the cells in our body. The pancreas makes a hormone called insulin. The insulin is like a key that opens a locked door. In our bodies' case, the insulin opens cells for the sugar to enter and create energy. (That's why we get a sudden burst of energy after we eat a candy bar.)

If the pancreas doesn't make enough insulin or doesn't make insulin at all, the sugar level in our bodies can rise to dangerous levels.



Almost everyone is familiar with **Type 2 diabetes**; in the past it has been known to occur in older adults and is the result of the pancreas not being able to produce enough insulin for the body. Unfortunately, health care providers are seeing more and more children with Type 2 diabetes. This is a result of poor diet and lack of physical activity. In fact, 70 % of Type 2 diabetes could be prevented, regard-

less of age, by a healthy diet and exercise.

Type 1 diabetes occurs in children and young adults as a result of the pancreas not being able to produce any insulin. These diabetics must inject insulin to keep their blood sugar in control. They must also learn to carefully balance their diet and physical activity. Support from their families and friends is critical for their health.



Gestational diabetes occurs during pregnancy for some women. In these cases, the pancreas can't keep up its production of insulin due to the added stress of pregnancy on the body. If gestational diabetes goes untreated, the baby can grow too large for a normal delivery. The good news is that this type of diabetes usually goes away after pregnancy. The bad news is that women who have had gestational diabetes are more than 50% likely to develop type 2 diabetes later in life.

Finally, there is **Pre-Diabetes**. People that are pre-diabetic do not have diabetes...yet. Currently, there are over 86 million Americans with pre-diabetes. These people can avoid becoming diabetic with changes in diet and exercise.

Symptoms of Diabetes...It may take a while for symptoms to begin to show. Many of these symptoms are easy to miss though, so it's important to know them.

- Always tired
- Frequent urination
- Always hungry
- Unexplained weight loss
- Blurry vision
- Wounds that won't heal
- Always thirsty
- Numbness or tingling in the hands and feet

What to do about diabetes... If you or someone you know has developed the symptoms of diabetes, a visit to the healthcare provider should be scheduled as soon as possible. Be aware that diabetes can run in families, making family members more prone to developing diabetes. Diabetes is also more prevalent in African-Americans.

If you have pre-diabetes... watch what you eat! Cut out simple carbohydrates - foods that your body can break down easily and turn into sugar. Avoid foods like white bread, white potatoes, white rice and any food high in sugar. Instead, try eating complex carbohydrates - foods that make your body work harder to process them. Whole grain breads, sweet potatoes, brown or wild rice are good examples. You can also eat fruit, but it's best in its raw form, it does have sugar but the fiber in raw fruit helps make the body work hard to process it. Talk with your health care provider about nutrition counseling or call the Florida Department of Health in Wakulla County at 926-0400, x. 215 and speak with the diabetes educator for more information. Also, increase your physical activity! Just walking 30 minutes a day will help use up any excess carbs and sugar from your bloodstream.

If you have diabetes...be alert!

- Watch what you eat. Plan ahead for special occasions and watch your portion sizes.
- Take your medication, whether oral or injections - never skip a dose.

- Test your blood sugar levels at least twice daily, more if your health care advises it.
- If you have numbness or tingling in your feet, check them daily for blisters or sores. Untreated, these can become infected and cause significant problems.
- If you have a cut, sore or other kind of wound, care for it immediately and let your healthcare provider know if it doesn't heal quickly enough.
- Drink lots of water...at least 8 glasses a day.
- Stay active...walking 30 minutes a day, swimming or riding a bike are excellent methods of exercise.
- Get a flu shot and wash your hands to avoid getting colds. Being ill can stress your body which can throw your blood sugar levels off from the normal ranges.
- See your healthcare provider on a regular basis.



My Plate Planner Methods of Use	Meal Planning Guidelines		Visual Tips for Portion Sizes
<ul style="list-style-type: none"> ■ Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad. ■ Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces. ■ Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes. ■ Add 1 serving of fruit. ■ Choose 1 serving of milk. ■ Add margarine or oil for preparation or addition at the table. <p>Add other portions as needed to round out your meal plan.</p> <p>For breakfast, use only half the plate.</p> <p>For lunch and dinner, use the whole plate.</p>	<p>Carbohydrates Choose any 3 servings at each meal.* Choices include breads and starches, fruits, some vegetables and milk. If your meal plan is different, adjust the number of servings accordingly. Examples of <u>one</u> serving of carbohydrates:</p> <p>Breads and starches</p> <ul style="list-style-type: none"> ■ 1 slice bread or small roll ■ 1/3 cup rice or pasta ■ 1/2 cup cooked cereal or potatoes ■ 3/4 cup dry cereal ■ 1/2 cup corn <p>Fruits</p> <ul style="list-style-type: none"> ■ 1 piece, such as a small pear or apple ■ 1 cup fresh fruit ■ 1/2 cup canned fruit ■ 1/2 cup fruit juice <p>Milk</p> <ul style="list-style-type: none"> ■ 1 cup skim or lowfat ■ 1 cup sugar-free lowfat yogurt 	<p>Meats and Proteins Choose 1-3 servings per meal.* Examples of <u>one</u> serving:</p> <ul style="list-style-type: none"> ■ 1 ounce lean meat, poultry or fish ■ 1 egg ■ 1 ounce cheese ■ 1/4 cup lowfat cottage cheese <p>Fats Choose 1-2 servings per meal.* Examples of <u>one</u> serving:</p> <ul style="list-style-type: none"> ■ 1 teaspoon margarine, oil, or mayonnaise ■ 1 Tablespoon salad dressing or cream cheese <p>Free Foods Foods with less than 20 calories per serving. Use as desired.*</p> <ul style="list-style-type: none"> ■ Most vegetables ■ Sugar-free soda ■ Black coffee or plain tea 	<p>1 cup = </p> <p>1/2 cup = </p> <p>1/3 cup = </p> <p>2 Tablespoons = </p> <p>1 Tablespoon = </p> <p>1 teaspoon = </p> <p>1 ounce (oz) = </p> <p>3 ounces (oz) = </p>
*Note: If you have a personalized meal plan, the number of servings you choose may be different.			



The Florida Department of Health in Wakulla County has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p. m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding fee scales. You can find many types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. There is no charge to use the kiosk.



Classes offered by Florida Department of Health in Wakulla County

For more information or to reserve your space,
please call the Wakulla One Stop Community Center
at 745-6042 or 926-0400, ext. 215.

Prenatal Care Class - Suggested for newly pregnant mothers and their partners. This class teaches moms how to keep themselves and their babies healthy throughout their pregnancy. It covers the following information:



- Fetal Development – changes to baby and mom in each trimester
- Medical Care – choosing a provider, appointments, what to expect, what to ask
- Nutrition – weight gain, good eating habits, foods to avoid, based on MyPlate
- Exercise – guidelines, safe and unsafe activities, exercise tips by trimester
- Discomforts and how to manage them
- Hazards for pregnant moms and unborn babies
- Emotions – common stressors, stress-relief tips, support regarding body image, relationships, etc.

Mondays - January 12, 26 - February 2 - 6:30-8:30 p.m.



Baby Basics – Suggested for new parents and soon-to-be parents, grandparents, and other family members. The class includes the essentials to newborn care, common challenges, information for parents to make the healthiest choices for their new baby. The topics include:

- New Infant care to six weeks
- Physical and Mental Development
- Understanding Babies' Cues
- Comfort Techniques
- Nutrition
- Bathing and Diapering
- Sleeping
- Health & Safety
- Safety Proofing Your Home

**Mondays - February 16, 23
6:30-8:30 p.m.**

Childbirth Preparation... The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. (We suggest that moms be at least 7 months pregnant when they take this class.) Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety. The next series of classes are scheduled for Tuesdays, **January 6 - February 3 from 6:30-8:30 p.m.. All classes are held at the Florida Department of Health in Wakulla.** For more information or to sign up for the class, call Grace Keith at 926-0400, ext. 215 or the Wakulla County One Stop Community Center at 745-6042. There is **no charge** for this class!



The next Hands-only CPR class is on Thursday, December 4 from 7 -9 p.m., 2014 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. This class costs \$15.00. This amount will be returned when you complete the class.

Basic First Aid... There is no class currently scheduled. This course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund.



Health Education... Is there a health-related topic you need more information about? Need information on diabetes care, meal planning, nutrition, etc.? Call Health Educator, Grace Keith at 850-926-0400, ext. 215 or email: grace.keith@flhealth.gov