

WTNS Radio OSU Extension Update for November 7, 2022
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about Diabetes Awareness, and as always look at some upcoming programs from OSU Extension.

November is a time for diabetes awareness. The American Diabetes Association sponsors American Diabetes Month. The National Institute of Diabetes and Digestive and Kidney Diseases sponsors National Diabetes Month.

Chances are that either you have diabetes, pre-diabetes, or you have a close relative or friend who does. Over 12% of people in Coshocton County have diabetes, specifically 17% of men and 7% of women. And that total number jumps to 22% for people over age 65.

Prediabetes is a serious health condition when blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. Though 9% of people in Coshocton County have been diagnosed with prediabetes, it is estimated that about 38% of people have prediabetes.

Thursday evening, I hosted "Take Charge of Your Diabetes During the Holidays". We discussed the unique challenges that holiday meals and busyness create for those living with diabetes. We also enjoyed recipes for Herb Roasted Turkey Breast, Apple Stuffing and Skinny Gravy, and Double Layer Pumpkin Pie. Here is some advice from our class.

1. Slow Down - There are many things that happen during November and December. School programs, church bazaars and celebrations, family gatherings, work parties, the list goes on and on. Add to that gift buying and wrapping, and maybe even cookie baking and candy making.

Stress causes our bodies to stay in a constant state of fight or flight. In response, our bodies release hormones that effect the way our bodies release and use glucose. This can cause blood glucose levels to remain high and be more difficult to manage.

Physical activity helps reduce stress and helps our bodies control blood glucose. One helpful tool in managing diabetes well is to be physically active. Walking after a meal can be a good strategy to jump start your body to use the carbohydrates that you have consumed.

Intentionally slowing down helps us to remember what this time of year is all about. Make a commitment to practice gratitude for the true meaning of Thanksgiving and Christmas.

2. Remember to keep your carbohydrates consistent - Try to have the same amount of carbohydrate you normally would. This can be challenging when potluck dinners have such an array of high calorie and high carbohydrate items. Throw on top of that extra treats at work and all sorts of gift baskets and cookie plates. It could be tempting to skip meals or snacks earlier in the day to “save” carbs for later, but this will make your blood glucose more difficult to control.

3. Plan your desserts – Not everyone is a lover of sweets. There are plenty of ways that we add carbs to our meals in ways that are not sweet. Mashed potatoes, breads, pasta, corn, just to name a few. However, this time of year tends to have a dessert theme anytime we are getting together to eat.

One idea is to share. If possible, instead of ordering a dessert only for you, split it with someone else. If you are going to a meal and have the option to bring something, take desserts you have modified to be healthier. This could be a lower sugar version of a family favorite. Serve fresh fruit along with dessert to add in more fiber, water, and nutrients with sweet flavor.

And now let’s look at some upcoming programs from OSU Extension. November is National Diabetes Awareness Month. Be on the lookout during November for special posts on our Facebook page - OSU Extension Coshocton County.

There is a free, self-paced online course to help participants learn, share, and chat with health professionals about successfully managing diabetes. The course, *Dining with Diabetes: Beyond the Kitchen*, focuses on carbohydrates, fats, sodium, vitamins, minerals, and fiber. The easy to follow three-module course includes interactive presentations, videos, activities, and access to trusted resources and apps. Sign up at our website Coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!