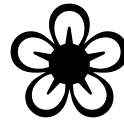


# PREVENTING DIABETES



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### Greetings!

This is the eighth issue of our newsletter and we hope you take a few minutes to read about the project and the prevention of diabetes.

We have lots of activities lined up for the spring and summer, including the Wellness Program, Community Kitchens, Health Club, Tip-to-Tip Challenge, Zone Workshops, Workshop on gestational diabetes, Youth Health Camp and the Moccasin Walk. Contact us at the Native Council if you are interested in taking part in any of these programs.

We would like to hear from you. Do you have any comments or questions about the newsletter? Is there anything you would like to know about diabetes prevention? Or any questions about nutrition, health, fitness and healthy lifestyle? Send in your questions and we will do our best to answer them for you.

Brenda Bradford

### Four Ways to Commit to a New Habit

We live mostly by habit, according to brain scientists. Habits can be very useful because it would be overwhelming if we had to think through every decision as if for the first time. Although most habits are harmless, we all have a few we wish we could change. Which of your habits would you like to change?

Trying to create new habits because we should is rarely effective. Identifying the reasons for wanting to change a habit, allows us to tap into our willpower and reach our goals.

### Four Steps to Create the Habits You Desire:

1. Identify the habit you would like to change or create. If your goal is to get rid of an existing “bad” habit, be sure to identify the behaviour you are going to substitute. “I want to get fit” is not a new habit. “I will go for a half-hour walk on Mondays, Wednesdays, and Thursdays is more specific and doable.

2. Discover your willpower. Write down all of your motivations for developing this new habit. We all have different reasons for developing new habits. Perhaps you want to start walking because you want to lose weight, lower your blood pressure, or feel youthful. Look at how this new habit will benefit all areas of your life. The more thorough you are when doing this, the easier it will be to follow through.

3. Examine the consequences. Write down all the ways that your life will be negatively affected if you do not change your habits. Again, consider all areas of your life – physical, emotional and spiritual.

4. Commit to your new habit for a minimum of 21 days. Research tells us that it takes a minimum of three weeks to develop a new habit. At the beginning, examine the lists from the previous two steps and add to them daily. Creating a new habit is not easy, unless the reasons for doing so are important. When we say that we can’t change a specific habit, what we are really saying is that we don’t have a big enough reason why we should. But when the whys are big enough, the hows take care of themselves.

(Source: *Alive* May 2006 No. 283)

Brenda Bradford

### Do You Struggle With Making Lifestyle Changes?

**Here are 5 strategies to help you achieve your health and wellness goals:**

1. **AWARENESS:** The most important first step is being aware of what you consume. If you can learn to identify the extra calories that you are eating and drinking then you can take control of them. Do you eat a lot of fast food, drink lots of beverages that are full of sugar, eat what's left on your kids' plates? It is time to take a look at your actions and make smarter choices that won't take your thighs by surprise!

☺ Write down what you eat and drink for the week. It may surprise you.

☺ Write down a plan: goals, guidelines, menus.

☺ Be organized. Plan your meals and snacks so you don't have the opportunity to get too hungry and you won't have to rely on the drive thru simply because you don't know what to cook.

2. **EDUCATION:** It is important to learn what is healthy and what is headed straight to your hips. Take the time to read labels and choose real foods instead of processes pretenders. Once you know about healthy eating, you can find delicious foods that will leave you healthy, slim and satisfied.

3. **DETERMINATION:** It is the desire to make a long-term change, rather than relying on a quick-fix fad. You must be ready to makeover your life...before you can makeover your look. Once you are fed up enough to get fired up, then nothing can stand in your way.

4. **ACTION:** It is the moment you make the changes that will make a difference. Be sure to take action every day...whether it is choosing a salad instead of a sundae, taking the stairs instead of the elevator or relaxing with a good book instead of a gooey candy bar! Small steps = Big rewards!

5. **MOTIVATION:** This means staying strong even when life and lasagne get in the way. Prepare for those tough times by planning rewards to keep you going. Buy a new outfit when you drop 10 pounds or have an evening out on the town when you drop 20. Whatever you do, do not reward yourself with food.

(Source: eDiets Daily Bytes

[[dailyByte@edits.com](mailto:dailyByte@edits.com)]

Remember, you will be moving in and out of

these strategies on a continuous basis. Being healthy means being tuned into what your body needs. As much as you may think your body needs that Chinese Buffet, believe me, it doesn't!! If you eat healthy and stay active, you will feel better physically and emotionally. You deserve that ☺.

**Fresh Vegetable Stir-Fry (Serves 4)**

**Ingredients for sauce:**

½ cup pineapple juice  
1 tablespoon sugar (or Splenda)  
1 tablespoon lemon juice  
1 tablespoon corn starch  
1 teaspoon soy sauce

**Ingredients for vegetables:**

1 tablespoon oil  
½ medium onion, chopped  
1 cup broccoli florets  
1 cup carrot slices  
1 cup chopped celery  
1 cup chopped zucchini  
1 cup red or green pepper

1. Combine the ingredients for sauce in a bowl.

2. In a large sauce pan or wok, heat vegetable oil over medium heat. Add onion, broccoli, carrots and celery. Stir and cook for about 2 minutes.

3. Add zucchini and peppers, stir and cover. Cook for 1 minutes. Serve while hot.

**Nutritional Info:**

Fat: 3.7 g  
Carbohydrate: 20.7 g  
Calories: 116.8kcal  
Protein: 2.1 g

Serve as a side dish with your favourite meat, fish, or poultry. (Source: [www.sparkpeople.com](http://www.sparkpeople.com))

Trudy MacNeil

## Diabetes Update

Just wanting to let all our members know that the Diabetes Program has been funded again for the next fiscal year. And thanks to everyone that took part in some or all of the activities that we have shared in. I would also like to give a special thanks to all the members that attended the Youth and Elders Wellness Week end and we had 51 members participate in this event and a great deal of information was shared and a lot of fun was had by all. It's nice to see more members getting involved as Diabetes can affect everyone and with the statics it is getting to be one of the highest diseases among Aboriginal People. Some of the new activities that we are planning to offer this fiscal year are:

1. Tip to Tip Challenge: We will have individuals or teams register to walk, run or cycle the distance across the province. Participants will maintain a log of distances and we will track their progress across the Island. This will be a good change to get out with friends and enjoy the fresh air and also get some good exercise.
2. Workshop on Gestational diabetes: We are planning a half day workshop on Gestational Diabetes and the affects it can have for women who Are expecting a child.
3. Youth Health Camp: We are planning a two-day Health camp in June or July at Panmure Island more information will be given about this activity.

We will also be having our Community Kitchens this year we are going to go to the Three Zones and hold a community kitchen in each, All that is needed for this activity is a few members getting together for a fun time if anyone is interested in this please le me know so that a date can be set.

We will also be having our community co-op in September. More information will be sent to the members at a later date on this.

Well ness Sessions : Will be held once again this year They will be posted on the Native Council event Calendar if you have no computer call the office and we will give the dates and topics that will be discussed.

These are just some of the activities that we are planning but we also will be planning a lot more and one of those will be on June 21th which will be our National Aboriginal Day Annual Moccasin Walk. We are hoping to double the amount of people involved so mark in on your Calendars'

See you soon

Kim Gallant

## You Are at Risk!

Aboriginal people have a much higher risk of Type 2 diabetes than other Canadians. In fact, it is epidemic among Aboriginal people, with prevalence 3 to 5 times higher than that of the general population.

The traditional lifestyle of Aboriginal people was active and included eating healthy foods. Today, lifestyles have changed and people are not as active and eat less healthy food. The replacement of traditional foods with highly refined foods and decreased rates of physical activity have resulted in high rates of obesity in adults and children. Other factors include a family history of diabetes and pregnancy complicated by gestational diabetes, which also leads to increased risk of diabetes in the baby. Studies also suggest that bottle-feeding instead of breast-feeding increases the risk of diabetes.

Type 2 diabetes is when your body does not make enough insulin to use the sugar from food as energy, or when insulin your body makes does not do its job. Diabetes is very serious to your health and lasts your whole life. Seeing your doctor regularly and getting tested are important first steps to finding out more about the disease and whether you have it.

There are a number of warning signs that suggest a person may have diabetes. However, it is possible to have none of these and still have diabetes. The warning signs are:

- ✓Being thirsty a lot
- ✓Having to pee more than usual
- ✓Gaining or losing weight for no reason
- ✓Getting very tired for no reason
- ✓Blurred vision
- ✓Getting infections often or ones that don't go away
- ✓Cuts and bruises that are slow to heal
- ✓Tingling and numbness in the hands and feet.

Why take a chance? If you have any of these

warning signs, see your doctor and get tested for diabetes. You are worth it!

(Source: The Canadian Diabetes Association)

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Brenda Bradford

### **Applesauce Carrot Cake (Serves 16)**

#### **Ingredients:**

2 cups whole grain flour  
½ cup sugar (or Splenda)  
2 teaspoons baking soda  
1 ½ teaspoons cinnamon  
½ teaspoon nutmeg  
½ teaspoon salt  
¾ cup unsweetened applesauce  
¼ cup oil  
3 eggs  
3 cups carrots, coarsely chopped

1. In a large mixing bowl, combine flour, sugar, baking soda, cinnamon, nutmeg and salt.
2. In a separate bowl, combine applesauce, oil, eggs. Add to flour mixture stirring until well blended. Add carrots and mix again.
3. Pour batter into a greased 9" tube pan or 9" X 13" rectangular cake pan, or two bread loaf pans, or cupcake pan.
4. Bake the cake in a preheated 350 degree oven for about 1 hour, 20 minutes, until a toothpick inserted in the thickest part of the cake comes out clean. Set the cake on a wire rack for five minutes. Then, run a knife around the edges of the pan to loosen the cake, and turn the cake out onto the rack to cool.

#### Nutritional Info

Fat: 5.7 g  
Carbohydrates: 21.4 g  
Calories: 145.3 kcal  
Protein: 3.6 g

This is a healthier version of carrot cake since a lot of the oil is replaced with applesauce.

### **Mini Cheesecakes (Serves 12)**

#### **Ingredients:**

12 low-fat vanilla wafers  
3 oz cream cheese at room temperature  
12 oz fat-free cream cheese at room temperature  
½ cup sugar (or Splenda)  
2 eggs  
Cherry pie filling (light)

1. Preheat oven to 350 degrees F. Line muffin tins with 12 foil cupcake papers. Place a vanilla wafer in the bottom of each cupcake paper.
2. In mixing bowl, beat cream cheese and fat free cream cheese until smooth. Add sugar and vanilla and mix well. Add eggs and mix until smooth.
3. Pour cheesecake mixture into muffin tins. Bake for 20 min or until centres are almost set. Cool. Refrigerate 2 hours or overnight.
4. Decorate cheesecake tops with cherry pie filling.

#### Nutritional Info

Fat: 4.4 g  
Carbohydrates: 14.4 g  
Calories: 120.6 kcal  
Protein: 6.0 g  
Healthier version of cheesecake in appropriate portion sizes!

### **Frozen Pudding Pops**

#### **Ingredients**

2 cups low-fat or skim milk  
1 small box of instant pudding

Prepare pudding according to package directions. Freeze in popsicle moulds or spoon into small paper cups and insert Popsicle sticks or plastic spoons. Place in freezer until solid.

Here is a good, healthy snack for children and adults. A good way to get some calcium and a yummy treat!! Perfect for the summer.

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Trudy MacNeil

That's it for this edition of the newsletter! Be happy, eat well and go for a walk every single day!

Brenda Bradford