

PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER November 2021



November is National Diabetes Month

This year's focus is on prediabetes and preventing diabetes. Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. According to the CDC, more than 1 in 3 U.S. adults have prediabetes—that's 88 million people—but most people don't know they have it. The good news is that by making small healthy lifestyle changes, it is possible to prevent type 2 diabetes and even reverse your prediabetes.

Here are some tips to help manage prediabetes and prevent diabetes.

- **Take small steps.** Making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. It is okay to start small. Remember that setbacks are normal and do not mean you have failed—the key is to get back on track as soon as you can.
- **Move more.** Limit time spent sitting and try to get at least 30 minutes of physical activity, 5 days a week. Start slowly by breaking it up throughout the day.
- **Choose healthier foods and drinks most of the time.** Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.
- **Lose weight, track it, and keep it off.** You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.
- **Seek support.** It is possible to reverse prediabetes. Making a plan, tracking your progress, and getting support from your health care professional and loved ones can help you make the necessary lifestyle changes.

- **Stay up to date on vaccinations.** The COVID-19 (booster shot, if eligible) and flu vaccines are especially important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>

#TheBigStepUp

The ADA notes that collective action is needed to reduce the effects of diabetes on the global population. "Diabetes isn't going away until we all do our part," says Daisy Diaz, a spokesperson for the ADA. "There are simple yet life-changing steps we can all take to recognize, reduce our risk, and ease the burden of diabetes. Join the ADA this November to take #TheBigStepUp!"

Week 1 (Nov. 1–7): Step Up Awareness

The first thing to do is to educate yourself. The ADA provides information and resources at Diabetes.org/adm.

Week 2 (Nov. 8–14): Step Up Detection

Knowing the risk factors for type 2 diabetes is one of the first steps in preventing the disease. The organization encourages people to take a risk test at Diabetes.org/risktest.

Week 3 (Nov. 15–21): Step Up Management

To help people living with diabetes thrive, the ADA offers healthy recipes at Diabetes.org/foodhub and a healthy living newsletter. It will also host a fitness challenge on exercise tracking app Strava.

Week 4 (Nov. 22–28): Step Up and Thrive

The group encourages those inspired by the previous steps and their personal progress to be advocates for more funding, healthcare access, and affordable treatments. Its advocacy hub is Diabetes.org/advocacy.

<https://www.everydayhealth.com/diabetes/awareness-month/>

The Gut-Brain Connection: How it Works and The Role of Nutrition

Have you ever had a gut feeling or butterflies in your stomach? These sensations emanating from your belly suggest that your brain and gut are connected. What's more, recent studies show that your brain affects your gut health and your gut may even affect your brain health.

The communication system between your gut and brain is called the gut-brain axis.

Neurons are cells found in your brain and central nervous system that tell your body how to behave. The vagus nerve is one of the biggest nerves connecting your gut and brain. It sends signals in both directions. Studies suggest that the vagus nerve is important in the gut-brain axis and its role in stress.

Your gut and brain are also connected through chemicals called neurotransmitters.

Neurotransmitters produced in the brain control feelings and emotions. Many of these neurotransmitters are also produced by your gut cells and the trillions of microbes living there. The trillions of microbes that live in your gut also make other chemicals that affect how your brain works. Your gut-brain axis is also connected through the immune system.

Gut bacteria affect brain health, so changing your gut bacteria may improve your brain health.

A few groups of foods are specifically beneficial for the gut-brain axis such as:

Omega-3 fats: These fats are found in oily fish and also in high quantities in the human brain. Studies in humans and animals show that omega-3s can increase good bacteria in the gut and reduce risk of brain disorders.

Fermented foods: Yogurt, kefir, sauerkraut and cheese all contain healthy microbes such as lactic acid bacteria. Fermented foods have been shown to alter brain activity.

High-fiber foods: Whole grains, nuts, seeds, fruits and vegetables all contain prebiotic fibers that are good for your gut bacteria. Prebiotics can reduce stress hormone in humans.

Polyphenol-rich foods: Cocoa, green tea, olive oil and coffee all contain polyphenols, which are plant chemicals that are digested by your gut bacteria. Polyphenols increase healthy gut bacteria and may improve cognition.

Tryptophan-rich foods: Tryptophan is an amino acid that is converted into the neurotransmitter serotonin. Foods that are high in tryptophan include turkey, eggs and cheese.

<https://www.healthline.com/nutrition/gut-brain-connection>

Parenting Tips Fire Safety Checklist

Check Smoke Alarms

- Make sure there is a working smoke alarm on every level of your home, inside bedrooms and near sleeping areas.
- Test smoke alarms every month.
- Replace smoke alarms every 10 years.

Create and Practice a Fire Escape Plan

- Create a home fire escape plan with two ways out of every room.
- Practice a home fire drill at least twice a year with your family.
- Choose a place to meet outside that is a safe distance away from your home.

In an Emergency, Leave Home Immediately

- Make sure your family leaves the home immediately if there is a fire.
- Choose the safest escape route. If there is a lot of smoke, get low and crawl out of the house as quickly as possible.
- Call 911 after you are a safe distance away from your home.



https://www.safekids.org/search?search_api_views_fulltext=fire+safety+checklist



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