

RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

Diabetes Awareness

November is National Diabetes Awareness Month. Following a healthy lifestyle is an important component of blood sugar control. Eating healthy foods, getting proper activity, managing stress, and following up with your health care provider are all important aspects of diabetes management. This newsletter includes information on ways to help manage blood sugar levels.

In This Issue:

- ABC's of Diabetes
- Fit Tip of the Month: Exercise and Diabetes
- Preventive Focus: Hemoglobin A1c
- Webinar: Pre-Diabetes: Act Now!
- Recipe of the Month: Vegetable Frittata



ABC's of Diabetes

If you have diabetes, managing the ABC's of diabetes, **A1c**, **B**lood pressure, and **C**holesterol, can help lower your chances of heart and blood vessel disease.

A is for A1c. The A1c is a test that shows your average blood glucose for the past three months. It helps provide a picture of your overall blood glucose control during this time. The A1c target for many people with diabetes is less than 7%, however, this may be different for you. It is important to discuss your A1c target with your doctor. The A1c should be tested every 3-6 months, depending on blood glucose control.

B is for Blood Pressure. Blood pressure is the force of your blood against the wall of your blood vessels. High blood pressure occurs when blood moves through your vessels with too much force. If your blood pressure is high, it makes your heart work harder. Over time, high blood pressure can lead to heart disease, stroke, and kidney and vision problems. According to the American Diabetes Association, the target blood pressure for people with diabetes is less than 140/90 mmHg. It is important that you discuss your blood pressure goal with your doctor. Make sure that you have your blood pressure checked at every doctor's visit.

Fit Tip of the Month

Exercise & Diabetes



Regular physical activity can lower your risk for pre-diabetes and type 2 diabetes. Staying fit and active throughout life can help your blood sugars stay in a healthy range. Exercise is also essential to preventing long-term complications that can result from diabetes such as nerve pain, heart disease or kidney disease.

Exercise Includes:

- **Continuous activity** – walking, taking stairs, and moving around throughout the day. To help reduce time spent sitting, try setting an alarm to alert you every 30 minutes as a reminder to stand, stretch, and walk around during the day.
- **Aerobic exercise** – brisk walking, swimming, biking or dancing. Aim for 30 minutes/day, at least 5 days/week. If you are new to activity, start with 5-10 minutes and gradually work up, OR try brisk 10-minute walks, three times each day.

C is for Cholesterol. There are two types of cholesterol, LDL and HDL. LDL is the “bad” cholesterol because it can build up and clog your arteries. High LDL over time can lead to a heart attack or stroke. HDL cholesterol is known as the “good” cholesterol as it helps remove the bad cholesterol from your arteries. High HDL helps protect your heart. Elevated triglycerides can also increase your chance of heart attack or stroke. Ask your doctor what your cholesterol numbers should be and how often you should be tested.

Action to Take:

- Know your ABC’s: talk to your healthcare team about your A1c, blood pressure and cholesterol values. Write them down and keep track of your progress.
- Reach your targets: Ask your healthcare team what your targets should be and what you can do to reach them.

Janet Arenas, RDN, LDN, CDE– Registered Dietitian/Health Coach

Resources: [American Diabetes Association](#)

- **Strength training** – lifting weights, your own body weight, or even items at home. It’s best to do these exercises 2-3 times/week. Try joining a class that uses weights or elastic bands. If you travel, book hotels with fitness centers or bring resistance bands with you.
- **Flexibility exercises** – basic stretching, yoga, Pilates or tai chi. Keep your joints limber and reduce the risk of injury by stretching 5-10 minutes/day. Benefit your muscles by adding a stretching routine to your aerobic and strength building workouts.

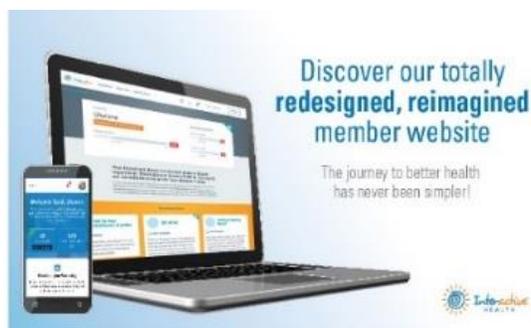
Suzanne Toon MS, CPT, Health Coach

Resources:

[American Diabetes Association](#);
[EndocrineWeb](#)

Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit www.myinteractivehealth.com.

Have you seen your new wellness website?



We’ve taken the online wellness experience to a whole new level. Tap into a concierge-like web experience that will assist you on your journey to better health. Fresh, modern and easy-to-use, the website includes interactive guides, pin-able content, personalized action steps and much more!

Log on today at www.myinteractivehealth.com (or at your company-provided web link) to see more.

Preventive Focus

Hemoglobin A1c

There are different tests your physician can use to diagnose diabetes. One of these tests is the Hemoglobin A1c test. This test measures your average blood glucose (blood sugar) control for the past 3 months. The A1c test is based on the attachment of blood glucose to hemoglobin, which is the protein in red blood cells that carries oxygen.

In the body, red blood cells are constantly forming and dying, but typically they live for about 3 months. Thus, the A1c test reflects the average of a person's blood glucose levels over the past 3 months. The A1c test result is reported as a percentage. The higher the percentage, the higher your blood sugar levels have been. A normal A1c level is below 5.7 percent. Diabetes is diagnosed at an A1c greater than or equal to 6.5 percent.

One advantage of using the A1c test is that you do not need to fast. The A1c test can also be used to determine how well a diabetes treatment plan is working for a person that has already been diagnosed with diabetes.

Result	A1c
Normal	Less than 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% or higher

Anna Garcia, RD, LDN, CDE, CHWC – Registered Dietitian & Health Coach

Resources: [American Diabetes Association](#)
[National Institute of Diabetes and Digestive and Kidney Diseases](#)



New Webinar:

Pre-Diabetes: Act Now!

Learn about risk factors for developing pre-diabetes and diabetes and what steps you can take to reduce your risk. Understand the role nutrition, exercise, and stress play in preventing and controlling diabetes. We will review tips and action steps for leading a healthier life.

Date: Thursday, November 15, 2018

Time: 12:00pm - 12:45pm Central

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within seven business days on the [Interactive Health](#) member website.

Recipe of the Month

Vegetable Frittata

Looking for a fun and healthy breakfast option? This vegetable frittata is loaded with vegetables and is a good source of protein. Not only is this dish delicious, but it will keep you full and satisfied!

Ingredients

- 4 large eggs
- 4 large egg whites
- 1/3 cup 1% milk
- ¼ teaspoon pepper
- 1 tablespoon olive oil
- 1 medium red bell pepper, seeded, sliced
- ½ small red onion, thinly sliced
- 2 cups packed spinach
- 3 oz light feta cheese



Directions

1. Preheat oven to 350°.
2. In a large bowl, beat eggs and egg whites with milk and pepper.
3. Warm oil in a 10-inch ovenproof skillet over medium heat. Add red pepper and onion and sauté until softened, about 7 minutes. Stir in spinach and sauté until wilted, about 2 minutes. Distribute vegetables evenly in skillet and pour in egg mixture. Crumble feta on top. Cook without stirring until eggs are just beginning to set around the edges, 2 to 3 minutes.
4. Place skillet in oven. Bake frittata until almost set in center, about 15 minutes. Turn broiler on high; broil frittata until top is golden brown, about 2 minutes, watching carefully to prevent over-browning. Remove from oven. Let frittata rest for 5 minutes before serving.

Nutritional Information Per Serving (Serves 4)

Calories: 170

Total Fat: 10 grams

Saturated Fat: 3 grams

Cholesterol: 191 milligrams

Protein: 15 grams

Total Carbohydrates: 5 grams

Dietary Fiber: 1 gram

Sugars: 3 grams

Sodium: 425 milligrams

Recipe adopted from: <http://www.myrecipes.com/recipe/vegetable-frittata>

Erica Lokshin, MS, RDN, LDN
Registered Dietitian/Health Coach

Follow Interactive Health on Twitter @interactivehlth

Active Insights

Stay up to date with client, member, personal, and policy insights.

[Active Insights](#)

If you haven't visited lately, here's what you've missed:

[Instilling Confidence Helps Member Lose Weight](#)

Sally Willis, health coach at Interactive Health, knows that improving eating habits and increasing physical activity can not only help lose weight but significantly reduce the risk of type 2 diabetes...I am a registered dietitian, but not an advocate of extreme diet regimens. Many fad diets can help lose weight in the short-term, but a truly healthy diet is a long-term strategy. Instead of focusing on losing weight, the focus should be on mindful eating, taking control of the choices the member is making and being "ok" when they slip up. I remind my clients; "This is not a rigid diet; if you indulge, savor the experience and move on."

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.

