

# NOVEMBER 2022 Healthy Living

*Did you know that November is National Diabetes Month?*



November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

Working with health care professionals who can offer you the personal care you need may help improve your health. And while it takes a team to manage diabetes, remember that you are the most important participant in your diabetes care. **Here are some tips to help you manage diabetes and build your health care team:**

## You are the center of your care

Learn as much as you can about your disease and talk with your primary care provider about how you can get the support you need to meet your goals.

## Manage Diabetes as early as possible

Take steps to improve your health. Talk with your primary care provider about how you can manage your diabetes and create a diabetes care plan. Research has shown that taking action soon after being diagnosed can help prevent diabetes-related health problems such as kidney disease, vision loss, heart disease, and stroke. If your child has diabetes, be supportive and positive. Work with your child's primary care provider to set specific goals to improve their overall health and well-being.

## Build Your Diabetes Health Care Team

A team of health care professionals can tailor your care for your specific needs. Besides a primary care provider, your health care team may include a nutritionist and a certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about your diabetes.

## Start with small changes to create healthy habits and make physical activity and healthy eating part of your daily routine

Set a goal and try to be active most days of the week and follow a diabetes meal plan. Choose fruits and vegetables, whole grains, lean meats, tofu, beans, seeds, and non-fat or low-fat milk and cheese. Consider joining a support group that teaches techniques for managing stress and ask for help if you feel down, sad, or overwhelmed. Sleeping for 7 to 8 hours each night can help improve your mood and energy level.



## FEATURED RECIPE

# Chicken & Spinach Skillet Pasta with Lemon & Parmesan



## Ingredients

- 8 ounces penne pasta (optional: gluten-free or whole-wheat penne pasta)
- 2 tablespoons extra-virgin olive oil
- 1 pound boneless, skinless chicken breast or thighs, trimmed, if necessary, and cut into bite-sized pieces
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cloves garlic, minced
- ½ cup dry white wine
- Juice and zest of 1 lemon
- 10 cups chopped fresh spinach
- 4 tablespoons grated parmesan cheese

## Directions

1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, heat oil in a large high-sided skillet over medium-high heat. Add chicken, salt and pepper; cook, stirring occasionally, until just cooked through, 5 to 7 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in wine, lemon juice and zest; bring to a simmer.
3. Remove from heat. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is just wilted. Divide among 4 plates and top each serving with 1 tablespoon Parmesan.