MARCH

NATIONAL HEALTH OBSERVANCES

American Diabetes Alert Month
http://www.diabetes.org/are-you-at-risk/alert-day/?referrer=https://www.bing.com/

Brain Injury Awareness Month
https://www.biausa.org/events/march-is-brain-injury-awareness-month

Colorectal Cancer Awareness Month
http://healthfinder.gov/NHO/Marchtoolkit.aspx

Deep Vein Thrombosis (DVT) Awareness Month
http://www.cdc.gov/features/deep-vein-thrombosis/index.html

Cerebral Palsy Awareness Month
http://www.cdc.gov/ncbddd/cp/index.html

Chronic Fatigue Syndrome Awareness Month
http://www.cdc.gov/cfs/index.html

Colorectal Cancer Awareness Month
http://www.cdc.gov/cancer/dcpc/resources/features/ColorectalAwareness/index.htm

Developmental Disabilities Awareness Month
http://www.cdc.gov/ncbddd/developmentaldisabilities/index.html

National Kidney Month
https://www.kidney.org/

Multiple Sclerosis Education and Awareness Month
http://www.nationalmssociety.org/

National Nutrition Month
https://www.choosemyplate.gov/national-nutrition-month
https://www.choosemyplate.gov/printable-materials

Poison Prevention Awareness Month
http://www.poisonprevention.org/

To request additional information or assistance contact:

Baptist General Convention of Virginia - Health & Wellness Ministry

Rev. Dr. J. Elisha Burke, Director - 804.228.2421, Ext. 113 or eburke@bgcva.org

Are you at risk for type 2 diabetes?

ALERT!DAY
TYPE 2 DIABETES AWARENESS

WRITE YOUR SCORE IN THE BOX.

1. **How old are you?** .....
   Less than 40 years (0 points)
   40–49 years (1 point)
   50–59 years (2 points)
   60 years or older (3 points)

2. **Are you a man or a woman?** .....
   Man (1 point) Woman (0 points)

3. **If you are a woman, have you ever been diagnosed with gestational diabetes?** .....
   Yes (1 point) No (0 points)

4. **Do you have a mother, father, sister or brother with diabetes?** .....
   Yes (1 point) No (0 points)

5. **Have you ever been diagnosed with high blood pressure?** .....
   Yes (1 point) No (0 points)

6. **Are you physically active?** .....
   Yes (0 points) No (1 point)

7. **What is your weight category?** .....
   See chart at right.

ADD UP YOUR SCORE.

Height	Weight (lbs.)		
4′ 10″	119–142	143–190	191+
4′ 11″	124–147	148–197	198+
5′ 0″	128–152	153–203	204+
5′ 1″	132–157	158–210	211+
5′ 2″	136–163	164–217	218+
5′ 3″	141–168	169–224	225+
5′ 4″	145–173	174–231	232+
5′ 5″	150–179	180–239	240+
5′ 6″	155–185	186–246	247+
5′ 7″	159–190	191–254	255+
5′ 8″	164–196	197–261	262+
5′ 9″	169–202	203–269	270+
5′ 10″	174–208	209–277	278+
5′ 11″	179–214	215–285	286+
6′ 0″	184–220	221–293	294+
6′ 1″	189–226	227–301	302+
6′ 2″	194–232	233–310	311+
6′ 3″	200–239	240–318	319+
6′ 4″	205–245	246–327	328+
	1 point	2 points	3 points

If you weigh less than the amount in the left column: 0 points

Adapted from Bang et al., Ann Intern Med 151:775–783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at **diabetes.org/alertday** or call **1-800-DIABETES (800-342-2383).**

American Diabetes Association.

USDA

10 tips
Nutrition Education Series

eat smart and be active as you grow

10 healthy tips for teen girls

Young girls, ages 10 to 19, have a lot of changes going on in their bodies. Building healthier habits will help you—now as a growing teen—and later in life. Growing up means you are in charge of foods you eat and the time you spend being physically active every day.

1 build strong bones

A good diet and regular physical activity can build strong bones throughout your life. Choose fat-free or low-fat milk, cheeses, and yogurt to get the vitamin D and calcium your growing bones need. Strengthen your bones three times a week doing activities such as running, gymnastics, and skating.

2 cut back on sweets

Cut back on sugary drinks. Many 12-ounce cans of soda have 10 teaspoons of sugar in them. Drink water when you are thirsty. Sipping water and cutting back on cakes, candies, and sweets helps to maintain a healthy weight.

3 power up with whole grain

Fuel your body with nutrient-packed whole-grain foods. Make sure that at least half your grain foods are whole grains such as brown rice, whole-wheat breads, and popcorn.

4 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. Try acorn squash, cherry tomatoes, or sweet potatoes. Spinach and beans also provide vitamins like folate and minerals like potassium that are essential for healthy growth.

5 check Nutrition Facts labels for iron

Read Nutrition Facts labels to find foods containing iron. Most protein foods like meat, poultry, eggs, and beans have iron, and so do fortified breakfast cereals and breads.

6 be a healthy role model

Encourage your friends to practice healthier habits. Share what you do to work through challenges. Keep your computer and TV time to less than 2 hours a day (unless it's school work).

7 try something new

Keep healthy eating fun by picking out new foods you've never tried before like lentils, mango, quinoa, or kale.

8 make moving part of every event

Being active makes everyone feel good. Aim for 60 minutes of physical activity each day. Move your body often. Dancing, playing active games, walking to school with friends, swimming, and biking are only a few fun ways to be active. Also, try activities that target the muscles in your arms and legs.

9 include all food groups daily

Use MyPlate as your guide to include all food groups each day. Learn more at www.ChooseMyPlate.gov.

10 everyone has different needs

Get nutrition information based on your age, gender, height, weight, and physical activity level. Use SuperTracker to find your calorie level, choose the foods you need, and track progress toward your goals. Learn more at www.SuperTracker.usda.gov.

SuperTracker

USDA

10 tips
Nutrition Education Series

make better food choices

10 tips for women's health

Make yourself a priority and take time to care for yourself. ChooseMyPlate.gov helps you choose the types and amounts of food and beverages you need. And, make time to be physically active, so you can do the things you want to do.

1 find out what you need

Get personalized nutrition information based on your age, gender, height, weight, and physical activity level. **SuperTracker** provides your calorie level, shows foods and beverages you need, and tracks progress toward your goals. Learn more at www.SuperTracker.usda.gov.

SuperTracker

2 enjoy your food but eat less

Use a smaller plate at meals to help control the amount of food and calories you eat. Take time to enjoy smaller amounts of food.

3 strengthen your bones

Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soymilk to help strengthen bones. Be sure your morning coffee includes fat-free or low-fat milk.

4 make half your plate fruits and vegetables

Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.

5 drink water

Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

6 eat whole grains more often

Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.

7 learn what is in foods

Use both ingredient and Nutrition Facts labels to discover what various foods contain. SuperTracker's **Food-A-Pedia** makes it easy to compare nutrition information for more than 8,000 foods.

8 cut back on some foods

Cut calories by cutting out foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Choose cakes, cookies, candies, and ice cream as just occasional treats.

9 be a better cook

Try out healthier recipes that use less solid fat, salt, and sugar. Eat at home more often so you can control what you are eating. If you eat out, check and compare nutrition information. Choose healthier options such as baked chicken instead of fried chicken.

10 be active whenever you can

Set a goal to fit in at least 2½ hours of moderate physical activity in your week. Being active 10 minutes at a time also adds to your weekly total. Ask your friends or family to keep you company as you bike, jog, walk, or dance. Don't forget to do some muscle strengthening activities twice a week.

USDA

10 tips
Nutrition Education Series

choosing healthy meals as you get older

10 healthy eating tips for people age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1 drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

2 make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

3 plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

4 know how much to eat

Learn to recognize how much to eat so you can control portion size. MyPlate's SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5 vary your vegetables

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

(over)

NIH National Institute on Aging

United States Department of Agriculture
Center for Nutrition Policy and Promotion
DG TipSheet No. 42
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6 eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7 use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

8 keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9 read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

10 ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Go to www.ChooseMyPlate.gov and
www.nia.nih.gov/health/topics/nutrition
for more information.