

Support Group

We are resuming the regular support group schedule this month. Day support group will meet on Tuesday, January 22nd from 1:00-2:30 p.m. at the Diabetes Management Center. Evening group will be held on Thursday, January 24th from 6:30-8:00 p.m. in the Education Rooms at Daviess Community Hospital. Please join us for a free educational session!

Kelli Barnard, RD, CD, CDE
Program Coordinator

Computers Encourage Exercise



Researchers at Stanford University studied sedentary people for one year and found that automated exercise reminder phone calls have the same power as calls from human counselors. The study consisted of 218 adults over the age of fifty-five in the San Francisco Bay area and was named Community Health Advice by Telephone, or CHAT. The goal of the study was to get participants walking at a brisk pace for thirty minutes most days of the week, or engage in other medium-intensity physical activities, for a total of 150 minutes per week.

The participants were divided into three groups: people who got no calls, people who were called by trained health educators, and people who received computer calls. The computer recording had a nice, kind voice and sounded natural. It would say things such as, "That's very good. I think you can go a little farther next week." The automated calls were also interactive. For example, the recording would state, "press 1 if you reached your goal last week." Participants then received pre-recorded advice on how

to overcome challenges. Exercise levels were measured by devices.

Many of the participants thought they would need a real person to get motivated. However, after one year, both of the called groups were exceeding 150 minutes of exercise per week. The group who received computer calls averaged 157 minutes per week while the group with health educator calls averaged 178 minutes. Those in the no call group averaged 118 minutes per week.

Lead author Abby King, a senior investigator at the Stanford Prevention Research Center, said the study shows that alternative ways can be utilized to encourage sedentary people to become more physically active. Assistant professor of medicine at the University of California, Dr. Rachelle Bernacki said she was impressed at how well the computer generated calls worked. "I think they weren't as good as calls with a human, but there's only a 20 minute difference," she said. "In terms of a cost-benefit ratio, obviously having a computer call is going to be a lot cheaper."

*Source: diabetesincontrol.com

7-Step Plan for Healthy Living

January is the time for New Year's resolutions. Start this year off right with a 7-step plan for healthy living. The following tips keep hectic lifestyles in mind and promote both balance and variety, two basics of a healthy diet.

Step 1: Start Early – Breakfast is a habit to cultivate. Research has shown that breakfast eaters consume fewer calories at lunch and supper and are less likely to snack compulsively during the rest of the day.

Step 2: Think Portion Control – Size it up. Avoid feeling the need to clean your plate. When eating out, most meals are a lot larger than the average adult needs. One solution is to split a meal with a friend.

Step 3: Plan Ahead For Snacks – Make your munchies healthful. Snacking itself is not a bad habit, as long as you are mindful of how many calories you are eating. Keep a food diary to stay on track and honest.

Step 4: Small Changes Make a Big Difference to Your Waistline. Choose foods that are low in fat. Eat your fruit rather than drinking it. Switch from sugary sodas to water.

Step 5: Fit Fitness in Throughout the Day – Every step you take counts. Lifestyle activities can provide similar health benefits to a traditional gym. Try parking farther away from stores, taking the stairs instead of the elevator, or walking while you are on the phone.

Step 6: Remember the Basics of Good Nutrition. Use the Food Guide Pyramid as a tool to help you make proper choices throughout the day. Eat more fruits, vegetables, and whole grains.

Step 7: Treat Yourself. Pick one day a week or month and have a treat that is planned, like a dessert or entrée that you love. The extra calories can easily be burned off by a long walk.

*Source: www.foodfit.com



Do you know about the DCH Diabetes Management Center?

The DCH Diabetes Management Center informs, empowers, and supports all individuals with diabetes and their families and caregivers through education about diabetes and its related complications. The Center also reaches out to find those who are at risk for developing diabetes through community screening efforts.

Who can benefit from diabetes education at the Center?

All people with diabetes benefit from diabetes education as they learn self-management skills

to control their diabetes and optimize their ability to live a productive and satisfying life.

Will insurance cover this?

Outpatient services may be reimbursed when your attendance is by physician referral. Your individual insurance policy defines the extent of your coverage. If you have any questions regarding insurance coverage, call the Diabetes Center office at 812-254-2250.

Sesame Chicken Skewers

*½ cup honey
¼ cup orange juice
2 Tbsp soy sauce
1 envelope Good Seasons Asian Sesame Dressing and Recipe Mix
4 boneless, skinless chicken breasts, cut lengthwise into strips
20 wooden skewers*

Mix honey, juice, soy sauce, and salad dressing mix in large bowl until well blended. Reserve ¼ cup of mixture and refrigerate. Add chicken to remaining mixture; toss to coat. Refrigerate 1-4 hours to marinate. Drain and discard dressing. Thread wooden skewer through each strip. Broil 4 inches from heat for 8-10 minutes. Turn and brush frequently with reserved ¼ cup dressing. Yield: 20 servings, 1 skewer each.

*Calories – 45
Fat – 0.5 grams
Carbohydrate – 3 grams
Protein – 6 grams
Sodium – 95 milligrams
Exchanges: 1 meat*

Slow Cooker BBQ Beef Stew

*1 Tbsp oil
2 lb boneless beef for stew, cut into 1 ½ inch cubes
5 carrots, peeled and cut into 1 inch Pieces
1 large onion, cut into chunks
6 small red potatoes, quartered
¾ cup Barbecue sauce, divided
1 Tbsp instant coffee
1 pkg frozen peas*

Heat oil in nonstick skillet on medium-high heat. Add meat; cook until evenly browned. Layer carrots, onions, and potatoes in bottom of 5-qt slow cooker; top with meat. Pour ½ cup of barbecue sauce over meat; sprinkle with coffee granules. Cook on low for 7-8 hours. Add peas and remaining barbecue sauce; cover. Cook an additional 15 minutes. Yield: 8 servings (1 ¼ cups each).

*Calories – 310
Carbohydrate – 38 grams
Fat – 8 grams
Protein – 22 grams
Sodium – 420 milligrams
Exchanges: 2 starch, 2 vegetables, 2 meat*

Four Layer Dessert

*1 cup flour
½ cup finely chopped slivered almonds
¼ cup margarine, melted
1 pkg fat free cream cheese, softened*

*½ cup powdered sugar
2 cups thawed Cool Whip Lite
3 cups fat free milk
2 pkg sugar free, fat free instant pudding, any flavor*



Preheat oven to 350 degrees. Mix flour, almonds, and margarine until well blended. (Mixture will be crumbly.) Press onto bottom of 13 x 9 baking pan. Bake 15 minutes or until lightly browned; cool. Mix cream cheese and sugar until well blended. Stir in 1 cup of the whipped topping. Spread onto crust. Pour milk into large bowl; add pudding mixes. Beat with wire whisk 2 minutes. Spread over cream cheese mixture. Cover with remaining whipped topping. Refrigerate several hours until chilled.

*Calories: 200
Fat: 8 grams
Carbohydrate: 26 grams*

*Protein: 7 grams
Sodium: 400 milligrams
Exchanges: 2 starch, 1 ½ fat*