

Lifestyle CHANGE with the National Diabetes Prevention Program

Linda McNamara knew that her family had a very strong history of heart disease. There were multiple heart-related issues throughout her dad's side, including three of her cousins having passed away from strokes or heart attacks. Her father's mother had diabetes, and her mother was borderline diabetic. When her cholesterol numbers climbed to high risk levels, she knew action was needed.



Lifestyle Change Coach Linda McNamara

She decided to sign up for a Lifestyle Change class being held near her home in Hackensack. "I thought this would be good for me – this would be helpful to get me into exercise, I've never been good at that," said Linda.

"In retirement, we can really change our eating habits. You lose the routine – you have to develop a whole new routine...it's not the same as a 40-week commitment. You have more flexibility, and with that comes the possibility of eating at weird times, and snacking more because you're home and that's where the snacks are," she acknowledged.

During the class, she received some great information. When it was offered again, she decided to take it again. She especially enjoyed the second time around as the instructors kept them going with lots of open group discussion and really dug in to all the aspects of the program. Over the course of taking the two classes, Linda lost 30 pounds and has kept it off the past few years.

Never having been a fan of fad diets, the program has helped her put it all in perspective. She doesn't tell herself she can't have an afternoon snack. She can,

but knows she just needs to balance it.

After learning so much through the program, she decided to go through the training for lifestyle coaches to become certified and become a volunteer Lifestyle Change Coach herself. "If I didn't have to go to school and spend the time I would be a dietician! I would love to go around telling people what they should eat. When you first look at it the information it seems so basic, but that's what we all need."

As a lifestyle coach, she feels very excited about what's happening. Her current class is highly engaged. She recently had to cancel a week due to her travels but the group didn't want anything to cause them to miss a week. One person volunteered to take the lead, and the class is planning to meet without her.

With a degree in psychology, she loves that the class is talking about

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THE FACTS

- 1 out of 3 individuals currently have pre-diabetes — but 9 out of 10 times people don't know it. (That's about 79 million people)
- A person with pre-diabetes has a fasting blood glucose (sugar) level of between 100 and 125 mg/dl – if it rises above 126 that person has diabetes
- While the Diabetes Prevention Program (DPP) showed that some medications can delay developing diabetes, diet and physical activity worked better!
- 30 minutes of moderate physical activity with a 5 to 10 percent reduction in body weight showed 58 percent fewer people developed diabetes
- People with pre-diabetes often do not notice any symptoms
- Millions of people actually have diabetes and don't know it because symptoms develop gradually and people don't recognize them

THE GOALS OF THE PROGRAM

- Decrease body weight by 5-7 percent (usually about 10-15 pounds)
- Increase physical activity up to 150 minutes per week

PROGRAM SESSIONS

- Session 1 *Welcome and Getting Started*
- Session 2 *Be a Fat and Calorie Detective*
- Session 3 *Ways to Eat Less Fat and Fewer Calories*
- Session 4 *Healthy Eating*
- Session 5 *Move Those Muscles*
- Session 6 *Being Active: A Way of Life*
- Session 7 *Tip the Calorie Balance*
- Session 8 *Take Charge of What's Around You*
- Session 9 *Problem Solving*
- Session 10 *Four Keys to Healthy Eating Out*
- Session 11 *Talk Back to Negative Thoughts*
- Session 12 *The Slippery Slope of Lifestyle Change*
- Session 13 *Jump Start Your Activity Plan*
- Session 14 *Make Social Cues Work for You*
- Session 15 *You Can Manage Stress*
- Session 16 *Ways to Stay Motivated*

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negative self-talk and visual cues. "They'll say they always kind of knew it, but didn't really think about it. For example, if the chips are on the counter, I eat them. If I put them away out of sight I'm less likely to eat them. It's helping participants to be more mindful now." The classes she teaches are all open discussion. She describes her current class as being young and eager to learn. "They are all so much more aware of what they're putting in their mouths. They're doing more mindful eating. They're changing what's in their snack drawers at work...no mini candy bars, more nuts. They're trying to get in more exercise. They sincerely want to do the things the program promotes."

The support of the group amongst themselves has been key to their individual success. They share snack ideas, and talk about that they will have slips and how to get back on track. Several people have met their 7% goal, with some setting goals beyond that and some setting mini goals such as 5 pounds by the end of month. Participants see that weight maintenance is now a sustainable thing. They may still have a treat, but they can balance it the next day and get right back on track vs the normal tendency for people to go right back to their former eating habits. The lifestyle chance program stresses that it's all about choices - there's no bad food. One of her participants is a young mom who has a child dealing with juvenile diabetes. Participating in the class has made mom more conscience of what they're eating in their house. She's really dug in to reading labels to understand the nutrition information, and often brings in packages to show foods their family has found that are better choices.

As far as her household, the meals Linda prepares are primarily healthy. She lives in the country and raises a lot of vegetables she can use all winter long. She's started to talk to others in the household about snacking habits to try and influence better choices. Her own cholesterol has been reduced quite a bit, which is significant as it had been in the high/serious range.

"The program is just outstanding; there's so much good information. I just loved it. It did so much for me."

Lifestyle CHANGE

UPCOMING CLASSES

Learn how to create a healthier lifestyle and prevent diabetes in a 22 session evidence-based diabetes prevention program.

Groups will meet with a trained instructor to help participants lose weight, eat healthier and increase physical activity. Register at www.crowwingenergized.org or contact: Jackie Thurlow, Community Coordinator at Jacqueline.Thurlow@EssentiaHealth.org or 218.454.5901

- Baxter Clinic - Wednesdays starting 01/10, 12 - 1 p.m.
- Brainerd YMCA - Thursdays starting 01/11, 9 - 10 a.m.
- Brainerd Clinic - Tuesdays starting 01/16, 12 - 1 p.m.
- Crosslake The Log Church - Tuesdays starting 01/16, 6:30 - 8 p.m.
- Pointway Church, Baxter - Tuesdays starting 01/16, 7 - 8 p.m.

Adverse Childhood Experiences (ACEs) 101

Learn about ACEs in a two hour training at Central Lakes College on Jan. 18, noon – 2 p.m. Register at <http://crowwingenergized.org/events/adverse-childhood-experiences-aces-101/>. Plus attend the FREE RESILIENCY MOVIE: *The Biology of Stress & Science of Hope* on Feb. 1, 7 p.m. at Chalberg Theatre.

The ACE Study conducted in the 1990s confirmed with scientific evidence that childhood experiences have a tremendous impact on lifelong health, mental and emotional wellbeing, and behavioral problems. Research shows that ACEs are the leading cause of health and social problems in our nation and the most powerful determinant of the public's health. Through understanding historical and family contexts of how ACEs cycles get perpetuated, and focusing on our own personal wellbeing and resilience building, we can change the trajectory of our own lives, children, grandchildren, and those with whom we share our lives.

For more information email Cassie.Carey@CrowWingEnergized.org

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WINTER FALLS PREVENTION TIPS

"Winterize" shoes, boots, and assistive devices

- Attach spikeless ice and snow shoe gripper sole covers to shoes for extra stability when walking on slippery surfaces. Look for these at sporting goods stores.
- Attach an ice gripper cane tip that has spikes on the bottom to penetrate the ice and secure a firm grip. Ice grip tips can be purchased online.
- Choose winter shoes with rubber soles to maintain traction on slippery surfaces.

Carry kitty litter for slick surfaces

- Encourage older adults to carry a zip top bag filled with a lightweight kitty litter in their pocket and cast it out ahead of themselves on slick surfaces.

Source: Mindy Oxman Renfro, PT, PhD, DPT; Chair, American Physical Therapy Association's AGPT Balance & Falls SIG; Lead, Montana's Falls Free Coalition; University of Montana Rural Institute/MonTECH programs.

www.CrowWingEnergized.org