



Wellness Newsletter

Augusta Technical College

National Nutrition Month 2006 ®

Volume 1, Issue 5

Winter 2006-March

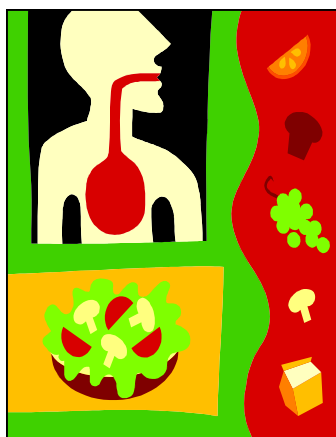
National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Initiated in March 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition.

The American Dietetic Association's mission is to

promote optimal nutrition and well being for all people by advocating for its members. With nearly 65,000 members, ADA is the world's largest organization of food and nutrition professionals.

For more information on National Nutrition Month® : <http://www.eatright.org/>



MyPyramid

MyPyramid replaces the Food Guide Pyramid introduced in 1992. MyPyramid is part of an overall food guidance system that emphasizes the need for a more individualized approach to improving diet and lifestyle. It incorporates recommendations from the [2005 Dietary Guidelines for Americans](#), released by the U.S. Department of Agriculture

and U.S. Department of Health and Human Services in January 2005.

The MyPyramid symbol represents the recommended proportion of foods from each food group and focuses on the importance of making smart food choices in every food group, every day. Physical activity is a new element in the symbol.

More information can be found at: <http://mypyramid.gov/>



Irish Stew Weight Watcher's Recipe

- 1 tbsp vegetable oil
- 1-1/2 pounds lean boneless lamb, cut into 1-1/2-inch squares 1/2-inch thick (or boneless chuck)
- 1 medium onion, chopped
- 3 cups low sodium chicken broth
- 1/2 teaspoon dried thyme, crumbled
- 1 bay leaf
- 6 whole new red potatoes (5 oz each)
- 15 ounces small onions, peeled
- 1 cup Irish ale or beer
- 1 teaspoon salt
- 2 tbsp cornstarch
- Chopped parsley
- 6 slices Italian bread (1 oz each)

Instructions

In a large heavy saucepan, heat 1/2 of the oil. Add 1/2 of the lamb or beef and cook until well browned on one side, 5-7 minutes. Stir and cook 1 minute longer; remove meat and set aside. Add the remaining oil, the lamb (or beef) and the chopped onion to the pan and cook until browned, about 8-10 minutes. Return the first batch of meat to the pan. Add broth and bring to a boil over medium heat. Add thyme and bay leaf; lower heat to low, and simmer for 1 hour. Add potatoes, onions, ale and salt. Cover and simmer until potatoes are tender, 30 to 40 minutes. To thicken stew, add cornstarch to 1/4 cup cold water in a small bowl; stir until smooth. Add to simmering stew; stir gently until thickened. Garnish with parsley; serve with bread.

National Health Observances

- American Diabetes Alert Day (28th)
- American Red Cross Month
- National Collegiate Health & Wellness Week (5th-11th)
- National Developmental Disabilities Awareness Month
- National Nutrition Month
- National Poison Prevention Month
- Save Your Vision Month
- Workplace Eye Health & Safety Month

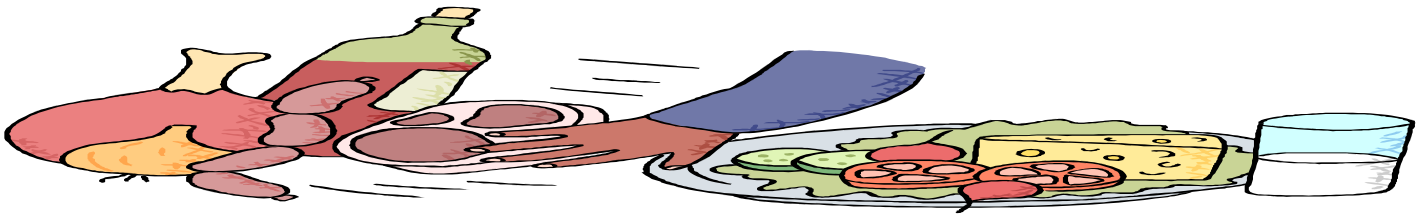


Inside this issue:

<i>Diabetes Prevention</i>	p.2
<i>Healthy Recipe</i>	p.1
<i>MyPyramid</i>	p.1
<i>National Nutrition Month ®</i>	p.1
<i>Poison Prevention</i>	p.3
<i>Registered Dieticians</i>	p.2
<i>Save Your Vision</i>	p.3

Websites To Checkout

- <http://mypyramid.gov>
- <http://www.diabetes.org>
- <http://www.eatright.org>
- <http://www.ppsinc.org>
- <http://www.preventblindness.org>
- <http://www.redcross.org>



How to Prevent or Delay Diabetes

Pre-diabetes is a serious medical condition that can be treated. The good news is that the recently completed Diabetes Prevention Program study conclusively showed that people with pre-diabetes can prevent the development of type 2 diabetes by making changes in their diet and increasing their level of physical activity. They may even be able to return their blood glucose levels to the normal range.

While the DPP also showed that some medications may delay the

development of diabetes, diet and exercise worked better. Just 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight, produced a 58% reduction in diabetes.

The American Diabetes Association is developing materials that will help people understand their risks for pre-diabetes and what they can do to halt the progression to diabetes and even to, "turn back the clock." In the meantime, ADA has a wealth of resources for people with

diabetes or at risk for diabetes that can be of use to people interested in pre-diabetes.

The National Diabetes Education Program has designed a national awareness campaign to target people at risk for type 2 diabetes. The campaign will create awareness that type 2 diabetes can be prevented through modest lifestyle changes and losing about 5 to 7 percent of body weight.

Learn about diabetes prevention at:

<http://www.diabetes.org/>

Top 10 Reasons to Consult with a Registered Dietician

1. You have diabetes, cardiovascular problems or high blood pressure.

An RD serves as an integral part of your health-care team by helping you safely change your eating plan without compromising taste or nutrition.

2. You are thinking of having or have had gastric bypass surgery.

A registered dietitian will help you learn to eat again. Since your stomach can only manage small servings, it's a challenge to get the right amount of nutrients in your body. An RD will work with you and your physician to develop an eating plan for your new needs.

3. You have digestive problems.

A registered dietitian will work with your physician to help fine-tune your diet so you are not aggravating your condition with fried foods, too much caffeine or carbonation.

4. You're pregnant or trying to get pregnant.

A registered dietitian can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn's risk for neural tube or spinal cord defects.

5. You need guidance and confidence for breastfeeding your baby.

A registered dietitian can help make sure you're getting enough iron, vitamin D, fluoride and B vitamins for you and your little one.



6. Your teenager has issues with food and eating healthfully.

A registered dietitian can assist with eating disorders like anorexia, bulimia and overweight issues.

7. You need to gain or lose weight.

A registered dietitian can suggest additional calorie sources for healthy weight gain or a restricted-calorie eating plan plus regular physical ac-

tivity for weight loss while still eating all your favorite foods.

8. You're caring for an aging parent.

A registered dietitian can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds as you age.

9. You want to eat smarter.

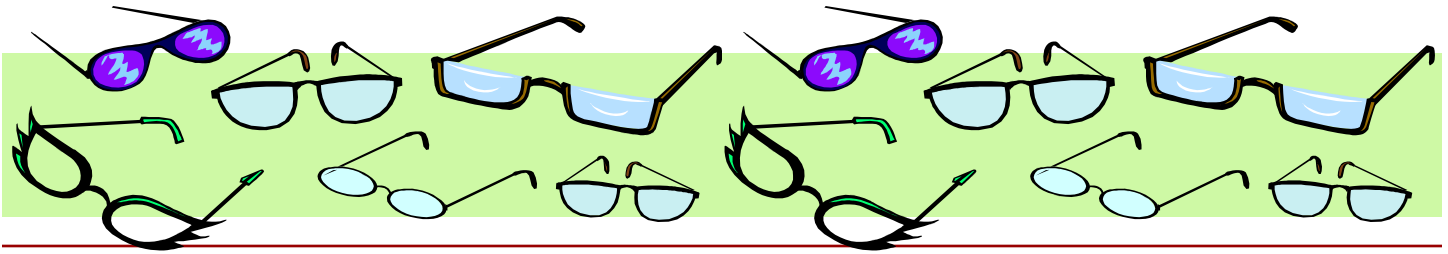
A registered dietitian can help you sort through misinformation; learn how to read labels at the supermarket; discover that healthy cooking is inexpensive, learn how to eat out without ruining your eating plan and how to resist workplace temptations.

10. You want to improve your performance in sports.

A registered dietitian can help you set goals to achieve results -- whether you're running a marathon, skiing or jogging with your dog.

To seek the help of a registered dietitian visit the American Dietetic Association at:

<http://www.eatright.org/>



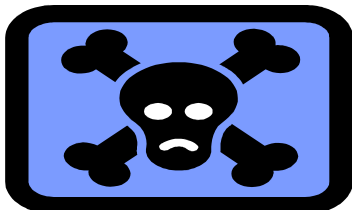
Children Act Fast, So Do Poisons!!!

March is National Poison Prevention Month. The theme this year, "Children Act Fast, So Do Poisons!!!" is intended to highlight the fact that the majority of accidental poisonings occur in children under the age of five.

"One in five accidental poisonings by children under the age of five involves their grandparent's medication," noted Thomas R. Caraccio, Pharm.D., Coordinator and Registered Pharmacist of the LIRPCC. This finding led professionals at the LIRPCC to label this phenomenon "The Granny Syndrome."

"Children in this age group cannot read, and don't fully understand the danger," explained Vito P. Mannino, Public Educator for the Poison Control Center. "They just can't tell the difference between a potential poison and candy or juice. And at this stage of their lives, their natural curiosity can cause them to get into things they shouldn't."

The Poison Control Center warns that parents and caregivers need to be particularly diligent about safeguarding youngsters in this age group, and issues the following "Poison Prevention Actions for Parents, Grandparents, and Caregivers":



1. Have the Poison Control Center's telephone number available.
2. Activated charcoal and a bottle of syrup of ipecac should be kept in the home, but should only be used when recommended by the poison control center.
3. Never call medication "candy".
4. Do not take your medication in front of a child. They often imitate adults.
5. Use products with child protective caps. Some small children are able to open these, so keep them out of sight and reach of children.
6. Never let children play with medication bottles.
7. Store all medications on a high shelf, preferably in a locked cabinet.
8. Keep pocketbooks and weekly medicine holders out of sight and reach of children.
9. Turn on a light and always read labels when giving medications.
10. Never transfer medications or household products from their original containers.

In the event that a child does ingest a chemical or poison, a caregiver's first call should always be to the Poison Control Center. They offer guidance on handling drug overdoses and poison emergencies, and will contact the local hospital Emergency Department if hospital treatment is necessary.

The Poison Control Center is a resource center for the general public, physicians and hospital emergency rooms. In addition to managing poison emergencies, it's staff offers drug and herbal product information.

<http://lirpcc.org/PoisonPrevMonth.htm>

Save Your Vision

Eye health is intrinsically linked to overall health. **Save Your Vision Month** is celebrating its 78th year this March with its emphasis on "Healthy Eyes Healthy People."

Your eyes are often the best windows to your health. By looking into your eyes, your optometrist can tell a lot about your general health. For example, did you know that some systemic and chronic diseases, especially diabetes, can often be detected by an optometrist during a comprehensive eye exam?

Since over 33 percent of people with diabetes don't know that they have it, an eye exam can be the only clue to detecting this potentially life-threatening disease. By dilating the pupil, your optometrist can see inside your eye using an ophthalmoscope, which lights and magnifies the blood vessels in your eyes. Changes to these blood vessels can signify various stages of diabetic retinopathy. Left untreated, it can cause blindness. Detection and treatment of diabetes can mean relief on many levels.

Other eye diseases, like glaucoma, may cause vision damage and eventually blindness without the patient ever experiencing any symptoms. During a comprehensive eye exam, your optometrist measures the pressure within your eye and examines the optic nerve in the eye, thereby determining the existence of glaucoma.

Save Your Vision Month raises awareness among the general public and targets at-risk groups to remind them of the need for regular, comprehensive eye examinations to detect eye health problems, general health issues, and vision difficulties.

<http://www.aoa.org>

