

## Walking the Path to Better Health...Step by Step.

Make 1 lifestyle change each month for 1 good step after another... Walk in a good way for life and wellness.

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ALBERTA NATIVE FRIENDSHIP CENTRES ASSOCIATION

# Step By Step

## Tansi! First *Step By Step* Issue

Welcome to the first issue of *Step By Step*, by the Aboriginal Urban Diabetes Initiative (AUDI). This bi-monthly newsletter will contain news, information and advice on healthy living strategies for Aboriginals living in urban communities. Included will be updates on AUDI events, community events, nutrition and physical activity information, type 2 diabetes news, recipes and a "Healthy Living Step" for each month.

### WHAT IS AUDI?

The AUDI project strives to reduce the prevalence and development of Type 2 Diabetes in Aboriginals living in urban communities through awareness, education, prevention strategies and the promotion of healthy living. The Alberta Native Friendship Centres Association (ANFCA) developed AUDI for Alberta, and has received funding from Health Canada for programming since 1996. The AUDI program is delivered from a holistic wellness perspective that emphasizes Aboriginal tradition and culture.

Currently, AUDI is targeting youth to prevent our children from developing type 2 diabetes. Last year, AUDI visited each friendship centre and select Edmonton elementary schools and Boys and Girls' Clubs to host a day camp called "Champ Camp". A total of 296 youth across Alberta participated in the Champ Camp. This summer, AUDI will be hosting four 4-day long camps throughout Alberta for youth ages 10-14.

### WHAT IS THE "HEALTHY LIVING STEP"?

Every *Step By Step* edition will suggest a choice of "Healthy Living Steps"- you pick one step to take each month.

We know that making too many immediate changes to your daily life can feel overwhelming.

However, we encourage you to Walk the Path to Better Health, one step at a time.

Commit to take a "Healthy Living Step" each month...in one year your life will be completely transformed!

With the step-by-step approach, achieving better health is **MANAGEBLE** and **UNCOMPLICATED**.

When it's too hard to concentrate on doing **EVERYTHING** healthy, concentrate on just taking **ONE** "Healthy Living Step" at a time.

Partner with friends, family and co-workers and support each other to take a "Healthy Living Step" Today!!!



Champ Camp 2007  
Napi Friendship Centre



Santé  
Canada

Health  
Canada

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# Type 2 Diabetes

## WHAT IS TYPE 2 DIABETES?

The foods we eat are broken down to sugar ("glucose") which our body needs for energy. Sugar travels through our bloodstream to supply all our cells with energy, but we need "insulin" to move blood sugar into cells. Insulin is produced by the pancreas and controls blood sugar levels.

*Type 2 Diabetes develops when we do not produce enough insulin, or when we cannot use insulin properly (called insulin resistance).*

**Type 2 Diabetes may be PREVENTABLE. But, once it has developed, it can not be cured - only managed and treated.**

## COMPLICATIONS OF TYPE 2 DIABETES:

Persons with Type 2 Diabetes have difficulty using or producing enough insulin to move blood sugar into body cells. Blood sugar builds up and rises to cause "HIGH BLOOD SUGAR." High blood sugar levels damage blood vessels and leads to:

- kidney disease
- heart disease
- blurred vision
- nerve damage

Without treatment to manage blood sugar levels, these conditions will escalate to:

- stroke
- kidney failure
- limb amputation
- heart attack
- death

## WHO IS AT RISK ?

Type 2 Diabetes affects persons with one or more of the following risk factors:

- overweight or obese
- high blood pressure
- unhealthy diet (high in sugar and fat)
- high blood cholesterol
- low physical activity
- excessive emotional or mental stress
- chronic lack of sleep

Type 2 Diabetes can develop at **any age** – from children to teenagers to adults to seniors.

Remember, with a healthy lifestyle, Type 2 Diabetes may be **PREVENTED** or **DELAYED**.

## SYMPTOMS OF TYPE 2 DIABETES:

Consult a doctor if you have any of the following:

- Lack of energy
- tingling/numb hands or feet
- frequent urination
- Slow healing wounds/bruises
- blurred vision
- unexplained weight loss
- unusual thirst
- frequent infections

**Symptoms are not always present and millions of people do not even know they have diabetes. If you have any risk factors, see a doctor for testing.**

## Facts and Statistics of Type 2 Diabetes

- Over 2 million Canadians have type 2 diabetes.
- Aboriginals are 3-5 times more likely to be diagnosed with type 2 diabetes than the general Canadian population.
- Approximately 80% of people with diabetes will die as a result of heart disease or stroke.
- A Canadian with diabetes is four times as likely to die at age 35 than a 35-year-old without diabetes.
- Diabetes is a contributing factor in the deaths of approximately 41,500 Canadians each year.

Canadian Diabetes Association. *The prevalence and costs of diabetes*. Retrieved from <http://www.diabetes.ca> on January 30th, 2008

## Prevent Type 2 Diabetes Before it Develops

With the right lifestyle choices, you can avoid this disease. These include:

### 1) EAT A HEALTHY DIET

**Low in:** added sugars, saturated fat, fatty meats, fried foods, high-fat dairy

**High in:** fruits, vegetables, whole grains, fibre, lean meats, low-fat dairy

**None:** trans fat, partially hydrogenated fats or oils

### 2) GET ADEQUATE PHYSICAL ACTIVITY

As recommended by *Canada's Physical Activity Guide to Healthy Active Living* (Health Canada):

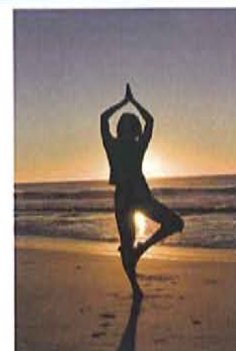
**Children/Youth:** 90 min. per day

**Adults:** 60-90 minutes of light to moderate activity per day

**Older Adults:** 60 minutes light activity or 30 minutes moderate activity per day

### 3) REDUCE YOUR DAILY STRESS:

- Get adequate sleep
- Have fun with friends and family



# Begin the Journey - Take a Healthy Living Step

## THE PATH TO BETTER HEALTH IS HERE!

Are you ready to feel stronger, more energetic, healthier and happier? *Step by Step* was created to show you that healthy living does not have to mean extreme changes. Sudden deprivation and big change may lead to short term results, but failure is always just around the first bend - before long, the stress of restriction, changing habits and complicated diets or exercises become too much to manage.

## WALK TO WELLNESS...

The goal of the *Step by Step* approach is to create a path that is lined with manageable, simple steps that will take you down a gentle, but enduring lifestyle transformation. The HEALTHY LIVING STEPS are meant to be used as new lifestyle habits. There are no crash diets, extreme exercise programs, fads or quick-fix ideas.

### ...ONE STEP AT A TIME

Each month this newsletter will list a choice of 5 Healthy Living Steps. You will choose one, and only one step, and will follow it for the first month. All you have to remember is to meet the goal of this one step. By the end of the month, it should be easy to remember this step...it should now be part of your habits and your lifestyle. For the second month, choose another Healthy Living Step - but remember to keep up the first month's step for continual forward movements.

## CONTINUE THE PATH ALL YEAR LONG

Every 2 months there will be a new *Step by Step* newsletter and new Healthy Living Steps to choose for the next 2 months.



## GET SUPPORT & ENSURE SUCCESS

Take these Healthy Living Steps with your family, spouse, close friend, co-workers, sibling or parents. The more people, the better support system. These people will enable you to make the changes to your environment with the love, support and pride that everyone needs at all times in their life. Enjoy healthy meals together, walk or exercise together, share recipe ideas and talk regularly.

### JOIN THE *STEP BY STEP* MAILING LIST: [health@anfca.com](mailto:health@anfca.com)

This mail-list is managed by Emilea Karhioo. Submit your questions, concerns, comments, advice, ideas and more. Emilea will answer inquiries, and pass any other information you'd like to share with the rest of the mail-list members.

## HEALTHY LIVING STEPS for February/March

### TAKE 1 NEW STEP EACH MONTH - CHOOSE FROM:

1. Get adequate sleep 5 nights each week.
2. Eat at least 5 servings of fruit and vegetables per day.
3. Actively play with children twice a week for a period of 45 minutes (minimum) each.
4. Be active for an extra 15 minutes each day.
5. Drink at least 8 cups (2L) of water per day.

*Read on for More Information on Each Healthy Living Step...*

### 1. GET ADEQUATE SLEEP ON 5 NIGHTS EACH WEEK

**Amount:** Adults need 7-8 hrs a night  
Pre-school age children need 10-12 hrs a night  
School age children and teens need 9 hrs a night.<sup>(1)</sup>

**Why:** Sufficient sleep improves a) reaction time and decision making (prevents injury and poor job performance), b) improves moods (prevents irritability and depression) and c) improves health (prevents heart disease, obesity, promotes growth and recovery, boosts the immune system and reduces release of stress hormones).

**How:** Begin a bed-time routine for yourself and your family that allows you to relax and wind-down. This may be watching a regular TV show, reading, drinking warm milk or tea (caffeine free), warm bath or shower or light music.



*Sleep is incredibly important to our health and wellness. Make it a priority to be in bed early enough to get the sleep you need.*

1. U.S. Department of Health and Services, National Institutes of Health. (2005). Guide to healthy sleep. Retrieved from [http://www.nhlbi.nih.gov/health/public/sleep/healthy\\_sleep.pdf](http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf) on January 29th, 2008.

**HEALTHY LIVING STEPS CONTINUED ON PAGE 4...**

## HEALTHY LIVING STEPS for February/March

### 2. EAT AT LEAST 5 SERVINGS OF FRUIT AND VEGETABLES EACH DAY.

**Amount:** 1 vegetable serving = 1/2 cup  
1 leafy vegetable serving = 1 cup  
1 fruit serving = 1/2 cup or 1 piece medium-size fruit

**What to eat:** Fresh, frozen or canned fruits and vegetables are fine. To make fruits or vegetables more flavorful or interesting, use low calorie, nutritious dips such as low fat yogurt, low fat salad dressing, honey mustard, hummus or tzaziki.

**Why:** Fruits and vegetables have minerals, vitamins, fibre and nutrients that boost our immune system, prevent disease, help us feel full and improve our metabolism of fats, carbohydrates and protein.

*Plan to eat a fruit or vegetable with each meal (Breakfast, Lunch and Supper) and as a snack twice a day to meet your serving goal.*



### 3. ACTIVELY PLAY WITH CHILDREN TWICE A WEEK FOR A PERIOD OF 45 MINUTES (MINIMUM) EACH

**Amount:** Get involved in the game, activity or outing for 45 minutes...don't just supervise. Do this 2 times each week.

**How:** Bring children to a local playground (even in winter), play games/sports in the backyard, go swimming, pull them on sleds, go skating (and walk/run on the ice if you don't have skates), build a fort inside (pillows, cushions, chairs and blankets) or outside (snow, plywood), or anything else your child enjoys. Even if your child is reluctant to leave their computer or TV, encourage them to choose something and role model by showing them how enthusiastic you are and happy you are to do something together.

**Why:** Physical activity has benefits for all ages – improved health, reduced stress, stronger muscles and bones and healthier body weight. Activity with family has an additional social development and family wellness benefit. This is the time to learn more about your child and to show them how much you care by enjoying your time together, laughing and having fun.

*Set aside 2 times a week to spend at least 45 minutes actively playing with your children.*



### 4. BE ACTIVE FOR AN EXTRA 15 MINUTES EACH DAY

**How:** Activity can include walking your dog, Pilates, sports, games, biking, swimming, weight-lifting, yoga, aerobics, running, or anything that gets your body moving and improves your heart, lungs, strength and/or flexibility. Even walking 2 times around the block first thing in the morning, after lunch, or after dinner is adequate.

**Why:** All activity, even just 15 more minutes a day, can improve health, fitness, mood and self-confidence. In a year, as little as 15 minutes of light walking can add up to a loss of 5-10 pounds and 15 minutes of brisk walking can add up to a loss of 10-20 pounds.

*Whether you are already active, or just beginning, challenge yourself and make it a part of daily life to be active for 15 minutes more each day than you are now.*

### 5. DRINK AT LEAST 8 CUPS (2L) OF WATER EACH DAY.

**How:** Fill up reusable bottles with 2L of water each day (example: 4-500mL bottles, 2-1L bottles). Keep them at your preferred temperature (cold or room temperature).

**What:** Water or water-based beverages can include water with lemon, orange or lime slices, clear tea (no milk or sugar, caffeine-free). These do NOT include fruit juices, pop, coffee, tea with sugar or milk or any other beverages with sugar added.

**Why:** Water cleanses our body of toxins, keeps our skin soft, promotes bowel health and boosts energy levels. Lack of fluids may promote illness, poor skin health, constipation and feelings of fatigue.

*Keep water with you at all times and sip regularly throughout the day and at all meals. The 2L of water should be consumed evenly throughout the day.*

**\*\*\*Always consult with a doctor before beginning any exercise or nutrition program.\*\*\***



# Cold Weather Fun - For Youth and Family

We all tend to spend a lot more time indoors and a lot more time being inactive during the winter months. However, on most days, with the right clothing, there is no excuse why we can't have as much fun in winter as we do in summer. In fact, sometimes sports in winter can be even more fun as you can use the piles of snow to cushion falls and to cushion your knees if you happen to be crawling on them.

## HIGHLY ACTIVE FUN:

- Frisbee:
- Football:
- Soccer:
- Pull children or friends on sleds
- Toboggan (helmets recommended)  
-- Make your own "crazy carpet" with a large plastic garbage bag
- Ice Skating (helmet recommended)

*It's more challenging AND fun to run and fall in snow!*

## MODERATELY ACTIVE FUN:

- Build Snow-Sculptures
- Make a Snow Hut (with adult supervision only)
- Create A Snow Trail  
-- In a large field of fresh snow, stomp out your name, a picture or "UFO" design with your own tracks. Play "Snow Tag" where you can only run on the snow trail - off trail is out of bounds.
- Make Snow Furniture  
-- Chairs, couch, bed, TV's, etc.
- Treasure Hunt  
-- Fill ice cube trays with colored water (mix food coloring with water). Hide the "gems" in your yard or a park and have friends, children and parents go on a hunt.

## LIGHTLY ACTIVE FUN:

- Find animal tracks
- Winter Mini-Golf  
-- Pat-down slow to make "fairways" and "greens". Punch out a hole in the snow for the golf-ball hole or use an empty tin can shoved deep into the snow.
- Go for a Snow Walk
- Snow Painting  
-- Use squirt bottles filled with water and food coloring
- Feed the Birds  
-- spread bread crumbs or seeds



# Warm in Winter - Bundle & Layer Up

Dressing appropriately for winter weather will make all the difference in how fun and pleasant you find winter activities. Use these guidelines for dressing yourself and children up for the outdoors. It's all about layers...

## BASE LAYER

This layer is usually "long underwear" – snug (but not constricting) clothing that insulates, but pulls moisture away from your skin to keep you feeling dry.

## MID-LAYER

The mid-layer is usually the sweater you wear. This garment should retain your own body heat and not feel constricting. Best materials are wool or polar fleece. Choose a wool sweater and fleece pants for optimal comfort.

## OUTER LAYER

This layer (usually a winter jacket or parka and snow-pants) should be wind-proof and relatively water-proof. It should also allow for moisture (sweat) to escape to keep clothing dry and prevent you from getting a chill.

## MITTS/GLOVES



Mittens are always warmer than gloves, but choose gloves if you need to use fingers for work or activity. Layer gloves with a close-fitting inner layer and a wind-proof, water-proof outer layer. Bring extra gloves to swap if gloves become wet.

## HEAD-WEAR

Protect your face, head and neck as appropriate for wind and temperature.



## SOCKS & BOOTS

Make sure that socks are thick enough to provide warmth and that boots are large enough so that feet do not feel squished. Tight-fitting footwear can cause cold feet due to restricted blood flow. Boots should also be waterproof and have a high cut to keep snow out. Wool socks will retain heat even when wet. If boots are not waterproof and conditions will be wet, wrap each foot in a plastic bag after you've put socks on keep water off feet and socks.



**ALBERTA NATIVE FRIENDSHIP CENTRES ASSOCIATION**

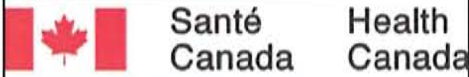
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# Emilea's Chicken Soup

This recipe is perfect for those cold winter days when you want something warm and hearty, but don't want to leave the house to shop for groceries. Ingredients offer choice and variety so that you can use whatever you happen to have in your fridge, freezer and cupboard.

INGREDIENTS	CHOICES
7 CUPS CHICKEN BROTH	Make broth with chicken bullion, soup mix or pre-made broths in can or tetra box – <i>use more or less broth/water to suit taste and soup thickness desired.</i> Look for “low-salt” or “low sodium” broth and bullion when available.
4 CUPS MIXED, CHOPPED VEGETABLES	Peas, celery, cauliflower, spinach, corn, broccoli, onion, carrots, baby corn, water chestnuts, green onion, green beans, mushrooms, peppers (green, yellow, orange or red), turnip, bean sprouts, etc.
3 CUPS COOKED, CHOPPED CHICKEN	Use leftover or fresh chicken. <b>Remove skin and bones.</b> Use white meat or chicken breast for less fat. <i>May also substitute cooked beans</i> (chickpeas and fava beans work well) for part or all of chicken amount.
3 CUPS COOKED NOODLES, RICE OR POTATOES	1½ cup dry pasta (any kind or shape – choose whole wheat when available), 1 cup dry rice (long grain, basmati, brown, wild, jasmine), 3 cups chopped potatoes (any kind)
SEASON TO TASTE WITH ANY ITEMS YOU HAVE	- minced ginger (1-3 tablespoons) - basil - bay leaf - minced garlic (2-4 cloves) or garlic powder - rosemary - thyme - parsley - pepper

**DIRECTIONS:**

1. **Chop chicken** into bite size pieces. Remove all skin and visible fat. Grill, roast, poach or BBQ chicken if you don't have leftovers. Spray pan or grill with low-calorie cooking spray if necessary.
2. **Clean and chop vegetables** to bite-size.
3. *If you are using the following vegetables/seasonings:* **Sauté onions, ginger, and garlic** on medium-high heat with low calorie cooking spray for 5 minutes. Add sautéed ingredients to cooking pot.
4. **“Sweat” vegetables** in cooking pot on low-medium heat for 10 minutes to release flavors. Keep pot lid on. Do not drain.  
*\*\*\*You may “sweat” vegetables with low-calorie cooking spray or 3 tsp canola or olive oil.*
5. Add all remaining ingredients to pot. Bring soup to a **boil**.
6. Add **seasonings** (1-2 tsp each) to taste desired.
7. **Simmer** all ingredients on low for 30-40 minutes until noodles/potatoes/rice are cooked.
8. Add additional seasonings if desired for taste. Add more water to “thin” soup or lighten flavor of broth.
9. Serve and enjoy.



*Thank you and all the best wishes to you and your families.  
May you have good health, love and happiness  
as you walk the path of life.*