Healthy Bytes
Winter 2016
Health Management and Education Quarterly Newsletter
Our goal is to provide you with the latest news in the world of diabetes and tips for better managing diabetes, and information about health classes.

Inside this issue:

Health Education Opportunities
Most sessions free.

Interested in Learning more about Diabetes?

- Preventing Diabetes Living Healthy
  Learn strategies to delay or prevent pre-diabetes or diabetes

- Diabetes In Charge & In Control: Getting Started
  Learn concepts on how to better manage diabetes

- Diabetes In Charge & In Control: Tips and Tools
  Learn the effects of daily choices on blood sugar and how to improve control

- Diabetes In Charge & In Control: Basic Nutrition
  Class provides basic nutrition for diabetes

- Diabetes In Charge & In Control: Advanced Nutrition
  Practice carbohydrate management and meal planning
  (Prerequisite: Diabetes In Charge & In Control: Basic Nutrition)

- Diabetes In Charge & In Control: Reducing Risks
  In depth discussion of diabetes medications, complications, and standards of diabetes care

- Diabetes In Charge & In Control: Recharge Workshop
  Workshop providing updates on diabetes with emphasis on designing and reenergizing health goals

Want Information about Heart Health?

- Do More with Heart Failure
  Interactive class with a registered nurse, dietitian, and pharmacist to assist with daily management of heart failure

- Keep the Beat: Strategies for a Healthy Heart
  Learn how to keep a healthy heart through lifestyle changes

Ready to Quit Smoking?

- Strategies to Quit Tobacco
  Workshop providing tools to help stop tobacco use

- STOp: Stop Tobacco Program
  Multi-session program to help you successfully quit tobacco use

Other Learning Opportunities

- On Demand e-Learning
  Learn about various health conditions in your own time and at your own pace. Many topics available on livinghealthy.ucdavis.edu

- Honoring Your Healthcare Decisions
  Interactive class to ensure your health and personal care wishes are documented

- Living Healthy with Chronic Pain
  Class designed to enhance self-management skills and improve quality of life for those struggling with chronic pain

- 8 Weeks to a Healthier You
  Multi-session series to help those with chronic health conditions overcome barriers and achieve effective and healthy self-care skills

- Stress Management
  Workshop focusing on innovative approaches to managing stress

Easy Breathing

- Learn about new treatments and self-care for asthma and COPD

Achieving a Healthy Weight

- Overview of healthy weight loss strategies for a non-diет approach

Living Light Living Well

- Multi-phase weight management and lifestyle program

Let’s Get Moving

- Engage in an easy to moderate physical activity class

Top 10 Health Tips for 2016!

Tis the season for New Year’s resolutions. Here are the top five healthy tips from doctors.

1. Baby your skin, especially in the winter—Wintertime is notorious for dry, itchy skin. Use mild soap and apply moisturizers generously to damp skin before you towel off.

2. Take your meds—Too many people often skip or never fill their prescriptions. Take medications as prescribed. Ask your doctor or pharmacist if you have any questions.

3. Get some Ds in the winter—Vitamin D is crucial for healthy bones. The body manufactures D from exposure to the sun. This time of the year many people are sun deprived. Taking a vitamin D supplements are a good idea for many.

4. Eat it, don’t drink it—Watch your intake of fruit juice. Whole fruit is better for you since it’s more slowly absorbed, and better utilized by your body. Plus, you get fiber at the same time.

5. Get the help you need to stop smoking—A combination of counseling and nicotine therapy with medications has the greatest success rate. Find the method that works best.

6. Make time for yourself—It helps lower stress & anxiety levels, elevate mood, improve immune system and even improve relationships.

7. Get regular dental check-ups—It’s about your total health. There’s a link between gum disease and diabetes. Condition of your gums can provide important information about your blood sugar levels. Build up of plaque can also detect pending heart trouble.

8. Get your shots—Check with your doctor, see what you need and armor up for a safe and healthy new year.

9. Don’t forget the sunscreen & sunglasses—Sunscreen is key year round. It’s one of the best anti-aging steps you can take, and can decrease risk of skin cancer. Wear sunglasses or goggles with UV protection.

10. Don’t just sit there—Get up and move more throughout the day by incorporating movement breaks in your day. For example, move around at least every 30 minutes.

Source: http://wtop.com/health/2015/12/top-health-tips-2016/1/

Chicken Lettuce Wraps — 9 Servings

This quick, restaurant-style dish is full of veggies and protein, and easy to make! Add some chopped cashews for crunch, if desired.

Serving Size: 1 lettuce wrap
Calories 70, Carbohydrate 2 g, Protein 9 g, Fat 2.5 g, Saturated Fat 0.6 g, Sodium 95 mg

Ingredients

- 2 cups warm cooked chicken, diced
- 2 green onions, chopped
- 1/4 cup shredded carrots
- 1 tbsp. lower sodium soy sauce

Instructions

1. In a medium bowl, mix together the chicken, green onions, carrots, water chestnuts, soy sauce, and rice wine vinegar

2. Scoop 1/3 cup chicken mixture into each lettuce leaf and serve


* Fee Applies