**Health Education Opportunities**

For information and a complete list of times and locations, please call (916) 734-0718 or visit our website at livinghealthy.ucdavis.edu. Most sessions free.

**Interested in Learning more about Diabetes?**

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

- **Diabetes Street Smarts**
  Interactive live web-based discussion about diabetes self-care basics

- **Let’s Get Started**
  Overview of diabetes basics and self-management strategies

- **Meters & Monitoring Workshop**
  Workshop focusing on tools & techniques for blood sugar monitoring

- **Dining with Diabetes: The Basics**
  Class offering overview of basic diabetes nutrition

- **Dining with Diabetes: Advanced**
  Practice carbohydrate management and meal planning
  (Prerequisite: Dining with Diabetes: Basics or In Charge & In Control)

- **In Charge & In Control**
  Multi-session program discussing all aspects of diabetes (9+ hours)

- **Diabetes 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**

- **Honor Yourself: Advance Care Planning & More**
  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-diet approach

- **Living Light Living Well®**
  Multi-phase weight management and lifestyle program

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**Healthy Bytes**

**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
- World Diabetes Day & National Smokeout
- Crock Pot Chicken Cacciatore

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**World Diabetes Day Day & National Smokeout**

**November 14**

World Diabetes Day is celebrated every year on November 14 to spread awareness to millions of people worldwide about diabetes prevention, self-management, and the alarming rise of diabetes.

The Great American Smokeout encourages smokers to make this the day to quit smoking or make a plan to quit smoking.

**How is Smoking Related to Diabetes?**

People with diabetes who smoke are more likely than non-smokers to have trouble with insulin resistance and controlling their blood sugar. Overall, they have higher risks for serious complications. If you are a smoker with diabetes, quitting smoking will benefit your health right away. People with diabetes who quit have better control of their blood sugar levels, and overall health.

**Do You Know Your Diabetes ABCs?**

- **A1c.**
  Blood sugar levels for the past 3 months Goal: less than 7% (~154 mg/dl)

- **Blood Pressure.**
  May lead to heart attack, stroke, and kidney disease Goal: less than 140/90

- **Cholesterol.**
  Good control helps prevent heart attack and stroke. Goals: LDL <100, HDL >40 and triglycerides <150

**Crock Pot Chicken Cacciatore — 6 Servings**

This is an easy recipe for classic chicken cacciatore. It's perfect for the quick cook who's looking for a tasty, budget-friendly option.

**Ingredients**

- 1 onion, sliced
- 1 green bell pepper seeded and sliced
- 2 (6-ounce) cans no salt added tomato paste
- 1 (14.5-ounce) can diced tomato
- 3 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 6 medium chicken thighs, skins removed

**Instructions**

1. Place all the ingredients in a crock pot.
2. Cook on high for 4 hours.
3. Serve the chicken over whole wheat rotini pasta if desired.

**Serving Size:** 1 chicken thigh + 1 cup sauce

- Calories 170, Carbohydrate 18g (Sugar 10g, Fiber 4g), Protein 16 g
- Fat 5.0 g (Saturated Fat 1.3 g), Sodium 200 mg

Recipe from: [http://www.diabetes.org/mfa-recipes](http://www.diabetes.org/mfa-recipes)