

NOVEMBER/DECEMBER 2022 • VOLUME 17 ISSUE 6

# COMMUNITY WELLNESS



## NOVEMBER IS DIABETES AWARENESS MONTH

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

There isn't a cure yet for diabetes, but losing weight, eating healthy food, and being active can really help. Other things you can do to help:

- Take medicine as prescribed.
- Get diabetes self-management education and support.
- Make and keep health care appointments.

The Florida Department of Health offers the **National Diabetes Prevention Program (NDPP)** lifestyle change program, which is proven to prevent or delay type 2 diabetes. Diagnosed with diabetes? The Florida Department of Health offers **Diabetes self-management education and support (DSMES)** services that empower people to reach their daily and lifetime goals for living well with diabetes. Interested in learning more call (813) 307-8009 or email to [programinfo@flhealth.gov](mailto:programinfo@flhealth.gov).



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# Its Not Just a Little Sugar

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**COMMUNITY HEALTH DIRECTOR**

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including children. This is more people than the entire populations of Florida, Georgia and South Carolina added together. Problems from diabetes include heart disease, stroke, lower limb amputation, impotence, kidney failure, damage to the eyes and it is linked to some types of cancer. Death is also possible from diabetes. For every 100,000 people in Hillsborough County in 2020 there were 19.2 Whites, 43.6 Blacks and 22.9 Hispanics who died from diabetes.

Type 2 diabetes is responsible for 90-95% of all diagnosed diabetes cases and it is increasing rapidly not only in the U.S. but globally. While this has a major impact on healthcare costs, more important is the impact on individuals and communities. The impact on Black families is also profound as the numbers above show they are much more affected by this chronic condition than either Whites or Hispanics.

I would like to focus on type 2 diabetes because it is preventable through the choices we make as individuals. Even people at high-risk of type 2 diabetes, can prevent or delay this debilitating disease by making some lifestyle modifications. But first must come the awareness and acceptance that it is not just “a little sugar”. If we don’t move away from thinking this way, then we won’t understand the urgency of managing this chronic health problem. Being aware of how serious diabetes is must be a first and necessary step before action can be taken to prevent the worst outcomes.

Secondly, we must acknowledge that some people don’t have the luxury of many choices. Some people do not have ready access to healthier foods or safe places for physical activity based on where they live, their work schedule, transportation options or other factors. This limits the personal lifestyle modifications that can be made. As a society, we must continue to press forward for equal access to education and opportunity for all members of society.

Fortunately, many resources exist for people already affected by diabetes and pre-diabetes. Some of these resources are available with a phone call, and some of them are available on-line or in-person. Accessing these can be as simple as making a call to your local Health Department in Hillsborough. Life has been difficult for our community over the past many months, but we are still here to serve you at the Department of Health.

**Have a question or comment? Email us:** [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov)

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# Recipe

## Sheet Pan Pumpkin French Toast



### INGREDIENT

- 3 large eggs, lightly beaten
- 2 tsp brown sugar
- 2 tsp pure vanilla extract
- 3/4 tsp pumpkin pie spice
- 1/4 tsp salt
- 2 tbsp butter, melted and slightly cooled
- 1/2 cup pumpkin purée (not pumpkin pie filling)
- 1/2 cup milk
- 8 slices whole wheat bread
- 1 cup pecans, chopped and toasted

### INSTRUCTIONS

1. Wash hands with soap and water.
2. In a medium bowl, whisk together the eggs, brown sugar, vanilla, pumpkin pie spice, and salt. Whisk in the butter, pumpkin puree and milk.
3. Pour the egg mixture into an 18-inch x 13-inch baking sheet with at least ½-inch sides.
4. Lay the slices of bread in a single layer in the egg mixture. Then flip the bread slices so both sides have an opportunity to soak in mixture.
5. Wash hands with soap and water after handling raw eggs.
6. Bake the French toast in the oven until the internal temperature reaches 160°F on a digital food thermometer, about 15 to 20 minutes, turning over halfway through.
7. While the French toast cooks, lightly toast the pecans in a small skillet over low heat.
8. Sprinkle the pecans over the French toast and serve immediately.

Servings: 8 pieces

# 5 Healthy Eating Tips for the Holidays

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks.

How do you stick to your diabetes meal plan when everyone around you seems to be splurging? Here are 5 tips that can help:



## 1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

### Holiday Hacks

- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
- Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.
- Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.

## 2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

## 3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan. If you plan for it, no food needs to be on the naughty list.

## 4. Keep Moving


You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

## 5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.





**Florida  
HEALTH**  
Hillsborough County

# DIABETES AWARENESS

## *Health Fair*

- health screenings • diabetes education • vaccines • free prizes • and much more

**NOVEMBER 14, 2022**  
**9 AM TO 3 PM**

**Florida Department of Health  
University Area Health Center**  
13601 N 22nd Ave  
Tampa, FL 33613

**For more information call 813.309.8009**

# The Importance of Stretching

Do you stretch on a regular basis? Stretching is often an overlooked component of our physical activity routines. Stretching prepares our muscles for movement, aids in muscle recovery, releases tension and improves flexibility, all of which promote proper movement patterns. Performing stretches on a regular basis, even if not before or after physical activity, is beneficial and might just help you feel a little bit better. Consider adding dynamic and static stretching to your routine as a stand-alone practice or along with your current physical activity.

## Dynamic Stretching:

- Include dynamic stretching before engaging in physical activity. These can be done prior to a low-intensity aerobic warmup.
- These stretches involve movement and examples include bodyweight lunges (forward, side, or reverse), bodyweight squats, leg swings (front to back or side to side), push-ups with a rotation and inchworms.
- Perform movements that work the same muscle groups you will utilize in your physical activity session.
- Carry out these movements lightly and at a slow tempo. Do not force yourself past your range of motion.
- Dynamic stretches are a great way to break up the time you spend seated. Perform a few for every 30 minutes of sitting or during TV commercial breaks to add extra movement throughout your day.



## Static Stretching:

- Include static stretching after engaging in physical activity or after a low-intensity aerobic warmup. Avoid performing static stretches without moving first. You need to warm your muscles up prior to static stretching.
- These stretches are held for 30 to 60 seconds to a point where you feel tension but not pain. Examples include bending over and reaching for your toes (hamstring stretch), holding your arm across your chest (shoulder stretch) and clasping your hands together above your head and reaching upwards (torso stretch).
- Perform stretches that engage the same muscle groups you utilized or will utilize in your physical activity session.



## A five-minute diabetes eye test can help save your vision



### Monday Through Friday

8:00 AM - 5:00 PM

### Saturday

10:00 AM - 3:00 PM



### Network Eye Clinic

8801 W Linebaugh Ave.

Suite 101

Tampa, FL 33626

Inside CVS



### Why?

1 in 4 people with diabetes develops eye disease with a risk for vision loss

**Schedule today! 877.362.3937**



**Network Eye** makes top-quality, specialized retina eye care more accessible for people living with diabetes and macular degeneration.

[networkkeyecare.com](https://networkkeyecare.com)



network eye

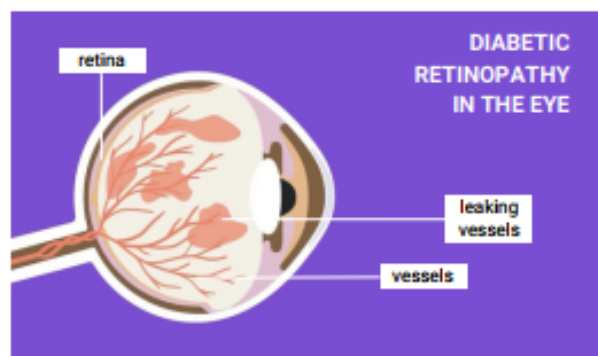


# Preventing Vision Loss Due to Diabetes: Early Detection Just Got Easier

By Lindsay Smithen, MD,  
Co-Founder and Co-Chief Medical Officer,  
Network Eye

You may have heard that “diabetes can cause blindness.” But how does diabetes really change your eyesight? It is the perfect time to explore this question, during Diabetes Awareness Month.

The blood vessels in the back of the eye, an area called the retina, are among the smallest in your body. The blood vessels become worn out and damaged by the elevated sugar levels in your blood. When that happens, we say that you have “diabetic retinopathy,” a phrase that means disease of the retina caused by diabetes.



In my experience as a retina specialist for over a decade, which is an ophthalmologist who specializes in diseases of the retina, I have noticed that there are many people who do not get the diabetes eye tests or treatment they need. Research suggests that nearly half of the people who need their annual eye test each year don't get it, and half of the people who need treatment don't stay on a good care path. This is why diabetic retinopathy is the #1 preventable cause of blindness in working-aged adults in the United States.



But why are people not getting the tests and treatment they need? Patients are busy. A dilated eye exam can feel time consuming. People have jobs, families, medical appointments, and other things they'd rather be doing. And sometimes retina clinics are not located conveniently, or they are intimidating to people who aren't currently comfortable in the healthcare system.

We started Network Eye – a company dedicated to improving the lives of people who have these critical diseases of the retina – to help people get the care they need in a convenient place. We have built a full retina clinic inside a CVS on Linebaugh Avenue in Westchase, Tampa, Florida, and we have created a mobile trailer in which people can get a diabetes eye test. That trailer travels all over the Tampa Bay area.

We see a huge opportunity to increase the number of people who get their diabetes eye test each year. At Network Eye, we are using a newly created Artificial Intelligence (AI) technology that allows patients to have their diabetes eye test WITHOUT dilating their eyes. And patients don't have to wait for a doctor to review their test to receive results. With our AI-based test, results come back in as little as five minutes. Whatever the outcome, our patients are taking very positive steps to take care of their health.

Some signs your diabetes might be affecting your eyes include blurry vision, trouble seeing colors, dark or empty areas of vision, spots or dark shapes in vision (floaters). You may also have damage before any symptoms occur.

We are thrilled to partner with the Florida Department of Health in Hillsborough County to provide you this valuable information and encourage you to get your yearly eye exam. We look forward to meeting many of you and learning your stories.



# The Dessert Dilemma: Can People With Diabetes Have Dessert?

When it comes to managing diabetes and keeping your blood sugar in check, enjoying dessert may seem impossible. But it doesn't have to be! With just a little planning ahead, you can still keep dessert on the menu.



You've heard the saying, "Life's too short. Eat dessert first," and with so many decadent and indulgent options, it can be tempting. Many people enjoy dessert, but living with diabetes can make indulging in your favorite treat a little more complicated.

If you have diabetes, too many carbohydrates (like those found in some of our favorite desserts) can spike your blood sugar and increase your risk of developing diabetes complications. But

where's the fun in eating if we can't have the foods we enjoy? Many people believe that desserts are off limits if you're living with diabetes. But that's simply not true. With a few considerations, people with diabetes can absolutely have dessert.

## If You Eat It, You Might Spike

Imagine your typical dessert. How does it look? Smell? There are a few things you might envision—something warm and gooey that smells delicious, is freshly baked or cold and creamy. Regardless of your preference, one thing most desserts have in common is their high carbohydrate content. The combination of flour, sugar, and dairy found in most high-carb desserts can contribute to blood sugar spikes, making diabetes harder to manage.

For example, a single serving of strawberry cheesecake may contain more than 30 grams of carbohydrates. Eating too many carbs in one sitting can cause blood sugar spikes, but what if you could avoid a spike altogether?

Good news! If you're looking to enjoy your favorite dessert AND stay on top of your diabetes management, read on. These diabetes-friendly tips can help.

## Count Carbs...Easy as 1-2-3

Carb counting allows you to keep track of the amount of carbs you consume throughout the day in your meals and drinks. This can help you better plan for your dessert and manage the number of carbs you'll take in as part of your dessert or other meals.

If you take insulin before your meals, carb counting will help you determine the amount of insulin you should administer. By carb counting, you can keep track of the carbs in your desserts and adjust the rest of your carbohydrate intake accordingly. Let's say you have that slice of the cheesecake we mentioned earlier at lunch. You could try to limit your other lunchtime carbs to allow for your dessert, and carb counting helps you do so. You could also eat a smaller portion of your dessert to cut carbs and calories.

Try to eat balanced meals that include nonstarchy vegetables, lean protein, and whole grains. With the right planning, desserts can be added to this meal pattern. Having dessert with or right after a meal can help you eat a smaller amount without feeling deprived.

### **Choose Lower-Carb Options**

Not all desserts are created equal, especially when it comes to their carbohydrate content. Aside from carb counting, you could also choose lower-carb desserts. For example, this delicious strawberry-lemon cheesecake has only 17 grams of carbohydrates. Choosing a lower-carb option allows you to literally have your cake and eat it too AND keep your diabetes management plan intact. You may also be able to use less insulin and lower your chances of spiking your blood sugar.

### **Make It Yourself**

The only way to fully control what's in your dessert is to make it yourself. There are a couple of tips and tricks you can use to cut down on the amount of sugar and carbs in your favorite treat.

Use low-calorie or no-calorie sweeteners. Low-calorie and no-calorie sweeteners don't typically contain sugar or carbohydrates. These sweeteners can be made from aspartame, saccharin, stevia, and sucralose to name a few. They provide a sweet flavor like sugar, and often a little goes a long way. If a dessert recipe calls for one cup of sugar, try substituting it with a low- or no-calorie sweetener instead. Doing so will help you get the sweet flavor you crave, minus the blood sugar spike. Just be sure to pay close attention to the sweetener's packaging. Some sugar substitutes are much sweeter than sugar. The packaging frequently tells you how much to use in place of sugar.

Use naturally occurring sweeteners. Some foods are naturally sweet and can be used to sweeten desserts. Take applesauce, for example. Try substituting the sugar in some recipes with applesauce for a "not too sweet," more nutritious option.

### **Enjoy Responsibly**

If you are living with diabetes, counting carbs, choosing lower-carb options, and making desserts at home can help you satisfy your sweet tooth while keeping your blood sugar in a healthy range. Moderation is key. When possible, choose whole, healthy foods and naturally occurring treats, like fresh berries and other fruits. It's also important to note that what works for one person doesn't necessarily work for all people. These tips should not replace your health care provider's recommendations. Continue to take your diabetes medications and use insulin as directed. Taking your medications and following your meal plan can help you avoid diabetes complications and stay healthy—the sweetest deal of all.



## UPCOMING EVENTS

November - December 2022

**Did you know... Tampa Bay has the highest rate of fractures in the United States? \***

Take Charge of Your Bone Health! Register today for any of our FREE 1 hour virtual programs and learn ways to achieve your optimum bone health!



### POSTURE POWER™

You'll learn the right and wrong ways to do your everyday activities to protect your spine from injury. Stand tall, and get the most out of life!

Thursday, November 17th, 12:00pm

<https://americanbonehealth.org/pptgh1122>



### HEALTHY BONES FOR LIFE™

Peer Educators will share the basics of bone health and why it should be important to you.

Monday, December 12th, 7:00pm

<https://americanbonehealth.org/hbltgh1222>



Based on claims data from Symphony Health Solutions; data period Jan-2018 to Dec-2018. Tampa Bay Area is defined as Tampa-St. Petersburg-Clearwater statistical metropolitan area.

## Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

*To preserve your privacy*, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov).

# Want to be a healthier you? We can help!

The Florida Department of Health has **FREE** health education programs.

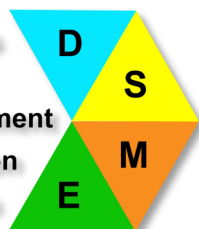
Call **813-307-8009** to register.

The logo for the BP For Me program. It features the text "BP F ME" in a bold, black, sans-serif font. The letter "F" is replaced by a red heart with a white ECG line passing through it.

## BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to improve their heart health and reduce their risk for complications.

Diabetes  
Self-  
Management  
Education  
Program



## Diabetes Self Management Education

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity and self-monitoring, learning about medications, and practicing coping skills.



## Diabetes Prevention Program

This program can help anyone who is overweight, pre-diabetic, or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active, and positive coping for a healthy lifestyle change.



## Get Into Fitness Today

In a 6 week or 12 week program, participants learn about healthy eating, physical activity and ways to live a healthier life.



## Get Into Fitness Together– a Learning Emotional Activity Program (GIFT-LEAP)

This program is designed to encourage children ages 5-9 to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year-olds in the program!



## BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

We offer **FREE** mammogram & pap smear testing!

For more information and to schedule an appointment, call **813-307-8082**.

### Upcoming mobile mammography:

*Tampa Family Health Center*

To schedule an appointment, call Sophia at **813-284-4529**

## Fl♥rida KidCare FLORIDA KIDCARE

The State of Florida health insurance for children (birth through age 18, even if one or both parents are working).

To apply by phone, call **1-888-540-5437**, or

**TTY-877-316-8748**.

To apply online, visit: [www.floridakidcare.org](http://www.floridakidcare.org).



## FL HEALTH CHARTS

Have you ever wonder how healthy your community or state is? Or how your own health status compares to other Floridians? If so, Florida Health Charts is a great resource that paints an accurate picture of the health status of our state — with factual information.

The website continues to provide the most up-to-date health statistics you'll find in Florida. Be sure to bookmark the new site: [www.FLHealthCHARTS.com](http://www.FLHealthCHARTS.com).

## PARKS AND RECREATION

Hillsborough County Parks, Recreation, and Conservation  
[www.hillsboroughcounty.org/](http://www.hillsboroughcounty.org/)

Plant City Parks and Recreation

<https://www.plantcitygov.com/parksrec>

Tampa Parks and Recreation

<https://www.tampagov.net/parks-and-recreation>

Temple Terrace Parks and Recreation

[www.templeterrace.com/](http://www.templeterrace.com/)

Farmers Markets around Tampa Bay

<https://www.american towns.com/tampa-fl/local-food/>

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Diabetes ..... 307-8071

Florida KidCare ..... 307-8082

Weight Management ..... 307-8071

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\* All numbers are area code (813) unless otherwise indicated.



MISSION: To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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