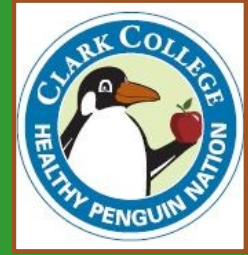


# Wellness News *for the* HEALTHY PENGUIN NATION



## November is "American Diabetes Month!"

For information and resources for living a healthier life visit [The Healthy Penguin Nation Website!](#)



**MYTH:** People with diabetes need to follow a special diet.

**FACT:** People with diabetes benefit from the same healthy diet that is good for everyone.

**MYTH:** Diabetes is caused by eating too much sugar.

**FACT:** Diabetes is caused by genetics, lifestyle factors, and unknown factors that trigger it's onset.

**MYTH:** Diabetes is not a serious disease.

**FACT:** Diabetes is a growing epidemic that kills more American people every year than AIDS and breast cancer combined.

**MYTH:** It's possible to have "just a little" diabetes.

**FACT:** There is no such thing. Everyone who has diabetes runs the risk of serious complications.

**MYTH:** Healthy foods won't raise your blood glucose.

**FACT:** Eating too much of even healthful foods, such as fruits and whole grains, can lead to high glucose.

**MYTH:** People with diabetes can't get tattoos.

**FACT:** It is considered safe, as long as your diabetes is well controlled.

For more information concerning the FACTS about diabetes, visit the [American Diabetes Association](#).



## NOT ME DIABETES

### *Education Program*

This prevention program is open at no cost to eligible PEBB members and is focused on helping screen employees to determine if they may be prediabetic, and will provide assistance in helping to keep those individuals from becoming type 2 diabetic.

**Are you at risk?** Take the [quiz](#) and if you score 9 or higher, attend the blood sugar testing event on campus:

**Friday, November 20**

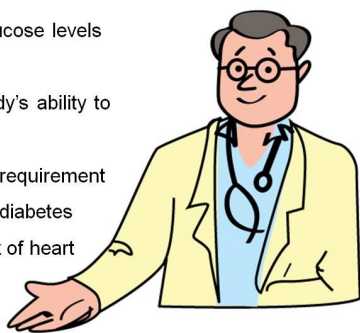
10:00-2:00

GHL 205

Please allow 15-30 minutes for your appointment.

## How does Exercise help?

- ✓Lowers blood glucose levels quickly
- ✓Improves the body's ability to use insulin
- ✓Reduces insulin requirement
- ✓Better control of diabetes
- ✓Reduces the risk of heart disease



SANOFI DIABETES

## Physical Activity

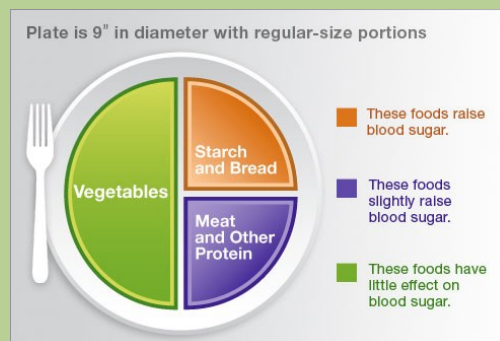
Physical activity can do a lot for you, even if you haven't been very active lately.

## HEALTHY EATING TIPS

The American Diabetes Association

Often, when people are diagnosed with diabetes, they don't know where to begin. One way is to change the amount of food you are already eating.

Focus on filling your [plate](#) with non-starchy vegetables and having smaller portions of starchy foods and meats.



You don't need any special tools or have to do any counting. It's simple and effective.

## HEALTHY RECIPE OF THE MONTH

This month's featured recipe is for [Wild Rice Pilaf with Cranberries and Apples](#).

If you're looking for a new recipe to add to your Thanksgiving menu, this gluten free wild rice dish with festive dried cranberries and apples may be just what you're looking for.

For more recipes, visit our [Healthy Recipe](#) page.

Do you have a recipe you would like to share with the Healthy Penguin Nation? Send your favorite healthy recipe to [kferguson@clark.edu](mailto:kferguson@clark.edu)

## ARE YOU AT RISK?

Visit these helpful links from the [American Diabetes Association](#)

[Type 2 Diabetes Risk Test](#)

[My Health Advisor](#)

[BMI Calculator](#)

## LOWER YOUR RISK

[Healthy Eating](#)

[Physical Activity](#)

[Check Up America](#)

[Small Steps for Your Health](#)

## Employee Assistance Program

All staff and benefits-eligible faculty have access to a variety of health and wellness services through MHN, our Employee Assistance Program provider. For more information on the types of services available to you and your household members visit [Clark College EAP](#).

To read helpful articles and blog updates for living a healthy, happy, and well-balanced life, visit [MHN Member Pulse](#)



*The Healthy Penguin Nation Wellness Program is a college-wide initiative to create a culture of wellness that promotes and supports healthy lifestyle practices across the college community. The program strives to engage, educate and empower the Clark College Community in healthy behaviors through developing, implementing and supporting a wide range of wellness activities based on solid research and best practices.*