

LIVE WELL WORK WELL

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 MORETON & COMPANY

Diabetes and You

Diabetes is a condition in which your body doesn't properly process food for use as energy. If you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This chronic disease is the seventh-leading cause of death in the U.S. and the number one cause of kidney failure, lower-limb amputations, and adult-onset blindness.

While there are different types of diabetes, Type 2 diabetes is the most common. Fortunately, it's also preventable.

Consider adopting the following lifestyle changes to help keep this chronic condition at bay:

- **Talk to your doctor.** What's considered a healthy diet change for your friend might not be considered healthy for you, too. The best way to determine how to go about changing your diet is by talking with your doctor first.
- **Lose weight and keep it off.** You may be able to prevent or delay diabetes by losing 5 to 7% of your starting weight.
- **Move more.** Aim to get at least 30 minutes of physical activity five days a week. If you haven't been active, talk with your doctor to find out what a safe exercise plan is for you.

- **Eat healthy.** A healthy diet is key to keeping chronic conditions like diabetes at bay. Try things like eating smaller portions, staying away from fatty foods, and choosing low-calorie beverages to reduce the amount of calories you eat each day and help you lose weight.
- **Get screened.** Go to your doctor for routine diabetes screenings. These screenings will let you know how at-risk you are and help you determine how to prevent diabetes.

Remember, you have the power to keep your health in check. To find out more about diabetes and your personal risk of developing this disease, talk to your doctor today.



People Recycle More When They Know What Recyclable Waste Becomes

Researchers from Penn State University and Boston College published a new paper in the *Journal of Marketing*, which finds that helping consumers think about how recyclables become new products inspires consumers to recycle more. The study is authored by Karen Page Winterich, Gergana Y. Nenkov, and Gabriel E. Gonzales.

Around the world, sustainability programs are fast becoming a staple of the private sector. However, consumers' recycling habits have not kept pace. In fact, only 25.8% of waste was recycled in the United States and only 13% of municipal solid waste was recycled globally in 2015.

American Marketing Association. "People recycle more when they know what recyclable waste becomes." *ScienceDaily*. www.sciencedaily.com/releases/2019/05/190516103712.htm (accessed October 17, 2019).

The research team conducted six studies to test how promoting recyclable waste will be transformed into new products (product transformation salience) can increase recycling rates.

"This research has important implications for companies and organizations seeking to increase recycling rates. These studies provide compelling evidence that when consumers consider that recyclables are transformed into something new, they recycle more," said Winterich. "Increasing transformation salience among consumers should be a priority for any organization seeking to increase collection rates. Increased recycling offers not only societal and environmental benefits, but also provides the source materials companies need for sustainable production of goods in a circular economy."

Family Matters: Caregiving

Are you already taking charge of your health? If so, help a family member or friend do the same thing. Regular healthcare, including preventive care, can enhance and extend the lives of those you love. Plus, it's a great way to show you care.

Pick a Loved One:

Many people wait until there is an emergency before they go for a checkup, but regular health care visits and screenings are essential for preventive care and improved quality of life. Find someone you know who hasn't been to a health professional lately and offer to make an appointment and take him or her to the doctor. Many health problems can be treated when detected early, or prevented all together. During these appointments, patients can also get specialty referrals if necessary for follow-up care.

Pick a Place:

Events such as community health fairs are often planned by local organizations. Health fairs can help increase access to healthcare and assist with the early detection of chronic conditions like diabetes, heart disease, stroke, and HIV/AIDS. Community health forums and local media may also promote such events and programs. Some are even nationwide, such as the Take a Loved One for a Check-Up Day or Take a Loved One to the Doctor Day.

Other Resources:

If you or your loved one does not already have a primary care doctor, contact your local community health center or insurance carrier to help find a doctor. Then, follow through and make an appointment.



Why We Crave Junk Food After a Sleepless Night

When you're sleep deprived, you tend to reach for doughnuts, fries, and pizza. A new Northwestern Medicine study has figured out why you crave more calorie-dense, high-fat foods after a sleepless night – and how to help thwart those unhealthy choices.

Blame it on your nose – or olfactory system – which is affected in two ways by sleep deprivation, according to the study. First, it goes into hyperdrive, sharpening the food odors for the brain so it can better differentiate between food and non-food odors.

But then there is a breakdown in the communication with other brain areas that receive food signals. And with that, decisions about what to eat change.

“When you're sleep deprived, these brain areas may not be getting enough information, and you're overcompensating by choosing food with a richer energy signal,” said senior author Thorsten Kahnt, assistant professor of neurology at Northwestern University Feinberg School of Medicine.

“But it may also be that these other areas fail to keep tabs on the sharpened signals in the olfactory cortex. That could also lead to choosing doughnuts and potato chips,” Kahnt added.

“Our findings suggest that sleep deprivation makes our brain more susceptible to enticing food smells, so maybe it might be worth taking a detour to avoid your local doughnut shop next time you catch a 6 a.m. flight,” Kahnt said.

Northwestern University. “Why we crave junk food after a sleepless night: Blame your nose, which sniffs out high fat, calorie-dense food.” ScienceDaily. www.sciencedaily.com/releases/2019/10/191008165821.htm (accessed October 21, 2019).

November Recipe Healthy Thanksgiving Stuffing

- 1 Tbsp. light butter
- 14 oz stuffing bread
- ½ C chopped onion
- ½ C diced celery
- ½ C diced carrots
- ½ C diced mushroom
- 2-3 cloves of garlic
- 2-2 ½ C chicken broth
- Poultry seasoning to taste (1-2 tsp.)
- Pepper to taste (about 1 tsp.)



Preheat oven to 350 degrees. Heat a large sauce pan on medium heat. Once heated, add butter and carrots and sauté. Add celery, onion, garlic, and mushroom. Continue cooking until veggies are tender. Remove from heat, transfer to bowl, and allow to cool slightly. In a large bowl, add stuffing bread and veggies. Toss together and season with pepper and poultry seasoning. Add chicken broth, mixing until moist but not soaking. Taste and adjust seasoning. Spray casserole dish with cooking spray, add stuffing mix, and cover with foil. Bake 20-25 minutes, then remove cover and cook additional 10 minutes or until slightly crispy on top.

Yield: ½ cup per serving, 16 total servings per recipe. Each serving provides: Calories: 106, Fat: 1.4g, Cholesterol: 0.0 mg, Sodium: 406.4 mg, Total Carbs: 20.3 g, Dietary Fiber: 3.9 g, Protein: 2.8 g

Source: MSSBETTYB00P6. “Healthy Stuffing Recipe.” SparkRecipes, December 2, 2008. <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=442203>.

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