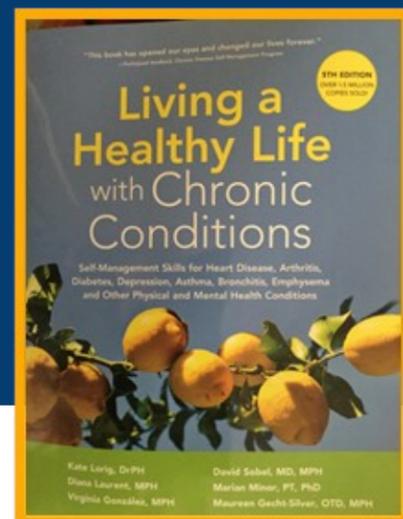


Southeastern Colorado AHEC Newsletter

March – April 2021



Living With Diabetes

Southeastern Colorado Area Health Education Center (SECAHEC) services a 16-county region. Communities in our region experience a 13% diabetes rate compared to the state level of 7%.

- Roughly 40% of all US cases of incident diabetes during 2013-2016 were directly attributable to obesity, a finding that further solidifies the major role for obesity in the current American diabetes epidemic. (Medspace.com)
- Researchers used data from a group of 4,200 American adults in a study during 2000-2017 and found that people who are obese have a higher risk of developing diabetes than those who are not obese.

What We Do To Help

SECAHEC offers diabetes support and education. There are two levels of classes:

- Introductory and refresher class
- 6-week evidence-based class held either face to face for two hours or virtually for 1 and 1/2 hours.

The focus is to assist individuals in understanding what diabetes is, what it does to our body and how to better manage it. It helps to be well informed and working to develop good habits.

We Also Offer:

Virtual Cooking Classes

Lots of fun!

If you want to cook along with the 'chef for the day', we will send you the recipe so that you may buy your ingredients ahead of time. Call our office if you would like to be included on our call list. Our focus is to prepare inexpensive, healthy and simple recipes.

Matter of Balance

We also work with S.R.D.A. (Senior Resource Development Agency) in Pueblo to provide a fall prevention program- Matter of Balance. If you would like to be signed up for this bi-weekly, 4 week program, please call our office.

SPEAKING OF FALL PREVENTION...

It is important to keep our bones strong at all ages. Broken bones are serious and can impact our health in significant ways. The best thing is to practice prevention by eating a healthy diet.

How do we do this?



Eat leafy green vegetables

Eat more fish

If fish is not your favorite, work to include fish products that you can accept or tolerate.

Eat right/ Include variety in your diet.

Dairy products are plentiful sources, but for those that are dairy intolerant, there are other sources.

Foods rich in calcium are Cooked broccoli, Chinese cabbage and acorn squash. Every cell in your body needs calcium and there are many options, even if you are dairy intolerant, no excuses.

Vitamin D can be found in egg yolk, sweet potatoes, rice milk, turnips, collard greens, kale, garbanzo, and navy and kidney beans are also good options. (Add them to your salads or soups) Orange juice is fortified with both Vitamin D and calcium.

Make sure you access the sunshine

Sunshine provides us with Vitamin D and helps calcium absorption. Calcium is needed to maintain strong bones, for muscles to move and for nerves to carry messages between the brain and our body. Almost all calcium is stored in bones and teeth.

Keep active. Remaining active is so very essential.

- Weight bearing activities
- Walking, Isometric type exercises that are considered muscle and bone strengthening

INTERESTED IN IMPROVING HEALTH ACCESS IN OUR SOUTHEASTERN COLORADO REGION?

Serve as a Southeastern Colorado Area Health Education Center (AHEC) Board Member!

We are looking for board members to join our organization to:

- Promote rural student health career education
- Impact community health outcomes
- Serve and keep medical professionals in our communities
- Promote medical professional career development

Contact Executive Director, Doreen Gonzales, doreen.gonzales@secahec.org