EXTENDING KNOWLEDGE ❯❯ CHANGING LIVES

Nourish

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November is National Diabetes Month

About 38 million adults and children in the U.S. have diabetes, and an estimated 115 million have prediabetes.

Diabetes means that your blood glucose (blood sugar) is too high. A healthcare provider must diagnose diabetes through appropriate testing.

Over time, diabetes can affect many parts of the body, including the heart, kidneys, eyes and nerves. It is also linked to an increased risk for some types of cancer.



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These are some tips from the National Institutes of Health for assessing your risk. "Yes" answers to one or more of these questions can mean you face a greater risk of diabetes. Visit with your healthcare provider for details.

- Are you overweight or obese according to a medical provider?
- Are you age 35 or older?
- Do you have a family history of diabetes?
- Have you been diagnosed with prediabetes?
- Are you Native American, African American, Asian American, Hispanic, Latino or Pacific Islander?

Take some steps to stay healthy.

- Plan healthy meals to include all the food groups. For example, aim for at least three servings of nonstarchy vegetables per day.
- Work with a health professional toward achieving a healthy weight.
- Be physically active – 30 minutes of activity on five or more days of the week. Having an exercise buddy may help you stick with your program.
- Stop smoking if you smoke.
- Take your medications on time.

Take advantage of NDSU Extension programming resources about diabetes or prediabetes.

Learn more online:

- **Centers for Disease Control and Prevention (CDC): Explore the** CDC Diabetes Page at https://www.cdc.gov/diabetes/ for self-management education programs and prevention guidance.
- **Nourish resources from North Dakota State University Extension.** Visit www.ndsu.edu/agriculture/extension/programs/nourish for details.

NDSU EXTENSION

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Question

I think my partner spends too much time on digital media – games on the Internet, emails, social media and now AI tools. Can too much technology affect your health?

That sounds like "technology overload" which can lead to emotional fatigue, eye strain, back, shoulder and neck pain – and many other health outcomes. We have more information available to us than ever before.

We can only process so much information, even if we find reliable information about health, nutrition and exercise. Be aware that excessive technology use can negatively affect mental and physical well-being and memory, and it can contribute to stress, poor concentration and disrupted sleep. Constant notifications and information overload can make it difficult to fully disconnect and recharge.

Take action at an individual level:

- Limit daily screen time to create healthier habits.
- Turn off nonessential notifications to reduce distractions.
- Take regular breaks to maintain focus and prevent burnout. Go for a walk or call a friend.
- Instead of spending time with technology, read a book or try a healthy recipe.



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November is a good time for a hearty diabetes-friendly soup. This recipe is from Illinois Extension.



Olga Mazyarkina_istockphoto

Beef Barley Soup

2 teaspoons canola oil
1 pound boneless beef round steak, cubed
2 carrots, sliced
½ cup onion, chopped
1 cup fresh mushrooms, sliced
1 cup celery, chopped
48 ounces of reduced sodium beef broth
14 ounces petite cut diced tomatoes, no added salt
1 cup water
2 bay leaves
½ cup uncooked barley
1 cup frozen peas

Heat canola oil, and cook beef on medium heat in a Dutch oven for 5 minutes or until browned, stirring frequently. Remove beef and set aside. Sauté onions, celery, mushrooms, and carrots until tender but crisp, about 5 minutes. Add beef, broth, bay leaves, and tomatoes and bring to a boil. Cover and reduce heat to simmer. Continue simmering 1 hour. Add barley and frozen peas and bring back to a boil. Reduce heat to simmer and continue cooking 30 minutes, or until barley is tender. Discard bay leaves.

Makes seven (1-cup) servings. Each serving has 230 calories, 3 grams (g) fat, 5 g protein, 22 g carbohydrate, 5 g fiber and 530 milligrams sodium.

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