



SIX STEPS TOWARDS A HEALTHIER LIFESTYLE FOR DIABETES ALERT DAY

Did you know that of the 96 million Americans who have prediabetes, more than 8 in 10 adults don't know they have it?

March 26 is Diabetes Alert Day. The YMCA of Western North Carolina encourages our community to learn more about their risks for prediabetes and type 2 diabetes and steps necessary to prevent the disease.

TUNA & APPLE BLACK BEAN SALAD



INGREDIENTS

- 1 can (14.5 oz) black beans, rinsed thoroughly
- 2 cans tuna, liquid drained
- 1 bell pepper, diced
- 1 tomato, diced
- 1 apple, cored and diced
- 2 tbsp mayo
- 1 tsp. sea salt or to taste
- 1/4 tsp. pepper or to taste

Add other diced vegetables of your choice (optional). Depending on what you have on hand, you can add other veggies, like celery, carrots, avocado, or onion, as well as herbs such as dill or parsley.

KITCHEN TOOLS

- Knife
- Cutting Board
- Mixing Bowl
- Can Opener

DIRECTIONS

Prepare the ingredients by dicing the fruits, vegetables and herbs. Then drain and rinse the beans and drain the tuna.

Place all of the ingredients into a large mixing bowl and add the mayo. Mix well. Season with salt and pepper to taste and then serve on its own or in a tortilla wrap or on bread.

Rinse the beans well! Doing this helps remove any excess salt and starch in the beans, improving their flavor and texture. It also gets rid of any metallic flavor that might remain if they came from a can.

WHAT IS PRE-DIABETES?

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes.

The good news is that if you have prediabetes, the YMCA of WNC offers CDC-led National Diabetes Prevention Programs that can help teach you the lifestyle changes to prevent or delay type 2 diabetes and other serious health problems.

The first step is to take the 60-second risk test created by the Centers for Disease Control and Prevention (CDC), the American Medical Association, and the Ad Council to find out if you're at risk: doihaveprediabetes.org.

Next, review the six lifestyle changes shared here that support weight loss and healthy living that can decrease the risk for type 2 diabetes.

1 TALK TO YOUR DOCTOR

Use this moment as a reminder to talk to your health care provider about your diabetes risk factors. This is especially true if you have a family history or are overweight.

2 MORE FRUITS AND VEGGIES

Try incorporating more fruits and vegetables into your day! Eating a colorful array of healthy foods can have a huge impact on your overall health. There are some great recipes available including vegetables that are in season this time of year – get creative in the kitchen!

3 MORE LEAN PROTEINS

Basic lifestyle changes – such as choosing fish, lean meats and poultry without skin – can contribute to weight loss and decrease the risk for type 2 diabetes. Check out some healthy and delicious ways to prepare these proteins at diabetes.org.

4 GRAIN POWER

There's power in grain! Aim for whole grains with every meal. A whole grain sandwich filled with fresh veggies and lean meat is both filling and delicious.

5 150 MINUTES OF MOVEMENT

Small steps matter. Build up to 150 minutes of physical activity per week. You can start with a simple walk each day or check out our Y's exciting group fitness class schedule. The key is to just keep moving!

6 DRINK MORE WATER

Basic lifestyle changes, like drinking water instead of drinks with added sugar, can contribute to weight loss and decreases the risk for type 2 diabetes. Carrying and refilling a reusable water bottle is an easy way to keep thirst (and sugary beverage temptation!) at bay.



LOOKING FOR A NO-COST HBA1C TEST?

The YMCA is here for you.

Please reserve your spot now for a no-cost HbA1c test on Diabetes Alert Day Tuesday, March 26*.

Reach out to communityhealth@ymcanwc.org or call 828-575-2922 (Locations and times vary; limited number of appointments). ***You must make an appointment; please call or email us by March 25.**

If you're at risk of developing type 2 diabetes, there is something you can do about it. The YMCA of WNC offers the YMCA's Diabetes Prevention Program which helps participants achieve healthy eating, regular physical activity, and modest weight loss—all of which have been shown to reduce the risk of developing type 2 diabetes.

Learn more by going to ymcawnc.org/programs/health-fitness/chronic-condition-support/diabetes.

Program supported by:



YMCA OF WESTERN NORTH CAROLINA



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