November 2020

HEALTH PROMOTION FOR FACULTY & STAFF

November 19th, 2020

In this Issue
• November is National Diabetes Awareness Month
• Nov 19th is The Great American Smoke Out
• HPFS COVID Safety Measures
• Muscle Maintenance at Home
• IPC Aging Wellness Support Program
• December 2020, Stretch for Stress Virtual Class
• Fall Recipes

Important Dates
• 11/25/2020, Gyms will close at 1:30 pm
• 12/14/20- 1/3/21 Gym closed.
Over the last 20 years, the number of adults with diabetes has more than tripled as the American population has aged and become overweight and obese. (1)

Risk factors for type 2 diabetes include being overweight, having a family history of diabetes, having gestational diabetes or having a baby weighing more than 9 pounds at birth. (1)

Without weight loss and moderate physical activity, many people with prediabetes will develop type 2 diabetes within five years. (1)

1 in 3 North Carolinians has prediabetes but 90% don’t know it. (2)

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Understanding Type 1
In type 1 diabetes, the body does not produce insulin and occurs at every age and in people of every race, shape and size. The body breaks down the carbohydrates you eat into blood sugar that it uses for energy—and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. “With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long, healthy lives.” (2)

Understanding Type 2
Type 2 diabetes is the most common form of diabetes—and it means that your body doesn’t use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it. (3)

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Encourage exercise!
If you are new to exercise, always consult a physician before beginning a new exercise program. There are a few ways that exercise lowers blood sugar:
- Insulin sensitivity is increased, so your muscle cells are better able to use any available insulin to take up glucose during and after activity.
- When your muscles contract during activity, your cells are able to take up glucose and use it for energy whether insulin is available or not.
- This is how exercise can help lower blood sugar in the short term.
- When you are active on a regular basis, it can also lower your A1C.

Nutrition Counseling!
Everyone's body responds differently to different types of foods and diets, so there is no single "magic" diet for diabetes. But you can follow a few simple guidelines to find out what works for you to help manage your blood sugar.
- HPFS is now referring our participants to work with a Nutrition GA student in the Interprofessional Clinic.
- This is a free service and is highly recommended to anyone interested in learning more how to reach their nutrition goals, especially when navigating Diabetes.

Please email mcdanielst@appstate.edu for more information.

Click the links to learn more
- American Diabetes Association
- Diabetes Free NC
- American Heart Association
- NC Diabetes Smart Diabetes Education Recognition Program
About 8.6 million people in the US have at least 1 serious illness that's caused by smoking. Smoking is the cause of 1 in 5 deaths in the US annually. And tobacco use is the leading preventable cause of death.

About 1.69 billion pounds of butts end up as toxic trash each year, making cigarettes the most littered item on Earth. For every person that dies from a smoking-related disease, there are 20 more who suffer from at least 1 serious illness associated with smoking.

The CDC estimates that adult male smokers lose an average of 13.2 years of life and female smokers lose 14.5 years of life because of smoking. And given the diseases that smoking can cause, it can steal your quality of life long before you die.

A single cigarette contains over 4,800 chemicals, 69 of which are known to cause cancer. Secondhand smoke contains over 7,000 chemicals, including 70 cancer-causing chemicals.

Every year, there are approximately 46,000 deaths from heart disease in people who are current smokers.

Smoking increases your risk of getting lung diseases like pneumonia, emphysema and chronic bronchitis.

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. **Start with day one.** Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk.

**Real Facts about Smoking**

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**Resources to help QUIT Smoking**

(Click the links to learn more)

1. **QuitNC**
2. **BCBS of NC**
3. **BCBS on NC Tobacco Cessation Counseling**
4. **NCNS of NC State employee wellness incentives**
HEALTH PROMOTION IS FOLLOWING STATE AND UNIVERSITY COVID-19 GUIDELINES:

- AppState Faculty and Staff will show Daily Health Check Passport for daily entrance.
- App State Retirees and spouses will need to pass the COVID questions and temperature check.
- All patrons wear a face covering when they are inside the gyms unless they are actively engaged in physical activity or they state that an exception applies.
- Please pre-register and follow social distancing markers leading from the entrance to our check-in desk in the office. (healthpromotion.appstate.edu)
- Check-in will begin 5 minutes prior to every hour of operation.
- Facilities will run on a limited schedule to allow for 15-minute cleaning closure for every two hours of operation.
- Both facilities have maximum capacity signs.

PODS have been placed around all available cardiovascular equipment to create a comfortable social distancing space.
Most of us are used to having a dedicated place to workout. But what about when the gym is closed and the things we have at home are nowhere near as adequate? Will we just waste away? No! Or at least not as much as you think you will, if you stay consistent. Maintaining a good physique, or at the very least, regressing as little as possible is very doable.

What do you do if you normally workout with progressively heavy weights at a gym? You should strive for maintenance. You need to actively be using the same muscles that were used in the gym, even if you are not progressively overloading with weight. This can be in the form of many workout variations, but should primarily be using the entire body. For this I would recommend these basic movement chains: **Push, Pull, Legs, Core...**

- **Push** incorporates many of the movements commonly used in a gym, but can be summed up as moving weights or the body away from the front or overhead.

- **Pulling** Pulling uses muscle groups that pull weights in or down towards the body, or the body towards something heavier.

- **Legs** The way to know if you are incorporating them all is to focus on the front, sides, and back of the legs.

- **Core** The core is used to stabilize your body. Core is not just your abs, it includes the muscles that support your stomach, low back, and sides.

**Muscle Maintenance at Home**

For more information from this article and to see example workout plans, please follow this link.

By Ben Wilson, CPT
Do you know someone who could benefit from an **Aging Wellness Assessment**? This may be a great opportunity for them to learn more about their health indicators that relate to aging, such as:

- Cognition,
- Memory,
- Balance and or Fall Risk,
- Behavioral Health
- and Nutrition

The Aging Well Assessment Program is offering virtual assessments that are ongoing. The assessment availability will end on November 20, 2020 and pick back up in late January/early February 2021.

This program covers assessments that are free of charge and may not be typically be offered by your doctor. The program will be monitoring health indicators that relate to aging, such as cognition/memory, balance/fall risk, behavioral health, and nutrition.

Participating regularly in the Aging Well Assessment Program will allow participants to track these health indicators on a regular basis and share any changes with their primary care provider. Those performing the assessments are Appalachian State students who are training for their health careers.

Call 828-262-5658 to Register
Zoom into a Virtual Stretch Class on Tuesdays and Thursdays from 12:00 - 12:30 pm during the month of December, to "Stretch through your Stress."

With the holidays, cold weather and 2020 coming to an end, lets work together to take care of our bodies while focusing on deep breathing, new year goals and positivity.

Register here during each week you would like to participate.

Before each class, click on the class link details on our Calendar page.

email Steff McDaniel for more mcdanielst@appstate.edu

Benefits of Stretching

1. Increase your flexibility
2. Increase your range of motion
3. Improves your posture
4. Is great for stress relief
5. Can calm your mind
6. Helps decrease tension headaches
7. Helps to prevent back pain

For more information, follow this link to healthline.com
Fall Recipes
Click on the link to go to the recipes

Simple Garlic Roasted Soup
Butternut Squash Soup

Chicken with Sweet Potatoes, and Brussel Sprouts and Sauteed Apples
Parmesan Zucchini and Tomatoe Gratin

Homemade Apple Sauce
Maple Walnut Crusted Salmon

by Liz Carman, IPC Nutrition GA