

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department



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November Issue  
2011

Daylight Savings Ends—Nov. 6th  
Election Day — Nov. 8th  
Veteran's Day — Nov. 11th  
Thanksgiving Day — Nov. 24th

*Change is the law of life. And those who look only to the past or present are certain to miss the future.*

*- John Fitzgerald Kennedy*

### In this Issue:

Diabetes	1
Holiday Weight Gain	2
Women's Health	2
Recipe	2

For more health information contact:  
NOBLE COUNTY HEALTH DEPARTMENT  
740-732-4958  
www.noblecohd.org

## November is American Diabetes Month



With nearly 26 million children and adults in American living with diabetes, and another 79 million at high risk for developing type 2 diabetes, the disease is taking a devastating physical, emotional and financial toll on our country. Yet, most Americans don't consider diabetes a

serious matter. They feel it is someone else's responsibility; someone else's problem.

Recent numbers by the Centers for Disease Control and Prevention paint a desperate situation of where we are at, and where we are headed:

- Every 17 seconds, someone is diagnosed with diabetes.
- Diabetes kills more people each year than breast cancer and AIDS combined.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

Now is the time to act.

### Become Involved in American Diabetes Month 2011

November is American Diabetes Month, a time to rally individuals, communities and families to Join the Millions in the movement to Stop Diabetes. This year, the American Diabetes Association is asking individuals to take a pledge and raise their hand to Stop Diabetes.

Beginning November 1, the public can take action by taking the American Diabetes Month pledge on [Facebook](#).

Here are other ways you can become involved:

1. Attend an American Diabetes Month event in your [area](#)
2. Visit [www.stopdiabetes.com](http://www.stopdiabetes.com)
3. Call 1-800-DIABETES
4. Text JOIN to 69866 (standard data and message rates apply)



## Women's Health

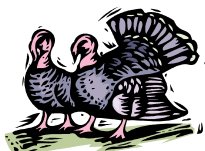
In an effort to reach the population at or below the poverty line, the Reproductive Health and Wellness program at the Noble County Health Department will be offering an incentive for patients, both new and returning, who come in for a women's health screening in the months of November and December. The patient will be entered into a drawing for a \$20 Marathon gift card with drawings being held each clinic day. We have a women's health survey that will be available at local businesses such as DJFS, Noble Counseling Center, and the library. The survey serves as a needs assessment and also gives people an opportunity to have a nurse contact them to schedule an appointment or learn more info on women's health topics. If you have clients in the target population that would be able to complete a survey please contact the Health Dept. at 740-732-4958

## Tips on how not to gain weight during the holidays:

- Do not skip any meals. If you skip a meal and go hungry, you will over eat. By over eating you will have excess calories that your body will store.
- Don't go to a buffet hungry. Before the buffet or before eating the high calorie foods at buffet, eat fruits, vegetables, and drink water. Fill up first on healthy low calorie foods.
- Between drinking the eggnog and alcohol beverages, drink a glass of water. You are going to drink these empty calories anyway, and you want to enjoy yourself, so just break it up with a glass of water in between.
- If you are cooking, try to use a substitute for sugar.
- Enjoy what you eat, but keep health and calories in mind. Find the medium between enjoying the meals & over indulging.
- Since it takes fifteen to twenty minutes for your brain to register that you are full, eat slowly. With all the delicious food in front of you, it is sometimes hard to avoid scarfing everything down. However, if you take your time, you will consume less calories and avoid gaining weight.
- The holidays can be stressful, so if food calms you down, beware. Look for another way to deal with stress—like doing another activity that you enjoy.

## Did you know?

Turkey is the traditional dish for the Thanksgiving feast. In the US, about 280 million turkeys are sold for the Thanksgiving celebrations. There is no official reason or declaration for the use of turkey. They just happened to be the most plentiful meat available at the time of the first Thanksgiving in 1621, starting the tradition.



*Have an upcoming event?  
If you would like it the monthly health monitor please contact  
Brooke Yontz at 740-732-4958 or  
brooke.yontz@noblecohd.org.*



## Sweet Potato Casserole

### Ingredients

- 2 1/2 pounds sweet potatoes (about 3 medium), peeled and cut into 2-inch chunks
- 2 large eggs
- 2 tablespoons brown sugar
- 1/4 teaspoon ground cinnamon
- 1 tablespoon canola oil
- 1 cup low-fat evaporated milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1 8-ounce can of crushed pineapple, undrained

### Preparation

1. Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat to a simmer and cook until tender, 10 to 15 minutes. Drain well and transfer to a food processor. Process until smooth.
2. Preheat oven to 350°F. Coat an 8-inch-square broiler-safe baking dish with cooking spray.
3. Whisk whole eggs, brown sugar, cinnamon, oil, evaporated milk, vanilla and salt in a large bowl until smooth. Add the sweet potato; whisk until smooth. Stir in pineapple and its juice. Spread the mixture in the prepared baking dish.
4. Bake the casserole until heated through and the edges are bubbling, 35 to 45 minutes.