

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events



National Diabetes Month What is diabetes and prediabetes?

Diabetes is a disease that occurs when an individual's blood sugar is excessively high. The body accumulates a large amount of glucose in the blood, which over time can cause health problems, such as heart disease, nerve damage, eye problems and kidney disease.

Prediabetes is a condition when blood glucose levels are higher than normal but not elevated enough to be diagnosed with diabetes.

Are you at risk for diabetes?

If you have any of the below risk factors you may be at risk for diabetes:

- Over the age of 45.
- Overweight.
- Have a family history or siblings with diabetes.
- Sedentary lifestyle that doesn't involve daily physical activity.
- During pregnancy was diagnosed with gestational diabetes.
- A1C blood test levels that are 5.7 or higher.
- Have high blood pressure or take medicine for high blood pressure.
- Have low HDL cholesterol and/or high triglycerides.

Diabetes Prevention and Management

Some individuals with prediabetes may stop diabetes in its tracks by making necessary adjustment to their lifestyle that involve regular exercise, dietary and nutritional changes,



and working with their doctor to return their blood sugar levels to normal. The same applies for individuals with diabetes; to manage this disease, lifestyle is a major determinant of the outcome.

WellnessWorks coaches are available Monday-Friday to assist employees with lifestyle coaching for conditions such as prediabetes and diabetes. To be connected with a coach, email **Wellnessworks@miamidade.gov**.

<https://www.diabetes.org/diabetes-risk/prediabetes>

"Life is like riding a bicycle. To keep your balance, you just have to keep moving."

-Albert Einstein

HEARTY AND HEALTHY VEGGIE “MEAT LOAF”

Ingredients:

- 1 tbsp. extra-virgin olive oil
- 1/2 yellow onion, finely chopped
- 2 stalks celery, finely chopped
- 1 medium carrot, peeled and finely chopped
- 1 cup finely chopped baby bella mushrooms
- 2 (15-oz) cans chickpeas, drained and rinsed
- 1 cup freshly chopped parsley, plus more for garnish
- 2 tbsp. low-sodium soy sauce
- 1 tbsp. vegan Worcestershire sauce
- 1/4 cup ketchup
- 1/4 cup barbecue sauce
- 1/2 tsp. smoked paprika
- Kosher salt
- Freshly ground black pepper



DIRECTIONS:

1. Preheat oven to 375° and line an 8” loaf pan with parchment paper. In a large skillet over medium heat, heat oil. Add onion, celery, carrot, and mushrooms and cook, stirring occasionally, until vegetables are soft and most of the liquid has cooked out, 6 to 8 minutes.
2. Using a potato masher in a large bowl or food processor, mash the chickpeas until a rough paste forms (a few large pieces of chickpea are OK). Transfer to a large bowl if using a food processor.
3. Add cooked vegetables, bread crumbs, parsley, soy sauce, and Worcestershire sauce to the bowl with chickpeas. In a medium bowl, whisk together ketchup and barbecue sauce. Add half of this mixture to the bowl with the chickpeas. Season with paprika, salt, and pepper, and stir until all ingredients are evenly incorporated.
4. Transfer chickpea mixture to prepared loaf pan and smooth top. Brush half of the remaining ketchup mixture on loaf and bake for 30 minutes. Remove from oven, brush with remaining ketchup mixture and bake 30 minutes more. Remove from oven and let cool for 10 minutes. Garnish with more parsley and serve.

NATIONAL HEALTHY SKIN MONTH: 6 WAYS TO TAKE AN ACTIVE ROLE IN YOUR SKIN'S HEALTH

November has been declared National Healthy Skin Month, and it is a great time to think about your skin's health as we transition to cooler weather from the summer. The skin is the body's largest organ, so it is of upmost importance to make skin health a priority.



Self-care is critical, for both mental and physical health. Making skin care a priority in your health care regimen is a big part of self-care! Not only will it help you to pay more attention to your skin's health, but it also puts you in an active role for finding and identifying potential health problems. See below some things you could be doing to take an active role in your skin's health.

- **Stop. Smoking. Now.**
- **Fluids: outside and in.**
- **Use sunscreen every day.**
- **Complete a monthly skin self-exam.**
- **Use high quality skincare products.**

<https://dermcenterofacadiana.com/national-healthy-skin-month-6-ways-take-active-role-skins-health/>

WHAT ARE THE BEST FOODS FOR HEALTHY SKIN?

Answer From Lawrence E. Gibson, M.D.

Research on the best foods for healthy skin is limited. Still, antioxidant-rich foods seem to have a protective effect for the skin. Consider these skin-friendly foods:

- **Carrots, apricots, and other yellow and orange fruits and vegetables**
- **Spinach and other green leafy vegetables**
- **Tomatoes**
- **Berries**
- **Beans, peas and lentils**
- **Salmon, mackerel and other fatty fish**
- **Nuts**

On the flip side, some foods seem to be associated with skin damage. For example, some research suggests that a diet high in processed or refined sugars or other carbohydrates and unhealthy fats promotes skin aging.

Remember, many of the best foods for healthy skin also promote good health overall. Rather than focusing on specific foods for healthy skin, concentrate on a healthy diet in general. Eat plenty of fruits and vegetables. Choose low-fat or fat-free dairy products. Include nuts, seeds and beans in your favorite meals. Opt for whole-grain breads and pasta. Limit sweets. Strive for variety as you're making healthy choices.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/healthy-skin/faq-20058184>



Last Call for the First 40 Teams!

Department teams wanted for 2021 Walk Around the World Pole to Pole Challenge

Draft a team of 20 participants in your department to Walk Around the World Pole to Pole in 2021.

Teams will compete in a worldwide trek that includes the north and south poles. Prizes and surprises are planned at different landmarks. Participants will have access to journey updates and valuable information from Healthyroads®. WellnessWorks points will be awarded every quarter. For more information or to submit your department team visit <https://secure.miamidade.gov/employee/news-item.page?Mduid=1598997376160597>

Don't miss out!

Registration ends November 15, 2020.

Live Webinars

"Let Wellness Come to You"

A glance at November webinar topics:

- 3-Nov-20 **Your Thyroid and You**
- 4-Nov-20 **MDC/JHS Preconception Care: Preparing For Pregnancy**
- 5-Nov-20 **Add Root Veggies to Enrich Your Diet**
- 10-Nov-20 **Coping with Pandemic Fatigue**
- ~~11-Nov-20 **Stress and the Gut**~~
- 12-Nov-20 **How certain foods affect our moods and how we feel and think**

Live webinars are available weekly at noon. To register to attend a webinar this month visit <https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>

Note: Registration links are updated weekly.

For more information on Wellnessworks programs and offerings email wellnessworks@miamidade.gov

Healthy Selfie: VK5 Fun

MDC Employees and their families participate and complete their MDC Staying Well Together Walk/Run at Tropical Park or Amelia Earhart Park. The event ran from October 3-17.

Pictured Left: Karen Solms of PROS enjoying a day at the Park with her family as they complete their V5K Staying Well Together.

Pictured Right: Ruth Arias of Waste Management enjoying a day at the park with her daughter.

Healthy Selfie Holiday Edition

Submit a Healthy Selfie holiday recipe and photo to be entered in a raffle and featured in our December newsletter.

Please submit high quality images to WellnessWorks@MiamiDade.gov.

