

## A Sport for All Seasons



From a family ice skating night at Bethlehem's Steel Ice Center (above) to three staffers' brave ride on Valley Preferred Cycling Center's professional racing track, Guest Services keeps their wellness calendar full year round.

"We're looking forward to visiting the rail trails of Jim Thorpe this summer," said Guest Services Dean of Wellness Laura Transue.

*What is your department doing to promote wellness?*

*Send your story to [Catherine.Moyer@lvbn.org](mailto:Catherine.Moyer@lvbn.org)*

## KNOW YOUR NUMBERS

**Dean's Corner:** 55 percent of our colleagues have been screened for blood pressure (BP) and body mass index (BMI) through our Know Your Numbers campaign. We have until June 30 to reach our FY2015 Better Health goal of 60 percent.

If you yet to be screened, you can take action by:

- **Visiting employee health** during [walk-in hours](#) for a confidential screening.
- **Completing and submitting a biometric health care screening form** (self-reporting permitted) following a screening by with your health care provider.
- **Getting screened at LVHN Fitness** during [select hours](#).

## Preventing Type 2 Diabetes: Know Your Risk, Take the Test

It's difficult to open a newspaper or listen to the news without hearing something about how prevalent diabetes is—among adults and children alike. The National Diabetes Education Program tells us that 86 million Americans over the age of 20 have prediabetes—that's nearly a quarter of the U.S. population.

Diabetes is the leading cause of kidney failure, non-traumatic, lower-limb amputations, and new cases of blindness in adults – and it is a major cause of heart disease and stroke.

Despite the serious nature of the disease, it is the case for all too many that type 2 diabetes goes undiagnosed – and unmanaged – for years.

"Unfortunately, many people are at risk for or have diabetes and don't even know it," said Joyce Najarian, Program Manager,

**"It is possible to not have noticeable symptoms with elevated blood sugars, which can already cause damage on blood vessels and nerves."**

Inpatient Diabetes at LVH-Cedar Crest. "It is possible to not have noticeable symptoms with elevated blood sugars, which can already cause damage on blood vessels and nerves."

The American Diabetes Association is

hoping to promote early diagnosis with the **Diabetes Risk Test**. Through this brief self-guided questionnaire, individuals can assess their personal risk factors and calculate a score reflecting their risk of developing type 2 diabetes.

Do your part to promote awareness, early diagnosis and prevention of type 2 diabetes. Direct patients, colleagues and loved ones to take the Diabetes Risk Test on the [American Diabetes Association website](#).

"Ignoring the disease or not taking steps to help control blood sugars is risky business," said Najarian. "It is important for people to be aware of their risks and what they can do to lower their chances of getting diabetes, or if they have diabetes, what they can do to prevent complications."

## Walk Your Way to Wellness

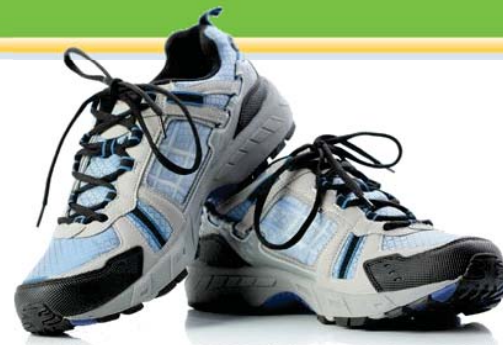
With milder weather and longer days, it is the perfect time to increase activity and re-energize your commitment to leaving behind a sedentary lifestyle. Studies show adults may gain as much as two hours of life expectancy for each hour of regular, vigorous exercise—like very brisk walking—even if they don't begin exercising until middle age.

Take the first step to a healthier life: commit to a walking routine this spring, using these tips to ensure your safety and comfort along the way.

### Dress for Success

- Check the forecast. Layered clothing also helps you to respond to changes in temperature and keep you dry.
- Wear reflective or brightly colored clothing if you walk at dawn, dusk, or night.
- Do not wear headphones and stay aware of your surroundings.
- Avoid wearing jewelry.
- Protect yourself from the sun, wind, and precipitation. Remember sunglasses and sunscreen – even on cloudy days.

- Pay attention to your footwear. Wear shoes with a flexible and flat sole that provide proper cushioning and arch support. Well-fitted running and fitness shoes are best.
- Replace walking shoes every 500 miles so that excessive wear and tear does not injure your feet and legs.



### Small Steps, Big Strides

- Perform light stretches before and after your walk.
- Make walking a part of the workday by using the stairs, taking walking breaks, or even having walking meetings.
- While walking 30 minutes or more a day, five days a week is a great goal, you can achieve your goal in shorter increments: have a 10-minute mid-morning walk break, 10-minute walk at lunch, and a 10 minute walk when you get home from work. A pedometer or activity tracker is a great way to track your progress.
- Walk in three parts – warm up for a few minutes, then increase your speed for the majority of your walk, and then cool down for the last few minutes.

### Why Walk?

It is no secret that physically active people lead healthier, longer lives; and that even moderate regular activity significantly contributes to longevity.

Additional benefits of a regular walking program include:

- lowering “bad” cholesterol (LDL)
- raising “good” cholesterol (HDL)
- decreasing blood pressure
- maintaining or losing weight
- reducing the risk of type 2 diabetes
- reducing stress, increasing energy
- increasing stamina
- strengthening muscles
- increasing bone density (walking is a weight-bearing exercise)
- improving mood



**Yield:** 4 servings

**Serving size:** 4 oz tenderloin roast, ¼ C salsa

**each serving provides:**  
 calories 215  
 total fat 9 g  
 saturated fat 3 g  
 cholesterol 67 mg  
 sodium 226 mg  
 total fiber 2 g  
 protein 25 g  
 carbohydrates 9 g  
 potassium 451 mg

*Source: Keep the Beat™ Recipes*

### Recipe Box

#### Cocoa-Spiced Beef Tenderloin with Pineapple Salsa

½ Tbsp vegetable oil  
 1 beef tenderloin roast (16 oz)

#### For salsa:

½ C diced pineapple (if using canned, include juice)  
 ¼ C red onion, minced  
 2 tsp fresh cilantro, rinsed, dried, and chopped (or substitute ¼ tsp dried coriander)  
 1 Tbsp lemon juice

#### For seasoning:

1 tsp ground black pepper  
 1 tsp ground coriander  
 1 Tbsp ground cinnamon  
 ¼ tsp ground allspice  
 1 Tbsp cocoa powder (unsweetened)  
 2 tsp chili powder  
 ¼ tsp salt

1. Preheat oven to 375 °F. 2. For the salsa, combine all ingredients and toss well. Let sit for 10–15 minutes to marinate while preparing the seasoning and cooking the meat. 3. For the beef tenderloin seasoning, combine all ingredients. Lightly oil the tenderloin and spread an even layer of the dry seasoning over the entire roast. 4. Place the seasoned roast on a roasting or broiling pan and roast for 10–15 minutes (to a minimum internal temperature of 145 °F). Let cool for 5 minutes before carving into 16 slices (1 ounce each). 5. Serve four slices of the tenderloin with ¼ cup salsa on the side.

### *The Healthy Scoop*

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To ask a question or to submit a story, email [Catherine.Moyer@lvhn.org](mailto:Catherine.Moyer@lvhn.org)

# ARE YOU AT RISK FOR

# TYPE 2 DIABETES?



## Diabetes Risk Test

- 1 How old are you?**  
 Less than 40 years (0 points)  
 40—49 years (1 point)  
 50—59 years (2 points)  
 60 years or older (3 points)

Write your score in the box.




- 2 Are you a man or a woman?**  
 Man (1 point) Woman (0 points)

- 3 If you are a woman, have you ever been diagnosed with gestational diabetes?**  
 Yes (1 point) No (0 points)

- 4 Do you have a mother, father, sister, or brother with diabetes?**  
 Yes (1 point) No (0 points)

- 5 Have you ever been diagnosed with high blood pressure?**  
 Yes (1 point) No (0 points)

- 6 Are you physically active?**  
 Yes (0 points) No (1 point)

- 7 What is your weight status? (see chart at right)**

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)

You weigh less than the amount in the left column (0 points)

Add up your score.




### If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at [diabetes.org/alert](http://diabetes.org/alert) or call 1-800-DIABETES (1-800-342-2383)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

## Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life. If you are at high risk, your first step is to see your doctor to see if additional testing is needed. Visit [diabetes.org](http://diabetes.org) or call 1-800-DIABETES (1-800-342-2383) for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.



Special Thanks to our National Sponsor



¿ESTÁ USTED EN RIESGO DE PADECER

# DIABETES de TIPO 2?



## Questionario de Riesgo de la Diabetes

**1** ¿Qué edad tiene?

- Menos de 40 años (0 puntos)
- 40-49 años (1 punto)
- 50-59 años (2 puntos)
- 60 años o más (3 puntos)

Anote el puntaje en el recuadro.

**2** ¿Es usted hombre o mujer?

- Hombre (1 punto)
- Mujer (0 puntos)

**3** Si es mujer, ¿tuvo alguna vez diabetes gestacional (glucosa/azúcar alta durante el embarazo)?

- Sí (1 punto)
- No (0 puntos)

**4** ¿Tiene familiares (mamá, papá, hermano, hermana) que padecen diabetes?

- Sí (1 punto)
- No (0 puntos)

**5** ¿Alguna vez le ha dicho un profesional de salud que tiene presión arterial alta (o hipertensión)?

- Sí (1 punto)
- No (0 puntos)

**6** ¿Realiza algún tipo de actividad física?

- Sí (0 puntos)
- No (1 punto)

**7** ¿Cuál es su peso? (Anote el puntaje correspondiente a su peso según la tabla a la derecha.)

Estatura	Peso (en libras)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
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6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Point)    (2 Points)    (3 Points)

(0 puntos = si pesa menos que lo indicado en la columna verde.)

Adaptado de Bang et al., Ann Intern Med 151: 775-783, 2009.  
El algoritmo original fue validado sin utilizar la diabetes gestacional como parte del modelo.

### Si obtuvo 5 o más puntos:

Existe un mayor riesgo de que usted tenga diabetes tipo 2. Solo su médico puede determinar si tiene diabetes tipo 2 o prediabetes (estado previo a la enfermedad con nivel de azúcar en la sangre más elevado de lo normal.) Consulte a su médico para ver si necesita hacerse pruebas adicionales.

Sume su puntaje.

La diabetes es más común entre afroamericanos, hispanos/latinos, indígenas estadounidenses, asiáticos estadounidenses e isleños del Pacífico.

Tener sobrepeso aumenta el riesgo de tener diabetes en todas las personas. Pero los estadounidenses de origen asiático corren un riesgo más alto con un peso corporal menor que el resto del público en general (alrededor de 15 libras menos).

Para más información, visite [diabetes.org/alerta](http://diabetes.org/alerta) o llame al 1-800-DIABETES (1-800-342-2383).

### Reduzca su riesgo

La buena noticia es que usted puede controlar su riesgo de padecer diabetes de tipo 2. Algunos cambios pequeños hacen una gran diferencia y le ayudarán a vivir una vida más larga y saludable.

Si usted está en alto riesgo de desarrollar o tener diabetes de tipo 2, el primer paso es visitar a su médico para averiguar si necesita hacerse pruebas adicionales.

Visite [portufamilia.org](http://portufamilia.org) o llame al 1-800-DIABETES (1-800-342-2383) para más información, consejos e ideas sobre cómo empezar a tomar medidas simples que le ayuden a reducir su riesgo.



Un agradecimiento especial a nuestros patrocinadores nacionales.

