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Dear CHOICE Participants:

We are happy to report that we now have 173 couples in our study. Just over half of participants are men (56%), and about 41% are African-American. Ages range from 25 to 82. We have one more year to finish up the study. If you know of anyone who has been diagnosed with type 2 diabetes, please feel free to share our contact information with them. We will be at the 2016 Bridge to Wellness (see inside newsletter) once again, so we might

see you there. If you know of any other health-related opportunities for us to let people know about our study, we welcome your suggestions.

Also, we are planning to submit a continuation grant to the National Institutes of Health so that we can contact you several years after you participated in the study to see how everyone is doing. We won't submit the grant until next Spring, and we won't

know for a year whether we receive the funds. If we receive these funds, we would like the opportunity to contact you to see if you are interested in our follow up-study. If you have moved or your contact information has changed, please let us know so that we can reach you in the future.

Thank you for being wonderful participants in this study!

VICKI HELGESON

Winter Exercise Tips



As the weather gets cooler and the days get shorter, it may be tempting to hunker down for a TV show marathon. However, it's important to keep moving, even in the winter months!

You can:

- Join an indoor exercise class at your local gym
- Use exercise videos and body weight exercises in your own home
- Walk laps around the mall
- If exercising outdoors, make sure to stay warm by wearing lots of layers, gloves, and an ear-warmer or hat
- If you're running out of exercise ideas, try downloading a free app like "Sworkit," which offers workout plans that are customizable to your abilities and are accompanied by videos of how to do the exercise

Recipe: Four Cheese Macaroni and Cheese

INGREDIENTS

- Nonstick cooking spray
- 1 pound butternut squash, halved and seeded
- 8 ounces dried whole grain elbow macaroni (about 2 cups)
- 4 teaspoons butter
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon ground white pepper
- 1 cup fat-free milk
- 2 tablespoons semisoft cheese with garlic and fine herbs
- 3/4 cup shredded part-skim mozzarella cheese (3 ounces)
- 3/4 cup shredded reduced-fat sharp cheddar cheese (3 ounces)
- 2 ounces Muenster cheese, very thinly sliced

DIRECTIONS

1. Preheat oven to 375 degrees F. Line a 15x10x1-inch baking pan with parchment paper; set aside. Coat a 2-quart square baking dish with cooking spray; set aside.
2. Coat the cut sides of the butternut squash with cooking spray; place squash halves, cut sides down, on the prepared baking sheet. Roast for 40 to 45 minutes or until squash is very tender and cooked through. Remove from oven; let stand until cool enough to handle. Scoop flesh from squash halves; discard skin. Using a potato masher, mash the squash; set aside.
3. Meanwhile, cook pasta according to package directions. Drain well.

4. In a medium saucepan melt butter over medium heat. Whisk in flour, salt, and white pepper until combined. Add milk, whisking until smooth. Cook and stir until thickened and bubbly. Add semisoft cheese; whisk until cheese is melted. Stir in mashed squash. Add cooked pasta; stir until coated.

5. Place half of the pasta mixture in the prepared baking dish. Evenly sprinkle half of the mozzarella cheese and half of the cheddar cheese on top of the pasta. Arrange half of the Muenster cheese over all. Repeat layers. Bake in the 375 degrees F oven about 25 minutes or until cheese is golden brown.

<http://www.diabeticlivingonline.com/recipe/four-cheese-macaroni-and-cheese>

Diabetes and Animals

Humans aren't the only animals that can suffer from diabetes. Unfortunately, our furry friends can get it as well. Male cats and female dogs are more likely to develop the condition than their counterparts. Diabetes in animals has many of the same causes as it does in humans—namely, genetics, diet, and lack of exercise. Owners tend to “baby” their pets, showering them with treats and table scraps. Likewise, most animals no longer have a job to do; they lounge around the house and maybe take a jaunt around the block once in a while.

While chubby cats and dogs might amuse on YouTube, their chances of diabetes skyrocket with every extra tick of the scale. Like humans, they need insulin to maintain their health. There are both oral and injectable insulin medications available for animals, but dogs typically don't respond to oral insulin. Small dogs usually need around two shots a day, while larger ones can usually get by on one. And as you can imagine, this can get very, very expensive.



<http://listverse.com/2013/12/25/10-fascinating-facts-about-diabetes/>

2016 Bridge to Wellness Expo

Saturday, November 5, 2016
David L. Lawrence Convention Center
Halls D&E
9:00 AM – 3:00 PM

The American Diabetes Association of Western PA hosts the 2nd Annual Bridge to Wellness Expo focusing on wellness information, health resources, and interactive experiences. Bridge to Wellness provides a forum for intensive exchange of questions and answers about health issues, proactive measures, wellness and where necessary, disease-state prevention and management.

Focus areas for Bridge to Wellness include Diabetes (Prevention, Management, Eyes, Feet, Kidneys, and Heart Health), Active Lifestyles, Cancer Prevention, Stress Management, Substance Abuse, Tobacco Cessation, Women's/Men's Health Issues, and more.

The Bridge to Wellness Expo will have a multitude of free activities. You can get free health screenings like glucose testing and eye exams with or without health insurance. You can participate in the fitness demonstrations and arts and crafts stations. You can attend cooking demonstrations conducted by culinary and diet experts.

To learn more about the event and registration, visit www.diabetes.org/bridgetowellness



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