



CHOICE Quarterly Newsletter Volume 3, Issue 2 Summer 2015

*Communal Health of Interacting Couples Study*

## Dear CHOICE Participants:

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CHOICE Couples,

We have been up and running for nearly 2 years now and are happy to say that we have enrolled 130 couples in our study. Of these 130 couples, we have a fairly even distribution of men and women and of white and black persons with diabetes in the study — 55% of participants are male and 45% are female; 58% of participants are white and 42% are black. We are always trying new ways to reach out to the commu-

nity to let them know about our study. Most recently, we have had advertising on a couple of radio stations. If you don't see a study brochure at your doctor's office, let us know and we will be sure to drop off a stack of them! If you have any ideas of how we can reach people, please let us know. We will be recruiting for a couple of more years.

If you have moved or have a new phone number, please let us know (our emails and phone numbers are on the

back). We will be trying to obtain additional funds from the National Institutes of Health to conduct a follow-up study. You are under no obligation to participate, but we would like to be able to contact you to extend the invitation.

We hope that you are enjoying the summer, taking some time to relax, trying to eat healthy and staying active. We have a few tips for you in this newsletter that we hope you find helpful.

Vicki Helgeson

## Just Keep Swimming

Water is not only fun but it can be one of the best fitness tools. It provides resistance, which strengthens muscles and boosts cardio intensity. It also supports some of your weight, making exercise easier on joints and reducing injury. Even if you're not a swimmer, you can still get a full-body workout with these water exercises.

### Jumping Jacks

1. With legs together arms to side, jack the legs and arms wide allowing feet to turn out, then bring back together
2. Do 16 repetitions touching bottom and 16 suspended (feet not touching the pool floor) for a total of three sets with two minutes rest in between each set

### Arm Raises

1. With arms underwater, lift and lower them in front of you and out to the sides. Use water dumbbells for more resistance, or try a beach ball.
2. Do 10 repetitions for 3 rounds with a minute rest in between each set.

### Aqua Jogging

1. Jog for 1-3 minutes in



waist high water, rest as needed.

2. Keep your ears, shoulders and hips in one vertical line for proper alignment.

## Recipe: BBQ Meatballs



It's summer time, and it's time for barbecues and picnics! Share these delicious BBQ meatballs with your friends. Feel free to serve them with a salad, grilled corn or sweet potatoes.

### Ingredients:

- cooking spray
- 20 oz 93% fat-free lean ground turkey
- 1 egg
- 1/2 cup old fashioned rolled oats
- 1 clove garlic, minced or grated
- 1 Tbsp dijon mustard
- 1 tsp hot sauce

- 1 tsp salt-free steak seasoning
- 1/2 tsp ground black pepper
- 1/4 cup reduced-sugar BBQ sauce
- 1/4 cup whole berry cranberry sauce
- 1/4 cup fat-free, low-sodium chicken broth
- 1 Tbsp hot sauce (optional)

### Instructions:

- Preheat oven to 400°F. Coat a baking sheet with cooking spray. Set aside.
- In a large bowl, mix together the turkey, egg, oats, garlic, mustard, hot sauce, steak seasoning, and black pepper. Mix well.
- Scoop meatballs the size of a heaping tablespoon on the baking sheet, setting them

side by side so they are touching, to make 25 meatballs. Spray the tops of the meatballs with cooking spray and bake for 20 minutes or until the internal temperature is 165°F.

- While the meatballs are baking, whisk together the BBQ sauce, cranberry sauce, chicken broth, and hot sauce (optional). Bring to a boil. Reduce heat and simmer until thickened.
- When the meatballs are done, toss them in the BBQ sauce to coat.

Source: <http://www.diabetes.org/mfa-recipes/recipes/2015-02-bbq-meatballs.html>

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## Famous People with Type 2 Diabetes



"I have learned how to manage it. I had to change my life, and by doing so I changed my diet, I started to exercise and maintain a healthier lifestyle. I check my blood sugar regularly, I go to the doctor often and I have a great management team." -Randy Jackson (television personality) (diagnosed 2003)

Other celebrities:

Tom Hanks (diagnosed 2013)

Patti LaBelle (diagnosed 1994)

Delta Burke (diagnosed 1997)

Paula Deen (diagnosed 2012)

Larry King (diagnosed 1995)

Sherri Shepherd (diagnosed 2007)

Drew Carey (diagnosed 2010)

Billie Jean King (diagnosed 2007)



## Step Out: Walk to Stop Diabetes

This fall is the American Diabetes Association's annual Step Out: Walk to Stop Diabetes fundraising walk! Step Out has been happening for over 20 years and has raised more than \$200,000,000 to fund the ADA Camp and Type 1 & Type 2 Diabetes research. The event includes music, food, local entertainment, and kid activities! This year is even more special because it's the 75th anniversary of the ADA!

Find more information and register at: <http://stepout.diabetes.org>

Date: Saturday, September 26, 2015

Location: Great Lawn, Pittsburgh's North Shore

Time: Check-in begins at 8AM  
Program begins at 9:30AM  
Walk begins at 10AM

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