

# Healthy Loo & You!



## November is American Diabetes Month!



Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

**Losing weight and keeping it off.** You may be able to prevent or delay diabetes by losing 5 to 10 percent of your current weight. For example, if you weigh 200 pounds, your goal would be to lose between 10 to 20 pounds. And once you lose the weight, it is important that you don't gain it back.

**Following a healthy eating plan.** It is important to reduce the amount of calories you eat and drink each day, so you can lose weight and keep it off. To do that, your diet should include smaller portions and less fat and sugar. You should also eat a variety of foods from each food group, including plenty of whole grains, fruits, and vegetables. It's also a good idea to limit red meat, and avoid processed meats.

**Get regular exercise.** Exercise has many health benefits, including helping you to lose weight and lower your blood sugar levels. These both lower your risk of type 2 diabetes. **Try to get at least 30 minutes of physical activity 5 days a week.** You can start slowly and work up to your goal.

**Don't smoke.** Smoking can contribute to insulin resistance, which can lead to type 2 diabetes. If you already smoke, try to quit.

**Talk to your health care provider** to see whether there is anything else you can do to delay or to prevent type 2 diabetes. If you are at high risk, your provider may suggest that you take one of a few types of diabetes medicines.

## Keep Foods Safe (When in Doubt, Throw it Out!)

Severe weather is almost a year-round concern in Mississippi. The main severe weather season is in March, April and May, however there is a secondary severe weather season in November and December. If this happens you should know how to **keep your foods safe** due to a power outage...

Foodborne diseases are largely preventable. To help protect yourself and others from foodborne illness, take a few minutes to ensure foods are safe. As the USDA notes that your refrigerator will keep food safe for up to 4 hours during a power outage. Keep the door closed as much as possible. Discard refrigerated perishable food such as meat, poultry, fish, eggs, and leftovers after 4 hours without power.

After a power outage **never** taste food to determine its safety. You will have to evaluate each item separately—use the attached PDF charts as a guide.

Are you a Tougaloo College Student who does not have a meal plan? If so, contact Ms. Coleman at 601-977-6137 to complete an application for **Supplemental Nutrition Assistance Program (SNAP)** benefits.

**Student Support Pantry is on-going.** We are still accepting donations at the Owens-Health & Wellness Center administration office. **Please be mindful of expiration dates!** Thanks in advance!

**Counseling Services** are available in the OHWC Family Life Center!

**Open Registration** for Fitness Center Membership (**fees increase to \$10/month in January**)

- Students free of charge
- Faculty & Staff \$25  
Registration fee plus \$5 per month
- Seniors Registration fee plus \$15 per month

## Pardon our Progress!

**Exciting Upgrades are in the Works in the Fitness Center!**

