



eat crunchier snacks.

healthy changes  
everything:



BlueShield  
of Northeastern New York

# Wellness News

November 2013, Volume 4, Issue 11

## Stop Diabetes

November is American Diabetes Month. Nearly 26 million children and adults in the United States have diabetes, and 79 million are at risk (pre-diabetes) for developing type 2 diabetes. According to the American Diabetes Association (ADA), it is estimated that one third of American adults could have diabetes by 2050.

### Facts:

- Two out of three people with diabetes die from heart disease or stroke
- Diabetes is the leading cause of kidney failure
- About 60-70 percent of diabetics have mild to severe nerve damage

### Did you know?

The ADA estimates the total national cost of diagnosed diabetes in the US is \$245 billion.

### Do one thing.

Simple lifestyle changes can help manage diabetes (and pre-diabetes). To learn more, contact a health coach at **1-877-878-8785, option 2.**

## COPD Awareness

Chronic Obstructive Pulmonary Disease (COPD) is recognized as the third leading cause of death in America. If you smoke or are regularly exposed to second hand smoke, you are at risk for developing COPD.



### Symptoms of COPD include:

- Constant coughing/wheezing
- Shortness of breath
- Increased mucus or phlegm

### Create healthier air at home:

- Declare your house a smoke-free space
- Control humidity with a dehumidifier or air conditioner (humidity levels should be less than 50 percent)
- Use non-toxic household cleaning products
- Do not store hazardous chemicals in your home
- Refrain from using scented candles, air fresheners, or other fragrances

### Did you know?

Tobacco use—the leading cause of COPD—is accountable for 443,000 deaths in the United States each year.

### Do one thing.

Participate in the Great American Smokeout on November 21, 2013. For details, go to **cancer.org**



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## Get Fit – Chore Ergonomics

Many household and outdoor chores place stress on our bodies and often result in pain. Remember these safety tips to keep you healthy and pain-free:

1. **Choose the right tools:** Having proper tools will make your chores easier. Select tools that are appropriate for the task at hand, and always opt for models that encourage you to use proper ergonomics.
2. **Use proper lifting techniques:** Lift with your legs, not your arms or back. Avoid lifting something that is too heavy for you, and never twist while lifting.
3. **Take breaks:** Schedule a short break every hour to stretch and allow your muscles to rest. Remember to stay hydrated.

### Did you know?

Every fall, tens of thousands of Americans are treated in emergency rooms with injuries related to yard work.

### Do one thing.

Make safety a priority! Invest in quality tools and take plenty of breaks.



## Eat Fit – Fill Up On Fall Produce

Eating seasonal fruits and vegetables means better flavor and nutritional value. This season, harvest fruits and vegetables such as apples, beets, Brussels sprouts, pumpkins, figs, sweet potatoes, carrots, squash, green beans, and kale. Collectively, they provide your body with fiber, iron, potassium, vitamin A, vitamin B, and calcium.

### Did you know?

Pumpkin seeds are an excellent source of protein and zinc.

### Do one thing.

Add variety to your diet by trying one new healthy, seasonal recipe each month.

## Live Fit – Caring for Caregivers

The physical and emotional stress of care-giving can wreak havoc on the health of the caregiver. Their own well-being is often compromised for the sake of the individual in their care. Caregivers are less likely to focus on their own preventive health measures, such as getting a routine physical, and often experience sleep deprivation, poor eating habits, and decreased levels of physical activity.



### Did you know?

The Family Caregiver Alliance is an organization established to improve the quality of life for caregivers.

### Do one thing.

If you are a caregiver, visit [caregiver.org](http://caregiver.org) or call **1-800-445-8106** to learn more about the Family Caregiver Alliance.

## Roasted Pumpkin-Apple Soup

### Ingredients:

- 4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch
- 4 large sweet-tart apples, such as Empire, Cameo or Braeburn, unpeeled, cored and cut into eighths
- 1/4 cup extra-virgin olive oil
- 1 1/4 teaspoons salt, divided
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon chopped fresh sage
- 6 cups reduced-sodium chicken broth or vegetable broth
- 1/3 cup chopped hazelnuts, toasted
- 2 tablespoons hazelnut oil

### Directions:

1. Preheat oven to 450°F.
2. Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.
3. Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining 1/4 teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

**Servings:** 12

### Nutrition:

**Per serving:** 80 calories; 9g fat; 0mg cholesterol; 25g carbohydrates; 3g protein; 6g fiber; 525mg sodium

Source: From EatingWell®, November/December 2009

### healthy tips:

For more information about healthy topics, visit our health library at [bsneny.com/healthandwellness](http://bsneny.com/healthandwellness) or call one of our health coaches at 1-877-878-8785, option 2.