



Health Matters

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Avon
Barkhamsted
Canton
Colebrook
East Granby
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Preventing Type 2 Diabetes



As type 2 diabetes becomes more common in the United States, it can be easy to forget just how serious the implications of this

illness can be. While diabetes is not a death sentence, it can seriously impact quality of life. And the fact remains that being diagnosed with diabetes can shorten one's life.

Diabetes is a complex illness. There are 3 different types of diabetes. Type I diabetes is a result of damage to the pancreas or when the body mistakenly destroys the insulin-producing cells in the pancreas. Most people who have type I diabetes are born with the illness or develop it in their early childhood.

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95 River Road
Canton, CT 06019
860-352-2333

The disease is thought to be caused by genetics or exposure to certain viruses. There is no cure for Type I diabetes, but symptoms can be managed and individuals who are diagnosed can go on to live normal and healthy lives.

What is Type 2 Diabetes?

Type 2 diabetes is caused when the body can no longer produce enough insulin, or any at all. We need insulin to move sugar from carbohydrates into our bodily tissues so we can carry out everyday tasks. The common belief that diabetes is caused by excess blood sugar is false. High blood sugar is only a symptom of diabetes and not the root cause. When someone develops type 2 diabetes their body becomes resistant to insulin and as a result the body fights back by producing more insulin. Although genetics and age can influence whether someone develops Type 2 diabetes, both diet and exercise play

critically important roles in the prevention of diabetes.

What Can I Eat if I Have Diabetes or If I am a Prediabetic?

Prediabetes and diabetes may sound like different conditions, but they are the same disease with the same risks in varying degrees of severity. That is why it is important to take control of your nutrition before you are diagnosed with diabetes. Most carbohydrates quickly break down into sugar in the body. This triggers the pancreas to produce insulin to move that sugar into our cells. If sugar can no longer get into those tissues, it will remain in the blood stream causing high blood sugar levels.

Reducing carbohydrate intake is one of the best ways to combat diabetes. To stay on track, shoot for less than 100 grams of carbohydrates daily. If you are diabetic, you should speak with your doctor to learn what optimal carbohydrate intake should look like for you. According to the American Diabetes Association, "Everyone's body responds differently to different types of foods and diets, so there is no single "magic" diet for Diabetes." The best way to learn about the diet that works for you is to speak to your doctor or a certified diabetes educator. [Click here to watch a video](#) about Diabetic Nutrition.

How Important is Physical Exercise?

Although there is a strong correlation between weight and the development of diabetes, there are individuals who are considered "thin" or who are within a healthy weight range and develop diabetes anyway. That is why it is so important for everyone to stay active each day. Even if weight loss is not a goal, physical activity will lower insulin levels and increase cardiovascular health. Any physical activity is better than none, and there are so many ways to stay active! If you haven't been active for a while or you're concerned about getting active, consult your doctor. If the thought of being physically active causes dread, explore the many ways you can get active. You are much more likely to stay active and fit if you are enjoying the exercise. Also, because you must balance insulin medication with the food you eat and your activity level, it's important to plan and know your body's typical response to exercise.

What About Gestational Diabetes?

Unfortunately, gestational diabetes cannot always be prevented. All pregnant women have some insulin resistance late in their pregnancies. Gestational diabetes can put a pregnant woman at a greater risk of potentially developing complications during pregnancy. Gestational diabetes typically doesn't have any symptoms so you should continue to have regular doctor visits and discuss how you can minimize your risk. One way you can minimize your risk is by controlling weight and staying active.

Additional Resources from the American Diabetes Association

[Diabetes Prevention: Know Your Risk](#)

[Lose Weight for Good](#)

[Understanding Carbs](#)

[Diabetic Meal Planning](#)

Click the video to the right for more information on diabetes prevention

and management.



Photo Source: cdc.gov



Vaping-Related Lung Injury Cases Continue to Rise in CT

As of mid-October, the CT Department of Public Health is reporting 34 cases of lung injuries related to vaping, nearly doubling since the Commissioner of Public Health made it a reportable condition on

September 27th. The Centers for Disease Control and Prevention (CDC) has reported 1,479 cases of vaping-related injury and 33 deaths as of October 15th.

By making it reportable, public health officials at the local, state and federal levels will be able to better understand the magnitude of the disease and the specific factors contributing to it. A recent report from the CDC which examined the first 1,299 cases and 26 deaths, reports that 80% of cases were under the age of 35 and 70% were males. To date no single compound or ingredient has emerged as the cause of the lung injuries and use of both THC-containing products and nicotine-containing products have been reported by those diagnosed with vaping-related lung injury.

As our understanding of vaping-related lung injuries continues to grow, health officials are warning against the use of ALL vaping products for any reason. While originally marketed as an alternative to smoking cigarettes, e-cigarettes and vaping products are NOT an approved nicotine replacement therapy and those who seek to quit a smoking habit are encouraged to work with providers to identify approved evidence-based methods. Parents are encouraged to engage their children in discussions regarding the health hazards of vaping and addiction. Adolescents are at increased risk of becoming addicted to nicotine because of the developing brain and the concentration of nicotine that is present in some vaping products. Vaping may also be a symptom of other underlying issues, including stress, depression and anxiety that parents should explore with their children.

To help reduce access to tobacco and vaping products among youth, it is now illegal for anyone under the age of 21 to purchase tobacco products including e-cigarettes and vaping products.



Preparing for Emergencies

On November 5, 2019 the FVHD conducted a Point of Dispensing (POD) Full-Scale Mass Vaccination Exercise using a Pandemic Influenza scenario. During this exercise, seasonal influenza vaccination was provided to the Avon Fire department and their family members; the Avon School district; the Canton CERT team and FVHD staff members. These groups are considered critical infrastructure staff to the health district, as they all have invaluable roles during public health emergencies.

The FVHD called on regional support from multiple area health departments and local governmental and non-governmental agencies to provide personnel and material support during the exercise. This included utilizing nursing support from the West Hartford-Bloomfield Health District and Avon School District. The Canton Community Emergency Response Team (CERT) sent a team of approximately 10 individuals to provide communications technical assistance and provision of handheld radios, logistics management including traffic management, and assistance in several of the POD stations.

Additionally, the Central Connecticut Health District provided staff and material support by sharing their Cool Cube- portable refrigerator to assist in vaccine storage during the exercise to maintain cold chain management.

This exercise tested our local mass prophylaxis plan to provide medications (antibiotics or vaccines) to the public in a rapid and compressed time period during an emergency or epidemic. The FVHD relies on the support of our local community partners, town departments and regional health departments to complete this undertaking. This exercise successfully demonstrated FVHD's ability to conduct a large-scale vaccination clinic utilizing the partners.



Countdown to Turkey Chow-Down

The countdown to turkey chow down is on! The holiday season is a great time to remind friends and families about the importance of food safety and how to help prevent foodborne illness. Plan your menu in advance of the holiday. Make sure that you have enough space in your refrigerator to accommodate for separation of raw foods, such as raw turkey, from ready to eat or cooked foods. You must **never** thaw a frozen turkey out on the counter! Here are 3 proper methods to use instead:



Refrigeration

Keep turkey in its original, intact packaging and place in a leak proof container so raw juices don't drip into your refrigerator or on other foods. The turkey may be kept in refrigerator 1-2 days before cooking.

Defrosts Times by Turkey Weight

4-12 lbs.	1-3 days
12-16 lbs.	3-4 days
16-20 lbs.	4-5 days
20-24 lbs.	5-6 days

• Microwave

- Be sure to check the manufacturer's instructions for the size turkey that will fit into your oven, the minutes per pound, and the power level to use for thawing. The turkey must be cooked immediately after thawing.

• Cold Water

- Submerge the turkey in cold water and change the water every 30 minutes. Allow about 30 minutes defrosting time per pound. The turkey must be cooked immediately after thawing.

• Preparing

- Be sure to use separate utensils for raw meat and cooked, or ready to eat items. Practice frequent handwashing and sanitizing of all work surfaces and utensils that encounter the raw turkey.

Should I Wash the Turkey Before I Cook It?

You are more likely to spread bacteria by cross contamination throughout your kitchen and put you and your guests at risk.

How should I Cook the Turkey?

Place the thawed turkey with breast side up to cook. A whole turkey is considered cooked once you've achieved a minimum internal temperature of 165 °F throughout the bird. Use a food thermometer to check the internal temperature in the innermost part of the thigh, wing and the thickest part of the breast. Don't rely solely on pop up thermometers pre-positioned in the bird.

Can I Cook Stuffing Inside the Turkey?

Generally, it is recommended that stuffing be cooked "out of the bird" to ensure that both the stuffing and the turkey are cooked thoroughly. Either way, both turkey and stuffing must reach a minimum temperature of 165°F. Always double check with a food thermometer!

What About Leftovers?

Refrigerate leftovers within 2 hours. The quicker, the better! If you stuffed your turkey, remove the stuffing from the bird and refrigerate it separately in its own container. If you are packing leftovers or a plate for someone to bring home or if you are a guest at someone's home and bringing home a plate for yourself, keep leftovers in the refrigerator until you leave for home. If traveling a distance, you may want to consider using a cooler and ice packs to ensure that they stay cold until you are home and can refrigerate them.

How long can I keep my leftovers?

Leftovers are best when used within 1-4 days. Leftovers can also be frozen for up to one month. If freezing leftovers, label and date the containers.

Additional Resources:

USDA meat and poultry hotline is 1-888-674-6854 or Butterball hotline is 1-800-288-8372

https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/lets-talk-turkey/CT_Index

Click the video below to learn more about holiday food safety!



**Resilience Grows Here:
A Project for Veteran's
Mental Health and
Wellbeing**

Twenty-two veterans die by suicide every single day, which is more than the number of active soldiers being lost in conflict. Because of this, the Movember Foundation is supporting several veteran-oriented programs as part of its 'Making Connections for Mental Health and Wellbeing among Men and Boys' initiative. This work is funded by Movember and coordinated by Prevention Institute.

One program, called Resilience Grows Here (RGH), is led by the Farmington Valley Health District in Canton, CT which is home to the National Guard's 103rd Airlift Wing. The program engages veterans, their families, and members of the broader community in efforts to prevent suicide among veterans by reducing veterans' isolation, destigmatizing mental illness, building resilience in boys and men, and creating safe spaces for veterans to connect with each other.

Present at every step in the process, veterans have been instrumental in determining what their community needs and what activities their comrades would find useful. "It's so important that we pause, reach out, and listen to people who are struggling," said Justine Ginsburg, RGH Director. A series of focus groups, interviews, and planning sessions generated a set of strategies to prevent suicide that was created by veterans for veterans.

From those discussions and planning sessions, RGH has developed and implemented a variety of programs for veterans and their families including: A peer-to-peer mentoring program that trains veterans to provide support and friendship to other veterans. Question, Persuade, Refer (QPR) suicide prevention training that teaches participants warning signs of suicide, how to ask someone about suicide, and how to persuade someone to get help.

A program in local schools called the Year of Resilience Program, that pairs veterans with students to teach students about resilience. Safe spaces where veterans and their family members can come together and get community support such as community meals, resource nights, film screenings, and other events.

Through these efforts, RGH has been able to reduce veteran isolation, improve the community's understanding of the needs and sacrifices of veterans and their families, help destigmatize mental illness and promote good mental health, and provide access to programs and services that meet the needs of veterans and their families. To date Resilience Grows Here has trained over 3,500 people in QPR suicide prevention training and has worked with over 2,000 school children from kindergarten through 12th grade across two school districts with the Year of Resilience Program. Their reach through the National Guard's 103rd Airlift Wing is over 1,500 airmen.

As a result of their training and efforts, they have saved at least 41 lives because those involved with the program knew how recognize the warning signs of suicide and what to do next. This video demonstrates how Resilience Grows Here is using the power of community collaboration to reduce isolation and strengthen relationships in order to improve mental health and decrease the number of men who die by their own hand.

Background on Making Connections:

The Making Connections initiative was created following a detailed landscape

report funded by the Movember Foundation and developed by Prevention Institute. The report, **Making Connections for Mental Health and Wellbeing Among Men and Boys in the U.S.**, was released In 2014. This report explored some of the underlying factors contributing to the mental health problems in the U.S. Across the interviews and the reports reviewed, consistent themes, trends, and challenges for men and boys emerged, including:

- Disconnection and isolation—from community, peers, family, children and culture—are major factors that undermine men’s mental health.
- Trauma, and its associated symptoms of mental and psychological illness, disproportionately impact boys and men of color, in addition to military service members, veterans, and their families.
- Stressors such as lack of economic opportunity, unstable economy, growing inequity, and exposure to violence are negatively impacting mental health and wellbeing.

To date, the Movember Foundation has invested over \$16M USD in the Making Connections initiative.



Antibiotic Resistance on the Rise



Antibiotics are essential when it comes to combating bacterial infections. They save lives and can reduce the amount of time an illness affects a person’s well-being. However, it is estimated that 30% of antibiotic prescriptions in the outpatient setting are still unnecessary. This over prescribing coupled with poor compliance when taking antibiotics has led to an increase in antibiotic resistant bacteria.

Antibiotic Resistant bacterial infections affect over 2 million people each year in the U.S. About 23,000 deaths result from bacterial infections each year. Antibiotic resistance does not mean that the human body is resistant to the effects of antibiotics, but that the bacteria has developed a resistance to the drug and the drugs can no longer cure the infection. In most cases, antibiotic resistant infections require hospital treatment and costly alternatives to try to kill the bacteria. One way that bacteria can become resistant to antibiotics is when you don't take your antibiotics as prescribed. Just because we feel better it does not mean that all the bacteria has been cleared from our body. The strongest of the bacteria is often left behind because it takes the longest time to kill.

Healthy Habits help to prevent bacterial infections. Ensuring that you and your family practice healthy habits can protect them from becoming infected with or spreading bacterial infections. Maintaining good hand hygiene and ensuring that you wash your hands before eating, preparing food, after you blow your nose and use the bathroom can reduce the risk of infection. Maintaining good chronic disease management of conditions like asthma, diabetes and autoimmune disorders can reduce your susceptibility to infection.

Appropriate Antibiotic Use has saved billions of lives. However, inappropriate and non-compliant use of antibiotics can lead to resistance forming in the bacteria they are designed to kill. Follow these simple rules when taking antibiotics:

- Antibiotics only treat bacterial infections. The common cold and flu are viruses and do not require antibiotic treatment.
- If you are prescribed antibiotics, complete the entire course as prescribed. Do not stop taking them just because you start to feel better.
- Do not skip a dose of antibiotics as they are most effective at killing the bacteria when taken as directed.
- Do not share or stockpile antibiotics. The wrong antibiotic taken for a infection can delay or prevent the appropriate treatment.
- Always consult your healthcare professional if you are experiencing side effects from an antibiotic or if your condition is getting worse. Do not stop taking your antibiotics without medical advice from your physician.

Reflecting on the Wise Words of Our Veterans



Veterans Day was once named Armistice Day, acknowledging the armistice between the Allied nations and Germany that took place on November 11, 1918. This was also known as the end of “the war to end all wars.” This day of commemoration did not become a legal holiday until May 13, 1938. Yet, it was not “the war that ended all wars” and on June 1, 1954 Congress replaced the word “Armistice” with “Veterans” to honor veterans of all wars.

Considering the service rendered by our armed forces, it seems rather inadequate to limit our recognition to one day. The men and women who make sacrifices for this country deserve abundant acclaim all year round. After all, men and women enter into their commitment to our country with this binding and sacrificial oath:

“I, _____, do solemnly swear that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; and that I will obey the orders of the President of the United States and the orders of the officers appointed over me, according to regulations and the Uniform Code of Military Justice. So, help me God.”

In between the lines we read:

A Veteran - whether active duty, retired, or national guard or reserve - is someone who, at one point in his or her life, wrote a blank check made payable to “The United States of America,” for an amount of “up to and including my life.”

Marine Lance Corporal Kyle Carpenter is the youngest living recipient of the Medal of Honor. In his memoir, *You Are Worth It; Building a Life Worth Fighting For*, he tells of an encounter with a cab driver who thanked him for his service. Carpenter’s response is truly reflective of those who take the oath of service and leave their lives of freedom and comfort behind. He replied to the cab driver, “You’re worth it.”

The words “thank you” will always be warranted and appreciated. However, as you reflect on Kyle’s response, you may feel a desire to do more and to “be worth it”. Perhaps you would like to take measures above and beyond for those who left their families to protect yours. Resilience Grows Here is dedicated to ensuring that our military men and women feel appreciated and return home to supportive communities. Veterans & Community. Together we thrive!

To learn more about opportunities to meet the needs of our warriors, register for QPR: Suicide Awareness Training and Mental Health First Aid

For more resources visit:

www.ResilienceGrowsHere.org or visit us on Facebook:

<https://www.facebook.com/resiliencegrowshere/>

The health department strives to prevent disease outbreaks and conditions that give rise to poor health, promote health programs and policies that support good health, and protect members of our community from health threats.

