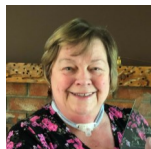




# Let's End Diabetes



## Preventing Diabetes

When talk about preventing diabetes happens it is usually about preventing Type 2 Diabetes. Safe and effective ways to prevent Type 1 Diabetes have not yet been identified, despite the amount of research in this area happening.

Great news, Type 2 Diabetes, can be prevented or delayed for many. Here's how :)

**First, Reduce your risk** ~ How, by making lifestyle changes. These changes include eating healthy, moving more and losing weight if you are overweight. These are the most effective things you can do to reduce your risk of developing Type 2 Diabetes. You still have the chance to make changes that can delay or prevent Type 2 Diabetes even if you have already been told that you are prediabetes or that you are at high risk of developing Type 2 Diabetes.

**Second, Eat healthy** ~ Diet is the most important part of lifestyle change. Look at your food choices, small changes can make a big difference. First step would be to cut out highly processed foods, refined grains such as white bread, sugary food and sugary drinks. Plan your meals around vegetables, whole grains, dairy, lean meats, oily fish, nuts more plant-based proteins and healthy oils such as olive oil.

**Third, Move more** ~ Just a little extra activity each day can go a long way! Start with limiting the amount of time spent sitting, interrupt your sitting time by standing up and moving around every 20 to 30 minutes. Those in the District Fitness Challenge are accomplishing this by far!

**Fourth, Lose weight** ~ An eating and exercise plan that helps you lose just 5% of your initial body weight can delay or prevent Type 2 Diabetes from developing. Make an action plan and stick with it. Don't get discouraged if you don't have immediate results, remember it didn't go on in a day!

*(info taken from the Diabetes Canada Website)*

### District Step Challenge

The month of December finished off with a total of 80,717,330 steps in the challenge, this time last year there were a total of 34,066,644! We are now halfway through the District Fitness Challenge. Only 15 weeks left! There are currently 119 participants or 12 clubs taking part in this challenge, and I'm sure all feel much better for taking part in it, I know I do even though it is a big challenge for me to get enough air in to take part. That Golden Runner is starting to look pretty good for one of these clubs, we have three clubs that are neck in neck at the halfway point!!



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### Burn Baby Burn

*Each month I will put an activity here with the approximate number of calories they burn. Before launching into any of these activities, be sure to consult your doctor.  
\* All calories are based on a 150 pound person. (A heavier person will burn more calories).*

**Cross Country Skiing:** As soon as you start mushing through snow, you'll be churning through those calories at the rate of 270 every half hour. The varied terrain will provide a great interval training workout too!



## Did You Know

Throughout the years of doing these newsletters I have mainly zeroed in on Type 2 Diabetes, one of the reasons is because it is the most prevalent with 90% Canadians afflicted.

Although Type 1 Diabetes is affecting roughly 10% Canadians it is a disease in which the pancreas does not produce any insulin. This hormone helps your body to control the level of sugar (glucose) in your blood. Type 1 Diabetes generally develops in childhood or adolescence, but in our ever changing world can also develop in adulthood. People with Type 1 will inject insulin or use an insulin pump to make sure their bodies have the right amount of insulin.

I recently met with a young rep from **ICD** (I Challenge Diabetes) a charity that focuses on delivering engaging, inspiring and empowering opportunities of support to the Type 1 community. This is done through mentorship and challenging programs. Their priorities are different than that of Diabetes Canada and JDRF and have a working relationship and meetings to make sure they are not doubling their services.

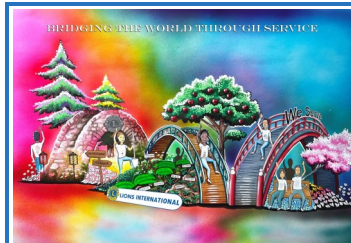
One of the many things that they do provide for Type 1 Diabetics are day sport camps in the summer. Although not to take away from our D-Camps like Camp K which is located on the mainland, this camp has been held in 11 communities across Canada involving 225 Type 1 children last year. This year, one will be held in Victoria. A resource for young kids that ICD does would be to hand out stuffies with books and bits that help the children learn why they have to do all the diabetes things and that it's just not them. The last two stuffies that they had were Rufus a bear supplied by JDRF and Coco a monkey supplied by Eli Lily, both of these have been discontinued. Here's a thought, wouldn't it be nice if we as Lions could try to hook up with a big conglomerate like Dexcom and have a Lion stuffie done to help these kids. If you have any questions about ICD, please contact me and I'll put you in touch with the Island Rep. She would love to come speak at your club!

## Food to Give Up or Add

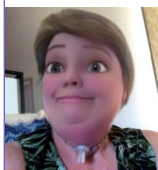
Calories obtained from fructose found in sugary beverages such as soda, energy and sport drinks, coffee drinks, and processed foods like doughnuts, muffins, cereal and granola bars are more likely to turn you into an "apple" by adding weight around your abdomen. Cutting back on sugary foods can mean a slimmer waistline as well as a lower risk of diabetes.



## A Thought to Ponder



Hopefully you caught the Rose Parade on January 2, 2023 and saw the Lions Club International float!



As the MD 19-I Diabetes Chair I feel that if I can bring awareness and education to the Lions of Multiple District 19-I, I will have accomplished something. This newsletter is a way of bringing different articles and information to you to keep you better informed of the affects of diabetes. Thanks for reading, if you have

any input or comments regarding the newsletter please direct them to me at [gdalmaine@gmail.com](mailto:gdalmaine@gmail.com)

PDG Georgia Medwedrich

MD 19-I Diabetes Chair