

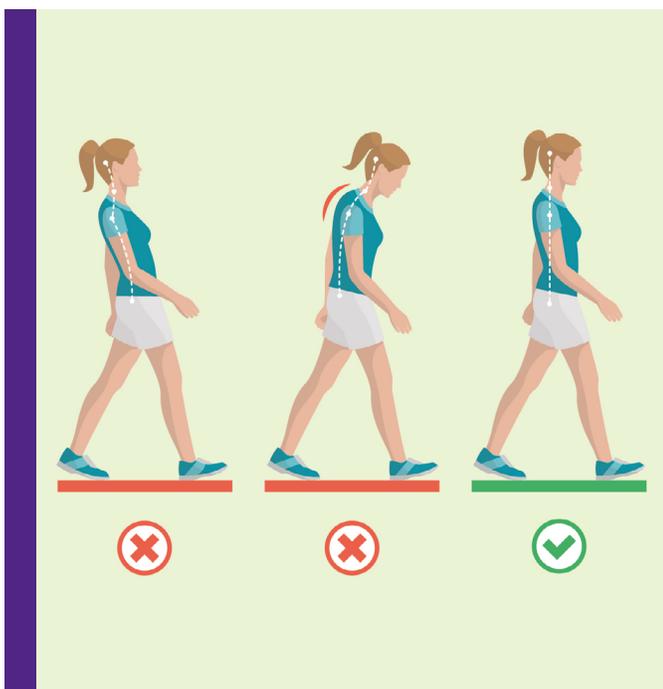


WALK KANSAS

K-STATE
Research and Extension

www.WalkKansas.org

2025 Week Two



What You Need to Know About Diabetes

Diabetes is a serious and costly public health problem in the United States. Currently, one in three American adults has pre-diabetes and nine out of ten people with pre-diabetes don't know they have it.

Diabetes is a disease that causes high blood sugar. The hormone insulin takes sugar from foods and moves it to the body's cells. If your body does not make enough insulin, or does not use it well, the sugar from food stays in your blood.

If you have diabetes or pre-diabetes, you probably won't feel any symptoms at first. Long-term risks of untreated diabetes include heart failure, heart attack, stroke, loss of vision, and damage to your kidneys, nerves, or other vital organs. Uncontrolled diabetes can be deadly.

Type 2 diabetes is most common and is often preventable. Common risk factors include overweight/obesity, family history, or if you have been diagnosed with prediabetes. Diabetes risk also increases as you age, if you are sedentary, and if you eat a poor diet.

What can you do to prevent diabetes? Start by evaluating your personal risk factors. This diabetes risk test could be helpful: <https://www.diabetes.org/risk-test>. Practice recommendations from the American Diabetes Association, and remember it is never too late to begin these healthful habits.

Get more physical activity. The greatest benefit for control and prevention of diabetes comes from aerobic and resistance/strength training. Added benefits include weight loss and/or maintenance, lower blood sugar, and a boost to your sensitivity to insulin to keep blood sugar within a normal range.

Lose weight, if you are overweight or obese. For those who are overweight, studies show that if you lose 5 to 10 percent of your body weight, you will lower your risk of

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developing diabetes by 58%. Even a small amount of weight loss can improve your health.

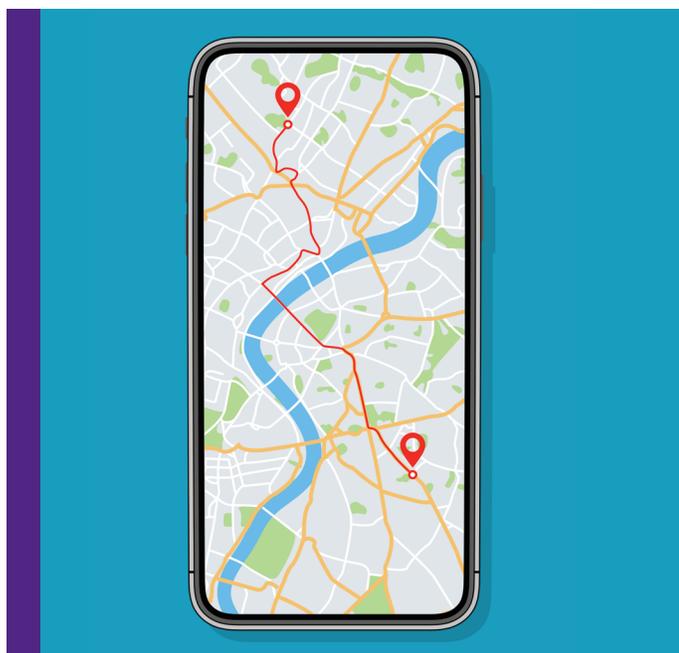
Make healthy food choices and avoid fad diets. Focus on making healthier choices that include variety and portion control as part of your lifestyle. Get plenty of fiber from fruit, vegetables, beans, whole grains, and nuts to improve blood sugar control.

Get regular health checks. The American Diabetes Association recommends blood glucose screening for everyone over the age of 45. If you are an overweight adult of any age and have one or more risk factors for diabetes, you should get tested and continue to follow your doctor's advice on testing.

It Matters How You Walk

Posture is key to good walking technique. Start by standing up straight and avoid leaning backward or forward, except when on a hill. Keep your eyes focused about 20 feet ahead of you to see your path. Keep your shoulders slightly back and relaxed, and tighten your core muscles to help you keep good posture. Then, tuck in your behind and rotate your hips forward slightly to keep from arching your back.

When walking, move your shoulders naturally and freely and avoid drawing your shoulders toward your ears. Swing your arms with each step and bend arms at the elbow. This will help you burn more calories, increase your upper body strength, and reduce swelling, tingling, and numbness in your fingers or hands. Pump your arms to increase your walking speed to help you walk up hills.



Breath Fresh, Train Smart, Stay Safe!

It's always a good idea to plan your route before you set out on a walk, run, or ride. Will you be walking on a trail, through a city, in your neighborhood, or a park? Knowing the area, you'll be walking around can set you up to be mentally prepared for crossing streets or staying alert to cars and other people around you. Know the conditions outside and wear reflective clothing if it is dark. Always dress for visibility. Are there street lights where you plan to cross the road? Is there a crosswalk? Can you hear cars over music or podcasts you may be listening to? It's always best to walk on a sidewalk, but if one is unavailable, it's safest to walk facing traffic. Basic planning and thinking about how to interact with traffic will keep you safer while you're active.

Courtney Nowland,
Kansas Traffic Safety Resource Office

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Kansas State University Walk Kansas

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Walk Kansas Webinars

April 16: Your Heart and Diabetes: A Close Connection

April 23: Resistance Exercise – Getting Started

May 7: Foot Care

May 14: Blue Zones: Keys to Living Longer and Better

Time: 12:10 p.m.



Link to join or scan the QR code below:

<https://ksu.zoom.us/j/97410290196>

So Many Reasons to Eat Oatmeal

Oatmeal with your favorite fruit can be a sweet way to start your day. It has many health benefits and is a great source of fiber. Here are good reasons to eat oatmeal every day.

Lowers risk of chronic disease. Polyphenols in oatmeal can help counter the effects of aging and help prevent chronic health conditions, such as heart disease, stroke, type 2 diabetes, and obesity.

Benefits those with type 2 diabetes. Research shows that oatmeal can reduce blood sugar levels and improve insulin sensitivity. Oatmeal is a complex carbohydrate and helps stabilize blood sugar levels to reduce the post-meal sugar spike and decline.

Improves cholesterol. Oatmeal's beta-glucan helps maintain healthy cholesterol levels by adding high fiber to the diet.

Provides a host of vitamins and minerals. Iron, magnesium, selenium, and zinc in oatmeal are helpful for many reasons, including supporting nerve and muscle function.

Oatmeal also promotes gut health, helps reduce inflammation, improves immunity, and provides a feeling of fullness and satisfaction.

Oats are a whole-grain food and available in several forms. Rolled oats are steamed first, then pressed with a roller. When rolled into thinner flakes, you get quick-cooking oats, and even thinner flakes you get instant oats. Steel cut simply means that oats were processed with a steel cutter. There is little difference nutritionally; however, instant oats have a higher glycemic index and will raise your blood sugar faster.

Cooked oats provide a simple and easy breakfast or try this tasty baked oatmeal.



Baked Oatmeal

Makes 9, 2 ¼-inch Squares

You can mix this in the evening and refrigerate it overnight. Pop it in the oven first thing when you get up the next morning.

Ingredients:

- 1 tablespoon canola oil
- ½ cup unsweetened applesauce
- ⅓ cup brown sugar alternative sweetener
- 2 eggs
- 3 cups uncooked rolled oats
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 cup low-fat milk (1%)
- 1 teaspoon vanilla

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. Spray a 9-inch by 9-inch baking pan with cooking spray and set aside.
4. In a medium-sized bowl, stir together oil, applesauce, sugar alternative, and eggs. Add dry ingredients, milk, and vanilla. Mix well.
5. Spoon oatmeal mixture into pan and bake uncovered for 30 minutes.
6. Cut in to 9 squares. Serve warm, and store leftovers in the refrigerator. Reheat in a microwave oven when ready to serve. You can also freeze. (Wrap each square in plastic wrap and place in freezer bag.)

You can add in fruit before baking or serve fruit on the side.

Nutrition Information per 2¼-inch serving:

180 calories; 5 g total fat (1 g saturated fat, 0 g trans fat); 29 g carbohydrates; 7 g total sugars; 6 g protein; 3 g fiber; 150 mg sodium.