



Diabetes Prevention Program

About one in three people is at high risk for diabetes. Diabetes is an illness that can cause heart disease, stroke, kidney disease, blindness and other serious health problems. More than 86 million Americans have pre-diabetes and many don't even realize it.

For Florida Blue members at risk for diabetes, help is now available. This program is called My Healthy

Turnaround®. My Healthy Turnaround is currently available to employer groups in the Jacksonville, Orlando, Tampa and South Florida (Miami-Dade and Broward Counties) locations. There are ongoing plans to offer the program statewide next year.

My Healthy Turnaround is a 16-week program that includes a health coach in a group setting to learn lifestyle changes that can positively impact the onset, or delay the effects of diabetes that include:

- How to lose weight through healthy meal planning
- Understanding food and nutrition labels
- Nutrition, exercise and support for healthy lifestyle changes
- Group support and encouragement

To help members stay on track after completing the 16-week program, there are eight maintenance sessions

held once a month. Classes will be held at participating Florida YMCAs and onsite at select participating employer groups.

To be eligible for the program, participants must be:

- A Florida Blue member
- Non-Diabetic
- 18 or older and have a BMI greater than 25

They must also have at least one of the following:

- Previous diagnosis of gestational diabetes mellitus while pregnant
- Fasting Blood Glucose between 100-125 (2-hour fast)

Those who have already been diagnosed with either Type 1 or Type 2 diabetes do not qualify for this program.

For more information, contact David Carter at 1-800-477-3736 x58618.



STAYING MOTIVATED



Are you ready to make a New Year's resolution?

It's that time of year again! Is your motivation strong on January 1st, and by the third week in January it's gone? Whether you are starting an exercise program, trying to lose weight, or want to make better food choices, there are ways to keep your motivation level high even when the going gets tough.

The first thing to do is ask yourself a few questions: Why do you want to make this change? Why now? How will your life be better when you accomplish this change?

In order for you to change, three things need to happen:

1. It has to be important to you
2. You need the information required to change
3. You have to believe you can do it

Let's use an example to show how this works. Say you sit at a desk all day for work, don't have any energy when you get home to exercise, and you've put on a little weight. At your annual wellness exam your doctor suggests you start exercising. By itself, "my doctor told me to exercise," isn't a strong motivator.

Only you can decide what motivates you. If you came up with, "I want to feel better and have more energy, and if I do it now I can nip this weight gain in the bud," that is a strong motivator. It's positive and inspiring.

Now it's time to gather the information needed to start your exercise program.

- Is there a gym at work or near your home you can join?

- Can you add some walking to your day, or take the stairs at work?
- Do you have workout clothes and a good pair of workout shoes?
- What kinds of exercises do you want to try?
- What time of day do you want to exercise?

The last thing to do is quiet the negative voice in your head – you know, the one that says, "You've tried and failed to start a regular exercise program ten times already. What makes you think this time is any different?" Your inner critic is not your friend. When you hear that voice, you want to notice it, and put a positive spin on the thought. This time think, "I know I've tried this before and haven't been successful, but I'm setting small, realistic goals for myself, and I have confidence I'm going to be able to do it." When you choose your small goal, make sure to evaluate how confident you are in achieving your goal. On a scale of 1 to 10, measure your confidence with 1 being not confident at all and 10 being absolutely confident you can achieve it. If you can't give yourself an 8 or higher, choose a smaller goal. Keep your goal visible every day. Write it down or use pictures. You want to create a new habit, one you can sustain for the rest of your life.

You can use these tips on staying motivated to make any kind of change in your life. It is all about...

- finding what personally motivates you
- reminding yourself every day what you want to do
- **staying positive and hopeful** about the progress you are making
- and breaking down your goal into manageable steps to create a new habit

Now you have the tools and knowledge to make a New Year's resolution!

References: Webmd.com and The 8 Colors of Fitness by Suzanne Brue.

ask THE DIETITIAN



Q What are sugar alcohols? I often see them on my food label. Am I eating sugar or am I eating alcohol?

A Sugar alcohols, despite the name, are not considered a natural sugar and do not contain any alcohol. They are often used in "sugar-free" or "no sugar added" foods, as well as sugar free cough drops or other medications.

They are used as sugar substitutes since they provide sweetness though differ from artificial sweeteners since they do contain some calories. Sugar alcohols can also improve the texture of foods. Common sugar alcohols are xylitol, sorbitol, mannitol, maltitol,

erythritol, and hydrogenated starch hydrolysates. Sugar alcohols are not fully absorbed by the body which allows them to contain fewer calories than sucrose (table sugar).

In excessive amounts, they can have a laxative effect. Sugar alcohols can be listed on the Nutrition Facts Panel listed under the Total Carbohydrates section. Sugar alcohols will have an affect on blood sugar levels and are approved as safe.

References: Know Your Sweetener: Sugar Alcohols. The Sugar Association (Sept 2014) and Today's Dietitian.

fresh

AND
HEALTHY

RECIPE
OF THE
MONTH

Photo courtesy of EatingWell.com



DOWNLOAD THE FLORIDA BLUE MOBILE APP!

Take your health information on the road with the Florida Blue mobile app for your tablet or smartphone (iPhone® or Android™). Quickly access your plan and deductible, view your prescriptions and claims, find a doctor and more! Wherever you are – whenever you need it.

Download the free Florida Blue app from the iTunes App Store, Google Play or Amazon Apps.



Recipe - Italian Wedding Soup:

This Italian Wedding Soup recipe is Italian comfort food at its best, and this easy soup recipe lends itself to countless variations. Substitute spinach, chicory, chard or any other leafy green for the escarole or kale, and any leftover cooked (or canned) beans for the white beans in this healthy Italian wedding soup recipe.

Makes: 8 servings, about 1 3/4 cups each with 4 meatballs; Active Time: 1 hour; Total Time: 1 1/2 hours.

Ingredients

Meatballs

1 pound ground turkey breast
1 cup fresh whole-wheat breadcrumbs (see Tip)
1 large egg, lightly beaten
1/4 cup finely chopped fresh parsley
2 cloves garlic, minced
1 tablespoon Worcestershire sauce
1/2 teaspoon crushed fennel seeds
1/2 teaspoon freshly ground pepper
1/4 teaspoon salt
2 teaspoons extra-virgin olive oil
1/2 cup dry white wine

Preparation

- To prepare meatballs:** Combine turkey, breadcrumbs, egg, parsley, garlic, Worcestershire, fennel seeds, pepper and salt in a large bowl. Refrigerate for 10 minutes to firm up. With damp hands, shape the mixture into 32 (1-inch) meatballs (about 1 scant tablespoon each).
- Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the meatballs and cook, turning occasionally, until browned on all sides, 7 to 9 minutes. Remove from the heat and add wine, stirring gently to loosen any browned bits.
- To prepare soup:** Heat 1 tablespoon oil in a soup pot or Dutch oven over medium heat. Add onion, carrots and celery and cook, stirring, until the onion is translucent, 7 to 9 minutes. Add cabbage and cook, stirring, 5 minutes more. Stir in broth, beans, escarole (or kale) and the meatballs and any juice. Bring just to a boil, reduce heat to maintain a simmer and cook, stirring occasionally, until the vegetables are tender, 20 to 25 minutes. Top each portion with 1 tablespoon grated cheese.

Soup

1 tablespoon extra-virgin olive oil
1 cup chopped onion (1 medium)
1 cup chopped carrots (2 medium)
1 cup chopped celery (2 medium stalks)
4 cups chopped cabbage (about 1/2 small head)
8 cups low-sodium chicken broth
1 15-ounce can white beans, rinsed
8 cups coarsely chopped escarole or thinly sliced kale leaves (about 1 bunch)
1/2 cup freshly grated Romano cheese

Tips & Notes

Make Ahead Tip: Refrigerate for up to 3 days or freeze for up to 6 months; top with cheese just before serving.

Tip: To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. To make fine breadcrumbs, process until very fine. To make dry breadcrumbs, spread coarse or fine breadcrumbs on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about 1/2 cup fresh breadcrumbs or about 1/3 cup dry breadcrumbs. For store-bought coarse dry breadcrumbs we like Ian's brand, labeled "Panko breadcrumbs." Find them at well-stocked supermarkets.

Nutrition: Per serving: 253 calories; 10 g fat (3 g sat, 3 g mono); 65 mg cholesterol; 19 g carbohydrates; 0 g added sugars; 21 g protein; 6 g fiber; 532 mg sodium; 823 mg potassium.

Recipe courtesy of EatingWell.com.

Florida Blue 
In the pursuit of health®

62721-0115

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association. All materials, content and forms contained in this newsletter are the intellectual property of Better You from Blue and may not be copied, reproduced, distributed or displayed in full or in part without expressed written permission by Better You from Blue.