



# Diabetes Update

March 2, 2009

## Daylight Saving Time Begins March 8!

On Sunday, March 8, 2009 (the second Sunday in March) at 2 a.m., Daylight Saving Time begins in the United States.

Every spring we move our clocks one hour ahead and "lose" an hour during the night and each fall we move our clocks back one hour and "gain" an extra hour. But Daylight Saving Time (and not Daylight Savings Time with an "s") wasn't just created to confuse our schedules.

The phrase "Spring forward, fall back" helps people remember how Daylight Saving Time affects their clocks. At 2 a.m. on the second Sunday in March, we set our clocks forward one hour ahead of standard time ("spring forward"). We "fall back" at 2 a.m. on the first Sunday in November by setting our clock back one hour and thus returning to standard time.

<http://geography.about.com/cs/daylightsavings/a/dst.htm>

## Educational Opportunities

Fifth Annual Rural Public Health Institute: Preparing for Challenging Times March 11-13. For more information please click on the following link: <http://www.uic.edu/sph/phtpg/>

Or to register, go to:

<http://www.publichealthlearning.com/Public/default.aspx>

## Funding Opportunities

**Government Funding:** [www.grants.gov](http://www.grants.gov).

**Missouri Foundation for Health Funding:** [www.mffh.org](http://www.mffh.org)

**American Diabetes Association Funding:** [www.diabetes.org](http://www.diabetes.org).

**National Institute of Diabetes and Digestive and Kidney Diseases Funding:**  
<http://www2.niddk.nih.gov/Funding/FundingOpportunities/>.

The reference to an information source in the Weekly Diabetes Update does not constitute an endorsement of that source.

If you would like an announcement included in a Diabetes Update, please email the request to our office at [DiabetesMO@dhss.mo.gov](mailto:DiabetesMO@dhss.mo.gov).

Spring  
Forward



March 8

2009

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## Diabetes News

### March is National Nutrition Month

#### **National Nutrition Month® — The theme for March 2009 is "Eat Right."**

National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day, also celebrated in March, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives.

Read More at: [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM\\_2007\\_home.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM_2007_home.htm)

#### **Eat Right for Exercise**

Let's eat right in order to fuel up, for exercise, that is! We've been discussing the many benefits that exercise has on our health and fitness this past month and our eating habits play an important role in the results we get. Whether our goal is to become more fit, toned, get stronger, gain muscle, heal from an injury, or participate in a sport activity, we need to eat right. March is "National Nutrition Month®" and the theme is "Eat Right", so this week let's discuss the fuel we need to feed our muscles and brain, because food plays an important part in our being able to have a great workout.

Many of us think that if we follow a high protein diet, we'll get lean, strong and we'll tone and build muscle. Let me say now that, "carbohydrates" are the major source of nutrients, which gives us the energy to work out hard. This allows our body to use the protein we eat for toning, building muscle and repairing tissues. This is true even for those of us on a weight loss program who are restricting carbohydrate intake.

Read More at:

[http://www.healthnewsdigest.com/news/Lifestyle\\_580/Eat\\_Right\\_for\\_Exercise.shtml](http://www.healthnewsdigest.com/news/Lifestyle_580/Eat_Right_for_Exercise.shtml)

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## March Is National Kidney Month

If you have high blood pressure, diabetes or a family history of kidney disease, you're at risk for chronic kidney disease (CKD). But the news isn't all bad. Preventing CKD is not as difficult as you might think. March is National Kidney Month and here are some prevention tips from the National Kidney Foundation

Read More: <http://www.kidney.org/kidneydisease/kidneymonth/>

Chronic kidney disease includes conditions that damage your kidneys and decrease their ability to keep you healthy by doing the jobs listed. If kidney disease gets worse, wastes can build to high levels in your blood and make you feel sick. You may develop complications like high blood pressure, anemia (low blood count), weak bones, poor nutritional health and nerve damage.

Read More: <http://www.kidney.org/kidneydisease/ckd/index.cfm#whatis>

## Diabetes Recipe

### Chicken with Black-Eyed Peas and Yellow Rice

Singer Patti LaBelle recommends this recipe for times when you're craving old-fashioned soul food.



### Chicken with Mozzarella

This recipe requires that you pound the chicken breasts to flatten them, but take care not to pound them so hard that you tear the flesh, making holes through which the delicious filling can escape.



### Grilled Chicken Sandwiches

Slices of zucchini and yellow summer squash make this grilled chicken sandwich extra tasty. Brush the zesty citrus coating on toasted whole wheat buns for extra flavor.



Get all these great recipes at:

<http://www.diabeticlivingonline.com/diabetic-recipes/chicken/>