



Tulare County Employee Wellness Program

“Diabetes Awareness”

June 2016



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Pre-Diabetes: Signs and Prevention

Pre-diabetes is a condition where your blood sugar level is higher than normal, but you are not yet classified as someone with Type 2 Diabetes. This article shares the risks of pre-diabetes, how to find a healthy weight, how to choose the right foods, and how to get active.

To view the article click on the link below:

[Pre-Diabetes: Signs and Prevention](#)



How Can You Succeed With Diabetes

Learn how you can succeed with diabetes. This short video covers what to do, other than diet and exercise, to ensure your diabetes stays under control.

To view the article click on the link below:

[How Can You Succeed With Diabetes](#)



Combating and Preventing Diabetes

Listen to a podcast focused on preventing diabetes. The podcast covers a description of diabetes, how you can reduce your risk through weight loss, physical activity, and healthy eating, and closes with tools and resources to help you prevent Type 2 Diabetes.



Presented by: Eileen Kim, MD

To view click on the link below:

[Combating and Preventing Diabetes](#)

Tips to Eat Healthy with Diabetes

Eating healthy is an important way to prevent or maintain Type 2 Diabetes. This interactive article explains what foods are high in carbohydrates and how to measure them. It also covers the 9 inch plate method for eating healthy.

To view the interactive article click the link below:

[Tips To Eat Healthy With Diabetes](#)



Webinar:

"Diet, Nutrition, and Weight"

Learn tips and guidelines for keeping your diet healthy and maintaining a healthy weight. Eating healthy is difficult in today's fast paced world, so many of us resort to the convenience of fast food. Eating right is the key to a healthy life.

Date: June 14, 2016

Time: 9:00 AM and 12:00 PM

To Register:

1. Click on the link below

[Diet, Nutrition, and Weight Control](#)

2. Select "click here" to register

3. Select the option as seen below



June 14, 2016
Diet, nutrition and weight. 12
p.m. ET



Weight Watchers at Work

[Weight Watchers at Work program](#)

The At Work Program offers the flexibility of attending meetings on-site. In addition, online resources, mobile point tracking, and online support are also available.

Program: \$156 for 12- Week On-site Program

If you are interested in a Weight Watchers at Work program please complete the link below:

[Weight Watchers at Work](#)



Healthy Recipe of the Month

Crockpot Greek Chicken with Lemon Potatoes



Ingredients

- 1 medium onion (any color), sliced
- 1 lb. potato, cut into 2-inch pieces
- 1 cup low-sodium chicken broth
- 2 Tbsp. dried oregano *OR*
- 2 Tbsp. salt-free, dried Italian spice blend
- 3 lb. whole chicken, giblet package removed and thrown away
- 1/2 tsp. garlic powder
- 2 halved, fresh lemons *OR*
- 1/2 cup lemon juice
- 2 Tbsp. coarsely chopped parsley *OR*
- 1 Tbsp. dried parsley

Additional Tips

- **Cooking Tips:** Using a high setting on your crockpot reduces cooking time. However, if you know you'll be away from home for 10 to 12 hours, setting up the chicken in a crockpot on low in the morning is a great option.
- **Keep it Healthy:** Skin-free chicken is always an excellent choice for a meal since it contains less fat and more protein than beef.
- **Grocery Tips:** Russet potatoes are usually the cheapest.

Directions

1. In the bottom of a large slow cooker, add onion slices, chopped potatoes, chicken broth, and 1 teaspoon oregano. Stir to combine.
2. Using a knife or your fingers, remove chicken skin and fat from chicken and throw away. Place chicken on top of potatoes (breast-side down, if possible) and sprinkle oregano and garlic powder on top. Pour lemon juice into slow cooker or squeeze lemons and add to crockpot .
3. Cook until potatoes are fork-tender and chicken is cooked, about 9 to 10 hours on low or 4 hours on high. Garnish with parsley and serve.

Video

Watch a tutorial video that provides a quick and easy overview of how to prepare this delicious healthy recipe.

Click on the link to view the video

[Video Tutorial](#)

