November is American Diabetes Month!

More than 25 million people are living with diabetes and 79 million more are at risk of developing type 2 diabetes in the United States. In Oklahoma, over 15% of adults have diabetes. If not controlled, type 2 diabetes can cause serious health issues including heart disease, stroke, and blindness. Be proactive and lower your chances of type 2 diabetes by eating healthy, watching your weight, being active, and controlling your blood pressure and cholesterol.

**Dates to remember!**

10/12
Red River Rivalry

10/21-11/8
Benefits Fair & Health Screenings

11/28-29
Thanksgiving Break

12/23-1/1
Winter Break

**Prediabetes:** Blood glucose is higher than normal, but not high enough to be diabetes. Fasting blood glucose of 100-125 mg/dl or A1C of 5.7-6.4%

**Diabetes:** Fasting blood glucose of 126 mg/dl or higher, or A1C of 6.5% or higher.

**Type 1:** body does not produce insulin

**Type 2:** body does not use insulin properly (insulin resistance).

Diabetes is a growing epidemic with a devastating physical, emotional and financial toll on our country. It kills more Americans each year than AIDS and breast cancer combined. Learn more at [http://www.diabetes.org/](http://www.diabetes.org/)

[http://healthysooners.ouhsc.edu](http://healthysooners.ouhsc.edu)
Sooner Spotlight: Chris Blomquist

As a proud mother of four beautiful children, a former college softball player and the wife of a Navy Command Fitness Leader it was almost more than I could bear to admit that my weight had indeed consumed every aspect of my daily life. After the birth of our fourth child, I tipped the scales at a robust 230lbs. I convinced myself day after day that TOMORROW was the day I was going to start that “new diet” and workout plan. Yet, day after day I was too tired or had some other excuse as to why I couldn’t do it.

My reality check came to me on a crisp fall morning on the soccer field while warming my 7 year old up for her game. I nearly passed out from oxygen deprivation simply chasing the ball around with her. She would giggle and I was panting for my next breathe. At that moment, I knew it was time to get serious about my health crisis before it was too late. I see patients on a daily basis struggling with type II diabetes and I educate them on proper dietary regimens and lifestyle changes and what kind of role model am I if I don’t heed my own advice?

I made a command decision to be a better/healthier me. With the help and guidance...(cont. on page 4)

Get Fiscally Fit!

When it comes to information regarding our Wellness Programs we want to provide information about “physical” wellness, as well as, “fiscal” wellness.

Safe Deposit Box

One important item that contributes to your overall “financial health” is the use of a safe deposit box. Most people know very little about this important financial service offered by banks, savings institutions, and credit unions. Here are some of the advantages to having a safe deposit box:

• Convenience --It offers a convenient place to store important items that would be difficult or impossible to replace.
• Privacy—only you know what is inside.
• Security—much less likelihood of the contents being destroyed by fire, water or tornado.

Here are some examples of items that you might want in a safe deposit box:

• Important papers such as original of your insurance policies
• Family records such as birth, marriage and death certificates;
• Original deeds, titles, mortgages, leases and other contracts
• Stocks, bonds and certificates of deposit
• Jewels, medals, rare stamps and other collectibles
• Photos or videos of your home’s contents for insurance purposes (in case of theft or damage)

( cont. on page 4)
**Family Focus**

11/15-2/2 Devon Ice Rink and other **Downtown in December** activities

**Various Dates** Check out the **Orr Family Farm** for numerous Fall events

**SAT 12/14** Norman Main Street Christmas Holiday Parade

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**Benefit Fair & Health Screenings**

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<th>21 MON</th>
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<th>23 WED</th>
<th>24 THUR</th>
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<td>HSC DLB UNION RM 260 12-5P</td>
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<tr>
<td>NORMAN ZARROW COMMUNITY 7-12P</td>
<td>NORMAN UNIION SOONER 7-1P</td>
<td>TULSA FOUNDERS HALL 7-1P</td>
<td>NORMAN UNION ASSOCIATES 7-1P</td>
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**Join the Crew!**

The Encourage Health Crew is an employee group with a commitment to health that serve as ambassadors for Employee Wellness. They volunteer to assist in the implementation and coordination of wellness initiatives in their department. They share information, engage friends and colleagues to participate in wellness programs, and create excitement around leading a healthy lifestyle. Interested in joining the Crew or want to nominate a co-worker? Contact Wellness Coordinator, Lindsay Mitchell, at lindsay-mitchell@ouhsc.edu.

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**Words from Wellness**

Hi Healthy Sooners! It’s Lindsay, your Wellness Coordinator! So, here comes that time of year that really puts our health and wellness to the test, the holidays! Well, let’s put a game plan together now, so we are prepared for what’s ahead. Don’t feel guilty enjoying food. Remember, everything in **moderation**. Let yourself have small samplings of sweets and be very conscious of your **portions**! Schedule a meeting with your workout. Your workout is very important for your overall health. Make and keep appointments just like you would with your supervisor at work. Lastly, find YOUR way to de-stress. Yoga, meditation, massage… whatever you chose, make that time for yourself!

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**EncourageHealthCrew**

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http://healthysooners.ouhsc.edu
Get Fiscally Fit! Cont…

Here are some examples of items you may NOT want in a box:
• Anything you might need in an emergency since the bank could be closed for the night, weekend or a holiday
• Passports (in the case of an emergency trip)

What about wills and other legal documents such as trusts, power of attorney, medical care directives? You should always check with your attorney, CPA, insurance or financial advisor and of course the bank or credit union as to whether these items should be in the safe deposit box.

Wait, there’s more! Learn how to Get Your Financial House in Order at healthysooners.

Faculty/staff Intramurals

Have fun and get your exercise when you get involved with faculty/staff intramurals! Check out these opportunities and email Lindsay Mitchell, lindsay-mitchell@ouhsc.edu, to register.

Oct 8   Punt, Pass & Kick   4-6p
Oct 18  Golf Scramble
Oct 28  6v6 Volleyball

Look for Winter & Spring sports in the January Newsletter!

Chris Blomquist cont… of my physicians, my immediate family and friends I outlined specific goals and asked those around me to hold me accountable for “cheating” myself. I committed to watch my caloric intake and opted to consult with a bariatric surgeon. After exploring all potential weight loss options and weighing the pros and cons of each, I personally felt that the Lap Band with Plication was the best tool for me to achieve my personal goals. While many critics say that bariatric surgery is the “lazy” way out let me reassure you that is certainly not the case. It does require strict food guidelines and criteria for success however; this allowed me a platform to not only improve my health but also that of my family. Our food choices have changed for the better and we have begun to exercise together as a family. I most recently completed my very first 5K run with three of my children running by my side. Talk about a proud mommy moment!! I have currently lost 53 pounds in 6 months, my cholesterol and triglyceride levels are as close to textbook perfect as it gets and I feel like a new person. I have started mini-workout/stress relief sessions at work amongst my coworkers and we challenge each other to reach new goals. My hope for the future is that I teach my children and those around me to take responsibility for their health, make wise choices and always stay active in some capacity. While I chose bariatric surgery as my preferred method not everyone has too. You can accomplish your goals by making smart food choices and increasing your physical activity. Be realistic and be proud of making that conscious effort to be your own better/healthier you.

*Chris’ first 5K was the OU 5K Fun Run 9/21/13. She has since completed another 5K and shares her enthusiasm for a healthy lifestyle as an Encourage Health Crew member.
Recipe Round-up!
Your tailgate can be healthy AND delicious!

Buffalo Chicken Quesadillas by Sarah Millsap, HR
Spice it up a notch with this healthy tailgate item!

Ingredients
5 chicken tenders (about 20 oz.)
¼ c. Franks’s Red Hot Wing Sauce
¼ c. shredded mozzarella cheese
¼ c. light sour cream
Salt and pepper to taste
3 large tortillas

Directions
Cook chicken tenders in medium saucepan covered with water (about an inch above the chicken). Season water with salt and pepper. Bring to a boil then reduce heat to low, cover the pot, simmer 10 minutes or until no longer pink. Once cooked, shred the chicken and place into a bowl. Mix thoroughly with hot sauce, sour cream and cheese.

Heat non-stick pan and add a tortilla. Spoon some of the chicken mixture onto half of tortilla and fold other half over. Press and cook until heated through and cheese is melted.

Cut each quesadilla in half for a total of 6 pieces/servings.

Nutritional Analysis per serving – Serving size: 1 piece or half a quesadilla

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<th>Total fat</th>
<th>Protein</th>
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<td>Total carb</td>
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Baja Nachos by Jen Elsner, English Dept.

Ingredients
3 tilapia fillets
2 (8”) low-carb flour tortillas
1 small raw diced tomato & green chili
7 oz. raw pineapple chunks
1 avocado sliced
1.5 TBLS chopped cilantro
¼ c. shredded Monterey cheese
1 c. shredded cabbage
Juice of ½ raw lime

Serves two – Nutritional Analysis

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</table>

●Get the whole recipe at http://healthysooners.ouhsc.edu/news/newletters/

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