

Words on Wellness

Your extension connection to nutrition and fitness

“Alzheimer’s Disease: A Weighty Matter”

New research suggests obesity and prediabetes or diabetes may make us more likely to have memory problems and develop Alzheimer’s. According to the American Diabetes Association, more than half of adults over the age of 65 have prediabetes. Prediabetes and health problems, such as having too much insulin in the body (insulin resistance), are mostly caused by obesity, little to no exercise, and loss of lean muscle mass that occurs with aging.

What is Alzheimer’s disease?

Alzheimer’s is the most common form of dementia, the decline in mental abilities interfering with everyday life, and is more likely the older we get. Signs of Alzheimer’s can appear decades before the disease manifests. Most people begin to notice regular to frequent memory problems, such as forgetting conversations or how to get to and from familiar places.

When memory problems become clinically significant, but do not impact daily life activities like household chores or working, a person is diagnosed with mild cognitive impairment (MCI). Most people with MCI eventually develop Alzheimer’s in three to five years, although some individuals never do. A diagnosis of Alzheimer’s requires not only constant memory problems worse than MCI, but significant impairment in daily life activities and at least one more cognition problem (i.e., speech, planning or reasoning, purposeful movement).

What can I do?

Studies increasingly suggest that prevention is best. If you are middle-aged or older, obese or severely overweight, ask your doctor. Suggest a waist circumference measurement to estimate your body fat. Have your blood sugar and insulin levels checked. If you have prediabetes, consider a weight loss program, moderate exercise for 30 minutes a day at least 3 days a week, or medication to lower blood sugar and insulin. If you have diabetes, it is critical to get it under control with the plan of care your doctor suggests.

If you are concerned you have memory problems, schedule an appointment with a neurologist or psychiatrist. Memory and thinking assessments can determine if your memory is impaired. Follow-up visits help track whether or not your memory remains the same or declines.

Source: Auriel A. Willette, MS, PhD, Food Science and Human Nutrition, Iowa State University



Rise and Shine Breakfast Cobbler

Serving Size: 3/4 cup | Serves: 4

Ingredients:

- 1 cup juice-packed canned sliced peaches, drained
- 1 cup juice-packed canned sliced pears, drained
- 6 pitted prunes (cut in half)
- 1/4 teaspoon vanilla extract
- 1/4 cup orange juice
- Orange zest (optional)
- 1 cup granola (low fat)

Instructions:

1. In a large microwave safe bowl, mix fruit, vanilla, orange juice, and orange zest. Stir mixture.
2. Top with granola.
3. Microwave on high for 5 minutes. Let stand 2 minutes.
4. Spoon into 4 bowls and serve warm.

Nutrition information per serving:

221 calories, 1g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 60mg sodium, 50g total carbohydrate, 6g fiber, 25g sugar, 3g protein

Source: Snap-Ed Connection

IOWA STATE UNIVERSITY
Extension and Outreach

Healthy People. Environments. Economies.



www.extension.iastate.edu

Don't Let Foodborne Illness Crash Your Holidays

Bacteria are everywhere, but a few types especially like to crash parties. *Staphylococcus aureus*, *Clostridium perfringens*, and *Listeria monocytogenes* frequent people's hands and kitchens. And unlike bacteria that cause food to spoil, these bacteria cannot be smelled or tasted. Safe food handling is necessary for prevention.

Staphylococcus aureus

Staphylococcus ("staph") bacteria are found on our skin, in infected cuts and pimples, and in our noses and throats. They are spread by improper food handling. Prevention includes washing hands and utensils before preparing and handling foods and not letting prepared foods—particularly cooked and cured meats and cheeses as well as meat salads—sit at room temperature more than two hours. Thorough cooking destroys "staph" bacteria, but the toxin it may produce is resistant to heat, refrigeration, and freezing and can make you sick.

Clostridium perfringens

"Perfringens" is called the "cafeteria germ" because it may be found in foods served in quantity and left for long periods at room temperature. Prevent it by dividing large portions of cooked foods such as beef, turkey, gravy, dressing, stews, and casseroles into smaller portions for serving and cooling. Keep cooked foods hot or cold, not lukewarm.

Listeria monocytogenes

Listeria bacteria multiply, although slowly, at refrigeration temperatures. Therefore, these bacteria can be found in cold foods typically served on buffets. To avoid serving foods containing *Listeria*, follow "keep refrigerated" label directions and carefully observe "sell by" and "use by" dates on processed products like deli meat. Thoroughly reheat frozen or refrigerated processed meat and poultry products before eating.

If illness does occur, contact a health professional and describe the symptoms.

Source: www.foodsafety.gov

Winter Activities for Burning Calories

Looking for a fun activity to try this winter? These top outdoor activities are good for burning calories:

Cross-country skiing

Glide along the trail, taking in the fresh winter air and looking for wildlife. Search for parks with groomed trails. With moderate effort, you'll burn 700 calories an hour, or 500 with light effort.

Ice skating

In areas where it's permitted and ice conditions allow, ice skating is a great way to get active outdoors in the winter. In one hour of skating, you'll burn 550 calories.

Sledding and tobogganing

You might ask how many calories you can burn while flying down a hill. Well, don't forget the repeated walks up that hill, and you'll rack up 550 calories burned in an hour.

Stream fishing

Yes, you can still fish a stream in waders in the winter—look to the trout streams of northeast Iowa, which rarely freeze. In an hour of angling, you'll burn 460 calories. Not wanting to get in the water? You can still burn 300 calories in an hour by fishing and walking along the bank.

All calories burned are calculated for a 170-pound person per hour. Those weighing less will burn fewer calories, while those weighing more will burn a greater amount of calories.

Search state and county parks by available activities with the Iowa DNR interactive Healthy and Happy Outdoors map, <https://programs.iowadnr.gov/healthyhappyoutdoors/>.

Source: Iowa Department of Natural Resources

PM 2099K December 2015

...and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.