

RADNOR TOWNSHIP RECREATION & COMMUNITY PROGRAMMING DEPARTMENT

LIVE WELL, PLAY WELL, BE WELL

November 2012

November is American Diabetes Month



American Diabetes Month is an important element in raising awareness of this ever-growing disease and is one of the main efforts behind the mission of the American Diabetes Association, with programs designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease. In 2012, the Association will launch a socially-focused initiative for American Diabetes Month to demonstrate the increasing impact diabetes has on our families and communities nationwide.

Prevalence

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

The Toll on Health

- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of kidney failure & new cases of blindness among adults.
- The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.
- About 60-70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, and other nerve problems.

Cost of Diabetes

- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.
- Direct medical costs reach \$116 billion and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.
- Indirect costs amount to \$58 billion (disability, work loss, premature mortality).
- Further published studies suggest that when additional costs for gestational diabetes, pre-diabetes and undiagnosed diabetes are included, the total diabetes-related costs in the U.S. could exceed \$218 billion.
- The cost of caring for someone with diabetes is \$1 out of every \$5 in total healthcare costs

Southern Herb-Roasted Turkey

- 1/4 cup Extra-Virgin Olive Oil, divided
- 1 (10–12 lb) turkey, Salt, to taste, Freshly ground pepper, to taste
- 1 Tbsp Herbes de Provence
- 1 tsp Poultry Seasoning
- 1 Whole Head Garlic, top chopped off
- 2 Lemons, halved
- 1 Sprig Fresh Rosemary
- 1 Sprig Fresh Thyme
- 1 Sprig Fresh Sage

Preheat oven to 425°F. Use 1 Tbsp olive oil to grease the bottom of a large roasting pan. Wash and dry the turkey thoroughly. Season with salt and pepper on the inside and out. Place turkey breast side up in the pan. Brush the turkey with the remaining olive oil. Sprinkle Herbes de Provence and poultry seasoning on turkey, and rub into skin with your hands. Place whole garlic head, 1 lemon half, rosemary, thyme, and sage inside the cavity. Squeeze lemon juice from remaining lemon half over the top of the turkey. Place turkey in the oven, add a cup of water to the bottom of the pan, and roast for 1 hour, uncovered. Baste turkey after the first hour of cooking. If turkey looks very brown, cover it with foil. Continue to bake for another 2–2 1/2 hours or until the internal temperature of the thickest part of the turkey breast meat reads 180°F on a meat thermometer. Remove from the oven, and place on a carving board. Let rest for 10 minutes before carving. Remove skin while carving.



Fall & Winter is football season and the NFL wants to get you involved by not only watching the action on the field, but being active everyday with its **PLAY 60** program! **PLAY 60** is the National Football League's campaign to encourage kids to be active for 60 minutes a day in order to help reverse the trend of childhood obesity.

So get outside & join the movement!

There are many other ways you can be involved in **PLAY 60**. You can get participate in school programs, contests, and community events, just visit www.nflrush.com for more information!

Stay active this winter! This winter Radnor Recreation will be selling discount tickets to local ski resorts. Purchase your tickets in advance & save on family fun! Tickets will be available in January. Visit www.radnorrecreation.com for locations and pricing. Stop by the Radnor Township Building to purchase your tickets in person.

