

COG/GUC

Wellness Newsletter



November 2019



Upcoming Events

- Wellness Walk
- Open Enrollment Benefit Fairs
- Nutrition Kiosk



National DIABETES AWARENESS MONTH

DIABETES FACTS

425

million people with diabetes



Prevalence by gender



8.4%



9.1%

50%

of all people
with diabetes are
undiagnosed



21.3

million of
births
affected by
hyperglycaemia



1 in 11

adults have diabetes



Source: IDF Diabetes Atlas 8th edition, 2017



International
Diabetes
Federation



Congratulations

TO KATHY HOWARD ON BEING THE
WINNER OF THE FITBIT DRAWING





CEREBROVASCULAR DISEASE



CORONARY HEART DISEASE



OSTEOARTHRITIS



SEXUAL DYSFUNCTION



PERIPHERAL NEUROPATHY



DIABETIC RETINOPATHY



GASTROESOPHAGEAL
REFLUX DISEASE



SOME TYPES OF CANCER

COMPLICATIONS OF DIABETES

DIABETES

What you can do to reduce your risk



WEIGHT GAIN



DIZZINESS



EXTREME FATIGUE

PREVENTION



CONTROL



AVOID



HEALTHY FOOD



HEALTH CHECK



EXERCISE

WELLNESS WALK

Wednesday
November 13, 2019
12:15 PM & 1:15 PM

-Begins at shelter near off-leash dog park (200 N Ash Street)
-Light lunch provided after walk

Contact broddy@greenvillenc.gov
or (252)-329-4569

No sign-up required!



OPEN ENROLLMENT BENEFIT FAIR

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Nov. 6th

Police & Fire Rescue

8:30 am- 11:00 am
Training Rooms A&B
500 South Green St.

Public Works Assembly Room

1 pm- 4 pm
1500 Beatty St.

Nov. 7th

**Recreation & Parks-Jaycee
Park-Auditorium**

8:30-11:00 am
200 Cedar Ln

City Hall

3rd Floor Gallery
1 pm- 4 pm
200 West Fifth St.



**ENJOY OUR
NUTRITION
KIOSK TOO!**

Healthy Sweet Potato Casserole

Ingredients

For the sweet potatoes:

- 4 pounds sweet potatoes about 5 medium, peeled and cut into 1-inch pieces
- 1/2 cup milk whole milk, almond milk, etc.
- 1/3 cup honey or pure maple syrup
- 1 large egg
- 1 teaspoon vanilla extract
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- 1/2 teaspoon Kosher salt

For the topping:

- 1/2 cup chopped pecans
- 1 tablespoon packed brown sugar
- 1/2 teaspoon ground cinnamon

Instructions

- Place the chopped sweet potatoes in a steamer basket over a pot of water. Cover and bring to a boil. Allow the sweet potatoes to steam for 15-20 minutes, until they are very tender when pierced with a fork.
- Let the sweet potatoes cool slightly and then transfer them to a large mixing bowl.
- Preheat oven to 350 degrees F.
- Using an electric mixer, beat the sweet potatoes until smooth. Add the milk, honey or pure maple syrup, egg, vanilla, cinnamon, nutmeg, ginger and salt. Mix until well combined and smooth.
- Spread the sweet potato mixture into an 8x8-inch baking dish.
- In a small bowl, combine the pecans, brown sugar and 1/2 teaspoon cinnamon. Sprinkle topping over the top of the casserole.
- Cover the dish with foil and bake for 20 minutes. Remove the foil and bake 20-25 minutes more, until the pecans are lightly toasted, and the casserole is hot.



Prep Time: 15 mins
Cook Time: 1 hr.
Total Time: 1 hr. 15 mins
Servings: 10 servings
Calories: 161kcal

