

1049 On The Trail Please Remember to always send name and address with check points.. !

ANCHORAGE THROUGH THE ALASKAN RANGE:

- Number of walkers at:
- 392 Anchorage to (20 mi)
 - 75 Eagle River to (29 mi)
 - 37 Wasilla to (14 mi)
 - 26 Knik to (52 mi)
 - 7 Yentna to (34 mi)
 - 19 Skwentna to (45 mi)
 - 10 Finger Lake to (30 mi)
 - 11 Rainy Pass to (49 mi)

ACROSS THE INTERIOR:

- 10 Rohn to (93 mi)
- 4 Nikolai to (48 mi)
- 5 McGrath to (23 mi)
- 1 Takotna to (38 mi)
- 3 Ophir to (60 mi)
- 4 Cripple to (112 mi)

DOWN THE YUKON RIVER:

- 6 Ruby to (52 mi)
- 5 Galena to (52 mi)
- 2 Nulato to (42 mi)
- 3 Kaltag to (90 mi)

AROUND THE NORTON SOUND

- 3 Unalakleet to (40 mi)
- 3 Shaktoolik to (58 mi)
- 4 Koyuk to (48 mi)
- 1 Elim to (28 mi)
- 1 Golovin to (18 mi)
- 1 White Mountain to (55 mi)
- 1 Safety to (22 mi)
- 29 Nome

The 1049 Mile Fitness Walking Program is one way many people are putting regular physical activity in their day. Walk, run, ski, snowshoe or bike.... The 1049 program offers incentives to participants on the trail. Enjoy the fun and fitness between family members, co-workers, friends and new "trail blazers. Time for you to join the "Family on the Move" to strengthen your physical and spiritual wellness. Contact John Martin Physical Activities Coordinator; Located at Chief Andrew Isaac Health Center (3rd Floor) 1408 19th Avenue Fairbanks AK 99701 (907)451-6682 ex 3773

4,110,104 miles +
7,858 miles (this quarter) =
4,118,262 MILES
 COVERED BY **705 WALKERS**
 OR
7,252,523,872 steps +
16,596,096 steps (this quarter)=
7,269,119,968 TOTAL STEPS
 RECORDED ON THE TRAIL SINCE 2000

TALES FROM THE TRAIL
 MORE THAN A WALK;
 A DISCOVERY OF ONE'S SELF

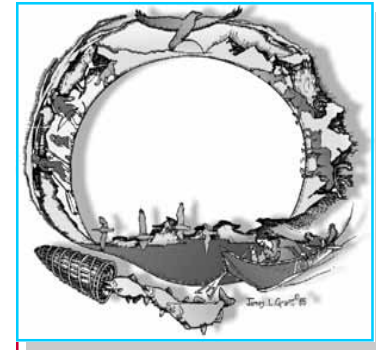
Rest stop Nome - 19 Aug 04 Tom Hyslop

"Just think! Finally reached the coast. I can fell Nome is reachable. Been keeping my Blood pressure in control" 30Aug Christina Semaken

"I didn't walk for the longest time but I started again" 2 Sep Vina T. Bilow

"YEA!! Made it what an awesome feeling—Where next let's start up the Yukon Quest Trail - 17Sep 04 Laura Saunders

"I came to Hog River mining camp in July to work I walk, when I'm not too tired, on the road up to Bear Creek or down to the end of the runway. Lots of places to walk in the mined out areas Mosquitoes aren't bad but the gnats were murder this year like smoke around my head. Night time after work my ears and neck feel like they are on fire with all the bites. Needless to say I didn't walk much in Aug. I see black bears every day this real bear country. I'll keep walking" 20Sep04 Ralph Williams



**CHIEF ANDREW ISAAC
 HEALTH CENTER
 1408 19th Avenue
 Fairbanks, AK 99701
 451-6682
 1-800-478-6682**

THIS ISSUE	
Giving Back	1
Laura Sanders Takes Control	2
Fresh from Jo's Kitchen	2
FROM HIGH CARB . . . TO NO CARB - WHAT IS ONE TO EAT?	3
1049 on the Trail	4

TAKING CONTROL

GIVING BACK

Charlene Malemute whose parents are Jimmy and Josephine Malemute



Koyukuk



Ruby

lesson that most chronic illnesses such as heart disease, cancer and diabetes may be prevented by a healthy lifestyle that can be taught at a young age. These young people became the role model for their siblings, parents, and elders. Charlene met her goal of having the children

from Galena, AK. At 22 years of age Ms. Malemute is a graduate from Washington State University with a B.S. in Microbiology. Charlene is currently working towards a career in medicine with a future desire to return to Alaska as a doctor and work for Alaskan Native Medical Center in An-



Ruby



Allakaket



Koyukuk

chorage. Charlene is a graduate from Monroe Catholic High School and has played softball for the past ten years, including 4 years of fastpitch. Charlene Malemute developed a Youth Softball Camp for the Native Alaskan villages which was held June 1st to June 20th, through support from the TCC Diabetes Physical Activities Program. The majority of the Youth were of the ages 8-12, The average attendance of each camp was 10-20 children. Charlene developed individual camps for Ruby, Koyukuk, Alatna /Allakaket, Huslia and Nulato. The children were taught about healthy eating, safe exercise, and disease prevention through fundamentals of softball. The youth took with them the main

learn healthy habits through her softball camps. The softball camps were very successful and supported by local volunteer coaches and family members who supported the message using the following activities: Softball Activities Batting, Pitching and Catching



Allakaket

Infield and Outfield, Sliding, Base running Scrimmage Games Discussions on Eating Healthy, Continual Exercise (weight training, cardio, etc.), Dedication to succeed (in sports, home,

Tanana Chiefs Conference, Inc.
 Chief Andrew Isaac Health Center
 1408 19th Ave., Rm. 320
 Fairbanks, AK 99701

Mail To Address on Label Below
Return Address Shown At Left

Place Mailing Address Label Here



Laura Sanders Takes Control

Interviewed by: Josephine Malemute, RN/Diabetes Educator/Coordinator

Laura was diagnosed with Diabetes in 2003. She would like to share her knowledge for the school of hard knocks.

1. What were your habits before you were diagnosed with Diabetes?

I had really bad eating habits before I was told I had diabetes. I drank all sorts of pop and juices. I ate whatever I wanted without realizing that I was harming my body. I ate way too much and didn't pay attention to serving size. I also didn't pay attention to the doctors and nurses during my annual check ups. For at least a couple of years they had been warning me that if I didn't change my habits then I was in danger of developing this disease.

2. What are you doing differently now that you have Diabetes?

I pay much more attention to what I eat now than ever before. I shop in the organic section of the grocery store. I drink lots and lots of water. Basically I drink anything that doesn't contain sugar. If I need a sweetener then I use Splenda. I exercise at least 5 times a week now. I really enjoy walking so I do a lot of that. If you look closely you will see me walking to and from work. In addition to walking I joined Curves gym and I play either softball or basketball depending on the season.



3. What is your message to people?

I really hope that more people take their doctors and nurses seriously if they tell you that you are in danger of developing this disease. Make those changes in your diet and exercise as much as you can. If you already have diabetes, then please watch what you eat and start an exercise program of some sort. It's not easy getting started but once you start it gets easier and easier to stay on the right track. For example, I joined the Walk the Iditarod program and currently I am about 30 miles from the finish line. When I first started I never thought I could get so far. I've had plenty of great walking partners along the way. It's not easy living with diabetes. There is a lot of information out there but it's really up to the individual to take the responsibility for a better quality of life. I really want people to realize that if you are in danger of developing diabetes it's in your power to change it by simply following your doctors orders, eat right, and exercise. Good luck and stay healthy.

Fresh from Jo's Kitchen—Yummy—Apple Oat Bran Muffins

Commercially baked muffins have become as large as small birthday cakes and loaded with calories and fat. These muffins are delicious and loaded with fiber and heart friendly oat bran.



- 2— large green cooking apples
- 2— cups whole-wheat pastry flour
- 1— cup unbleached white flour
- 1 1/4— cups oat bran
- 2 1/2— tsp. baking soda
- 1— tsp cinnamon
- 1/2— tsp nutmeg
- 1— 12oz can apple juice concentrate thawed
- 1— cup of water



1. Heat oven to 325°F. Lightly oil muffin pan. Peel and core apples, chop them coarsely. Set aside.
2. In mix bowl, stir together pastry flour, white flour, oat bran, baking soda, cinnamon and nutmeg.
3. Add thawed apple juice concentrate, chopped apples and enough water to make a light batter.
4. Mix just enough to moisten all ingredients. Divide batter among the muffin cups and bake until lightly browned, 25-30 minutes.
5. Remove muffins from cups while hot.



FROM HIGH CARB . . . TO NO CARB - WHAT IS ONE TO EAT?

By Madeline Patterson-O'Dell, RD

The Dietitian's most frequently received question during the Atkins diet craze: "How long is it safe for me to eat a low/no carbohydrate diet?" The Recommended Daily Intake sets a safe minimum for carbohydrates (carbs) at 100 grams a day. This would be about 1 carb choice (15 grams) each meal/snack if we ate three meals and three snacks daily.

What people really need to know is what *type* of carb is right and what type of carb is risky. Many of us have learned that almost 100% of the carbohydrates we eat turn into blood sugar, but people may not have heard what makes a carb safe. About 15-25 grams of carbohydrate accompanied by 3 grams of fiber and even a little Protein/Fat can help insure a slow release of blood sugar. These factors are part of what makes up the Glycemic Index of foods.

The Glycemic Index of a food is a number that shows how fast your body can convert the carbs in that food to blood sugar after eating. The Glycemic Index of Foods has been used by The World Health Organization but has not been promoted in the US, until now.

Low GI = 55 or less
Medium GI = 56 - 69
High GI = 70 or more

Although as early as 1997 Walter Willett of Harvard Public Health published information on Glycemic Index it is just recently Harvard put out results from an 8-year study that tracked diets and incidents of Diabetes. They found "a diet high in rapidly absorbed carbs and low in cereal fiber (high-GI grains) is associated with an increased risk of type 2 diabetes (American Jour-

nal of Clinical Nutrition, Aug 2004)."

Low-GI foods can help body composition and health: In another study mice were fed identical diets, keeping the same weight, but with different starch sources: one high glycemic index (high-GI) and one low (low-GI). Mice on the high-GI diet had almost twice the body fat of those on the low-GI diet, and less muscle mass than those given low-GI diet. When mice were given sugar the high-GI group showed greater time with high blood sugar and insulin levels, higher Cholesterol, and "severe disruption" of the structure of insulin making cells. The study concluded: Glycemic Index is an independent factor that "can cause obesity and increase risks of diabetes and heart disease in animals. Use of low-GI diets in prevention and treatment of human disease merits thorough examination (Lancet, Aug 2004)." **People who already have diabetes can also benefit from a low-GI diet:** Jennie Brand-Miller, PHD at University of Sydney is the senior author of International Tables of Glycemic Index published by the American Journal of Clinical Nutrition in 1995 and 2002. Jennie reviewed 14 studies that show Low-GI diets help diabetics by reducing HG1C (the three month average of blood sugars) about 1/2 point.

Compare the Glycemic Index of these foods:

Dry Apricots 44	Pear, fresh 53	Grapes 66	Orange juice 74	Raisins 91
Barley, pearled 36	Rye 48	Pinto beans 55	Brown Rice 79	White Rice 83
Oatmeal 87	Cream of Wheat 100	White Bread 101	Donut 108	Potato, baked 121

Foods convert to glucose more quickly the higher the GI value, the scale being 0 - 100. Keep in mind GI scores were determined on a portion of food having 50 grams of available carb. Note that foods with less fiber & original nutrients or more added sugar often have high-GI. The glycemic index does not apply to vegetable or proteins because they have no/minimal carbs in a serving, - Corn, peas & potatoes are carbs not vegetables.

More information can be found on the web at www.glycemicindex.com or at a Small group Nutrition class held most Wednesdays at 2 p.m. - *schedule your appointment with Eileen x 3650.*

EVERY HOUR THAT YOU
SPENT IN VIGOROUS
EXERCISE
AS AN ADULT IS REPAID
WITH TWO HOURS OF
ADDITIONAL LIFE SPAN
- STANFORD UNIVERSITY