



## QUARTERLY WELLNESS NEWSLETTER



January - March 2025



LOOK FOR THIS SYMBOL THROUGHOUT THE NEWSLETTER  
TO FIND WAYS TO EARN CAMP INCENTIVES!

# WELLNESS CORNER



## DIABETES & TOBACCO

BY KATHLEEN MCKIBBEN, RN, CAMP DIABETES EDUCATOR



### **7 Facts on How Smoking Can Impact Diabetes:**

- 1 Smoking increases the risk of developing type 2 diabetes. People who smoke have a 30-40% higher risk of diabetes.
- 2 The risk of developing diabetes increases with the number of cigarettes smoked.
- 3 Smoking causes inflammation and oxidative stress, damaging cells and increasing diabetes risk.
- 4 Smoking leads to abdominal obesity, which raises blood sugar levels.
- 5 Nicotine makes insulin less effective, requiring higher doses for blood sugar control.
- 6 People who smoke and have diabetes face higher risks of heart and kidney disease, poor blood flow, retinopathy, and peripheral neuropathy.
- 7 Quitting smoking improves blood sugar control. Insulin becomes more effective about eight weeks after quitting.

### Resources for Quitting

Call 1-800-QUIT-NOW for free help.

Visit [smokefree.gov](http://smokefree.gov) and [cdc.gov/tips](http://cdc.gov/tips) for more information.

Call CAMP at 907-443-3365 for help quitting.

## Keep Your Heart and Body Healthy to Protect Your Brain

Healthy Heart, Healthy Brain... Everyone slows down as they get older, both in body and mind. Big changes in memory or thinking that make it hard to get through the day are not a normal part of aging. These changes could be signs of early dementia or Alzheimer's disease.



**1 in 9**

People in the U.S. ages 65+  
has Alzheimer's dementia



**1 in 3**

American Indian people ages  
65+ develops dementia



**AMERICAN INDIAN  
and ALASKA NATIVE**  
RESOURCE CENTER FOR BRAIN HEALTH

Info provided in conjunction with **Indian Health Services Dementia Grant.**

**Your first tip of the year: Maintain a healthy blood pressure!**

Visit us at the Nome Community Health Fair January 30th

In-Home Support Services 907-443-9677

# NATIONAL NUTRITION MONTH

National Nutrition Month is an annual campaign held in March and established in 1973 by the Academy of Nutrition and Dietetics. This year's theme is **"Food Connects Us."** Food is a connecting factor for many of us. Food connects us to our cultures, our families, and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons, and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Registered Dietitians play a crucial role in helping people understand the connection between the foods individuals and communities eat and how these foods impact health throughout life.

If you would like to make an appointment with a Registered Dietitian, please call the CAMP Department at **443-3365**.



**Food Connects Us**  
2025 NATIONAL NUTRITION MONTH<sup>SM</sup>  
A Campaign by the Academy of Nutrition and Dietetics

## Winter Safety Tips from the Injury Prevention Program



**Fire safety** - Keep your wood stoves and stove pipes clean. Install smoke and carbon detectors (check and change batteries if needed). Never leave your stove burning unattended. Keep flammable materials away from your stove.

**Ice Safety** - Be careful on the ice. Avoid going on the ice before you know it is safe to do so. Drive slower on ice, slow down in parking lots especially, always watch for pedestrians. We have had a warmer winter this year so be very cautious while traveling on the ice.



**Dress warm** - Wear the appropriate warm gear to prevent getting frostbite. Limit your time spent outdoors during cold weather. Make sure snow cannot get into your clothing, stay dry with waterproof clothing.



Have questions for our injury prevention team?

Call 443-4583



# FOOD FOR THOUGHT

## Tracy Gregg, *CAMP* Dietitian

### HEALTH AT EVERY SIZE

SHIFT THE FOCUS FROM WEIGHT TO WELL-BEING, EMPHASIZING HEALTHY HABITS AND SELF-CARE AS PATHWAYS TO A FULFILLING LIFE.

Many healthcare providers rely on weight-based measures like Body Mass Index (BMI) to assess health. This often leads to a focus on dieting and weight loss as the primary paths to health. However, this emphasis on weight can contribute to disordered eating habits and reinforce harmful societal standards about body size.

Health at Every Size (HAES) offers an alternative approach. It promotes a lifestyle that prioritizes well-being and healthy habits, encouraging healthy eating and enjoyable physical activity as ways to feel better and live longer. Unlike traditional approaches, HAES rejects the idea that weight loss through dieting is necessary for health. HAES interventions can lead to improvements in various health markers, such as blood pressure, blood lipids, and blood sugar control, regardless of weight change. HAES acknowledges that well-being and healthy habits are more important than any number on the scale. Participating is simple:

**Accept your body:** Cultivate self-acceptance and appreciate your body as it is.

Embracing your body image empowers you to make positive changes.

**Trust your internal cues:** Your body has natural mechanisms to regulate hunger, fullness, and appetite. Honor these signals to support your body in finding its natural weight.

**Prioritize healthy habits:** Engaging in enjoyable physical activity. Nourish your body with a variety of foods, listening to your hunger and fullness cues. Prioritize nutritious choices while recognizing that all foods can fit within a balanced lifestyle.

**Celebrate body diversity:** Recognize that health and beauty exist in a wide range of body shapes and sizes. Embrace the diversity of human bodies and support others in appreciating their unique qualities unrelated to physical appearance.



EMAIL [WELLNESS@NSHCORP.ORG](mailto:WELLNESS@NSHCORP.ORG) 3 THINGS YOU APPRECIATE ABOUT YOUR BODY UNRELATED TO PHYSICAL APPEARANCE



## CAMP STAFFSPOTLIGHT:

# MELISSA STEWART

### WHAT IS YOUR ROLE WITH THE CAMP DEPARTMENT?

I AM THE ADMINISTRATIVE ASSISTANT. I GET TO HELP PEOPLE AT THE FRONT WINDOW, ANSWER PHONE CALLS AND GENERALLY KEEP TRACK OF WHAT ALL OF OUR DEPARTMENT STAFF IS DOING AND ASSIST THEM WHEN I CAN.

### WHAT IS YOUR FAVORITE ALASKAN DISH TO PREPARE?

ONE OF MY FAVORITE THINGS TO DO WITH OUR ALASKAN BLUEBERRIES IS TO USE THEM IN MUFFINS, PANCAKES OR SMOOTHIES. ALSO LOVE MAKING FIREWEED JELLY.

### WHAT DOES WELLNESS MEAN TO YOU?


WELLNESS TO ME IS TAKING CARE OF YOURSELF, AND DOING WHAT YOU ENJOY. FAR TOO OFTEN OUR LIVES GET CRAZY BEYOND OUR CONTROL AND TAKING THAT TIME TO DO SOMETHING WE ENJOY AND TIME FOR OURSELVES IS THE BEST THING WE CAN DO.

### DO YOU HAVE QUESTIONS FOR OUR ADMINISTRATIVE ASSISTANT?

CONTACT MELISSA STEWART AT 907-443-3365

## OEH DRINKING WATER TESTING: ENSURING SAFETY IN YOUR COMMUNITY

### A MESSAGE FROM THE OFFICE OF ENVIRONMENTAL HEALTH



OEH offers testing to public water systems for **total coliform** and **E. coli** in drinking water samples to help assess bacterial contamination.

We are slowly expanding our services to include low-cost year-round testing for **traditional drinking water sources**, such as home rainwater collection systems. If you're interested in this service, reach out via email at [oe-h-all@nshcorp.org](mailto:oe-h-all@nshcorp.org) or text 434-2851 to request a sampling kit and detailed instructions.

If you collect and use traditional, untreated drinking water, we strongly recommend **boiling the water** before consumption or **using a water disinfectant** at the appropriate concentration to eliminate pathogenic bacteria.

While these tests provide valuable information, they do not evaluate other potential contaminants. For more information on drinking water safety, please don't hesitate to contact us. Ensuring safe drinking water is essential for the health of our communities, and we're here to help!





# WELLNESS CORNER

## Stay Active this Winter with CAMP

HERE ARE OUR FAVORITE WAYS TO KEEP OUR BODIES AND MINDS ACTIVE THIS WINTER

"Winter's the perfect time to tidy up! After a summer of being outside, it's time to tackle those neglected closets and give the house a good clean. It's a great way to stay active and feel productive." – Nicole



"I tried ice skating on the lake for the first time and it was a blast! I can't wait to go out more this winter or play on the ice rink" – Nikki

"I love being outdoors and fishing" – Kathy



"We love getting our dog(s) out and mushing with them, it is a great way to get out and explore and exercise our dog(s) all at the same time" – Melissa



**"I enjoy ice fishing for grayling with my family each winter." – Stephanie**



**"I like to knit gnomes. This is Gnorri." – Kathleen**

**"Cross country skiing is my favorite wintertime activity. I love breathing the fresh cool air and enjoying the beautiful scenery around me." – Tracy**



**"Snowmobiling is good for both my mental and physical health, I enjoy being out doors riding safely on my rig." – Katie**



**SEND US A PICTURE OF HOW YOU STAYED ACTIVE THIS WINTER AT [WELLNESS@NSHCORP.ORG](mailto:WELLNESS@NSHCORP.ORG)**



# Newsletter Quiz

EMAIL [WELLNESS@NSHCORP.ORG](mailto:WELLNESS@NSHCORP.ORG) THE CORRECT ANSWERS  
TO THIS QUIZ AND EARN A CAMP INCENTIVE!

1. **True or false:** nicotine makes insulin less effective.
2. Name **two (2)** ways you can stay safe this winter.
3. Your body regulates your feelings of \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ to find its natural weight setpoint.



## Community Events

Want to host an event in your community? We can help! We have worked with schools, IRAs, and clinics to host the following events:

Food Demonstrations	WIC Family Nights
Group Fitness Classes	Craft Nights
Fun Runs	Talking Circles

SCAN

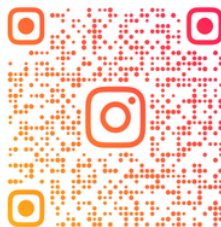


CAMP's online platform for scheduling group fitness, wellness activities, events and more!



Download the  
MINDBODY app to  
join our fitness  
classes

Learn more about  
the MINDBODY  
app here!



*Did you know that CAMP has fitness DVDs and DVD players that are free to rent?  
Let us help you start your fitness journey! Call us for more information.*



**NORTON SOUND  
HEALTH CORPORATION**



**LIITFIK Wellness & Training Center**  
**907-443-3365**  
**[www.nortonsoundhealth.org/camp](http://www.nortonsoundhealth.org/camp)**  
**[wellness@nshcorp.org](mailto:wellness@nshcorp.org)**  
**[@nshcwellness](https://www.instagram.com/nshcwellness)**