



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

NOVEMBER

MONTHLY OBSERVANCES

Good Nutrition Month
AIDs Awareness Month
Great American Smoke Out
Diabetes Education (3-9th)
All Saints Day (1st)
Fibonacci Day (23rd)
Thanksgiving (28th)

Leftovers Safety

Clostridium Perfringens are bacteria that grows in cooked foods left at room temp. It is the 2nd most common bacterial cause of food poisoning. Major symptoms are vomiting and abdominal cramps within 6 to 24 hours after eating.

Outbreaks occur most often in November and December.

Many of the outbreaks are linked to foods commonly served during the holidays, such as turkey and roast beef.

Refrigerate leftovers at 40°F or colder as soon as possible and within 2 hours of preparation to prevent food poisoning.

Pre-diabetes - Reverse it!

Pre-diabetes doesn't give off uncomfortable or flashy warning signs as it develops, yet this common condition poses serious health risks if left unchecked.

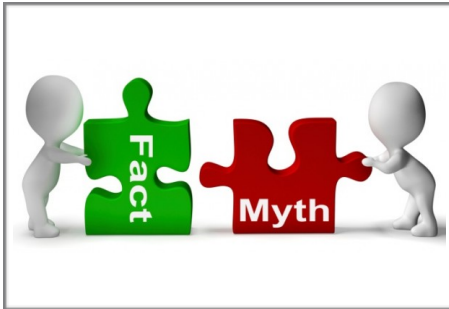
A person who has blood sugar levels above normal, but not high enough to be diagnosed as diabetes, has pre-diabetes .

The condition can persist for years without showing clear symptoms. When a person has pre-diabetes, the body has a difficult time using insulin effectively. Insulin is a hormone that triggers cells to use blood sugar for energy. When cells don't react properly to insulin, blood sugar levels increase. Pre-diabetes increases a person's risk for heart disease and stroke.

If not dealt with, pre-diabetes can turn into type 2 diabetes which requires active management and can lead to complications such as kidney failure, nerve damage, and blindness. Type 2 diabetes develops most often in middle-aged and older adults. There is another type of diabetes which cannot be prevented. Type I diabetes occurs when the body's immune system destroys insulin-producing cells in the pancreas. It develops most often in young people.

A blood sugar test, administered by a health care professional, can show blood sugar levels and can indicate whether you have pre-diabetes.





Nutritional Myths

Myth1: Carbs are bad for you. False. Carbohydrates are essential to a healthy diet, providing energy for your whole body. But it's best to get carbs from healthy, minimally processed foods, like fruits, vegetables, beans, nuts, whole grains and dairy.

Myth 2: A vegetarian diet is an automatically healthful one. Maybe. Eating a plant-powered diet can have incredible health benefits, ranging from lower rates of heart disease and diabetes to some types of cancer. However, omitting meat doesn't give you a "get out of jail free" card in terms of nutrition. You can be vegan and eat nothing but Skittles and fries. It's as much about the foods you eat as it is the ones you don't.

Myth 4: It's healthier to eat egg whites rather than whole eggs. False. The yolk is where the nutrition is. Most people don't know that the yolk actually contains over 40 percent of the protein — and more than 90 percent of the calcium, iron and B vitamins — in a whole egg. It also contains all of the egg's A, D, E and K. Plus, that extra fat will help to keep you full and satisfied for longer than you would be with just the whites!

The good news is that pre-diabetes can be reversed. Losing weight – even 5 percent of your body weight (10 pounds for a 200-pound person) – lowers the risk that pre-diabetes will become type 2 diabetes. Being active for just 150 minutes a week (walking for 30 minutes, five days a week) also lowers risk.

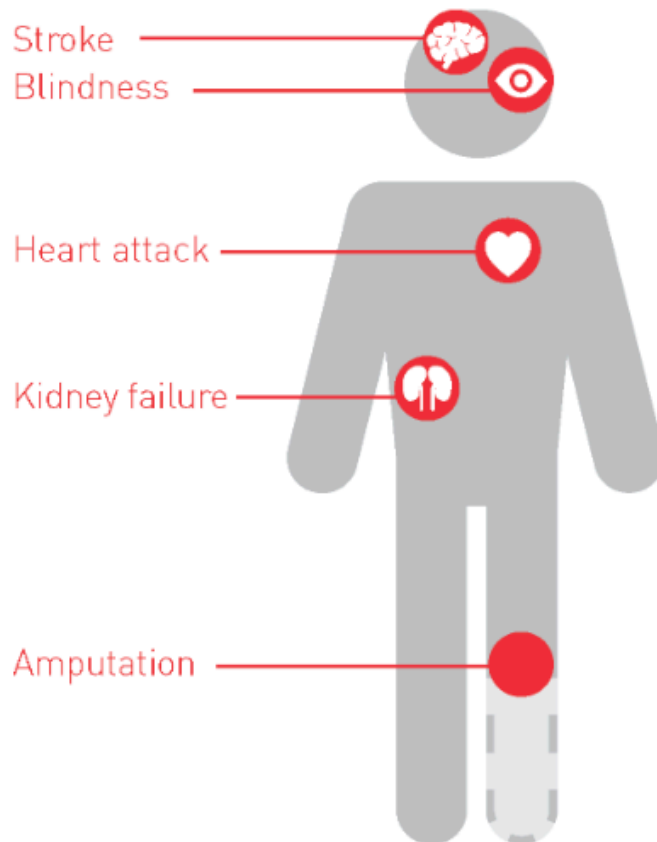
If you're concerned about pre-diabetes, have your blood sugar checked. If it's high, work on lifestyle changes that can help you manage blood sugar levels.

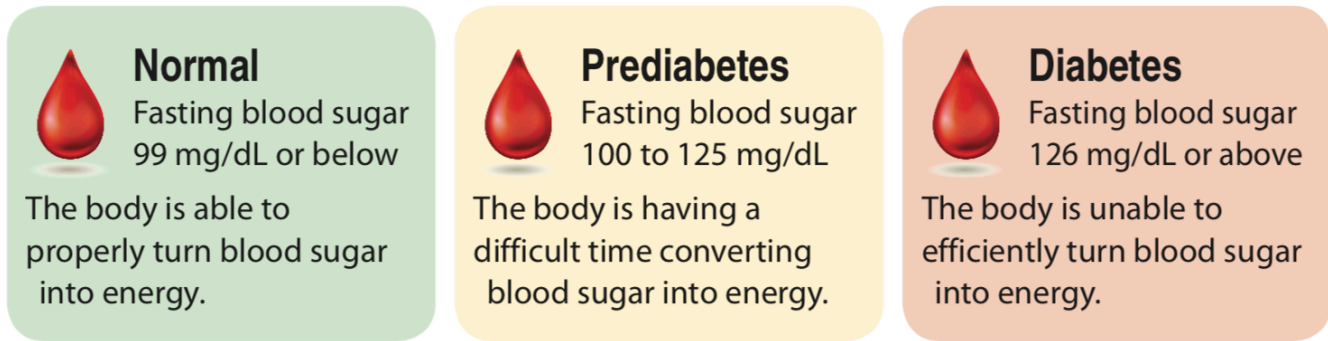
Are you among the 1 in 3?

84 million adults have pre-diabetes. That's 1 in 3 Americans. 90 percent don't know they have it.

Consequences

Diabetes can lead to complications in many parts of the body and increase the risk of dying prematurely.





The risk factors for pre-diabetes and type 2 diabetes are similar. They include:

- being overweight
- a family history of diabetes
- having a high-density lipoprotein (HDL) cholesterol level lower than 40 mg/dL or 50 mg/dL
- a history of high blood pressure
- having gestational diabetes or giving birth to a child with a birth weight of more than 9 pounds
- a history of polycystic ovary syndrome (PCOS)
- being of African-American, Native American, Latin American, or Asian-Pacific Islander descent
- being more than 45 years of age
- having a sedentary lifestyle

If a doctor identifies that a person has pre-diabetes, they will recommend that the individual makes healthful changes that can ideally stop the progression to type 2 diabetes. Losing weight and having a more healthful diet can often help prevent the disease.

A diet rich in vegetables, fruits, and healthful proteins can have significant benefits for people with diabetes while balancing certain foods can help maintain health, improve overall well-being, and prevent future complications.

Take the ADA (American Diabetes Association) 60-second Diabetes Risk Test for yourself or for someone else here: <https://www.diabetes.org/risk-test>





CAPTION CONTEST

The object of the contest is to write the funniest “safety related” caption to accompany the Safety Photo of the Month.

There were no submissions for the October photo here on the right.



The Photo in
need of a
caption for
November is:



Submissions should be emailed to Laura Casey and place “Caption Contest” in the subject : casey@safeconsolutions.com

Each month one winner will be chosen from the entries. At year end, we will have a voting session to allow our membership to vote and choose the best caption of the 12. The year end winner will win a prize and bragging rights. Please submit appropriate language only. Submissions have decreased - PRIZE & BRAGGING RIGHTS!!! Join Us!

The Bottom Line - By Ed Zimmer

Fall has finally made itself known. The number of daylight hours are getting shorter. That means more commutes in reduced viability. Keep your headlights clean and watch for wet leaves, frost and pedestrians. Now is a good time to check your tire inflation pressures. A properly inflated tire reduces friction, which means better mileage, longer wear and better handling. A properly inflated tire on that 90F day in June can now be 10 psi LOWER on a 40F day in November! Tires lose 1 psi for every 10F drop in ambient temperature and tires also lose 1 psi per month due to normal seepage.



The 21st annual Region VIII PDC is soon upon us (12 Nov). Our new Secretary, Liz Velky, will be assisting with the silent auction. I was on the speaker selection committee and will be assisting with the moderating duties. Other CT Valley members can be found at the PDC and assisting as well. This is the last year for this location (Southbridge, MA). Region 8 PDC in Southbridge November 12-13. Be sure to register and earn some CEU's! <https://region8.assp.org/neapdc/>

Next year it will be held on 9 Nov 2020 in Manchester VT.

We are working with Nate to have another early December event at the Mystic Aquarium. In January we will have a talk and interactive lunch event at Lego in Enfield. In February we will have a lunchtime talk and tour of Legrand in West Hartford.

Bottom line: Be sure to check our website for information on upcoming meetings/events.

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