



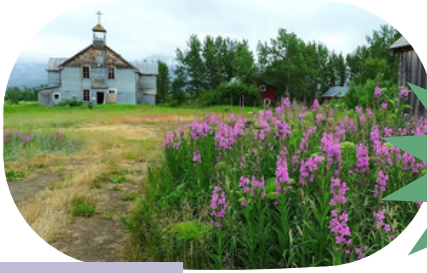
QUARTERLY WELLNESS NEWSLETTER



July - September 2024



WHAT'S HAPPENING IN WELLNESS



JULY

Sun Mon Tue Wed Thu Fri Sat

Summercise

Group Fitness Classes

TLC at Friday Kindergym

AUGUST

Sun Mon Tue Wed Thu Fri Sat

Berry Bus

Summercise Ends

TLC at Friday Kindergym

World Breastfeeding Week

Group Fitness Classes

SEPTEMBER

Sun Mon Tue Wed Thu Fri Sat

Falls Prevention Month

Group Fitness Classes

TLC at Friday Kindergym



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

SUBSISTENCE IS MEDICINE

The link between exercise and long-term physical health benefits is widely known, coining the phrase “exercise is medicine”. Many leaders in healthcare agree that **150 minutes of moderate-intensity exercise** is important for health. Far too often individuals believe that to exercise, or “work out”, they must participate in sports, attend fitness classes, or workout at the rec center, when in reality, living a subsistence lifestyle can provide much of the movement that our bodies need. Picking, hunting, fishing, and processing are all active activities that can absolutely count towards your exercise goals. In addition, the act of subsistence fills our homes with healthful foods which are best for our bodies.

BEYOND THE PHYSICAL EFFECTS

While exercise positively impacts our **heart health**, **bone health**, and **blood sugars**, the concept of exercise is medicine stretches far beyond the physical effects. Intentional movement can impact conditions related to cognitive and mental health including the progression of dementia, depression, and anxiety. Increasing exercise by participating in a subsistence lifestyle also connects us to our culture and to nature which has even greater positive health effects. Exercise is most effective when it is joyful movement, so the next time you want to get active but feel intimidated by going into the weight room or attending a class, think about doing an activity you truly enjoy!



BUILD COMMUNITY

Sometimes subsistence is not accessible for everyone, consider your community when participating in subsistence by inviting a friend or teaching a member of the community how to participate in different aspects of a subsistence lifestyle. Not only will you be positively impacting your physical and social health, but you will also be making a difference in the lives of others. Healthier communities lead to healthier lives.

WRITTEN BY: NICOLE SANTONASTASO, RDN, LD, IBCLC, CDCES



PARTICIPATE IN 2 DIFFERENT SUBSISTENCE ACTIVITIES AND
SEND US PHOTO EVIDENCE TO WELLNESS@NSHCORP.ORG
TO RECEIVE AN INCENTIVE!



FOOD FOR THOUGHT BY KYLIE POTTER, RD

HOW MUCH SODIUM DO YOU REALLY NEED?

Sodium is a mineral that helps support vital functions of the body. Sodium is regulated by the kidneys and helps maintain your body's fluid balance and affects nerve impulses and muscle function. Many Americans consume an excess of sodium which can lead to high blood pressure, fluid retention, heart disease and stroke, and issues with the kidneys. It is recommended to consume 2300 mg of sodium per day or less. Many people tend to consume 50% more sodium than is recommended. Reading nutrition facts labels can be helpful to determine how much sodium is in a food item.

High sodium foods or products you may not know about: cheese, pizza, canned soups, deli meats or cured meats, frozen meals, ramen noodles, electrolyte packets, sports drinks, canned vegetables and beans, savory snack items (chips, crackers, pretzels, nuts)

Tips to limit sodium intake:

1. Make most of your meals at home
2. Choose low or reduced sodium products
3. Rinse off canned vegetables and beans
4. Salt is salt! Kosher salt, sea salt, Himalayan salt, and table salt all contain relatively similar amounts of sodium.

One is not better than the other!



RECIPE LIBRARY

Scan to access our favorite recipes!

SCAN



FIND 3 HIGH SODIUM FOODS IN YOUR HOME THAT
SURPRISED YOU. SEND A PICTURE TO
WELLNESS@NSHCORP.ORG TO EARN AN INCENTIVE!

CAMP STAFF SPOTLIGHT:

ANGELA AMAKTOOLIK

WHAT IS YOUR ROLE WITH THE CAMP DEPARTMENT & WHAT ARE YOU LOOKING FORWARD TO AS A CAMP STAFF MEMBER?

At the CAMP Department, I am working with tobacco cessation/prevention and injury prevention. This summer I am also helping with Summercise. I'm looking forward to getting my Tobacco Treatment Specialist training completed. I'm also always looking forward to produce markets, I love how well we all work together at those and how happy everyone is for fresh goodies.

WHAT IS YOUR FAVORITE ALASKAN DISH TO PREPARE?

My favorite Alaskan dish to eat is my brother's bird soup. My favorite dish to make is baked salmon topped with sriracha and mayo.

WHAT DOES WELLNESS MEAN TO YOU?

For me, the meaning of wellness changes with the seasons. Right now it means getting out and enjoying the sun and warm weather as much as I can.

**Do you have questions for our newest health educator?
You can contact Angela Amaktoolik at 907-443-9671**



FACTS ABOUT CAREGIVERS

BY NSHC'S IN-HOME SUPPORT PROGRAM

58% of caregivers are women.

Almost one-third of caregivers provide care at least
20 hours a week.

One in 6 non-caregivers expects to become a caregiver within two years.

(Centers for Disease Control)

SUPPORTED BY DEMENTIA IHS GRANT AWARDED TO NSHC

ARE YOU INTERESTED IN CAREGIVERS SERVICES AND SUPPORT?

CONTACT OUR IN-HOME SUPPORT PROGRAM

907.443.9677



WIC Updates

with Hilary Fello, RD, LD, CLC

CLARIFYING THE MISCONCEPTIONS OF CPT1A

Written by Julie Cloutier, Summercise Intern 2020

Edited by Hilary Fello

Many parents are scared when they hear their child is diagnosed with CPT1a Deficiency. While it is a disorder that should be taken seriously, many people aren't sure what it is and how to properly treat it, and they may not realize that it is very manageable. CPT1a Deficiency (often short-handed just to "CPT1a") is common in the Inupiaq and Yu'pik populations in Alaska. People with this deficiency have fewer CPT1a enzymes and therefore their bodies take longer to break down fat into energy. This can be a problem for infants and young children because if they are not eating enough or are sick, they may experience low blood sugar with symptoms such as nausea, irritability, poor appetite, or sleepiness. In rare but extreme circumstances, usually among the youngest children with CPT1a, more serious symptoms can arise such as a seizure or death.

For a parent, this can be understandably scary. Fortunately, CPT1a does not require special treatments or medications, and if the child is fed regularly, any symptoms are unlikely. In fact, many people spend their whole lives never experiencing symptoms from CPT1a. The disorder is easy to treat with a balanced meal. If the meal is balanced, there will be plenty of carbohydrates to be used for energy and protein to help to slow down digestion to provide the body with energy for a longer time. Examples of carbohydrates include grains like breads, rice, or cereals; fruit; dairy; or starchy vegetables like potatoes. Examples of proteins include meats, eggs, legumes, and dairy. However, it is not necessary to routinely consume excess sugar or carbohydrates.

It is a common saying that the child grows out of this disease, but that is not entirely true. As children get older, they become more self-sufficient and can easily feed themselves when hungry, and as they grow their bodies can store more sugar which allows them to go longer periods of time without requiring the breakdown of fat for energy. Some people may rarely have symptoms after adulthood and others may still need to eat frequent meals all the way into adulthood. Either way, if managed well, the disorder will have little effect on the person if they are eating a well-balanced diet.


It is believed that this mutation is advantageous to the Inupiaq and Yu'pik people when they ate more traditional diets containing many fatty sea mammals. By not using their stored fat for energy, this could help them stay insulated during the coldest months. CPT1a may have helped these populations survive in a harsher climate when they were eating many high-fat, high protein meals. Today, eating a well-balanced diet including a variety of nutrient rich traditional foods can often prevent negative effects or symptoms.

**Looking for nutrition support for your family?
Call WIC at 907-443-3299**

WELLNESS CORNER

TIPS FOR HEALTHY FEET

BY KATHLEEN MCKIBBEN, RN, CAMP DIABETES EDUCATOR.



If you have diabetes or a history of high blood sugar, foot care is extremely important! It can prevent infection and injuries that could lead to amputations of toes and feet. Here are some important tips to keep your feet healthy. It is OK to remind your doctor to check your feet whenever you have an appointment!

Wash your feet every day

Use warm (not hot) water. Don't soak your feet. Dry your feet completely and apply lotion to the top and bottom. Don't put lotion between your toes; that could lead to infection.

Don't remove corns or calluses yourself

Don't use over-the-counter products to remove them. They could burn your skin.

Trim your toenails straight across

& gently smooth any sharp edges with a nail file. Have your foot doctor (podiatrist) trim your toenails if you can't see or reach your feet

Wear shoes that fit well

For the best fit, try on new shoes at the end of the day when your feet tend to be largest. Break in your new shoes slowly. Wear them for an hour or two a day at first until they're completely comfortable. Always wear socks with your shoes.

Keep the blood flowing

Put your feet up when you're sitting. Wiggle your toes for a few minutes several times throughout the day.

Check your feet daily

Look for cuts, redness, swelling, sores, blisters, corns, calluses, or other change to the skin or nails. Use a mirror if you can't see the bottom of your feet, or ask a family member to help.

Never go barefoot

Always wear shoes and socks or slippers, even inside, to avoid injury. Check for pebbles or other objects inside your shoes. Make sure that the lining is smooth.

Choose foot friendly activities

like walking, riding a bike, or swimming. Check with your doctor about which activities are best for you and any you should avoid.



PROTECTING OUR LUNGS: AIR QUALITY AND WILDFIRE SMOKE

As we prepare to be outside all summer, one thing to keep in mind is that pesky dust that we are constantly avoiding as we navigate our land in and out of town. Air quality can also be affected by wildfires, wood-burning stoves, and vehicle emissions. Unfortunately, exposure to poor air quality can have health implications. Poor air quality increases the risk of respiratory infections, heart disease, stroke, and lung cancer. Individuals most sensitive to poor air quality include: those with lung diseases, such as asthma; young children; elders; and anyone who is active outdoors. The way air quality is measured is the Air Quality Index (AQI), which reports daily air quality. The best way to stay safe if the AQI is high is to reduce time spent outside, closing all doors and windows, and avoiding strenuous activities.

You can check the AQI at airnow.gov and the smoke forecast at smoke.alaska.edu.



Newsletter Quiz

EMAIL WELLNESS@NSH CORP.ORG THE CORRECT ANSWERS TO THIS QUIZ AND EARN A CAMP INCENTIVE!

1. IF YOU HAVE ____ YOU SHOULD TAKE SPECIAL CARE OF YOUR ____ BY ____ (LIST ONE)
2. CPT1 CAN BE MANAGED WITH:
 - A. A BALANCED, REGULAR DIET
 - B. EXTRA SUGAR TO AVOID LOW BLOOD SUGAR
 - C. EATING FAT
 - D. INCREASING CARBOHYDRATES
3. NAME TWO FOODS THAT ARE HIGH IN SODIUM & HOW CAN EXCESS SODIUM INTAKE IMPACT YOUR HEALTH?



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

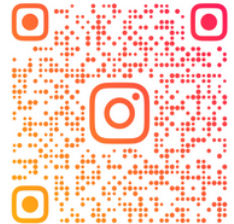


CAMP's online platform for scheduling group fitness, wellness activities, events and more!



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**

**<https://www.nortonsoundhealth.org/camp>
wellness@nshcorp.org
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