



The Wellness Coalition

Partners in WELLNESS

February 2024

Partner Updates On Efforts To Improve
Wellness In Our Community

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Made possible with funding from The Centers for Disease Control and Prevention.

The Wellness Coalition provides no-cost coaching, education, and other services for River Region residents to manage and prevent chronic diseases, including diabetes, heart disease, high blood pressure, hypertension, obesity, and more.

3060 Mobile Highway
Montgomery, AL 36108

[thewellnesscoalition](https://www.thewellnesscoalition.org)

(334) 293-6502

[thewellnesscoalition.org](https://www.thewellnesscoalition.org)



UPCOMING EVENTS

FEB
22

Chronic Disease Self- Management Support Program

10am – 12pm

Bethel Missionary Baptist Church
802 Bethel St., Tuskegee AL, 36083

Learn how to manage chronic health issues like diabetes, high blood pressure, arthritis, and more. This is a **FREE** 6-week program. The last day to enroll is February 29.

CALL (334) 293-6502 TO REGISTER

FEB
♥

February is American Heart Month!

Heart disease is the leading cause of death for women. This Heart Month, the CDC Division for Heart Disease and Stroke Prevention is encouraging women to listen to their hearts and speak up for their health.

CLICK TO GET FREE RESOURCES

Program Updates

Engagement Activities & Accomplishments

Since our previous issue, The Wellness Coalition successfully:

- Developed a health ministries guide to assist churches with implementing wellness programs
- Created a new web page to educate and inform adults about [vaccination timelines](#)
- Launched a new web page for our [Medicare Diabetes Prevention Program](#)
- Created breastfeeding policies for worksites, churches, and clinics, as well as a vaccination policy for healthcare providers
- Surveyed Autaugaville Park to potentially establish or enhance access to physical activity for local residents



Recent Updates & Announcements from CDC

Upcoming Webinar: Advancing Trails to Support Multimodal Networks and Resilient Infrastructure

Wednesday, February 28, 2024 • 12:00–1:30pm • [Register here](#)

A 2022 info brief from the Pedestrian and Bicycle Information Center (PBIC) documented numerous benefits of connected trail networks and presented strategies for planning and developing trail networks that prioritize health, equity, and climate resilience. The recent Federal Highway Administration (FHWA) Trails as Resilient Infrastructure Guidebook addresses the relationship between trails, climate change, and emergency response. During this webinar, panelists who developed these resources will share the latest research on the role that trails play in multimodal transportation systems.

Upcoming Webinar: Seeking Health Equity: Understanding and Taking Actions on the Root Causes of Health Disparities

Thursday, March 14, 2024 • 7:45 – 11am • [Register here](#)

This workshop is designed to help public health professionals better understand these determinants of health so that they may best serve their communities. Participants will be asked to reflect honestly upon their workplace practices focusing on how such practices may potentially exacerbate health inequity. Participants will further be asked to work with the trainer to identify areas for growth within their work environments.

Nutrition Tips

Diabetes and Embracing Cultural Foods

If you have diabetes, you've probably been told how important healthy eating is for managing your blood sugar. There are several myths about cultural foods—that they're all unhealthy and shouldn't be part of your diet. But many traditional ingredients have always been healthy and versatile. For example:

- **Leafy greens** are traditional to African American dishes, also called "soul food." Collard greens, mustard greens, kale, and spinach (known collectively as "greens"), when part of a healthy diet, can help manage your blood sugar.
- **Quinoa** is a popular "health food." But did you know that quinoa is a major food staple in Latin America? Traditional Latin American dishes often use ancient grains like quinoa. It's a great source of fiber and has many health benefits, especially for people with diabetes.
- **Legumes** like beans, peas, and lentils are an important part of healthy eating and commonly found in world cuisines. Lima and navy beans are often found in African American dishes, pinto and black beans in Hispanic and Latin dishes, and lentils and chickpeas in traditional Indian meals. Legumes provide protein and fiber, and they are low in fat, which can help you lower your cholesterol, manage your blood sugar, and maintain a healthy gut.

Healthy eating can be about making the foods you love and grew up with fit your needs and health goals. For example, say your favorite dish is arroz con pollo (chicken and rice). You can use skinless chicken breast, which is lower in fat than other parts of the chicken, like the thigh. Or swap out white rice for brown rice or cauliflower rice. These can be healthier options while maintaining the spices and flavors of the original dish.



Here are a few more examples for making your favorite dish diabetes-friendly:

Smothered Greens

You can swap out high-sodium, high-fat meats with smoked, skinless turkey breast. This way you keep the flavor but reduce the fat and sodium.

Potato Curry

Instead of using potatoes in this classic Indian dish, you can swap out potatoes with lentils and cauliflower. Lentils are a healthier starchy vegetable and cauliflower gives the dish a nice texture.

Fajita Tacos

Replace beef fajitas with shrimp or chicken, or skip the meat for a vegetarian taco. You can also use corn tortillas instead of flour. Corn tortillas tend to be lower in calories and carbs and are higher in fiber.

Learn more tips like these in our Diabetes Self-Management Program or our Diabetes Prevention Program. Call (334) 293-6502 to learn more or make a referral.

Need Vaccine Records
for Your School, Work,
or Doctor?

Getting Your Vaccination Records is as Simple as 1-2-3!

1 Visit your county
health department

2 Provide your name
and birthday

3 Receive your results at
no cost to you

What's included:

- ✓ All vaccines you've received
- ✓ Vaccines you currently need
- ✓ Vaccines you'll need in the future



Say Goodbye to the ER Find a Medical Home

The Wellness Coalition can help you find a doctor and link you with medications and other services you need to manage a chronic disease. A “Medical Home” is a clinic with a doctor who can provide medical care for you and your family for life. Medical Homes provide:

- **Planning and Support.** Your doctor will help you follow a care plan made just for you.
- **Medicine Safety.** Your doctor will help you understand and monitor your medicines.
- **Mutual Respect.** You will have an equal say and make decisions about your own health.

You may qualify for access to medical homes and other healthcare resources if you have little or no health insurance, use the ER for everyday needs, or have one or more chronic conditions, including (but not limited to) arthritis, diabetes, heart disease, lung disease, mental illness, and obesity. We can also help you get medications, set wellness goals and help you work to reach them with our Wellness Case Management program.

To get started:

1. [Click here](#) to access our Request for Services form.
2. Fill out the form and click “submit.”
3. One of our Wellness Navigators will call to help you.

You can also call us at (334) 293-6502 for live support.

AGENCY RESOURCES:

[Physical Activity at Your Level](#)
[Nutrition Tips and Tricks](#)

[Breastfeeding Support](#)
[Adult Vaccination](#)



**CLASSES
START
2/22!**

LIVING WITH A CHRONIC CONDITION?

Get FREE Support!

Our Chronic Disease Self-Management Support Program will teach you how to manage chronic health issues like diabetes, hypertension, and arthritis. You'll also learn about:

- Healthy eating
- Safe physical activities
- Proper medication usage
- Communicating with your doctor
- Dealing with difficult emotions
- And more!

Friday, February 22
10-11AM

Bethel Missionary Baptist Church
802 Bethel Street
Tuskegee, AL 36083

This is a FREE 6-week program.
The last day to enroll is March 7.

**To sign up, call Martine Rocker
at (334) 293-6502.**



YOU Deserve to Thrive.

Join us for a virtual community meeting to learn how our diabetes prevention program can support you!

With our **Change Your Lifestyle. Change Your Life.** program, you'll get a coach and support system for a year in 24 one-hour sessions to help you meet your wellness goals. Join us for a free virtual community meeting to meet your coach and learn more about the program.

**Tuesday, Feb. 27, March 5,
or March 12 at 10AM**

Online Classes with Tiffany

Register for the virtual community meeting at:
bit.ly/TWCMARCH2024.

Questions? Call (334) 293-6502.

Take a 1-minute quiz to
see if the program is
right for you:
bit.ly/CYL2TWC



SCAN ME



The Wellness Coalition



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