

Taking Care of God's temple

Taking care of our bodies which are God's temple requires that we eat right and perform physical activity daily. In this session, we learn about both components and their specific effect on one type of chronic disease- **Type 2 Diabetes Mellitus**. Secondly, we consider some of the medicinal/healthful benefits of foods.

Type 2 Diabetes Mellitus

Type 2 Diabetes Mellitus occurs when persons have high levels of blood sugar/glucose in their blood because the body's is not able to use insulin adequately. The main causes of this disease are overweight/obesity and not being physically active. Adults with diabetes are three times more likely to have heart attacks and strokes than those who do not. Diabetes can also lead to **1.** foot ulcers which if not treated properly can lead to limb amputation; **2.** blindness due to damage to the blood vessels on the retina at the back of the eye; **3.** kidney failure with need for dialysis.

In patients living with diabetes, control of blood pressure and cholesterol is the most important thing to do to prevent early death from heart disease, stroke.

TIPS FOR CONTROLLING BLOOD PRESSURE

1. Take medication daily as prescribed by the doctor
2. Eat a low sodium diet

3. Get daily physical activity (at least 30 minutes per day)
4. Maintain a healthy weight
5. Maintain a low (or no) alcohol intake
6. Quit smoking

TIPS FOR CONTROLLING BLOOD SUGAR

1. Maintain a healthy body weight
2. Be physically active: at least 30 minutes of activity for at least five days per week
3. Avoid sugars and saturated (bad) fats
4. Avoid smoking tobacco
5. Get diagnosed early. Attend your doctor or other health care professional to get tested.
6. Use your medications as prescribed

Foods as medicines

While foods are very beneficial they should never replace the medication given to you by your doctor for a particular disease. Here are some beneficial effects of foods:

1. Vegetables, fruits, nuts and grains tend to be high in ANTIOXIDANTS. Antioxidants protect our cells from damage and are useful in fighting against cancer and heart disease.

1. Ground provisions like yams, cassava, sweet potatoes and dasheen are high in fiber and are packed with nutrients¹.
 - a. **Yams** are filled with potassium which helps regulate blood pressure and blood sugar.
 - b. **Cassava** is filled with iron which boosts your haemoglobin and filled with niacin (Vitamin B3) which reduces your risk of heart disease.
 - c. **Sweet potatoes** are a super food- rich in fibre, iron, calcium, selenium, and vitamins B and C. Also, it's rich in the antioxidant, beta-carotene.
 - d. **Dasheens** contain vitamins A,C and E which are good for your eyes and maintain skin health.

3. Many spices like **turmeric, ginger, cinnamon**, and other spices are packed with beneficial plant compounds. Turmeric may reduce inflammation and be helpful in conditions like arthritis. Ginger helps to reduce nausea especially that associated with pregnancy. Cinnamon is thought to be beneficial for the aging brain, helps control blood sugar and blood pressure. Cinnamon bark contains cinnamaldehyde which is thought to have anti-viral and anti-bacterial properties².

WARNING

Beware of manufacturers who use foods to make false claims about their products. Foods will not cure cancer, hypertension,

type 2 diabetes or any other chronic disease. They can help control these conditions along with the medications prescribed by your doctor.

Find out more about these effects by clicking on the link



Healthline

Physical activity

Adding physical activity to healthy eating increases your chance of living a healthier quality of life. Ministry of Health in Jamaica promotes exercise and physical activity through programmes like **Jamaica Moves!**

TIPS FOR INCREASING PHYSICAL ACTIVITY

1. Do something that you enjoy.
2. Incorporate aerobic, strength-training and flexibility exercises.
3. Adults: Do at least 30 minutes of moderate to vigorous physical activity 5 days per week.
4. Children: 3-5 years: At least 60 minutes of structured physical activity and several hours of free play.
5. Children: 6-17 years: At least 30 minutes of moderate to vigorous physical activity 5 days per week.

ACTIVITY ONE**Eating right on a budget**

Even though it is important to eat the right foods, some have noted that it can be costly. In this activity, compare the costs of buying healthy

versus unhealthy foods. For the list of items below indicate the cost and the distance you have to travel from your home to obtain them.

¹ <https://www.findyello.com/tip/grenada/here-are-the-health-benefits-of-four-of-your-favourite-ground-provisions/>

² <https://www.bbcgoodfood.com/howto/guide/health-benefits-cinnamon>

FOOD ITEM	COST	AVAILABLE AT LOCAL TUCK SHOP OR SUPERMARKET	FOOD ITEM	COST	AVAILABLE AT LOCAL TUCK SHOP OR SUPERMARKET
Rice			French Fries		
Kidney beans			Potato Chips		
Carrots			Hamburgers		
Callaloo			Hot Dogs		
Sweet potatoes			1 Whole Chicken (uncooked)		
Irish potatoes			Fried Chicken for family of 4 (fast food)		
Ackee			Pizza (fast food)		
2 litres water			2 Litres of Soda		

ACTIVITY TWO | A

Physical activity brainstorm

Let's do a brainstorm. Physical activity is very beneficial but many of us do not do enough. Let us consider together, what are some of the barriers to physical activity?

The purpose of a brainstorm is to creatively share our thoughts and solutions as we help each other make small steps to a healthy lifestyle. To do this, we [follow these guidelines](#)³:

- i. Share as many ideas as possible during a set time.
- ii. Build on the ideas of others.
- iii. Encourage all ideas but stay focused on the topic.
- iv. Avoid judgment of ideas that are shared. No commenting during the brainstorm – no negative or positive comments. No laughing at or degrading others' ideas.
- v. No questions until after the brainstorm.
- vi. After the brainstorm allow persons to ask questions and seek clarifications if necessary.

ACTIVITY TWO | B

Problem-Solving after the brainstorm

We discussed barriers to physical activity, so let us do an exercise where we choose two of the barriers listed above and provide at least four solutions for each of them. Persons within the group who are

experiencing one of these barriers can indicate which solution will work best for them and on a scale of 1 to 10 how much confidence they have in being able to use the solution to overcome the barrier.

ACTIVITY THREE

Increasing physical activity

Discuss some of the ways that communities of faith can provide support

for each member of the community who wishes to make lasting lifestyle changes.

³ <https://www.cec.health.nsw.gov.au/CEC-Academy/quality-improvement-tools/brainstorming>