



## Take a NOURISH Step!

HAPPY  
*Holidays!*

### December: Diabetes Made Doable - Evidence Based Classes

#### Did you Know?

Participants in DPP Class reduce diabetes risk by up to 58%.

#### Healthy Living with Diabetes

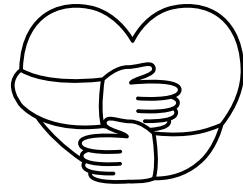
Healthy living with diabetes is an evidence based program that meets for 6 weeks for 2 ½ hours per week. Each week, the program explores topics including mental, physical, and emotional well-being, social support, and skills for managing diabetes.

#### Vivir Saludable con Diabetes

Vivir Saludable con diabetes is also an evidence based program that follows the same 6-week programming as Healthy Living with Diabetes and is offered in Spanish.

#### Eligibility Criteria

You are eligible for the above programs if you have type 1 diabetes, type 2 diabetes, have prediabetes, or live with someone who has diabetes,



#### Eat Better, Move More, Prevent Diabetes

Eat Smart, Move More, Prevent Diabetes is a CDC recognized 12-month long diabetes prevention program intended to prevent or delay the development of type 2 diabetes. Key concepts in classes include planning, tracking, and living mindfully with diabetes.

#### Why evidence-based programs improve diabetes outcomes

- These programs help people with diabetes gain knowledge, skills, and personalized support for diabetes self-care.
- Adults who receive diabetes education follow more recommended preventive care practices.
- Those who received diabetes education were more likely to follow self-care practices such as...
  - Checking blood sugar daily
  - Getting regular physical activity
  - Checking for foot sores



#### Importance of Hydration

Staying hydrated improves focus, mood, and decision-making for self-care.

**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

For more information visit: [gwaar.org/nourishstep](http://gwaar.org/nourishstep)

GWAAR Nutrition Team Trinity Manzke & Molly Ross 12/2026

## Baked Apples & Squash



### Ingredients

- 1 cups winter squash cubes
- 1 cups apple cubes
- 1/2 Tablespoon vegetable oil
- 1/4 teaspoon cinnamon
- 1/2 Tablespoon sugar
- 1/4 teaspoon salt

### Directions

- Preheat oven to 425 degrees F.
- In a large bowl, combine all ingredients. Toss to coat evenly.
- Spread the mixture on a baking sheet.
- Bake for 20 to 30 minutes, or until squash is soft.
- Refrigerate leftovers within 2 hours.

Recipe & photo used with permission from foodhero.org

stay hydrated



## Hydration Tracker

**Directions:** Color in a water drop for each 8 oz glass you drink per day. Challenge yourself to complete the whole week!

**MONDAY**



**TUESDAY**



**WEDNESDAY**



**THURSDAY**



**FRIDAY**



**SATURDAY**



**SUNDAY**



<https://washington.ces.ncsu.edu/wp-content/uploads/2020/05/Daily-Water-Tracker.pdf?fwd=no>

Keep taking **NOURISH** Steps and learn more about evidence-based classes at:

- <https://wihealthyaging.org/programs/live-well-programs/hlwd/>
- <https://wihealthyaging.org/programs/live-well-programs/vivir/>
- <https://esmmpreventdiabetes.com/how-it-works/>

**If you want more pep, take a **NOURISH** Step!**  
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