



The DJJ Healthy Way

An exploration of health and wellness in and around our community.

November 2015

November is American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans have diabetes — that’s more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

If left uncontrolled, the risk for developing other chronic health conditions, such as blindness and kidney failure, increase dramatically. However, with proper management, diabetics can gain full control over their health. While diabetes cannot be completely cured, many diabetics can reduce their dependence on medication by exercising, losing weight, and eating a healthy diet.

Diabetes is genetic, so knowing your family history is very important. If you are aware of a family history of diabetes, maintaining a healthy lifestyles becomes vital to reduce your risk. Having a routine physical is an excellent way to stay ahead of a diagnosis of diabetes.

Both Lauren Gean and Stephanie Vera are registered dietitians. They are happy to help their DJJ family by answering nutrition related questions, including those about diabetes. Feel free to email them at laurengean@djj.state.ga.us or stephanievera@djj.state.ga.us.



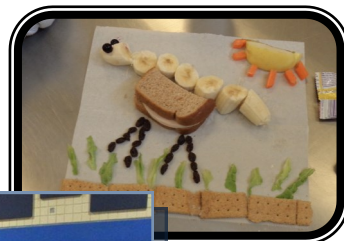
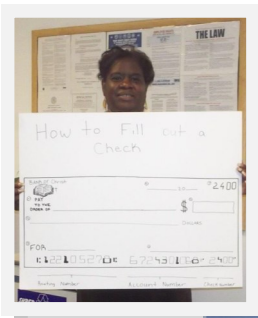
National School Lunch Week: **SNAPSHOT** of Health



This year, the DJJ participated statewide in National School Lunch Week’s theme: SNAPSHOT of Wellness. Each facility chose their creative interpretation of SNAPSHOT of Wellness by developing different events around physical, mental, economic, spiritual, and social health. At the DeKalb RYDC, the wellness committee planned a yoga session which gave youth a new way to help re-channel negative energy into positive thoughts. In addition, the Aaron Cohn RYDC gave the youth a snapshot of economic health by sharing information on understanding basic accounting skills including filling out personal bank checks.

As submissions of National School Lunch Week activities continue to roll in, we look forward to sharing the excellent services our facilities are providing to our youth.

We appreciate you!



Getting to Know Our Staff: **Lauren Gean**

Lauren Gean is the Food Service Administrator for the DJJ

I’ve been with the DJJ for: 2 years

My Hometown is: Benton, MO

My favorite part of my job is: Creating wellness initiatives for youth and hopefully for the staff in the future

My advice for my coworkers: Take a break and take a walk. It’s good for the mind and for the legs!

Interesting fact about me: I am obsessed with peanut butter!

Spotlight on Food Trends: But Can We Still Eat Bacon?



The media is buzzing about the newest information released from the World Health Organization: processed meats cause cancer and red meat probably causes cancer. For most of us, this leaves a mountain of questions and concerns. To add to the confusion, the media grabbed readers' attention with flashy scare-tactic headlines and oversimplified explanations. So, let's look at this a little closer at the facts:

The International Agency for Research on Cancer (IARC) met in Lyon, France, to evaluate the cancer risk of consuming red meat and processed meat. Red Meat is considered any muscle meat from a mammal—for example, beef, veal, pork, lamb, mutton, horse, or goat meat. Processed meat is considered meat that has been transformed through salting, curing, fermentation, smoking, or other processes to enhance flavor or improve preservation. Examples include bacon, ham, salami, hot dogs, luncheon meats, etc.

The IARC categorizes agents into multiple categories based on the likelihood of being carcinogenic, or cancer causing. An "agent" is anything being evaluated by the IARC for cancer risk. In this case, the "agent" is red and processed meats. Agents are placed into categories if they meet certain criteria. When an agent is placed into Group 1: Carcinogenic to Humans, it means that there is enough evidence to prove that the agent is capable of increasing the incidence of cancer in humans. Group 2: Probably/Possibly Carcinogenic, means that there is enough evidence that an agent causes cancer in studies using animals that have similar organ functions to humans, but that the link to humans isn't strong enough to be in Group 1.



The news released from the IARC and WHO stated that processed meats are Group 1: Carcinogenic to Humans, causing colorectal cancer and possibly stomach cancer. Most of us are familiar with other agents in the Group 1 category that cause cancer, such as tobacco, asbestos, and alcohol. Red meats are Group 2A: Probably Carcinogenic to Humans and are linked to colorectal cancer as well as pancreatic and prostate cancer.

It's important to remember: The IARC uses these categories to identify cancer causing and potentially cancer causing agents. They *do not* identify risk percentages. The evidence that processed meat causes cancer is as strong as the evidence that tobacco causes cancer, but the risk of tobacco causing cancer is much higher than processed meat. In statistics, the Cancer Research Center of the UK reports that 86% of lung cancers are caused by tobacco, while 21% of bowel cancers are caused by processed and red meats.



The advice remains the same. We have always known that red and processed meats are sources of unhealthy fat, and that processed meats are typically high in sodium and preservatives. We are now armed with more information to help us make small changes that can have a big impact over time. Eating a diet high in fresh fruits and vegetables, whole grains, and lean protein and dairy along side plenty of physical activity is still the standard advice for a healthy lifestyle.

Still have questions? The WHO posted a large Q&A at www.who.int/features/qa/cancer-red-meat/.

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