

CHALLENGE STARTS  
HERE



# SCAVENGER HUNT

We Challenge You...



CHRONIC DISEASE  
PREVENTION COUNCIL

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[www.ChronicDiseaseNM.org](http://www.ChronicDiseaseNM.org)





Join us in our ***Prevent Diabetes Scavenger Hunt*** and help manage prediabetes and prevent diabetes. This game challenges you to accumulate, without purchasing, a series of common and fun items! Everyone's a winner – you will receive a gift by returning the challenge with all the boxes marked.

**NOTE:** Even if you can't do all of them, do as many as you can! Everyone who participates wins a prize!

Go to [www.ChronicDiseaseNM.org](http://www.ChronicDiseaseNM.org)  
Click on the Prevent Diabetes tab

We have teamed up with our communities across the state to spotlight and bring attention to diabetes. This year's focus is on **prediabetes** and **preventing diabetes**.

Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. According to the CDC, more than 1 in 3 U.S. adults have prediabetes—that's 88 million people—but the majority of people don't know they have it.

The good news is that by making small healthy lifestyle changes, it is possible to prevent type 2 diabetes and even reverse your prediabetes.



# PREVENT DIABETES

# SCAVENGER HUNT



## CHALLENGE ONE

One of the biggest causes of diabetes is HIGH blood sugar, which causes frequent production of insulin and eventually leads to insensitivity or reduced production. Many of us eat sugar-heavy diets, which include things like candies, sugary drinks, and more.



## CHALLENGE TWO

Eating fruits instead of higher-calorie food may be useful in helping to lower calorie intake. Fruits provide nutrients vital for health and maintenance of your body, such as fiber, vitamin C, potassium, and folate.



## CHALLENGE THREE

Water boosts brain power and keeps you hydrated to improve your metabolism. The Institute of Medicine advocates for 13 cups of water a day for men and 9 cups for women.



## CHALLENGE FOUR

Regular exercise helps control weight, lower blood pressure, lower harmful cholesterol and triglycerides, raise healthy cholesterol, strengthen muscles and bones, reduce anxiety, and improve your general well-being.



# CHALLENGE

## ACTIVITY ONE

**Activity:** Take a photo of a food/drink that is high in sugar next to a food/drink that can be replaced with little/no sugar.



## ACTIVITY TWO

**Activity:** Take a photo of a tree that produces any type of fruit.



## ACTIVITY THREE

**Activity:** Take a photo of any type of water source.



## ACTIVITY FOUR

**Activity:** Take a photo of you doing any type of exercise activity.







## PREVENT DIABETES

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### CHALLENGE FIVE



Vegetables provide nutrients vital for health and maintenance of your body, such as vitamins A and C, fiber, folate, and potassium.

### CHALLENGE SIX



Your digestive system functions best when it is not overloaded with food. Managing portions will help to end cramping and bloating after eating. Overeating can lead to a blood sugar imbalance by overloading your body with glucose; which can eventually lead to insulin resistance. Examples of healthy portions sizes are [here](#).

### CHALLENGE SEVEN



Dietary fiber, also known as roughage, is the indigestible part of plant foods. Fiber has a host of health benefits, including reducing the risk of heart disease and type 2 diabetes. Fiber is mostly in vegetables, fruits, whole grains, and legumes.

### CHALLENGE EIGHT



To help lose and manage weight, your diet should include a variety of foods with unsaturated fats, sometimes called "good fats." Unsaturated fats — both monounsaturated and polyunsaturated fats — promote healthy blood cholesterol levels and good heart and vascular health.



# CHALLENGE

### ACTIVITY FIVE



**Activity:** Take a photo of a vegetable growing in a garden.

### ACTIVITY SIX



**Activity:** Using the chart, take a photo with a perfectly portioned meal according to the chart.

### ACTIVITY SEVEN



**Activity:** Take a photo of you eating a food that is high in fiber.

### ACTIVITY EIGHT



**Activity:** Take a photo of you eating a food that is considered "good fat."

# PREVENT DIABETES

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## CHALLENGE NINE

Carbohydrates raise blood glucose more than other foods, meaning the body must produce more insulin to digest them. Reducing carb intake can help stabilize blood glucose. Carbohydrates can be broken down into two categories: complex ("good") carbs, and simple or refined ("bad") carbs.



## CHALLENGE TEN

Processed meat is meat that has been preserved by curing, salting, smoking, drying or canning. Processed meat is generally considered unhealthy due to the many harmful chemicals that are not present in fresh meat.



## CHALLENGE ELEVEN

Vitamin D is responsible for increasing intestinal absorption of calcium, magnesium and phosphate and plays a vital role in your overall health. It's essential for bone density, building your immune system and regulating cell growth, among other key biologic functions.



## CHALLENGE TWELVE

Stress has countless terrible impacts on the body and is probably doing you more harm than you realize. Reducing stress will improve many aspects of your health but it may surprise you to learn that it can also reduce your chances of developing diabetes.



# CHALLENGE

## ACTIVITY NINE

**Activity:** Take a photo of you eating any food that is from the ("good") carb category.



## ACTIVITY TEN

**Activity:** Take a photo of a food that is considered processed meat next to a food that can be replaced with fresh meat.



## ACTIVITY ELEVEN

**Activity:** Take a photo of you eating a food that is high in vitamin D.



## ACTIVITY TWELVE

**Activity:** Take a photo of you doing any type of activity that helps you reduce stress.



# PREVENT DIABETES

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## CHALLENGE THIRTEEN



Sleep influences the immune system, memory consolidation, attention, hunger, mood, response time, and many other body functions. Without an adequate amount sleep, our minds and bodies are unable to perform at their peak.

## CHALLENGE FOURTEEN



Monitor your health and visit your doctor regularly. That means watching your blood sugar levels and it means regularly looking for signs of prediabetes or early indicators of diabetes.

## CHALLENGE FIFTEEN



Self-care is the individual practice of health management without the aid of a medical professional. We take care of ourselves by eating healthy, regularly exercising, getting enough sleep, managing our stress, going for regular check-ups, etc.



# CHALLENGE

## ACTIVITY THIRTEEN



**Activity:** Take a photo of you in the morning after getting an adequate amount of sleep.

## ACTIVITY FOURTEEN



**Activity:** Take a photo of your nearest hospital or preferred doctor's office.

## ACTIVITY FIFTEEN



**Activity:** Take a photo of you doing some self-care in any form. **Mental Self-Care Examples:** Practicing mindfulness, taking a break, playing video games, listening to music, reading a book, listening to a podcast, reflecting on things you are grateful for. **Spiritual/Social Self-Care Examples:** Praying, calling a friend, connecting with nature, or meditating.

Remember, you do not need to complete all of the challenges to receive your gift(s). Do what you are able to do and **SUBMIT** your completed form to:

Devona@ChronicDiseaseNM.org

For more info go to our website and click on the Prevent Diabetes tab: [www.ChronicDiseaseNM.org](http://www.ChronicDiseaseNM.org)