

# Diabetes Discourse

VOLUME 10, Issue 2

FEBRUARY, 2020

Quarterly Newsletter of the Bovell Cancer Diabetes Foundation (BCDF)

*This Newsletter is a Vital Resource for Diabetes & Cancer Prevention and for anyone Living with Diabetes/Cancer*

## Our Vision

- Enriching lives, one person at a time

## Our Mission

- To enrich the lives of people living with or at risk for cancer and diabetes by providing financial resources, support, preventive and management education.

## BCDF Activities Include:

- Modest grants to individuals/families affected by cancer or diabetes to enhance their quality of life
- Prevention and management education, and small-group workshops
- Advocacy and referrals to resources for individuals/families affected by cancer or diabetes
- Writing grant proposals and fundraising

BCDF relies on donations to carry out its mission. We are an incorporated, charitable Foundation in the Republic of Trinidad and Tobago. BCDF functions with volunteers only and no paid staff. To contact us with comments, questions or articles, phone 868) 667-2576 or e-mail: [adelia@bovellcancerdiabetesfoundation.org](mailto:adelia@bovellcancerdiabetesfoundation.org); <http://www.bovellcancerdiabetesfoundation.org>

*Disclaimer: This newsletter is meant to educate and inform. It is not to be used as medical advice. Please consult your doctor for medical advice.*

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## SUPPORT OUR 8<sup>TH</sup> ANNUAL ECO-FRIENDLY, BREAKFAST & DIABETES DIALOGUE MORNING 25/04/2020

***“Join BCDF in Thinking Green & Reducing Our Carbon Footprints”***

Have you ever counted how many plastic or Styrofoam boxes, bags, cups, glasses, forks, spoons you have used over the years? In 2019 BCDF introduced its green breakfast. This year, BCDF will go a bit greener because every little change has the potential to make a huge difference in the environment. Even though **greener is costlier**, we are not asking you to increase your contribution, **but please support us by buying at least one extra breakfast for someone who cannot afford to buy one.** Some ways in which we are serving a delicious, healthy, nutritious, traditional Tobago breakfast in a greener way. We will use:

- Materials that would not fill up our landfills
- NO plastics
- Locally grown, natural vegetables
- NO meat to reduce our carbon footprint on the environment
- Eco-friendly oils, low in saturated fats in our bakes and all foods

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## **PRIZE GIVING, APPRECIATION & POSTER EXPLOSION CEREMONY**

BCDF held its 3<sup>rd</sup> Annual Prize Giving, Appreciation & Poster Explosion Ceremony on Friday 17<sup>th</sup> January, 2020 at the Anne Gift Auditorium, Scarborough Library, Tobago. Our theme was *"Ingenuity & Benevolence"*. The air was filled with excitement, students, parents, teachers and guests awaited the results from the poster competition and video monologue contest. This year, the Auditorium had more than 100 invited students, teachers and guests. The programme is shown below.

### ***Programme***

**Theme: "Ingenuity and Benevolence"**

**10:00 – 10:05 a.m.**

**National Anthem**

**Prayer**

*(Mrs. Merle John, Retired Principal)*

**10:05 – 10:20 a.m.**

**Opening Remarks/Welcome**

*Mistress of Ceremony (Rosetta Bovell)*

*Our Report Card (Dr. Adelia Bovell-Benjamin)*

**Greetings**

*Village Councils (Lowlands, Mt. St. George,*

*Spring Garden, Whim and Union)*

*Trinidad & Tobago Federation of Women...*

*School Supervision, Division of Education,*

*Innovation & Energy (Invited)*

*Tobago Regional Health Authority (CEO)*

**Cultural Interlude**

**10:20 – 10:40 a.m.**

**Remarks**

*Ms. Kissanne Brathwaite*

*Corporate Communications Officer*

*Office of the Prime Minister Tobago Affairs-*

*CAST*

**Presentation of Prizes**

*(Video Monologue Contest)*

**Cultural Interlude**

**10:40 – 11:15 a.m.**

**Speaker**

*Tatil and Tatil Life (Brendan Gray, Manager)*

**Presentation of Prizes**

*(Drawing & Colourful)*

**Cultural Interlude**

**11:15 – 11:35 a.m.**

### **Speaker**

*Secretary in the Office of the Chief Secretary  
(Ms. Marisha Osmond)*

**Presentation of Prizes (Other)**

*(Most Innovative Depiction of the 2019  
World Diabetes Day theme *Diabetes:  
Protect Your Family*"/ Overall Winner)*

**Cultural Interlude**

**11:15 – 11:35 a.m.**

**Certificates of Appreciation**

*(Donors/Supporters)*

**Expression of Thanks (Adonia Bovell)**

**11:35 – 12:30 p.m.**

**Monologue & Musical Interlude**

*Poster Viewing and Refreshments*

### **From the Chair, BCDF**

*(Delivered at the Prize Giving..... Ceremony)*

A very warm welcome to you on the occasion of our 3<sup>rd</sup> Annual Prize Giving, Appreciation and Poster Explosion Ceremony hosted by the Bovell Cancer Diabetes Foundation (BCDF). Today, we celebrate the innovations of our young school children, and the benevolence of our donors/supporters. The diverse group of teachers, students, parents, members of the community, corporate representation, and the public sector is a clear indication that diabetes prevention and the welfare of BCDF mean a lot to you. Future generations will live in a world where diabetes is predicted to become a bigger challenge than it is today. With such a prediction, it is incumbent upon us as a Foundation to open up a new world to our children to reverse this trend – whether it is the thrill of competition or the pride in contributing to overcoming the challenge of the diabetes epidemic. For BCDF, there is no greater task than preparing our children to stamp out diabetes in our country. Diabetes prevention education needs to take place alongside mathematics and reading in the classroom. Today, we honour prize-winners from different age groups for achievements in three categories of art (drawing, colourful and other) and video monologues. Whether six, nine, 10 or 15 years or older, all the children have achieved in the sphere of uniqueness, and

understanding of the diabetes problem we face in our beautiful country – for this, we congratulate them heartily. Awards are a way to encourage good behavior, ingenuity and inculcate healthy, competitive spirit. Over the years, our poster competition and video monologue contest have been providing our school children with a healthy and fairly competitive environment for growth in all aspects of diabetes and cancer prevention. It also equips them to face the diabetes and cancer challenge as adults. We are very pleased to report that our children are responding well to this, as communicated by the humorous, but serious messages in their posters/monologues. The prizes today are not just for those children, who were exceptionally creative, but also to honour those who made the effort to participate, hence the prizes are few, but the winners are many (all those who participated). BCDF salutes the ingenuity, insight, dedication and hard work of all those who won prizes or submitted posters and monologues. Congratulations! Likewise, we applaud the hard work of the teachers, principals, parents, family and community members who assisted the children. Today, we also celebrate the benevolence of our donors/supporters. We believe that our supporters value our work and want to help us reverse the diabetes epidemic. Their support, whether monetary, time, talent or in-kind, are investments in the work they expect us to accomplish. Hence, we genuinely appreciate our donors and supporters. This year, we celebrate the benevolence of: Tatil & Tatil Life, Lesville Guesthouse, Atlantic LNG, Andy's Expert Tailoring Inc., Towers Consortium Consultancy Ltd., Division of Education, Innovation & Energy, Division of Health, Wellness & Family Development, Tobago Regional Health Authority, Charmaine John-Saunders, Joan Phillips-Pierre, Dr. Verleen Bobb-Lewis, Village Councils (Mt. St. George, John Dial, Spring Garden, Whim and Union, and Belle Garden), Radio Tambrin, Scarborough Library Administration, Mary Boucher-Hercules, North Regional SDA School,

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## 8<sup>TH</sup> ANNUAL BREAKFAST CONT'D

More details on what we will use:

Environmentally friendly, compostable, biodegradable, disposable napkins



Environmentally friendly, 100% compostable, PLA\* clear, degradable cold cups



Biodegradable, compostable, disposable, environmentally conscious, PLA-lined, hot cups



ECO-FRIENDLY - 100% natural, compostable and biodegradable disposable forks, knives and spoons



\***PLA** plastic or polylactic acid is a vegetable-based plastic material, which commonly uses cornstarch as a raw material.

It is very important that BCDF pay attention to thinking and acting green because of the relationship between climate change and diabetes.

### Diabetes & Climate Change

Researchers have reported that average global temperatures, and the rates of type 2 diabetes are linked. It was found that a 1.8°F (1°C) increase in temperature was linked to an increase of 0.3 cases of diabetes per 1,000 people. In the United States, that would be the equivalent of more than 100,000 new cases of type 2 diabetes each year, according to the study, published in the journal *BMJ Open Diabetes Research & Care*. **Climate change may be upping your risk of diabetes.** The heat keeps people from being active, they expend less calories, which can lead to more weight gain," a major risk factor for developing Type 2 diabetes. Also, people with diabetes often have kidney problems, which can be worsened by heat. Read more about this at:

[www.popsoci.com/diabetes-climate-change](http://www.popsoci.com/diabetes-climate-change) 

## HOW TO LOWER A1C LEVELS NATURALLY



Haemoglobin A1C, also known as glycosylated haemoglobin, HbA1c or just “A1C” plays a huge role in how your diabetes is managed. It is also used to diagnose diabetes and pre-diabetes. A1C is a blood test that provides information about your average blood sugar levels over the past three months. This number is used to gauge how things are going, and if and how to tweak your diabetes treatment plan. For most people who have diabetes, [an A1C of less than 7% is recommended.](#)

### Why lower your A1C?

A1C goals are not decided upon out of thin air. The targets are based on clinical research, as well as other factors, such as your age, your overall health and your risk of hypoglycemia. Landmark clinical trials, have correlated lowering A1C with a decrease in diabetes-related complications. So, for every one point that you lower your A1C, you will lower your complication risk as follows:

- Eye disease by 76%
- Nerve damage by 60%
- Heart attack or stroke by 57%
- Kidney disease by 50%

It is important to know that your A1C levels reflect an average of your blood sugar numbers. Your A1C levels might be 6.7%, but that may be because you are having a lot of low blood sugars, for example. For this reason, your A1C levels should be viewed as part of the picture, and not in isolation.

Your blood sugar readings, frequency of highs and lows, and quality of life need to be taken into consideration as part of your overall diabetes management plan.

### How long does it take to lower your A1C levels?

Unlike your blood sugars, which can go up or down in a matter of minutes, your A1C will take some time to change. Remember what your A1C measures: your average blood sugars over the past three months. The good news is that if your A1C is on the high side, say, 10% or higher, it will likely start to drop within two to three months (in other words, the higher it is, the faster it comes down). On the other hand, if your A1C is 7.5%, it may take a little longer to lower A1C levels.

### Ways to lower A1C levels

There are a number of ways to get your A1C down. Taking medication is one way (and the reality is that many people with diabetes need to take medication), but lifestyle measures are effective, too. Here is a rundown of what can work.

### Healthy eating

What and how much you eat factors in to your blood sugar control and, in turn, affects your A1C. There is so much controversy about the best “diet” for diabetes and there is no shortage of arguments on this topic. However, know that there is no one “diet” that will work for everyone, and despite popular belief, no one does not prescribe any one type of eating plan. In actuality, many different types of eating patterns can be beneficial. One of the best ways to figure this all out is to meet with a dietitian, preferably one who has experience in working with people who have diabetes. In the meantime, consider the following for lowering A1C levels:

#### 1. Come up with a plan

Getting into the habit of eating three meals a day, and possibly some snacks, is a great way to get started on controlling A1C levels. In addition, aiming to eat your meals at about the same times each day will make it easier to stabilize your blood sugars. Try not to skip meals or delay eating your meals as much as possible.



## 2. Be Carbohydrate (carbs) Choosey

Some will proclaim that carbohydrate foods are evil, and should be avoided as much as possible. The reality and research show otherwise. It is difficult for most people to cut out carbs and it is not the smartest thing to do from a nutrition standpoint, as carb foods can and do provide important nutrients that you would not get from eating just protein and fat. However, you do need to consider the types of carbs you eat. Refined carbs, such as white bread, white rice, chips, soda, cookies and other sweets have been stripped of their fibre and most of their vitamins and minerals; contain “empty” calories; and can cause “spikes” in blood sugars. Eating refined and processed carbs has been linked to an increase risk of diabetes, heart disease, inflammation, and obesity. The carbs to focus on are unrefined, meaning, they retain their fiber, vitamins, minerals and other plant compounds that promote health. These carbs include whole grains, whole fruits and vegetables and legumes (beans and peas).

## 3. Be carb Consistent

Along with eating healthy carb foods comes the concept of carb control for controlling A1C levels. Eating too much carb from any food source can mean higher blood sugars and a higher A1C. Aim to eat the same amount of carb at your meals and snacks each day. Many people count grams of carb and aim for a range at their meals, for example, 30–45 g per meal. Doing so helps you keep your blood sugars steady, whether you take diabetes medicine or not. Because people do need different amounts of carb, it is best to check with a dietitian as to what your carb goals should be.

## 4. Watch portions

Eating too much carb is one thing; eating too much protein or fat is another. Keep an eye on your portions of all of the foods that you eat, especially if you are trying to lose weight (losing weight, if you need to, can help lower your blood sugars and A1C). Using the plate method or sample menus are ways to help you get on track with an eating plan.

## Being active

We are all bombarded with messages to exercise or be physically active, and after a while, it is

easy to tune them out. But if your goal is to lower your A1C, it is time to pay attention. Yes, carb counting and losing weight help, but do not overlook the power of physical activity, too. Exercise provides numerous health benefits, including a lower risk of heart disease, weight loss, increased energy and a lower risk of depression and stress. Add lower blood sugars to the list.

## 5. Come up with a plan

If you have not been active for a while, you might be wondering how to get started. The first step is to think about what you might like to do. One of the best ways to get moving is to start walking. All you need is a good pair of sneakers. However, bicycling, swimming, using an exercise video or taking a Zumba class, for example, are all great ways to become active.

## 6. Commit to 150 minutes each week

One reason why people do not exercise is because they think they need to spend hours at the gym, huffing and puffing away. Not true. The goal is to aim for doing at least 150 minutes of physical activity each week, or 30 minutes, five days a week. And the good news is that you can break those 30 minutes into 10-minute segments, three times a day. If you have not been exercising, start slowly and build up, 5 minutes at a time. By the way, do not forget to check with your doctor before starting any new exercise program.

## 7. Combine cardio and resistance

Exercises that strengthen your heart and lungs and that use large muscle groups are often called aerobic or cardio exercises. These include walking, swimming and bicycling. Ideally, your exercise routine should also include resistance, or strengthening, exercises, such as using hand weights, resistance bands, calisthenics or weight machines. Both types of exercise work in different ways to promote health, but they both lower blood sugars and A1C.

*Taken from:*  
Campbell, M. 2019.  
<https://www.diabetesselfmanagement.com/blog/lowering-a1c-levels-naturally/>



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Miles Almandoz & Co. Ltd., Nestle Trinidad Ltd., Carol Baptiste, principals, teachers, doctors, nurses, nutritionists, Tobago Eye Clinic, our precious volunteers, children and attendees. Thanks for the very important role you play in our children's contribution to the fight against diabetes and BCDF's efforts to accomplish its mission. Your continued benevolence allows us to accomplish our mission and celebrate the ingenuity and achievements of our children. Enjoy the programme, and thank you so very much for being here. On behalf of BCDF, I would like to wish everyone a very productive 2020.

Thank you!

*Lema Bovell*

Chair, Bovell Cancer Diabetes Foundation 🌸



## **TATIL & TATIL LIFE CORNER**

TATIL/TATIL Life is committed to making a positive impact on Diabetes in T&T! In its effort to do so, TATIL/TATIL Life supports BCDF by providing financial and human resources. TATIL/TATIL Life was an integral part of our recently held Prize Giving, Appreciation & Poster Explosion Ceremony. At the Ceremony, TATIL/TATIL Life was awarded a Certificate of Appreciation for its benevolence to BCDF.



**Mr. Brendan Gray, hands over the Tatil/Tatil Life trophy for the most Innovative Poster, 2019 to Kerricia Hurst, Whim A.C.**



**Mr. Brendan Gray (Manager, Tobago - Tatil & Tatil Life) delivering his address at the Prizegiving Ceremony**



**Mr. Gray, hands out the Tatil prize for the most Innovative poster, depicting the World Diabetes Day theme.**



**Mr. Gray takes time out to have a 'pic op' with the winning school children and teacher (Whim A.C.)** 🌸

## RESULTS 2019

### Category: **DRAWING**

#### Age Group: 6-9 years

Winner	School
1. Kymarley Roberts	Scarborough Methodist
2. Kimora John	St. Nicholas Primary
3. Akinda Meade	Roxborough A. C.

#### Age Group: 10-15 years

Winner	School
1. Shemar Thomas	Bishop's High School
2. Jade Edwards	Mason Hall Gov't
3. Dimitri Ashby	Mason Hall Gov't

### Category: **COLOURFUL**

#### Age Group: 6-9 years

Winner	School
1. Kerricia Hurst	Whim A.C.
2. Kimaya Lewis	Parlatuvier A. C.
3. Jordyn Orr	St. Nicholas Primary

#### Age Group: 10-15 years

Winner	School
1. Jsanna Young	
2. Jaelle Young	
3. Niola Alleyne	Roxborough A.C.

### Category: **OTHER**

#### Age Group: 6-9 years

Winner	School
1. Christian Winchester	Parlatuvier A.C.
2. D'Andre Wallace	Plymouth A.C.
3. Amaya Allsop	Plymouth A.C.

### Merit

Khyz Ane Jack	Charlotteville SDA
Joshau Biggart	Signal Hall Gov't

### Overall Winner

**KARRICIA HURST** Whim A. C.

### Video Monologue Contest\*

Video Monologue Champion

**ARMANI ADAMS** – Queens Royal College  
2<sup>nd</sup> Place

Veedal Jared Dindial – Hillview College  
3<sup>rd</sup> Place

Jabari Daniel – Hillview College

*\*We will contact you if you were not at the Prize Giving Ceremony. Congratulations to all!*

## OUR PRIZE GIVING GALLERY



Our Talented Performers



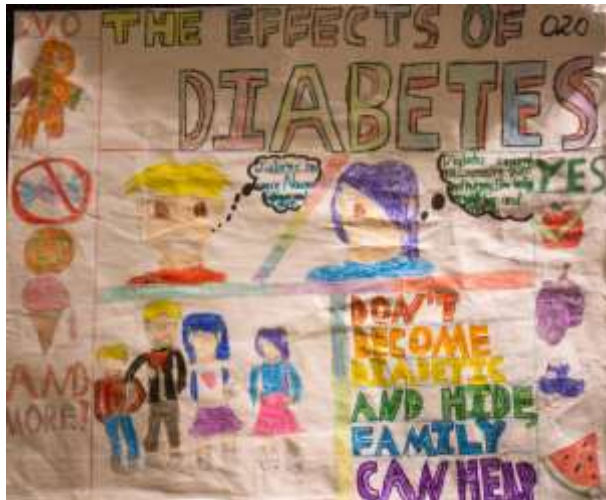
Our Precious Volunteer



Speaker, Marisha Osmond, Secretary in the Office of the Chief Secretary, Tobago House of Assembly



## OUR 2019 POSTER GALLERY



## OUR 2019 POSTER GALLERY



*Most Innovative Depiction of the 2019 World Diabetes Day Theme*



Thank you to the performances from: Parlatuvier A.C., Roxborough A.C., Plymouth A.C., and all those who helped to make this event the success it was. Thanks to all.



# BCDF 2019/20 RAINBOW CALENDAR OF EVENTS

November 2019– June 2020	<b>Complimentary Foot Care - “So in Love with my Feet” Project</b>
November 2019 – Oct. 2020	<b>Life for a Child Project</b> Patterned after the International Diabetes Federation's program, this project meets the immediate needs (testing strips, assistance and support for doctors' visits, monitoring and education) of a child with diabetes.
11 <sup>th</sup> November, 2019	<b>Cancer Education and Awareness Workshop</b>
14 <sup>th</sup> November, 2019	<b>Application for First Quarter Funding Deadline</b> Our mission is enriching lives of people living with cancer and diabetes by providing financial and educational resources
January, 2020 19 <sup>th</sup> January, 2020 February, 2020	<b>New round of “So in Love with my Feet” Project begins Prize Giving, Appreciation &amp; Poster Explosion Ceremony Diabetes Discourse</b> <i>Free Quarterly e-Newsletter of the Bovell Cancer Diabetes Foundation</i>
13 <sup>th</sup> April, 2020	<b>Application for Second Quarter Funding Deadline</b>
April, 2020 25 <sup>th</sup> April, 2020	<b>“So in Love with my Feet” Project Breakfast and Diabetes Awareness Dialogue Morning</b> Scarborough, Tobago, Donation: \$50, please support us
May, 2020	<b>Small Group Workshops</b> Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education. <b>“So in Love with my Feet” Project Diabetes Discourse</b> <i>Free Quarterly e-Newsletter of the Bovell Cancer Diabetes Foundation</i>
June, 2020	<b>Small Group Workshops</b> Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management <b>“So in Love with my Feet” Project</b>
20 <sup>th</sup> July, 2020	<b>Application for Third Quarter Funding Deadline “So in Love with my Feet” Project</b>
August, 2020	<b>Diabetes Discourse</b> <i>Free Quarterly e-Newsletter of the Bovell Cancer Diabetes Foundation</i> <b>“BCDF Retreat &amp; Program Planning</b>
October, 2020 19 <sup>th</sup> October, 2020	<b>Teachers’ Workshop Application for Fourth Quarter Funding Deadline</b>
October/November, 2020	<b>Primary School World Diabetes Day Poster Competition</b> Poster design is an expression of creativity and technical aptitude. BCDF presents its annual primary school poster competition for the occasion of World Diabetes Day 2020.
November, 2020 6 <sup>th</sup> November, 2020	<b>Diabetes Discourse 12<sup>th</sup> Annual Diabetes in the Limelight Jamboree</b> BCDF joins the World Diabetes Day campaign
9 <sup>th</sup> November, 2020	<b>Cancer Education and Awareness Workshop</b>
10 <sup>th</sup> November, 2020	<b>New round of “So in Love with my Feet” Project begins Children &amp; Teen Hangout</b>

## 8th Annual Breakfast & Diabetes Awareness Dialogue Morning



Breakfast with us in Scarborough, Tobago (Venue TBA). Come, see, EAT, shop at our rummage table and have fun while learning about DIABETES Prevention/Management

6:00 a.m. - 12:00 Noon  
SATURDAY 25<sup>th</sup> April, 2020

Breakfast items: Bakes, pancakes, buljol, black pudding, eggs, cheese, juices, cassava bread, chocolate 'tea'....



**Donation: \$50.00— Same \$\$, more food since 2014**

Help Us Stamp  
Out Diabetes



Visit our rummage  
table with EVERY-  
THING under the  
sun for rock  
bottom \$\$



Proceeds go to our Diabetes  
Education Programme

Bovell Cancer Diabetes  
Foundation (BCDF)



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