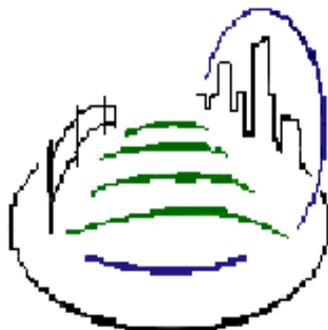


The Food and Nutrition Summer Institute

NEWSLETTER



Note from the Editor...

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This is the second issue of the Food and Nutrition Summer Institute Newsletter. Our aim is to provide food and nutrition information to the African American community. In recognition of all her hard work and willingness to get the job done whenever you call for help, we'd like to dedicate this issue to Annie Carr, Public Health Nutritionist, with the CDC National Center for Chronic Disease Prevention and Health Promotion. Annie is at home recuperating from surgery. Get well soon Annie!!

Because the newsletter is intended to serve as our quarterly communication tool between community, HBCUs, government partners and others, we need your input. Let us know what's happening at your school, with your business, or in your community. The deadline for submitting material for the next newsletter is January 20, 2000. In the meantime, enjoy this Fall issue and remember mark your calendar for the next Food and Nutrition Summer Institute, July 19-22, 2000. Happy holidays and welcome the new year and century in a safe, healthy, and nutritious way!!

— Ellen Harris —

Dietary Guidance and Healthy People Update

Providing guidance to people on what to eat and how much is not easy. Everyone has their favorite foods and sometimes those foods might not be the best for us. It's either too much, too greasy, too salty or too sweet. In some cases, we might not have the time, have to eat on the run, and grab the first food that's most convenient. At other times, the healthiest, freshest foods may not be available or too expensive to buy. And then there's back to personal choice and what we grew up with, what Moma cooked that tasted so good, what our health and cultural beliefs are, and what we know and do when it comes to eating.

In the African American community, the prevalence of chronic diseases (cardiovascular disease, diabetes, cancer and other diet-related conditions (overweight, hypertension) are too high. What we eat and how much we exercise can influence our health.

— Donna Forman, student, Univ. AK, Pine Bluff contributed to this article —

(Continued on page 3).



"Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree"
— Dr. Martin Luther King, Jr. —



Calendar & Events

International Food and Nutrition Conference: "Food for the New Millennium: Innovations in Nutrition, Food and Biotechnology"



October 8 – 10, 2000
Tuskegee University, Kellogg Conference Center, Tuskegee, AL (more info. to come)

Web Links



Government

Beltsville Human Ntr. Research Ctr., ARS, USDA
www.barc.usda.gov/bhnrc/

Ctr. for Food Safety & Applied Ntr, FDA, DHHS
<http://vm.cfsan.fda.gov/list.html>

Families, 4H & Nutrition, CREES, USDA
www.reeusda.gov/about/hobbs.htm

Food & Rural Economic Div., ERS, USDA
www.econ.ag.gov/

Natl. Ctr for Chronic Disease, CDC, DHHS
www.cdc.gov/nccdphp/

Special Ntr. Programs, FNS, USDA
www.fns1.usda.gov/fns/

HBCU's with Nutrition Programs

Alabama A&M University
<http://saes.aamu.edu/nutr.htm>

Oakwood College
www.oakwood.edu/fcs

Tuskegee University
<http://agriculture.tusk.edu>

Delaware State University
www.dsc.edu/agnrfcs.htm

Howard University
www.howard.edu/CollegeAlliedHealth/nutri.htm

Southern University
www.subr.edu/academic

Univ. MD at Eastern Shore
www.hawk.umes.edu/ecology

Alcorn State University
www.alcorn.edu/academic/academ/family

NC A&T University
www.ag.ncat.edu/academics/hefs/index.html

NC Central University
www.nccu.edu/artsci/artsci.html

Langston University
www.lunet.edu

SC State University
www.scsu.edu

TN State University
www.tnstate.edu/aghe

TX Southern University
www.tsu.edu/departments/human_services/index.html

Virginia State University
www.vsu.edu/ecology

Food, Facts, & Fun

Food . . . Thanks again to Jackie Keller at Baltimore City Cooperation Extension Office, for this recipe:

Green's N' Smoked Turkey Stir-Fry

1 pound boneless smoked turkey breast*
 cut into strips (trim all visible fat)
 1 tablespoon vinegar
 1 tablespoon reduced-sodium soy sauce
 1 teaspoon sesame oil
 1 clove garlic, minced
 1/2 teaspoon ground ginger
 2 tablespoons olive oil
 1/2 pound shredded cabbage
 1/2 pound shredded collards
 1 medium carrot, diagonally cut
 1 medium onion, sliced
 Optional: crushed red peppers

Blend vinegar, soy sauce, oil, garlic and ginger in shallow dish. Add turkey; marinate 10 minutes. Add oil to skillet.

Heat skillet over medium-high heat until hot. Add turkey; stir-fry 3 minutes. Stir vegetables into mixture. Cover; cook 5 minutes or until vegetables are crisp-tender. Serving: 8.

Serving Suggestion: serve over cooked rice

* Smoked turkey breast can be substituted with chicken, smoked fish (cod, halibut) or pork.



Fact . . . Dr. Yvonne Bronner has accepted the position of Director of the newly formed Doctor of Public Health Program at Morgan State University. This is the only graduate public health program located in a Historically Black College or University. Her new address is Dr. Yvonne Bronner, Director-MPH/DrPH Program, Morgan State University, Jenkins Hall – Room 241, 1700 East Cold Spring Lane, Baltimore, MD 21251.

Fact . . . Dr. Ivis T. Forrester-Anderson recently joined the faculty at Morgan State University in Baltimore, Maryland, as the Director of the Didactic Program in Dietetics. She previously served as Director of the Dietetic Program at Alcorn State. Dr. Forrester is a graduate of Tuskegee University, and received her Ph.D. in human nutrition from the University of Missouri-Columbia, Columbia, Missouri. Her areas of research include maternal child nutrition, prostate cancer, epidemiological studies, health education

and value added product development. Dr. Forrester is the recipient of grant awards from several agencies including the USDA, the Health Care Finance Administration, DHHS and the Kellogg's Foundation. She is a member of several professional organizations and currently serves as the Secretary of the National Health Care Services Research Network.

Fact . . . We heard from Amanda Hite, R.D., who is a health promotion manager with the South Carolina Waccamaw Public Health District. She saw a copy of our newsletter and wants her community to get involved with the Summer Institute. We need more Ms. Hite's to get involved.

Fact . . . ADA awarded 11 continuing education hours to 19 dietitians that attended the 1999 Summer Institute.

Fun . . . Meeting new people around the country through The Food and Nutrition Summer Institute Newsletter.



Dietary Guidance... (cont. from pg.1)

According to CDC www.cdc.gov/nccdphp/index.htm, improving the American diet could extend productive life span and reduce the occurrence of chronic diseases, including cardiovascular disease, cancer, and diabetes: 30%-40% of coronary heart disease deaths are attributed to obesity and high blood cholesterol; poor dietary and physical activity patterns are associated with 300,000 deaths each year, second only to tobacco; one third of adult Americans are overweight, and one half have cholesterol levels above the desired 200 mg/dL level; 35% of all cancer deaths are attributed to dietary risk factors.

Chronic disease has an excessive impact on African Americans: The prevalence of diabetes among African Americans is about 70% higher than among white Americans; the 5-year survival rate for cancer

among African Americans diagnosed for 1986-1992 was about 44%, compared with 59% for white Americans. A considerable part of this difference in survival can be attributed to late diagnosis; physical inactivity is more prevalent among

African Americans and Hispanic

Americans than among white Americans; and more than half of all deaths from cardiovascular disease each year occur among women.

Two ways of guiding people to eat a healthy diet are the U.S. Dietary Guidelines for Americans and the Food Guide Pyramid. The Dietary Guidelines form the basis for Federal nutrition policy and nutrition education activities, are released every 5 years, and are published jointly by the Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (DHHS).

The 1995 Dietary Guidelines are:

Eat a variety of foods; balance the food you eat with physical activity – maintain or improve your weight; choose a diet with plenty of grain products, vegetables, and fruits; choose a diet low in fat, saturated fat, and cholesterol; choose a diet moderate in sugar; choose a diet moderate in salt and sodium; and if you drink alcoholic beverages, do so in moderation.

An 11-member committee was appointed by the Secretaries of USDA and DHHS in the summer of 1998. The only African American member of the committee is Dr. Shiriki Kumanyika, Dean for Health Promotion & Disease Prevention, University of PA School of Medicine in Philadelphia. The committee is reviewing the 1995 edition of *Nutrition and Your Health: Dietary Guidelines for Americans* and will determine, based on current scientific and medical knowledge, whether revision is necessary for the year 2000 edition. If so, the Committee will develop recommendations and report back to the Secretaries of USDA and DHHS.

There have been 3 public meetings. The last one was held September 7-9, 1999 in Washington, DC. Some of the topics being considered by the Committee are relationships between foods or nutrients and

health; use of the Food Guide Pyramid and the food label; separation of grains from fruits and vegetables; definition of healthy weight and weight goals; emphasis on physical activity; information on portion sizes; definitions of types of carbohydrates; emphasis on saturated fat, *trans*-fat, cholesterol, and total fat; role of iodized salt; relationships between added sugars and intakes of essential nutrients; guidance on safe handling of foods from market to the table; alcohol and health; the definition and coverage of dietary supplements; and a tiered approach to presenting the guidelines. For more information, visit the web, <http://www.ars.usda.gov/dgac/>.

Another form of dietary guidance is the **Food Guide Pyramid**. The Pyramid highlights what you should eat each day. It encourages eating a variety of foods to get the nutrients and the right amount of calories to maintain or improve your weight.

This past summer, DHHS Secretary Donna E. Shalala released the report, "**Healthy People 2000 Review, 1998-99.**" Healthy People 2000 defines the nation's health agenda for the current decade through

more than 300 objectives in disease prevention and health promotion. Only 15 percent of the objectives have met their targets, in many areas such as nutrition, maternal and child health, heart disease, and mental health. Targets to reduce outbreaks of waterborne diseases and food borne infections, and oral and breast cancer deaths were also met. An additional 44 percent of the objectives are progressing on schedule towards the target, including child immunizations, breast feeding, regular dental visits, mammog-

raphy screening, and consumption of five fruits and vegetables a day. Some objectives, such as the reduction in infant mortality, are almost on target.

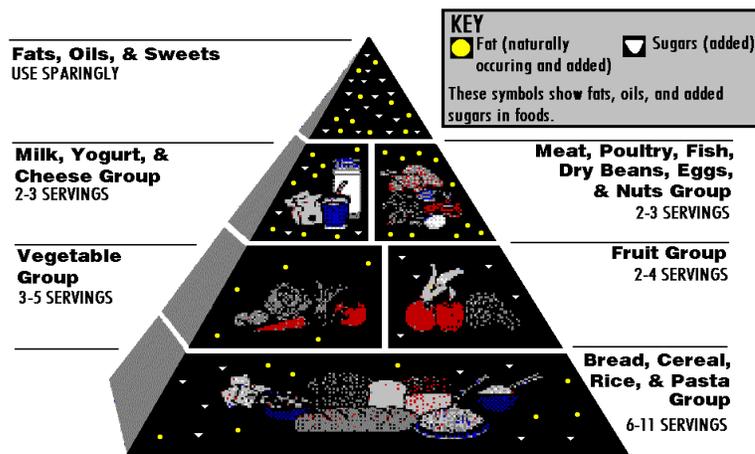
However, the report also pointed out that a fifth of the Healthy People objectives are moving in a negative direction. Some key objectives, such as reducing the number of overweight individuals and increasing physical activity, have either moved in the wrong direction or improved little. Lastly, 6 percent of the objectives showed mixed results, 3 percent had no change, and 11 percent of the objectives lack sufficient data to assess progress.

The report was prepared by the National Center for Health Statistics, Centers for Disease Control and Prevention. More information on the results in each objective area, data by states, and copies of the progress review can be viewed or downloaded from <http://www.cdc.gov/nchs>.

For more information on the new **Healthy People 2010 Initiative** for the first decade of the new century, go to <http://web.health.gov/healthypeople>. There are now more than 550 objectives. Public comments have been reviewed. Draft chapters were submitted last April 1999. The final proofs were expected October 15 and the public release is planned for January 2000.

Food Guide Pyramid

A Guide to Daily Food Choices

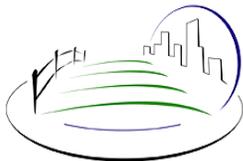


WANT TO KNOW A HERO!!!

The first Unsung Hero was honored at the 1999 Summer Institute. The purpose of the award is to recognize the valuable and often unrecognized contributions made in the field of food, nutrition and dietetics by the many men and women of African descent. Dr. Brenda McCoy, Chair, Dept. of Human Ecology at Langston University in Oklahoma saw the first newsletter and liked the idea of an Unsung Hero. She submitted an Unsung Hero for the Fall newsletter. In doing so, Dr. McCoy has inspired us to recognize unsung heroes throughout the year. We hope to have a nice group of nominees for the 2000 Summer Institute Unsung Hero Award.

For the Fall newsletter, please recognize Mrs. Ora M. Moten, whose knowledge, skills and her abilities have enabled her to provide technical and clinical assistance, and community service spanning over 35 years. She has provided many hours to consulting, administering and directing in numerous settings such as churches, other community-based agencies and organizations, nursing homes, hospitals, schools, universities and corporations. Mrs. Moten continues to provide her expertise in nutrition continually by volunteering her services to sororities, fraternities, clubs, March of Dimes and Food Stamp participants. Mrs. Moten's accomplishments/achievements are: pioneered the first and only chapter in the state of Oklahoma for NOBIDAN, which stands for the National Organization of Blacks in Dietetics and Nutrition; Community Service Award by Zeta Phi Beta Sorority, Inc.; 7 television appearances; 8 radio shows relating to Foods and Nutrition; served as Adjunct Instructor, Administrative Dietetic Internship, Oklahoma State Univ., Clinical Dietetics Department at Univ. of Oklahoma Health Sciences Center, and Univ. of Central Oklahoma; currently, continues to teach full time at Langston Univ., while she continues to serve as a consultant for a number of nursing homes in Oklahoma City; and developed a nutrition education program for heart disease prevention which can be used for high schools and/or lay groups.

Mrs. Moten attended and received a bachelor's degree from Tuskegee Univ. in 1962 and a MPH in Public Health Administration from the Univ. of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma. She has been a Registered Nutritionist/



THE Food & Nutrition
SUMMER INSTITUTE

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