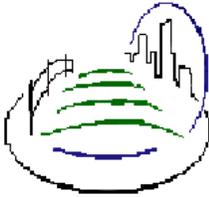


The Food and Nutrition Summer Institute

NEWSLETTER



Who Needs Another Newsletter?

Inside this issue:

[Food, Facts, & Fun](#)

[RollCall](#)

[Nutrition Research and
Education Challenges for
the African American](#)

[Want to Know a Hero?](#)

Calendar & Events

American Dietetic Association Annual Meeting

National Organization of Blacks in Dietetics and Nutrition Annual Meeting

October 18-21, 1999
Atlanta, Georgia



African Americans are eating themselves into bad health!

On July 21-24 in Baltimore, MD a few concerned nutrition leaders in the African American community joined forces to face this critical health challenge in their communities. The Food and Nutrition Summer Institute Newsletter is just one of the communication tools they designed to meet the information needs of our communities. The purpose of the 1999 Summer Institute was to serve as an innovative forum for educational advancement, leadership development, information sharing and technical assistance to food and nutrition programs at Historically Black Colleges and Universities (HBCUs) and related organizations. Ultimately, the goal of the annual Summer Institute is to identify strategies, which promote nutrition and increase the prevalence of healthy weight and physical activity within the

African American community. To prepare participants to meet the challenges of Healthy People 2010, this first Institute emphasized the use of technology to conduct community intervention research; deliver community based education, and develop a community nutrition newsletter. About 50 representatives from 12 HBCUs, government agencies, and community organizations participated in the 1999 Food and Nutrition Summer Institute. This quarterly newsletter will provide specialized information for the African American community on nutrition and health. Participating HBCUs will use this prototype newsletter as a consistent source of relevant information to develop similar newsletters for their communities. For more information on the Food and Nutrition Summer Institute visit the web site: www.nal.usda.gov/fnsi.

Congressional Black Caucus, 100 Black Men/USDA/HHS/CDC Join Forces to Address Childhood Obesity.....

The National Black Caucus will address Childhood Obesity, Nutrition and Physical Activity on September 17, 1999 in Washington, DC. An invitational briefing will occur on Friday morning from 8 - 10 a.m. An open forum for the community will follow from 10 - noon. This session will address the issues of obesity in the community.



USDA Under Secretary Shirley Watkins visits with Summer Institute group.

Roll Call



1999 Summer Institute
Participants:

1. Alabama A&M University, Alabama Cooperative Extension System
2. Alcorn State University, Dept. of Family and Consumer Science
3. Baltimore City Community College, Dietetic Technology Program
4. Columbia School of Public Health
5. Howard University, Dept. of Nutritional Sciences
6. John Hopkins University, School of Hygiene & Public Health, MCH
7. Langston University, Dept. of Human Ecology
8. Morgan State University, Dept. of Family & Consumer Sciences
9. North Carolina A&T State University, Dept. of Human Environment and Family Science
10. North Carolina A&T State University, Project PEARL
11. North Carolina Central University, Dept. of Human Sciences
12. Prairie View A&M University, Dept. of Human Sciences
13. South Carolina State University, Cooperative Extension Service
14. South Carolina State University, Family & Consumer Sciences
15. Southern University, Family and Consumer Science
16. Southern University, Cooperative Extension Service
17. Southern University, Dept. of Human Nutrition & Food
18. Tuskegee University, Dept. of Food and Nutrition Sciences
19. University of Arkansas-Pine Bluff, Dept. of Human Sciences
20. University of Maryland, MD Cooperative Extension
21. University of Maryland at Eastern Shore, Dept. of Human Ecology
22. U.S. Department of Agriculture
23. Department of Health and Human Services
24. Natl. Cancer Institute National Black Leadership on Cancer (DC) Metro Chapter

Food, Facts, & Fun

Food . . . Baltimore is famous for crab cakes. Thanks to the Baltimore City Cooperative Extension Office, try a tasty, inexpensive, nutritious substitute:

Zucchini Crab Cake

2 ½ cups zucchini, grated
1 egg, slightly beaten
2 tablespoons melted butter
1 cup bread crumbs, seasoned
2 teaspoons onion, minced fine
3 teaspoons Old Bay seasoning
3-4 tablespoons flour or cracker crumbs

Combine zucchini, egg and melted butter in mixing bowl. Add seasoned bread crumbs, minced onion and Old Bay seasoning. Mix well. Shape into patties. Roll patties in flour or cracker crumbs. Heat oil in frying pan. Fry to a golden brown on all sides. Drain to absorb oil on paper.



Fact . . . July 22, Summer Institute participants heard a panel of Congressional Black Caucus members and their perspectives on why understanding nutrition policy is important. Eleanor Holmes Norton (DC Delegate) welcomed the group. Representatives Sanford D. Bishop (GA), Julia Carson (IN), James Clyburn (SC), Sheila Jackson-Lee (TX), and Delegate Donna Christian-Christensen (VI) spoke as panelists.

Fact . . . July 23, Panel on "Linking Nutrition to the African American Community" part of Summer Institute visit to Pleasant View Gardens Community Center in Baltimore. Sheila Dixon (Baltimore City Council Member) spoke about the city's Food Safety Initiative. Jerry Lymus (President, Justin Development Group, Inc.) described "50 Churches, 50 Corners," his economic development project that includes building church-owned food service establishments (family restaurants, commercial kitchens, day care centers) and how HBCUs should get involved. Vanessa Johnson (Employment Development Specialist, PA CE Program) described how

her program prepared public housing residents to take advantage of employment opportunities and, again, how the HBCUs could work with similar groups in their respective communities. Last, but not least, Rosalie Pack was introduced and recognized as the mother of 7 grown children and a local entrepreneur. A strong sense of social responsibility led Ms. Pack, a resident of Brooklyn Homes, to open a small store in the heart of the South Baltimore housing project to serve her fellow neighbors, who didn't have transportation to stores outside the community. She also cooks massive holiday dinners, delivers groceries to the homebound and runs a cake and catering service. Rosalie Pack serves as a prime example of a link between community and nutrition. Summer Institute participants were asked to look for their Ms. Packs back home.

Fun . . . Motivational Speaker, Bette McLeod, closed out the 1999 Summer Institute with renditions of Gladys Knight's "I Heard It Through the Grapevine" and Kirk Franklin's music, humor and poignant inspiration to connect with African American communities and work together on stressing the importance of nutrition and physical activity.

Nutrition Research and Education Challenges for the African American Community



The 1999 Summer Institute participants were divided into 3 mini-projects. One group developed the outline and wrote the articles for this **Community Nutrition Newsletter**. They worked with Microsoft Publisher 98 software and discussed how the newsletter would be published online, and as a hard copy on a quarterly basis.

The **Research Intervention** group discussed: Cardiovascular/Coronary Heart Disease, Diabetes, Parents and Eating Habits, Infant Mortality, Childhood Obesity, and Work-site Nutrition and Exercise for the Black Woman.

Several research approaches were discussed and refined in order to investigate the components necessary to address these major issues. Four issues are abstracted below:

Coronary Heart Disease

The subgroup identified this topic because CHD is the number one killer among all persons, consequently, blacks have the highest percentage of deaths from this condition, with diet as a major risk factor. The subgroup discussed a research intervention study which will be titled "Identifying Factors which Contribute to Sustaining Life-Style Changes for Decreasing the Prevalence of CHD in an At-Risk Population". For this study the hypothesis to be tested will be that behavior modification when internalized sustains long-term life-style changes. The study will involve utilization of survey/questionnaires/group interactions to identify key life-style risk behaviors in CHD population, and collaborations for this study will involve NY, DC, and Alabama. The results of the research will aid in developing models for change.

Childhood Obesity

Another research issue that was discussed was childhood obesity because current statistics indicate that childhood obesity is out-of-control, especially in the Black community. This condition, if continued, will lead to future adult obesity, which will increase other health complications and affect the quality of life. The subgroup discussed exploring the reasons for this dilemma in black children. Some of the areas to be explored include availability of food in the household, parents' nutrition knowledge, food intakes, anthropometric measurements and food habits. Outcomes of this study will provide data to plan culturally sensitive intervention programs. Collaboration for this study would include Southern University and Prairie View University.

Infant Mortality

This topic was selected because infant mortality and low birth weight are highest among the Black community. One area discussed to alleviate this major health concern is to improve pre-natal care utilization. A major challenge will be to provide better outreach so that individuals will be motivated to participate, even to the extent of providing home visits.

Work-site Nutrition/Exercise for the Black Woman

Current research indicates that there is a higher prevalence of obesity among Black

women which means they have the potential to develop major health complications. One way of addressing this issue is to challenge employers to provide work-site exercise and nutrition education programs. For the nutrition education component, computers will be utilized as a medium. For the exercise segment, employers will be challenged to provide flexible schedules which will be individualized.

A third group brainstormed on how to successfully develop a **Food Service Management Distant Learning Module** using compressed video. Baltimore City Community College, Liberty Heights Campus, hosted to group for one afternoon session, which included a live demonstration video conference connection with Marywood University. Key components explored by this group included:

- Substance - course content
- People - identify target audience
- Equipment - money needed to purchase
- Delivery mentors - for presenting the module
- Human touch - impact of reduced teacher contact
- Technical support - media, technology
- Evaluation of the training module
- Management within the classroom
- Designing the learning facility

*"Our children may learn about
heroes of the past. Our task is to
make ourselves architects of the
future."*

-Jomo Kenyatta

** Quote used to honor Summer
Institute Unsung Hero*

Want To Know A Hero!!!

The 1999 Food and Nutrition Summer Institute honored an Unsung Hero, Rubye Barnett Goode. 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. Criteria for selection:

- The nominee should have worked 20 or more years in the field of nutrition or dietetics
- Served as a public servant, academic, or advocate
- Worked in a clinical public health or community setting
- The nomination shall provide examples of exemplary food and nutrition experiences with students and/or the community
- The nomination shall describe any additional activities relevant to contributions to the field (active membership and/or office in professional or community organizations; scholarship, research, writing or community service).

Ms. Goode's knowledge, skills, and abilities have enabled her to provide technical assistance for licensing of daycare centers and Head Start Programs. She volunteers to train staff so they will meet their performance standards set by the federal government. She gives lectures to parents so they can improve not only their health but their children's health as well.

Rubye Barnett Goode's life philosophy includes helping people realize that good nutrition leads to good health which leads to a long and healthy life. With this belief she has initiated on-going nutrition training for pregnant teenagers and developed nutrition guidelines.

Ms. Goode attended and received a bachelor's degree from Tuskegee University and a masters degree from Columbia University Teacher's College. She is a Registered Nutritionist/Dietitian and currently a Supervising Nutritionist for the New York City Police Department Medical Division.

Do you know an Unsung Hero in your community?