



Northern California Indian Development Council, Inc. (NCIDC)

www.ncidc.org

California Native Food and Nutrition Program

241 "F" Street, Eureka • CA • 95501
707.445.8451 (voice) • 707.445.8479 (fax)
dwoodman@ncidc.org

Healthy Heart Month

January/February 2005

Diets, Health and Losing Weight

Being moderately overweight can put your health at risk. Being obese will significantly shorten your lifespan. Obesity puts a strain on the heart and can increase the probability of developing high blood pressure, diabetes and early death due to a variety of medical complications such as heart attacks, cardiovascular disease or stroke and recent studies have even showed a link between obesity and a higher risk of developing a wide-range of cancers.

Finding the right diet does not seem to be the key to losing weight. The Journal of American Medical Association recently released the results of the first scientific research completed on four diets: Atkins, Ornish, Pritikin, and the Zone (To read the study: <http://jama.ama-assn.org/cgi/content/full/293/1/43>) The study found that these four different plans showed nearly the same weight loss results among the participants when tracked over the course of a year, for those participants that were able to stick with the diets for the entire year, which typically is only 25% of the dieters.

So what is the best approach to reducing weight? It is easy to say, if you eat less and exercise more, you will drop pounds. Consult a doctor before starting on any program. You can also meet with a dietician to assist you in making long-term changes to your eating plan. The key to successfully lose extra weight is making lifestyle changes that are safe and you can maintain. There are no quick fixes, people do not become fat overnight so don't expect instant results.

Definition: Obesity

Being 30% over standard body weight for your height.

Valentines and Healthy Hearts

Sweethearts, chocolates and roses. With the arrival of February comes thoughts of Valentine's Day. But February also is Healthy Heart Month, the perfect time to focus on your body's most important muscle -- your heart.

Cardiovascular disease, including high blood pressure and stroke, is the leading cause of death for all American Indians and Alaska Natives. Heart disease is the number one killer of women in the United States.

The sad fact is that it is, for the most part, completely avoidable. We owe it to our Mothers, Grandmothers, Daughters, Aunties, Sisters and all our relatives to help them reverse the effects of these illnesses.



To help reduce the risks of heart disease try and make some day to day life changes. This includes changes in your diet. Eat more fruits and vegetables, include more fiber and reduce the amount of saturated fat in your diet. You can also add soy products to your meals.

Another way of combating the risk of heart problems is to increase your daily exercise, stop smoking and reduce stress as much as possible. For more information please visit: www.americanheart.org/grfw.htm

The contents of this newsletter are for information purposes only and should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or suspect you may have a health problem, you should consult your health care provider. Additional information, research, resources and links can be found at: <http://www.ncidc.org/food/pdfs.html>



Kids Corner: Nutrition & Sports

Would you play football without a helmet or forget your shoes for soccer? Just like equipment will help you do your best in sports you also need the right fuel for your body. The proper diet will help you do your best in all of your activities. Native people have always been involved in physical activities like running, fishing and who doesn't enjoy a good rez tourney.

Everyone needs to consume a wide range of healthy foods for the best nutrition, and athletes are no different. Be sure and pick low-fat foods and include the following:

- Protein (found in acorns, salmon, lean meat, eggs, and dairy foods)
- Carbohydrates (grains like whole wheat bread, brown rice)
- Vitamins (in fruits and vegetables) and minerals like calcium (in dairy products)

The other thing to remember is to drink plenty of fluids. You can lose 2 cups of water out of your body in one half of a basketball game. An occasional sports drink is fine but water is your best bet for keeping you motor-ing to the end of the game. Don't wait until you are thirsty because by that time your body is already getting dehydrated.

Senior Citizens and Obesity

As people age calorie needs decline. Metabolism can decrease by 30 percent over the course of a lifetime. A decrease in calories or an increase in activity is needed to counteract the decline in metabolism. Unfortunately most Elders don't do this.

Many people continue to eat like they always have and become less physically active as they become older. When the body ages, body fat increases and muscle mass declines. Although fewer calories are needed, nutrient requirements remain fairly constant. Thus, it

is important for senior citizens to eat fewer calorie rich foods such as sweets, high fat snacks and fried foods and replace them with more nutrient rich foods such as fruits and vegetables. Fruits and vegetables are much lower in calories and they contain many more nutrients such as vitamins, minerals and phytochemicals needed by the body. These nutrients help to protect the body against chronic diseases such as diabetes, cancer and heart disease. A Registered Dietitian can help you determine your nutritional needs relative to your health and activity levels.

Physical activity is important for senior citizens also. Not only does it help one maintain a healthy weight, but also helps to protect the body from a variety of mladies buy helping keep you stronger and boosting your immune system. It will also keep you limber enough to walk to ceremonial sites, dance, gather basket materials, fish or play with your grandkids.

Personal health issues can help to determine the best form of exercise for each individual. Exercise should be discussed with a health care professional.

Source: <http://www.preventing-obesity.com>, "Senior Citizens and Obesity"

Alternatives to Peanut Butter

A tasty new spread made from sunflower seeds might offer a healthful option for people who -- because of allergies -- can't eat peanut butter. About 3 million Americans are allergic to peanuts or other tree nuts, according to estimates from the American Academy of Allergy, Asthma, and Immunology.

Agricultural Research Service scientists at the Southern Regional Research Center, New Orleans, LA., worked with colleagues at Red River Commodities, Inc., Fargo, N.D., to develop a better way to process the sunflower seeds. Their technique captures the unique, nut-buttery taste when blended with ingredients needed to make a spreadable product. Sunflower seeds provide protein, fiber, vitamin E, zinc and iron. For more information, contact Isabel Lima, (504) 286-4515, USDA-ARS Southern Regional Research Center, New Orleans, LA

.....Continued on page 5





Ask Dr. Coyote*

Answers on food and exercise

Dear Dr. Coyote:

Why are many Native Americans overweight and out of shape? Is there a connection to eating out, like I have heard recently?

Dr. Coyote's Reply:

Don't think of it as fat or out of shape. I prefer to describe it as preparing for tough times. Who is going to survive longer on a desert island a 98 lb. weakling or a hefty person? Eating out is one of the greatest things civilization has created. You don't have to hunt for your food, kill it, clean it or in the case of most quickie marts even recognize what it is that you're gobbling down. My advice to you is relax, put on a pair of sweat pants and lumber into the nearest eatery and get an extra portion for a late snack.

Reasonable Health Practitioners Reply:

Two words that clog our arteries and damage our health are fast food. The ease of picking up a bucket of chicken, grabbing a quick taco and getting the extra size fries and soda is adding to our health woes and causing a rise in obesity throughout our country. Two resources on this issue will help give you information about the Fast Food industry and show how we are damaging our health.

In the documentary "Super Size Me" you spend a month with a man who tries an experiment of living on nothing but what he can get from one fast food chain. Filmmaker Morgan Spurlock shows how this leads to a rapid decline of his physical condition and causes his Doctors and loved ones to worry about his health. Website: <http://www.supersizeme.com/>

One book that will open your eyes is Fast Food Nation. This book tells the story of America's obsession with fast food. Author

Eric Schlosser will make you think twice about convenience foods and realize we are what we eat. For more info see: <http://www.mindfully.org/Food/Fast-Food-Nation.htm>

Please note that in many cultures Coyote is the trickster and his advice should be taken with a grain of sodium reduced kosher organic sea salt (his section is intended as humor or parody). If you have any serious or lighter questions to ask of Dr. Coyote about diet, health, nutrition or exercise please email: coyote@ncidc.org

Legumes and Heart Disease Risk


For years, nutritionists have advised people to include legumes (dried beans and lentils) in their diets. They are good sources of protein, vitamins, minerals, and are low in fat when prepared using low-fat cooking methods. A recent study of almost 10,000 men and women over a period of 19 years has identified another good reason to consume legumes more often, a decreased risk of coronary heart disease.

Compared with those consuming legumes less than one time per week, persons having legumes four or more times per week had a 22% lower risk of coronary heart disease and an 11% lower risk of cardiovascular disease in general. This study is further support for nutrition educators recommending consumption of legumes as part of a heart healthy eating plan. Those who are not familiar with legumes may need help in learning to prepare them for good taste and to maintain their nutritional advantage over higher fat protein sources in the American diet.



American Indians have traditionally eaten all types of legumes. Some of the most common found on a Native plate (or basket) have been chiled beans, honeylocust, peas and peanuts (careful of allergies).

Source: Archives of Internal Medicine 161: 2573-78, 2001.



Are You A Compulsive Overeater?

The following list of questions was developed by Overeaters Anonymous (OA). These questions may help you determine if you are a compulsive overeater.

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal of not overeating?
10. Do you resent others telling you to "use a little will power" to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make you or others unhappy?

Have you answered yes to three or more of these questions? If so, it is probably that you have or are well on your way to having a compulsive overeating problem.

Some individuals have found that the way to arrest this progressive disease is to practice the Twelve-Step recovery program of Overeaters Anonymous.



Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. They welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; they are self-supporting through member contributions, neither soliciting

nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; they take no position on outside issues. Their primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Only you can decide if OA is for you. No one else can make this decision. Those who are now in OA have found a way of life which enables them to live without the need for excess food. OA maintains that compulsive overeating is a progressive illness, one that, like alcoholism and some other illnesses, can be arrested. Remember, there is no shame in admitting you have a problem; the most important thing is to do something about it.

For more information please visit: www.oa.org/index.html. To find an OA group near you please visit: www.oa.org/all_about_meetings.htm.

Exercise & Fitness

Swimming, cycling, jogging, skiing, aerobic dancing, walking or any of dozens of other activities can help your heart. Whether it's included in a structured exercise program or just part of your daily routine, all physical activity adds up to a healthier heart.



You can take a few simple steps at home, at work and at play to increase the amount of physical activity in your life. *JUST MOVE*

is an online tool to help people begin or continue an exercise program. The main purpose of the site is to give viewers key information about physical activity. The site also contains resources for more health information and an Exercise Diary so you can track your progress daily.

CHOOSE TO MOVE is a free physical activity program for women. It shows women how to exercise regularly, eat healthfully, love their body, select nutritious foods and take time for themselves.

To access these resources please go to <http://www.americanheart.org/presenter.jhtml?identifier=2155>

Community Health: Eat Better Live Better

Agricultural Research Service (ARS) scientists have identified several nutritional and physical activity factors that affect chronic health diseases among American Indians.

Jacqueline S. Gray, a post doctorate researcher with the ARS Grand Forks Human Nutrition Research Center (GFHNRC) in Grand Forks, N.D., used a mobile nutrition research laboratory to access powwows and reservations to collect data.

American Indian tribes, considered sovereign domestic nations, are among the most impoverished of minority groups in America. They experience a disproportionately high incidence of diabetes, obesity and heart disease. Native Americans also have the highest per-capita suicide rate, nearly two-and-a-half times the national average and more than four times the national average among 15- to 24-year-olds.

The study was directed by psychologist James G. Penland and physiologist Henry C. Lukaski with the center's Mineral Nutrient Functions Research Unit. More than 60 percent of the survey participants indicated they had a family member who had been diagnosed with diabetes. Food insecurity was a problem among 26 percent of those surveyed. That meant that during the previous 12 months, they had experienced various degrees of limited or uncertain access to nutritionally adequate and safe foods.

Depression-related symptoms were found to be associated with poorer health, less exercise, food insecurity, higher body mass index in females, carbohydrate intake in males and tobacco use. Depression scores were highest among those reporting lower income, more children, and food insecurity. But they were lowest among those reporting a stronger identity with their native culture.

The resulting study data will be used for designing and implementing effective interventions to improve health and quality of life among American Indians. Gray and Penland are providing a technical report to all participating tribal groups for their use when applying for grant programs.

Read more about this research at:

<http://www.ars.usda.gov/is/AR/archive/jul04/indian0704.htm>

..... *Continued from alternatives, page 2*

Tahini is a spread made from sesame seeds. Tahini is a good source of essential fatty acids (EFAs). Tahini is a healthy alternative to butter and margarine on bread and toast.

Tahini has a strong, nutty flavor and can be used as a dip on its own or mixed with other dips. Tahini is mashed with chick peas, lemon juice and garlic to make hummus. It is used widely in the Middle East. Because of its high oil content, tahini is high in calories and should be eaten in moderation.

Garbanzo Bean Humus

- 2 cups canned garbanzo beans
- 1/4 cup tahini paste
- 1 tsp. ground cumin
- 1 tsp. paprika
- 2 tbs. lemon juice
- 2 tbs. olive oil
- Salt & pepper to taste



Drain the liquid from the can and save. Blend together all the ingredients to a smooth paste. Add the reserved water if paste is too thick. Garnish with parsley and olive oil.

Almond butter is another option if you are looking for a healthy nutritious snack. It is full of selenium, an anti-oxidant, and can boost your immune system. The fats in almonds are high in monounsaturated oil, which is the best fat for your body. It has a rich flavor that kids will love and is full of protein to keep them on the go. Try it on toast, with a slice of cheese, with bananas or even on an apple.

Acorns and other nuts have always been a part Native meals. Making nuts into a snack will help you get healthier options in your diet. Other nut butters you may run across are Pecan, Soy, Pumpkin Seed or Hazelnut. Each has their own flavor and uses so experiment. All are going to be hard to spread straight out of the fridge so let them come to room temp first.



Food Access: Summer Food Program

The Summer Food Service Program provides nutritious snacks and meals during the summer months when many kids are in need. During the school year, nutritious meals are available through the school breakfast and lunch programs. But those programs end when school ends for the summer. Children in your community do not need to go hungry this summer.

The U.S. Department of Agriculture's Summer Food Service Program helps fill the hunger gap. Your Tribe or Indian center can apply for this program or they can work with a local school district to provide services. Guidelines for applying for this program have not been released yet but will be posted on our website when available: <http://www.ncidc.org/food/index.htm>

Cheesy Chicken Rolls

- 1 tbs. chopped chives
- 1 egg white, slightly beaten
- 1 tbs. chopped parsley
- 1 clove garlic, diced
- 2 1/2 cups mushrooms, sliced
- 1 lb. skinless, boneless chicken breast
- 1 tbs. dry bread crumbs
- 3/4 cup low-fat mozzarella cheese, shredded
- 1/4 tsp. paprika
- Salt and pepper to taste



Instructions:

For filling, in a small bowl combine cheese, mushrooms, chives, garlic and parsley. Place 1 chicken breast half, boned side up, between 2 pieces of clear plastic wrap. Working from the center to the edges, pound lightly with a meat mallet to 1/8 in. thickness. Remove plastic wrap. Repeat with remaining chicken.

Sprinkle lightly with salt and pepper. Spread some of the filling on each chicken breast half. Fold in the sides and roll up. Arrange rolls seam side down in a 10x6x2" baking dish.

Combine bread crumbs and paprika. Brush the tops of the chicken breasts with some of the egg white, sprinkle with crumb mixture.

Bake at 350 degrees for 20-25 minutes or until the chicken is tender and no longer pink. Add more cheese to the top of the chicken breasts if desired.

Gardening Tips

Many Tribes planted gardens to supply extra food. Corn, beans and squash were all customary staples. Now that the apple blossoms are budding spring is just around the corner. This is the time to get ready to plant so you will have a good harvest. Start working now to get your spring garden ready to produce lettuce, green peas, broccoli and other veggies.

By having your own garden you will save money and have a better idea of what you are putting in your body. Start by weeding your garden spot and putting down a layer of mulch and use natural fertilizers. If you plant some herbs at the same time you will have the ingredients for a great meal in your very own yard.



Please Recycle!

Reduce waste and support the Northern California Indian Development Council's Tobacco Use Prevention Education (TUPE) Program by donating your CRV refunds. Items with CRV value can be taken to both the Arcata Community Recycling Center or the Eureka Discard Center and donated to account # 194. By donating your CRV refund, you will help ensure the continuation of student anti-tobacco projects and presentations. Through the TUPE Program, local youth gain skills that help them avoid a lifetime of commercial tobacco addiction.

Sacred Use, Not Abuse

Lou Moerner

Tobacco Program Specialist

Northern California Indian Development Council, Inc.

(707) 445-8451 x 27

(707)445-8479 fax

lou@ncidc.org

www.ncidc.org

