

# The Yale-Griffin Prevention Research Center

## *Newsflash*

### July 2008

This electronic *Newsflash* is intended to keep you informed about our work and to invite you to participate in our various research, education and outreach activities. The Newsflash began as a communication tool for our Community Committee, but readership continues to expand to include colleagues in academia, clinical settings and social service agencies around the state. If you see ways that we can work together on shared projects, please let us know. In this newsflash you will find:

- **PRC News and Research Updates**
- **Community Committee Member Agency News and Update**

For a complete list of our current projects, please visit our website at [www.yalegriffinprc.org](http://www.yalegriffinprc.org)

## **PRC News**

**Mark Your Calendar! Our next Community Committee meeting** will be on **August 13th** at Griffin Hospital. The meeting will be held in Café Meeting Room 2 from 3pm-5pm.

**The Farmer's Market is Back!** We are happy to announce the return of the Griffin Hospital Farmer's market from 2pm-6pm every Friday in the portico outside the main entrance. Stop by the cafeteria between 12:00 – 1:00 to enjoy taste testings and gather some recipes for items available at the market. We've recently been notified that Griffin Hospital will be recognized at the 2008 Planetree Conference as a Spirit of Planetree Award recipient for our Farmers Market and Healthy Vending Program, two initiatives that our deputy director, Beth Comerford, spearheaded as part of the hospital's wellness program.

### **Cardiovascular Health Research: (see [www.yalegriffinprc.org](http://www.yalegriffinprc.org) for more study details)**

Over the years we've conducted many studies of cardiovascular health - specifically, the effect of various foods and nutrients on endothelial function. The endothelium is the inner lining of blood vessels, and the cells there release chemicals that tell blood vessels when to constrict and when to dilate. We use an ultrasound machine to measure the change in diameter of a blood vessel in the arm because its behavior is a reliable predictor of the behavior of the coronary blood vessels that supply the heart. We've recently completed two studies and want to keep you updated on our findings.

***Effects of Juice Plus +® Supplementation on Endothelial Function in Insulin Resistant Adults: A Randomized Controlled, Crossover Trial***, was designed to determine the effects of two types of Juice Plus+ supplements on blood vessel health in overweight people with insulin resistance (or pre-diabetes). Juice Plus+ is a dietary supplement that provides a concentrated form (in a capsule) of a variety of fruits and vegetables and related nutrients. Our hypothesis was that the ingestion of Juice Plus+®, due in particular to the juicing and drying of fruit and vegetable nutrients in their native context, would improve endothelial function response in insulin-resistant adults.

Participants took the Juice Plus capsules, or a placebo, daily for eight weeks. At the end of that period, endothelial function improved slightly in all groups; no difference was seen between placebo and supplementation, nor did we find a significant difference serum insulin, blood glucose, body weight, total cholesterol, or LDL cholesterol. A number of studies of Juice Plus on various disease status markers have been carried out ([www.juiceplus.com](http://www.juiceplus.com)); however, while some of these studies suggest cardiovascular benefits associated with Juice Plus, our study did not show that endothelial function is affected by Juice Plus consumption.

***A Pilot Study of Chromium Picolinate for Weight Loss*** looked at the effect of taking the supplement chromium picolinate on weight loss. The mineral chromium is involved in the body's control of blood glucose. There is some research suggesting that chromium may be helpful in treating type II diabetes. This study focused on people that were insulin resistant and overweight, both strong risk factors for diabetes. Chromium is also marketed as a supplement to aid in weight loss because of its effect on blood

glucose. In this study, a total of 80 overweight adults consumed 1000 mcg of chromium picolinate or placebo for 24 weeks. At the end of this period, we found no differences between the two groups in weight, blood pressure, glucose, insulin, C-Reactive protein, metabolic panel, lipid panel, or urinalysis. Although this small pilot study didn't produce weight loss, future research in non-insulin resistant overweight populations may show differing results.

## Current Activity

**The Prevention Magazine Diet Study:** Prevention Magazine recently developed "The Flat Belly Diet" and has asked the PRC to evaluate its effectiveness. The flexible diet plan is rich in monounsaturated fatty acids (MUFAs) which are thought to promote a reduction in visceral, or intra abdominal, fat. For this study we'll be measuring visceral fat loss via the use of MRI of the abdomen. We expect this small pilot study of 10 women to start in August or September. Participants in this study will be given a 2 hour informational session along with the diet plan materials. During the month-long intervention, participants will also complete daily food diaries to track compliance to the diet plan. In addition to the abdominal MRI, we'll be tracking BMI, waist circumference, body composition (body fat %), blood pressure, blood glucose, lipid panel, fasting insulin, HOMA, and hs-CRP. To qualify for this study, you must be: 1) female, 2) between the ages of 35 – 75, and 3) have a BMI equal to or greater than 30. We expect to have IRB approval to start the study shortly. To get more information or get on our waiting list for participations, please contact Kim Doughty at 73201265, ext. 305.

**Nutrition Detectives™ and ABC for Fitness in the New Haven schools!** *Nutrition Detectives™* and *ABC for Fitness™* are two educational programs designed to help elementary school students make healthful food choices and be more physically active. Dr. David Katz and his wife, Dr. Catherine Katz, have been leaders in developing these programs to help prevent the growing epidemics of childhood obesity and Type 2 diabetes. Thanks to the generous support of the Community Foundation for Greater New Haven and Centers for Disease Control and Prevention, we're in the process of implementing and evaluating both programs in selected fifth grade classes in the New Haven Public Schools.

We taught *Nutrition Detectives™* to fifth grade classes at Brennan School, Barnard Environmental Studies Magnet School, Clinton Avenue School, and Microsociety Magnet Elementary School this past spring and we'll return during the 2008-09 school year to teach the program at four more schools. This past spring the PRC trained elementary teachers from six New Haven schools so they can incorporate *ABC for Fitness™* in their classrooms and we'll return in the fall to launch an *ABC for Fitness™* pilot study in selected schools.

Additional information about the *Nutrition Detectives™* and *ABC for Fitness™* programs can be found at [www.davidkatzmd.com](http://www.davidkatzmd.com), or by calling Judy Treu at the Prevention Research Center, 203.732.1371.

**Valley Council Health Indicators Project-** In our May '08 Newsflash, we shared information about the New Haven Community Solution's Indicators project, aimed at compiling quantitative and qualitative data that will help the city's residents and administration understand the various "indicators" that affect the health of New Haven. The goal of the Health Indicators project is to build a permanent infrastructure for using data to improve the health of New Haven and the data will be used to develop community driven interventions. The **Valley Council of Health and Human Services Organization** is also in the process of developing the Valley Health Indicators Project which shares the same basic goals of the New Haven project. The Indicators Project is being coordinated by the Council's Health sub-committee, of which the PRC is an active member. The Council is in the process of securing grant funding to support various activities of the project, including an expansion of the PRC's Community Health Profile (CHP) to include the Indicators data. The Valley Council's community indicators initiative will address several critical needs in the community information & planning systems of the Valley, including the need for more comprehensive data on the Valley, the need for regularly updated information on regional trends, and the need to increase community awareness of local conditions and community involvement in planning strategies for improvement. The Valley Council will use the information collected during this process to organize a series of Community Conversations to develop community priorities and plans for improvement. We'll keep you posted as the project progresses.

## In the Works Recent /Upcoming Grant Submissions

**School Based Nutrition Interventions-** We've identified potential NIH funding to support the expansion of the school-based obesity prevention programs (Nutrition Detectives and ABC for Fitness) currently underway in the New Haven Public Schools. In partnership with the school district, we'll be developing a proposal in response to the NIH funding announcement "*School Based Interventions to Prevent Obesity*" to help continue funding for these initiatives.

We'll be submitting an unsolicited letter of Intent to the Connecticut Health Foundation to support a **Patient-Provider Communication study**.

The intervention will be delivered by existing community health advisors (CHAs) that were trained as part of the PREDICT project.

**In collaboration with the Hill Health Center, we'll be submitting a letter of intent to the Peers for Progress Grant.** Peers for progress is designed to demonstrate the value of peer support in diabetes management, extend the evidence base for such interventions, help establish peer support as an accepted, core component of diabetes care, and promote peer support programs and networks throughout communities. We'll be evaluating the intervention based at Hill Health.

**Collaboration with the State of CT Department of Public Health in response to the CDC's - Building a Healthy Nation- Strategic Alliance for Health RFA./DPH's proposal, Health Quest CT,** includes three health departments that will develop interventions - designed to create ways for CT residents to adopt healthy lifestyles contributing directly to the prevention, delay or reduction of the effects of physical inactivity, poor nutrition, and tobacco use, as well as further reducing the burden of cardiovascular disease, obesity and diabetes. We'll be serving as the project evaluator if funded.

**Collaboration with the Valley Council of Health and Human Service Organizations application to the Valley Community Foundation to support the Valley Health and Social Indicators Project/**

**Collaboration with Yale's School of Medicine: Diagnosis and Management of Patients with Possible Lyme disease:A Paradigm for Management of Medically Unexplained Symptoms by Primary Care Physicians** grant submitted to the Donahue Foundation, ,7/15/2008.

**Collaboration with the University of Medicine and Dentistry of New Jersey to support a multicenter, multiyear trial of the efficacy of therapeutic massage for osteoarthritis of the knee. This proposal was submitted to:**

The National Center for Complementary and Alternative Medicine (NCCAM) 7/1/2008.

**Collaboration with Griffin Hospital Medical Education Department: Complementary and Alternative Medicine (CAM) for Cancer Patients-** submitted to the Lance Armstrong Foundation on 6/30/08. Proposed is a study to compare the outcomes in cancer patients who seek conventional care versus those seeking complementary and alternative treatment.

## ***Community Committee Agency/Partner News***

**Summer youth program orientation at Community Action Agency of New Haven.** The Community Action Agency offers a unique summer training program for area youngsters. Participants in this summer program will spend time at worksites throughout the city that will mentor them in specialty areas providing meaningful employment and work experience. This program is focused on providing practical experience, financial literacy, savings and planning, budgeting, employability and life skills. As part of the program, participants are required to take part in an Individual Development Account (IDA) process and deposit \$20.00 into their bank account every week. Student's savings of up to \$500.00 will be matched at the end of the summer program and used for educational purposes only. Participants range in age from 14-18 and will work 9am-2pm Monday thru Friday beginning July 7<sup>th</sup> to August 22<sup>nd</sup>. For more information on this program contact the Community Action Agency at (203) 387-7700,or [asmith@caanh.net](mailto:asmith@caanh.net)

## ***Presentations and Publications***

Faridi Z, Njike V, Dutta S, Ali Ather, Katz DL. **Acute dark chocolate and cocoa ingestion and endothelial function: A randomized, placebo controlled, cross-over trial.** *Am J Clin Nutr.* 2008 Jul;88(1):58-63.

Shuval K, Weisblueth E, Brezis M, Araida A, Faridi Z, Ali A, Katz DL. **The Role of Culture, Environment, and Religion in the Promotion of Physical Activity among Arab Israelis.** *Prev Chronic Dis.* 2008 Jul;5(3):A88. Epub 2008 Jun 15.

Faridi Z, Liberti L, Shuval K, Northrup V, Ali A, Katz DL. **Evaluating the impact of mobile-telephone technology on type 2 diabetic patients' self-management: The NICHE pilot study.** *Journal of Evaluation in Clinical Practice.* 2008 Mar 24; [Epub ahead of print].

Katz D, Nordwell B. **Novel Interactive Cell-Phone Technology for Health Enhancement.** *Journal of Diabetes Science and Technology.* 2008; 2(1): 148-153.

Katz DL, Shuval K, Comerford BP, Faridi Z, Yanchou Njike V. **Impact of an educational intervention on internal medicine residents' physical activity counselling: the Pressure System Model.** *Journal of Evaluation in Clinical Practice.* 2008 April; 14(2), 294–299

Katz DL. **Medicine and Media: State of the Union?** *American Journal of Preventive Medicine.* 2008 Jan;34(1):83-4.

Yeh M, Ickes SB, Lowenstein LM, Shuval K, Ammerman AS, Farris R, and Katz DL. **Understanding barriers and facilitators of fruit and vegetable consumption among a diverse multi-ethnic population in the United States.** *Health Promotion International.* 2008 Mar;23(1):42-51. Epub 2008 Jan 8.

Katz DL, Faridi Z. Chapter 17: **Public Health Approaches to the Control of Pediatric and Adolescent Obesity** (pp. 251-271). In O'Donoghue WT, Moore BA, Scott BJ (Eds.) *Handbook of Pediatric and Adolescent Obesity Treatment.* Taylor and Francis. New York, NY. 1/08.

### **Let's Stay in Touch**

We want to hear from you – let us know what you are doing and how our research might assist you in your work. Please contact Beth Comerford, MS, Deputy Director ([beth.comerford@yalegriffinprc.org](mailto:beth.comerford@yalegriffinprc.org)) any of the staff listed in this *Newsflash*.

**Yale-Griffin Prevention Research Center**  
130 Division Street  
Derby, CT. 06418  
Phone: (203) 732-1265  
Fax: (203) 732-1264