

CTFIT CELEBRATES 1 YEAR ANNIVERSARY

On April 12th, ConnectiFIT will be celebrating its one year anniversary

- The celebration will take place in 470 Conference Room C from 10AM-12PM.
- The celebration will feature two guest speakers (see page 3 for details)
- Find out what events are to come in 2006.
- You will be entered into a raffle for participating in this event.
- Check your email and the April newsletter for more details on ConnectiFIT's one-year anniversary celebration.

Connecticut Department of Public Health Worksite Wellness Program Newsletter ~ March 2006

Commissioner's Corner

March is National Nutrition Month!

In the month of March I urge you to put an emphasis on nutrition. National Nutrition month was started by the American Dietetic Association (ADA) to promote making informed choices when choosing foods and to make physical activity and healthy eating a regular part of daily living.

The ADA's website has a link for National Nutrition month. This can serve as a valuable resource throughout the March. This website offers fact sheets on nutrition labels, information about consulting a registered dietitian, the National Nutrition Month proclamation, and much more. The site also has information about the new Food Pyramid guide-

lines. The interactive website at <http://mypyramid.gov/> provides you with personalized recommendations on your daily calorie needs based on the 2005 Dietary Guidelines for Americans. Simply enter your age, gender, level of activity and you receive what your recommended daily calorie recommendation is. The website also features MyPyramid Plan, MyPyramid Tracker, and Inside MyPyramid, as well as tips, resources and worksheet. I urge you to put an emphasis on nutrition during the month of March, and try to have healthy eating become a year round activity. When combined with exercise, a healthy diet can help you lose weight, lower your cholesterol level and improve the way your body functions on a daily basis.

Calcium and Nutrition

Osteoporosis is a disease characterized by low bone mass and the deterioration of bone tissue. Osteoporosis often leads to bone fractures, primarily in the hips, wrists and spine. Osteoporosis can affect anyone, but people at a higher risk include:

- Women
- Caucasians
- Individuals that are physically inactive
- Individuals that have a small body frame
- Older individuals
- Individuals that consume a low calcium diet

Consuming the appropriate amount of calcium, combined with physical activity, helps the body build strong bones, increases bone mass and plays a role in preventing osteoporosis.

It should be noted that calcium by itself cannot prevent or cure osteoporosis, but plays an important role in the prevention and treatment of osteoporosis. Unfortunately, national statistics have shown that many Americans are not consuming enough calcium. Studies show that women, who are at higher risk for osteoporosis, consume less than half of the daily recommended amount of calcium. Calcium builds strong teeth and is also important for the proper functioning of organs, muscles and nerves.

Calcium must be absorbed from foods because the body does not produce it. Good sources of calcium include the following foods:

- Dark green leafy vegetables
- Dairy products

- Nuts
- Foods that are fortified in calcium (orange juice, soy, tofu, bread)

Getting enough calcium, either through diet or supplements, is important in maintaining bone strength and can play a crucial role in preventing osteoporosis-related fractures. It is recommended that adults 18-50 should take 1000mg/ day and adults 50 and older should take 1200 mg/ day. Speak to a doctor or dietitian about how you can get the proper amount of calcium.

For more information on calcium consumption and osteoporosis visit the Centers for Disease Control and Prevention website at http://www.cdc.gov/nccdpdp/dnpa/nutrition/nutrition_for_everyone/bonehealth/index.htm.

WE ARE WHAT WE EAT: DIET FOR CARDIOVASCULAR HEALTH

Cardiovascular disease (CVD) is one of the most costly and prevalent diseases in the U.S. If you are at high risk for CVD, you must educate yourself about initiating and maintaining a cardiovascular-healthy diet as soon as possible. The question is how to determine what is a heart healthy diet. The following are some recommendations by the World Health Organization and American Association of Family Physicians:

Recommendations for a Heart Healthy Diet

Increase Intake of Plant Proteins. Increase your consumption of whole grains, nuts, legumes (e.g., chickpeas, lentils, soybeans, peanuts, kidney beans, black beans, peas) fruits and vegetables with a diet low in saturated fat and *trans*-fatty acids. Soy products have been associated with reduced levels of Low Density Lipoproteins (LDLs or bad cholesterol) and triglycerides.

Increase Intake of Omega-3 Fatty Acids. Increased consumption of fish (one or two servings per week) has been shown to reduce the risk of sudden cardiac death compared with consumption of less than one serving per month). Green leafy vegetables, flaxseed, canola oil, soybeans, walnuts and omega-3 fatty acid supplements also are high in polyunsaturated omega-3 fatty acids. Omega-6 fatty acids, which are found in animal foods and are the major fat in most vegetable oils except olive, canola and flaxseed oils, should be consumed in moderation.

Increase Intake of Dietary Fiber and Whole Grains. Increasing consumption of dietary fiber, particularly the soluble fiber found in oats, barley, rice bran, nuts, seeds, fruit and vegetables, may reduce LDL cholesterol (bad cholesterol) levels. Soluble fiber prevents the absorption of cholesterol and improves insulin sensitivity by affecting the rate of carbohydrate absorption. Refined grains, such as those found in white flour products and pasta, absorb quickly and contain fewer nutrients. They may contribute to diabetes, weight control problems and imbalances in triglyceride levels.

Decrease Intake of Saturated Fats and Trans-Fatty Acids. Saturated fats from meat and dairy products are typically solid at room temperature. However, semi-solids such as mayonnaise, milk, cheese, other dairy products, ice cream and sauces, also may contain significant amounts of saturated fat. Processed foods, margarine and baked goods are the main sources of *trans*-fatty acids in the American diet. *Trans*-fatty acids increase levels of lipoprotein (a), LDL cholesterol (bad cholesterol) and triglycerides. They also decrease levels of HDL cholesterol (good cholesterol). Beginning in 2006, food manufacturers must list *trans*-fatty acid content on nutrition labels. The FDA estimates that by 2009, *trans*-fatty acid labeling will have prevented 600 to 1,200 cases of coronary heart disease and 250 to 500 deaths each year.

Change the Oils Used in Food Preparation. Use non-hydrogenated plant oils during food preparation. They have been associated with reduced levels of triglycerides, increased levels of high-density lipoprotein (HDL) cholesterol (good cholesterol) and improved diabetes control. Use monosaturated oils such as olive oil, canola oil and peanut oil for cooking and salad dressings, and oils rich in omega-3 fatty acids (e.g., flaxseed oil, walnut oil) work well in cold foods.

Exercise Regularly. Thirty to 60 minutes of exercise is recommended on most days of the week to achieve and maintain a healthy weight and to reduce the risk of chronic disease.

ConnectiFIT's Healthy Living Seminars

March 30, 2006 12 PM 470 Conference Room A/B	Choosing Quality Day Care and Youth Camps Presented by: Sandra Ferreira, Mary Emerling and Amy Schwarzkopf
April 19, 2006 12 PM 470 Conference Room A/B	Tips on Smoking Cessation Presented by: Kelley Lafleur
May, 2006 Date and Location: TBA	TBA Presented by: Dr. Charlie Chatterton

For more information on ConnectiFIT and its programs, go to www.ConnectiFIT.uconn.edu or email ConnectiFIT@po.state.ct.us

Save the date!

ConnectiFIT will be celebrating its one-year anniversary. On **April 12th from 10AM-12PM** The program will feature two exciting guest speakers.

“10 Powerful Ways to Reduce Stress”: Lori Woodhouse, MSW:
Marketing Consultant, Professional Speaker, and owner of
Mindful Living Life Coaching
&

“The Key to Happiness: Growing Up to Be You, Whatever Your Age”: Cris Jacobs, Life Coach, Core Energetic Practitioner

Look for details in April's newsletter and in your email!