



Welcome

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The Program for Multicultural Health staff includes specialists in:

- Diet/Nutrition
- Physical Activity
- Cultural Competency
- Community Health Education
- Nursing
- Social Work

Welcome to the first edition of the Program for Multicultural Health newsletter.

The Program for Multicultural Health (PMCH), is a program of the University of Michigan Health System (UMHS). Our mission is to improve the health of our culturally diverse community and patient populations. We have a long history of providing culturally appropriate health services to the community, beginning with the UMOJA Project directed at Cardiovascular Disease prevention among African American men to more recently the Diabetes Prevention Project for Latino Youth.

The purpose of this newsletter is to (1) Provide culturally appropriate health education and information to the multicultural community, and (2) Support and mobilize past PMCH Project participants and others to begin or continue activities to improve their health. We hope that the content of our newsletters will help improve you and your family's health.

Our first edition focuses on general tips to improve health through diet and physical activity, but in future editions we will provide health information on specific topics.

The PMCH Newsletter will be published quarterly. We welcome your feedback, comments, and suggestions for future article topics to help make this newsletter useful to YOU. Please contact us with your comments.



The PMCH mobilizes the vast resources of the UM/UMHS and the community to provide state of the art care to our culturally diverse populations.

Hindu Dietary Practices

In keeping with their belief in non-violence towards all living things, many Hindus are vegetarian. Hindus may be offended by any form of meat from cows, since cows are considered sacred animals.

Also part of Hindu dietary practices and according to dietary law, the right hand is used for eating, while the left hand is used for toileting and hygiene. While personal hygiene is very important and bathing

required every day, bathing after a meal may be viewed as injurious.

Sources: Minarik, P. A. (1996). Culture and Nursing Care: A Pocket Guide. California: University of California. Workforce Development and Diversity Strategies Division, Corporate Human Resources. (1999). Ethnic Resource Guide. Hinduism. p.71. (3rd. ed.) Michigan: Henry Ford Health System

Improving your food Choices One Step at a Time

By: Bertha Aycock, RD



Select fresh fruit or fruit sorbet in place of cake, pie, or ice cream desserts.

With the winter gone, many of you may have concerns about how to eat healthier during 2004.

It takes effort and commitment to change eating habits, but small steps in the way one prepares cultural foods will help you look better, feel better and have a healthier heart.

Setting small goals, thinking ahead, in order to make smart choices may be the answer.

Your body works better if you eat balanced meals that include the right amount of vitamins, minerals, carbohydrates, protein, fat and water.

It is important to eat a variety of foods each day. Portion control will work as well.

Useful Tips

It is important to eat a variety of foods each day



Add zing to salad with gourmet vinegar and herbs.

- Choose fish, turkey, or chicken in place of fatty meats.
- Make sure your food is broiled, baked, grilled, steamed or poached instead of fried.
- Eat lots of vegetable side dishes.
- Squeeze lemon on your salad instead of dressing.
- Add zing to salad with gourmet vinegar and herbs.
- Select salad with dressings and sauces on the side, so that you can control how much you use.
- Try vegetarian/ meatless entrees.
- Select fresh fruit or fruit sorbet in place of cake, pie, or ice cream desserts.
- Season your food with your favorite ethnic herbs and spices such as pepper, cumin, mint or cilantro, instead of salt.
- For greens, use skin free smoked turkey, liquid smoke, fat-free bacon bits, or low fat bacon instead of fatty meats.
- For sweet potato pie, mash sweet potatoes with orange juice concentrate, nutmeg, vanilla, cinnamon, and only one egg. Leave out the butter.
- For Biscuits, use vegetable oil instead of lard or butter, and skim milk or 1% buttermilk instead of regular milk.
- Reduce oil used in cooking, especially stir-frying.
- Eat yogurt and fruit for a quick on-the-run breakfast to start your day.
- Buy fruits and vegetables for snacks instead of chips or candy.
- Eat regularly. Skipping meals may increase your appetite further or slow down your metabolism.
- Use brown rice and whole-wheat noodles instead of polished white rice and noodles.
- Substitute plain water or tea for sweetened fruit drinks.

Spring into Action. Tips for physical activities during the Spring Season

By: Wasantha Young
Physical Activity Coordinator

Spring is the season for starting our outdoor activities like gatherings with family and friends for barbeques, gardening, and outdoor sports. Especially important during this time of the year is to gradually increase your levels of physical activity after possibly having been a little more sedentary this past winter. Let's get moving! If you increased your food consumption during the holidays and decreased your physical activity levels, chances are that you might have put on a few extra pounds. Don't be discouraged. Here are some helpful hints:

Spring is a good time to integrate outdoor physical activity into your everyday

- Take the family for a walk after a meal. You can walk to a friend's place or observe the blossoming gardens around the neighborhood. Make it into a game. For example:
 - * How many different flowers do you see in other people's gardens?
 - * How many people are working on the exterior of their houses?
 - * Count how many neighbors you know, add the total number of people in the families you are familiar with and total them all up.
- Join a bowling league, tennis club, bicycle touring group, or bird watchers club.
- Start a walking club and rotate meeting places to either share your neighborhoods or favorite places to walk.
- If the weather is not favorable, you can walk around a mall. Malls often have stairs and ramps which offer varying resistance.
 - * Start at a given location
 - * Divide into groups.
 - * Designate each group to a section or floor of the mall.



If you increase your food consumption, you will need to increase your physical activity.

Remember, ultimately you are the caretaker of your body. Treat it well and stay active. The rewards will be immeasurable.

More tips...

- **Have a physical activity theme party**
Dance theme parties are nice. Let the younger ones show you the latest moves.
- **Share some of your cultural dance** with the younger family members or friends. Teach them to salsa (Latino), dabka (Arab), or polka (Polish).
- **Try something new.** Have you ever tried peddling a paddle boat? Gallup Park has them as well as row boats and canoes.
- **Stretch while you wait.** Stretch during TV advertisements. Stretch while you are cooking collard greens, dahl (Asian-Indian), or pulgogi (Korean).



Invite a few friends over to enjoy catching up on the latest moves with you.

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PMCH Services

If you or your agency is interested in having a consultation with PMCH staff to provide a culturally oriented workshop, health screening, develop a physical activity/exercise program, or would just like more information on improving health, please give us a call.

We specialize in designing culturally appropriate health services for the community.

Multicultural Health 2004 calendars

The Program for Multicultural Health 2004 calendars are now available. Each calendar is \$6 and full of cultural tips.

Supplies are limited.

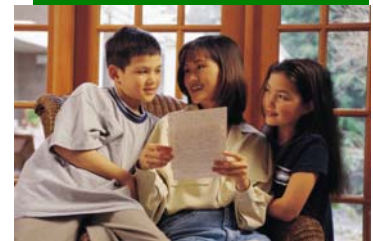
To place your order, e-mail pmch@med.umich.edu or call (734) 615-1404

This newsletter is available in electronic format at www.med.umich.edu/multicultural.

If you would like additional copies of the newsletter, please contact us at (734) 615-1404.

To have your name removed from our mailing list please contact us by telephone or email.

The Program for Multicultural Health (PMCH) is dedicated to promoting the mission of UMHS by implementing culturally competent care and partnering with communities to provide culturally oriented health services.



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