



News at the Q



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February 2018 - Live Purposefully

National Health Observances for February

American Heart Month
National Children's Dental Health Month

When you eat and how frequently may benefit heart health



What times someone eats during the day and how frequently may play a role in having a healthy weight and heart.

According to an American Heart Association scientific statement, eating breakfast, avoiding late-night eating and mindful meal-planning are associated with a lower risk of heart disease, blood vessel diseases and stroke.

However, current research doesn't dictate the best approach.

"There's conflicting evidence about meal frequency," said Marie-Pierre St-Onge, Ph.D., writing group chair and associate professor of nutritional medicine at Columbia University in New York City. She said studies have shown the benefit of intermittent fasting and eating smaller, frequent meals throughout the day.

Fasting every other day helped people lose weight in the short-term, but its long-term effects haven't been studied, according to the statement. And there's no guarantee that such fasting can be sustained.

"There are scenarios where intermittent fasting can backfire," said Penny Kris-Etherton, Ph.D., R.D., a statement co-author and nutrition professor at Penn State University. For example, people who fast one day could eat more than twice as much the next day,

She also questioned what would happen if someone who fasted regularly for lengthy periods of time – weeks or even months – then started eating regularly every day.

Because there's not a lot of information about how people could practice intermittent fasting, Kris-Etherton cautioned against using it as a weight loss or weight management strategy until further information is available. Eating frequent meals has also been found to reduce the risk of cardiovascular disease risk factors, says St-Onge. One study of men showed that those who ate more than four times a day had a lower risk of obesity than those eating three or fewer times a day. But other studies have found the opposite, with a greater risk of weight gain over time in those reporting eating more frequently.

Frequent meals may also be impractical, said St-Onge.

"If you eat five to six meals, it's hard to create a meal that's so small that you aren't overeating at each of the sessions," she said.

Eating dinner or snacking late at night had a detrimental effect on weight and heart health, according to the statement.

This may be due to how late night eating affects the body's internal clock, which responds to circadian rhythms when metabolizing food and absorbing nutrients, according to the statement. Circadian rhythms also guide sleep and wake cycles. Emerging evidence shows that the liver and other organs have their own clocks that also affect metabolism, which may also explain why late night snacks and meals are detrimental.

For example, animal studies suggest that eating during times usually spent sleeping led to weight gain, insulin resistance and inflammation, St-Onge said, but that hasn't been shown in humans.

Several studies have shown the benefit of eating breakfast every morning: it may help reduce the amount people eat the rest of the day, and lower the risk of high cholesterol and blood

pressure. Some research reported that breakfast-skippers are more likely to be obese, have diabetes and not get recommended nutrients according to studies.

But breakfast studies also have recently come under fire when media reports showed Kellogg and General Mills, the two largest U.S. cereal manufacturers according to Hoovers, funded some of the research. This could have skewed positive results about the benefit of breakfast. Further research is needed to understand how breakfast could help people control their weight.

Proving definitive benefits of breakfast will require more direct head-to-head studies, as most of the research is based on weaker, observational studies, St-Onge said.

"It makes sense that eating more earlier during the day and less at night is more healthful, but the studies aren't available," she said.

Regardless of timing, statement authors continue to emphasize the benefit of a diet that includes fruits, vegetables, whole grains, low-fat dairy products, poultry and fish, and limits red meat, salt and sugary drinks and foods.

Having the right mindset about eating and planning ahead can also affect weight and heart health, said St-Onge. She recommends paying close attention to hunger cues.

"All or none" thinking can lead to binge eating excessive calories, she said. A research participant told St-Onge he could not eat one piece of pizza without consuming the entire pie.

"You don't have to eat like there's no tomorrow," she said. "Have a little pleasure today...and tomorrow!" Despite evidence about meal timing, the bottom line to healthy eating is calories, Kris-Etherton said.

You can't eat excessive calories for breakfast, or eat five high-calorie meals a day and expect to lose weight, she said.

<http://news.heart.org/when-you-eat-and-how-frequently-may-benefit-heart-health/>

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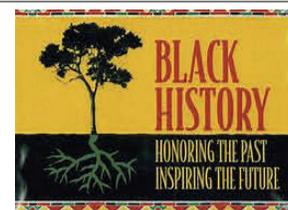
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National Childrens Dental Health Month

National Children's Dental Health Month

Reports show that American students miss 51 million hours of school every year because of oral health problems. And students who are absent miss critical instruction time—especially in early grades where reading skills are an important focus and the building blocks of future learning. And students who have experienced recent oral health pain are four times more likely to have lower grade point averages than their counterparts who have not.

That's why NEA's Read Across America and its sponsor, Renaissance Dental, are celebrating [National Children's Dental Health Month](#) to raise awareness about the importance of good oral health. Parents and children's are encouraged to brush their teeth for two minutes, two times per day, and read for 20 minutes as a way of building good oral health and literacy habits.

To further help educators and parents promote good oral health and literacy skills, check out these resources.



Oral Health Books for Kids

Want to make learning about taking care of teeth fun? Then, have your students sink their teeth into a good book. This booklist from Renaissance

Dental points the way to entertaining and educational titles. Choose from dozens of children's books about teeth, oral health, the tooth fairy, and visiting the dentist. Includes grade and reading levels.

How does fluoride protect your teeth? Why is flossing important? How does acid affect bones? Have kids answer these questions and more with simple and fun experiments for the classroom or home. Activities demonstrate why it's important to take care of our teeth. From Renaissance Dental's Brighter Futures program.



If you don't want your child to

suffer from such conditions that may affect both their health and self-confidence, it is best to start the habit of cleaning the teeth and mouth as early as possible.

Schedule an appoint now. Call (215) 227 0300

<http://www.nea.org/grants/National-Childrens-Dental-Health-Month.htm>

9 Influential Women in Black History You won't Hear About in School

The conversation surrounding influential moments and people in black history often focuses on the contributions of men — leaving the vital efforts of black women by the wayside.

Before *Selma* premiered nationwide earlier this year, for example, many mainstream discussions about the titular city's voting rights marches focused on leaders such as Martin Luther King Jr. and Rep. John Lewis. But *Selma* also introduced many Americans to black women who directly influenced organizing efforts at the time, like Annie Lee Cooper, Diane Nash, Amelia Boynton and Viola Jackson. Before the movie, most people would've been hard-pressed to recall any of these women — and there are so many others whose names won't ever be known.

That's why it's important to make sure black women's contributions are always part of our conversations about history. While some are more well-known than others, lack of mainstream recognition doesn't make these women's efforts any less significant to our country's progress. Here are just a few of the many black women whose work helped change America, and the world, as we know it.

Fannie Lou Hamer

Hamer is best known for championing black voting rights, especially in her home state of Mississippi, one of many hotbeds for racially

motivated voter suppression. She worked with the Student Nonviolent Coordinating Committee to drive black voter registration, despite encountering violence and threats from white supremacists who often worked to intimidate or violently attack blacks attempting to vote.



Hamer brought the issue to the national spotlight during the 1964 Democratic National Convention, pointedly calling out Mississippi's all-white delegation. Hamer's eventual, televised testimony of the struggle was so powerful that President Lyndon Johnson called an impromptu press conference to get it off the air.

Marsha P. Johnson

Johnson was a leader during the standoff that culminated in the infamous Stonewall Riots, a rallying cry against police surveillance and harassment of people in New York's LGBT community during the 1960s. Today, the anniversary of Stonewall is commemorated annually via pride parades held across the U.S.



A black transgender activist, Johnson's efforts also including mentoring and helping to provide housing for homeless LGBT youth, AIDS activism with the organization Act Up and founding organizations to serve trans communities. Her work is chronicled in the documentary Pay It No Mind: The Life and Times of Marsha P. Johnson.

Madam C.J. Walker

Walker, born Sarah Breedlove, is widely regarded as one of the first American women to become a self-made millionaire. Prompted by her experience with early hair loss during the 1890s, Walker created hair care remedies primarily with black women in mind. A brilliant and tenacious businesswoman (deemed a "marketing magician" by Henry Louis Gates Jr.), Walker began by selling door-to-door.



Early successes allowed Walker to more widely manufacture her products and cultivate a team of around 40,000 brand ambassadors — a recipe that bolstered her name-recognition and her wealth and, according to Gates, provided her "Walker Agents" with "with avenues up out of poverty." Her philanthropic efforts included sizable donations to the YMCA, the NAACP and other black cultural organizations.

Mary McLeod Bethune

After struggling to balance school with working on a plantation to help support her family, Bethune went on to become an educator herself, founding the Daytona Educational and Industrial Institute for girls in 1904. Bethune's successful stewardship and fundraising for the school eventually gave way to a 1932 merger with the Cookman Institute to form what's now known as Bethune-Cookman University, a historically black college. Bethune's educational leadership and advocacy efforts also positioned her as a civic leader and political activist, earning a number of presidential appointments. According to the National Council of Negro Women, which Bethune also founded, Bethune was "was the first African-American woman to be involved in the White House" and "served as the informal 'race leader at large'" under Franklin D. Roosevelt. Her Daytona Beach home is now a National Historic Landmark.

**Ruby Bridges**

Although she lived mere blocks away from an all-white elementary school, segregation forced Ruby Bridges to travel for miles every day to attend an all-black kindergarten. Then, in 1960, Bridges was thrust into the national spotlight at the tender age of 6, as the first black child to racially integrate an all-white elementary school in the South. The move came less than a decade after the Supreme Court's *Brown v. Board of Education* ruling struck down school segregation.



Reactions to her presence, and to the idea of school desegregation generally, precipitated protests that came with threats of violence. Bridges and her mother had to be escorted to the school by federal marshals because other officials in the area weren't willing to protect her. Despite the racist backlash, Bridges and her family held firm, helping pave the way for other students who would follow in her path. Now, decades later, she still publicly speaks about her experience.

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YWCA's integration efforts and acted as the first director of its Center for Racial Justice. She also co-founded the National Women's Political Caucus and served on the boards of several national civic organizations, including as national president of the historically black service sorority Delta Sigma Theta. Among her many accolades, Height received the Presidential Medal of Freedom in 1994.

Audre Lorde

Lorde's identity as a black lesbian unquestionably shaped her poetry, scholarship and activism in relation to the struggles of women, blacks, LGBT people and various marginalized groups. Lorde's writings and speeches addressed the need for solidarity across struggles against oppression and, in particular, why an awareness of intersectionality is paramount. Her 1973 poetry collection, *From a Land Where Other People Live*, was also nominated for a National Book Award.

**Ella Baker**

Baker's decades of work included an array of both racial and economic justice efforts. She held posts with some of the most influential groups during the Civil Rights Movement, including the Southern Christian Leadership Conference and the NAACP. Shortly after black college students organized a sit-in at a Woolworth's lunch counter in Greensboro, North Carolina, Baker set up a meeting with the young activists that culminated in the founding of the Student Nonviolent Coordinating Committee in 1960.



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Shirley Chisholm

Chisholm was the first black woman elected to Congress in 1969 from her district in New York City, and she served for 14 years.



She began her career in education administration, having earned a master's degree in elementary education from Columbia University, and went on to serve as a consultant to the New York City Bureau of Child Welfare. In

Dorothy Height

Height spent decades working for racial equality and women's rights, and her work often centered the ways in which racism and sexism were inextricably linked struggles for black women. As one of the organizers of the 1963 March on Washington, where King delivered his famous "I Have a Dream" speech, Height was the only woman seated on the speaker's platform. But, as Height told NPR in 2003, the male-dominated planning and programming didn't schedule any women, including her, with time to speak.



Height was instrumental during the YWCA's integration efforts and acted as the first director of its Center for Racial Justice. She also co-founded the National Women's Political Caucus and served on the boards of several national civic organizations, including as national president of the historically black service sorority Delta Sigma Theta. Among her many accolades, Height received the Presidential Medal of Freedom in 1994.

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Outreach Events

No Events this Month

Q's Quote Corner

"If where we are now and whatever we are going through does not motivate us to leave this world better than the way we met it, we are in this world for wrong reasons."