Healthy Aging in Neighborhoods of Diversity across the Life Span

The Healthy Journey

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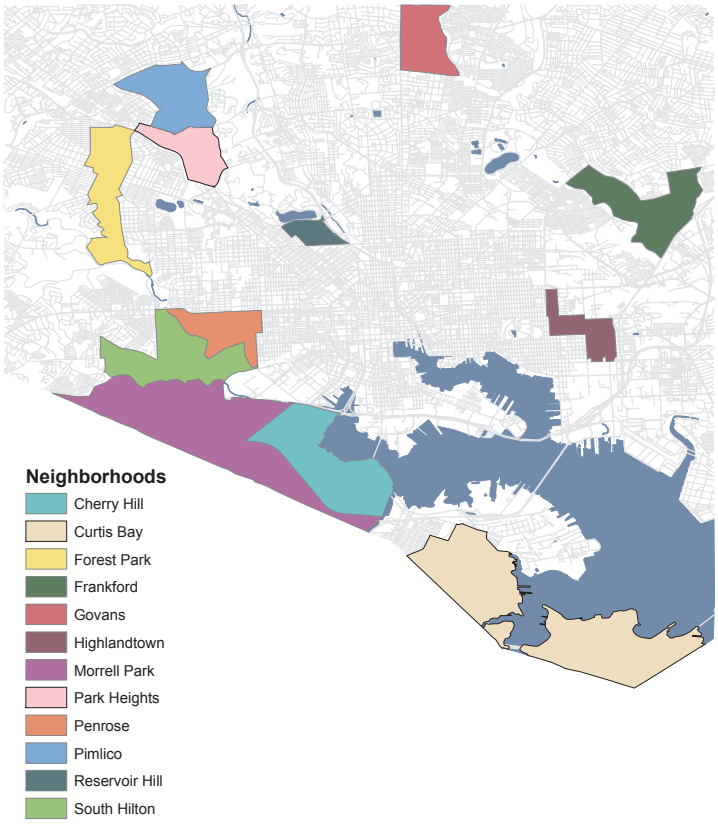
HANDLS UPDATE 2007

We have good news to report. The HANDLS study has recruited over 2000 participants from the neighborhoods of Baltimore. This is the half way point in our groundbreaking study of Baltimore neighborhoods. HANDLS is designed as a community-based examination of health and aging in America's 18th largest city. This study is unique because it examines a wide variety of areas in physical, medical and emotional health. HANDLS is a long-term study of city residents. We hope that our work will improve our understanding of the aging process and age-related health disparities. We also hope that we will help individuals learn more about their own health over their lifetime.

HANDLS reached the half-way point in recruitment

As many of you know, the HANDLS pilot study began in October 2000 on Laurens Street in the Bolton Hill and Madison Park neighborhoods. We began the city-wide phase of HANDLS in August 2004 in the South Baltimore neighborhood. We have now visited the Reservoir Hill, Cherry Hill, Govans, Forest Park, Highlandtown, and



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Nutrition is important for health

The old saying, "An apple a day keeps the Doctor away" holds some truth, but if you look deeper, what it's really saying is that overall health and disease prevention can be improved through nutrition. Nutrition is not the only area which affects your health, but what you consume daily has a huge impact on the way your body functions and how you feel overall. The nutrition research being done through the HANDLS study is focusing on the daily nutrition trends of participants to determine more about the relationship between nutrition, disease, and health. Research through other studies has already shown us that nutrition has a role in many diseases and disorders such as nutritional deficiencies, osteoporosis, cardiovascular disease, type 2 Diabetes, and cancer. In order to determine the extent that nutrition plays in these diseases and others, more research is being done. HANDLS in particular is looking at the nutritional information that you provide to us and focusing our newsletters on topics that may help you to better understand how the body works with various types of foods. Over the length of the study we will also look at the relationship between nutrition and aging. We are hoping that the long term collection of nutrition trends will provide us with insight on how to keep our bodies healthy and energized for many years to come.

Smart choices made easy with helpful labels.

Choosing healthy foods is not always an easy task. However, reading food labels on the entire package can help make a decision. Here are two symbols that you can use to help you find more wholesome foods. They can save you time when you shop and can be found on hundreds of products nationwide.

Smart choices are easy with the heart-check mark.

The American Heart Association (AHA) established its Food Certification Program to provide consumers an easy, reliable way to identify specific heart-healthy foods.

Products in the heart-check program are low in saturated fat and cholesterol and must meet the following guidelines:

	American Heart Association Products displaying the heart-check mark meet Americal Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2. heartcheckmark.org	American Heart Association Products displaying the heart-check mark meet Americal Heart Association food criteria for saturated fat, cholesterol and whole grains for healthy people over age 2. heartcheckmark.org
	Standard Certification	Whole-Grains Certification
Total Fat	3gms or less	Less than 6.5 gms
Saturated Fat	1 gm or less	1gm or less
Cholesterol	20 mg or less	20 mg or less
Sodium	480 mg or less	480 mg or less
Contain 10% or more of the daily value of 1 of 6 nutrients; vitamin A, vitamin C, iron, calcium, protein or dietary fiber	Yes	Yes
Trans fat*		.5 gm or less
Whole grain		51% by weight/Reference Amount Customarily Consumed (RACC)
Minimum Dietary Fiber		1.7 g/RACC of 30 gms 2.5 g/RACC of 45 gms 2.8 g/RACC of 50 gms 3.0 g/RACC of 55 gms

Some products are

- Campbell's Healthy Request, Healthy Choice, and Progresso Healthy Favorite soups
- Tumaro's Healthy flour tortillas
- Specified Healthy Choice, Butterball, and SLG deli meats
- Uncle Ben's rice
- Kellogg's All-Bran Oatmeal Raisin Bars
- Cheerios

Smart choices made easy with the smart spot label

When you're hungry or just want something to snack on, do you stand in front of the vending machine or in

the aisle of your local store searching for something that tastes great without clogging your arteries? PepsiCo has added a Smart Spot ™ label to individual products meeting certain standards that provides a short-cut to healthier food and beverage choices. For Smart Spot products look for this label.

Choosing a Smart Spot Food product such as oatmeal and cereals means that:

- The product has no more than 30% of its calories from fat, 1 gram or less of saturated fat, and **no trans fats** (that are the most harmful to us).
- It also contains at least 10% of the Daily Value for protein, fiber, calcium, iron, vitamin A, or vitamin C, and meets limits for cholesterol, sodium, and added sugar.
- The product has 25% less calories, fat, sodium, or sugar than the original products.

Choosing a Smart Spot Snack product such as Baked Chips, pretzels, rice snacks, or granola bars, means that:

- The product contains no more the 35% of calories from fat, less than 1 gram of saturated fat, and NO trans fats.
- It also has 60mg or less of cholesterol and less than 270mg of sodium.
- Finally, it has no more than 25% of calories from sugar.

Choosing a Smart Spot Beverage product such as diet soda and tea, 100% juice products, or some flavored bottled water means that:

- This drink is low in fat (3 grams or less), contains no trans fats, and it has less than 1 gram of saturated fat.
- It also has 60mg or less of cholesterol and less than 480mg of sodium.
- It also contains at least 10% of the Daily Value of a targeted nutrient (i.e., protein, fiber, calcium, iron, vitamin A, vitamin C) and meets limits for fat, saturated fat, trans fat, cholesterol, sodium, and added sugar.
- Finally, it also has no more than 25% of calories from sugar.

Look for the green and white Smart Spot label on beverages, foods, and snacks.

Garlic Roast Chicken with Rosemary and Lemon

Recipe Courtesy of Rachael Ray

2½ pounds boneless, skinless chicken breasts cut into large chunks

6 cloves garlic, crushed

3 tablespoons fresh rosemary leaves stripped from stems

3 tablespoons extra-virgin olive oil, eyeball it

1 lemon, zested and juiced

1 tablespoon grill seasoning blend (recommended: Montreal Seasoning), or coarse salt and black pepper

½ cup dry white wine or chicken broth

Preheat oven to 450°F.

Arrange chicken in a baking dish, 9 by 13-inch.

Add garlic, rosemary, extra-virgin olive oil, lemon zest and grill seasoning or salt and pepper to the dish. Toss and coat the chicken with all ingredients, then place in oven.

Roast 20 minutes. Add wine and lemon juice to the dish and combine with pan juices.

Return to oven and turn oven off. Let stand 5 minutes longer then remove chicken from the oven.

Place baking dish on trivet and serve, spooning pan juices over the chicken pieces.

Recipe Summary
Difficulty: Easy
Prep Time: 5 minutes
Cook Time: 25 minutes
Yield: 4 servings

New additions to the HANDLS family

We welcome Zachary Alexander Anthony Triolo to the HANDLS study family. Zachary (Zach) is the newly adopted one-year-old son of Dr. Melissa Kitner-Triolo, and her husband Tony. Zach arrived in the United States early in September from Guatemala. Zach has an older sister Eliza who is 10 years old. Eliza has wanted a little brother for a long time. She is very excited that he has finally arrived. Being the proud big sister, she thinks Zach is the greatest. Zach also thinks Eliza is a pretty cool big sister. They have fun marching around the house to the tune of the Mickey Mouse Club. The Triolo's says that their family is finally complete.

Proud parents

We also welcome Ethan Cao. Ha Nguyen, a research fellow with the HANDLS study team, and her husband, Steve Cao, are pleased to announce the birth of their son, Ethan Cuong Cao. Ethan was born on September 22, 2006, and weighed 7 lbs.

HANDLS RESEARCH TEAM

This is a picture of the HANDLS research team. Participants meet some of these people, but there are many members of the team who work in supporting HANDLS.

Seated on the floor in the first row, from left to right: Melissa Rice, Research Assistant; Kareem Brown, Software Engineer; Jennifer Emel, Cognition Tester.

Seated in the second row, from left to right: Angela Graham, Cognition Tester; Debbie Colby, Cognition Tester; Alan Zonderman, Co-Principal Investigator; Michele Evans, Co-Principal Investigator; Bridget Cromwell, Community Coordinator; Vonetta Dotson, Postdoctoral Fellow.

Standing in the third row, from left to right: Melissa Kitner-Triolo, Research Psychologist; Clinton Edmunds, Computer Technician; Joyce Hartley, Cognition Tester; Zandy Cremer; Kamala Foster, Physician; Marie Kuczmarski, Nutritionist; Jennifer Norbeck, Study Manager; Meghan Olesnevich; Kitty Sackett, Nurse Practitioner; Marc Mason, Statistician; Mary Sam-Nwoha, Registered Nurse; Mary Lassiter, Sonographer; Ngozi Ejiogu, Physician; Ha Nguyen, Postdoctoral Fellow; Clare Jefferson, Cardiovascular Technician.

Change of Address

Have you moved? Are you planning to move?

It is important to us that we know exactly how to contact our participants. HANDLS is a longitudinal study. We will examine the same participants approximately every 3 years over the next 20 years.

We would like you to let us know if you have moved or if you are planning on moving soon. You may call us toll-free at 1-866-207-8363 (option 7) and we will take your change of address information over the phone.

If you prefer, you may complete the change of address form and mail it to us at:

HANDLS Study Change of Address
National Institute on Aging
5600 Nathan Shock Drive – Mailbox 6
Baltimore, MD 21224

Our continuing contact with you is the key to the HANDLS study. Thank you so much for taking time to let us know how to stay in touch with you.

HANDLS Change of Address

Name _____

Old address _____

New address _____

Old area code & phone number _____

New area code & phone number _____

MRV location at last visit _____

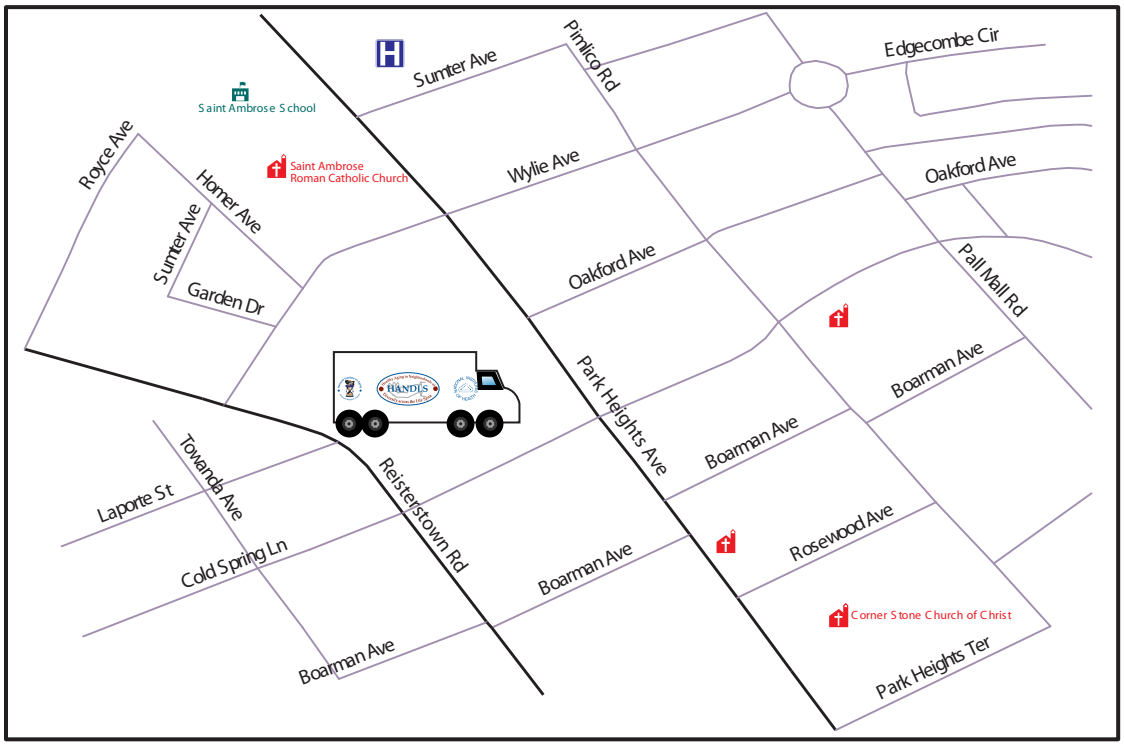
HANDLS update, from page 1

Morrell Park neighborhoods of the city. Recruitment is ongoing in the Curtis Bay neighborhood. As of February 2007, 2109 city residents have participated in the HANDLS study. What is noteworthy is that we have successfully recruited participants who truly reflect the make-up of Baltimore's many neighborhoods. This includes both African Americans and Whites of high, middle, and low income levels. This is very important as we try to uncover the factors that may increase the risk of developing certain diseases with age. At this point, we have recruited approximately 52% of the planned total group of participants for the study. We will continue to invite Baltimore residents to join the study until November 2008. Over the next 14 months, we will complete the baseline household surveys and physical examinations in the Frankford, South Hilton, Penrose, Park Heights and Pimlico areas of the city. The follow-up visits for the next wave of the study will begin in January 2009 with participants in the South Baltimore neighborhood.

We are beginning to examine the data we collected during the home interviews and MRV examinations. Our research is focused on understanding the role of diabetes, obesity, and hypertension on the health status of HANDLS participants. We have started to look at how income and education may affect how HANDLS participants feel about their own health. We are also trying to understand how personality may relate to overall health and well-being. In addition, we are trying to develop a marker of oxidative stress measured by a blood test that may predict the development of heart disease.

We are grateful to each of you for participating in this study. We believe that HANDLS is unlike any other study and will grow in scientific importance as time passes.

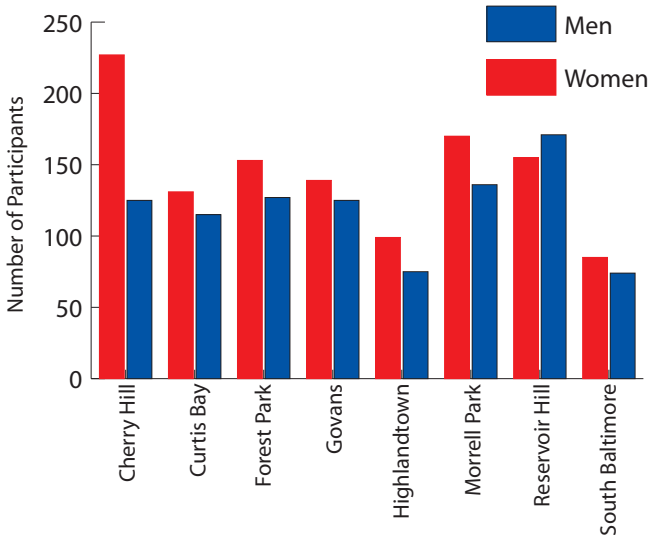
Our present location



We are parked at 4419 Reisterstown Road, near the intersection of Reisterstown Road and Cold Spring Lane behind McDonalds. This location is on the M2 bus route from Reisterstown Road and the #33 bus route from Cold Spring Lane.

Recruitment

This graph shows the number of women and men recruited from neighborhoods in Baltimore. We have recruited more participants from some neighborhoods than other neighborhoods. In some neighborhoods, we recruited more women than men. In other neighborhoods, we recruited more men than women. Overall, we have recruited more than 2,000 participants, and we expect to recruit 2,000 more before November 2008.



The Quarterly Newsletter for the HANDLS Community

Healthy Aging in Neighborhoods of Diversity across the Life Span

The purpose of this study is to learn about changes in health over time. Using our medical research vehicles, we want to study as many people with different backgrounds as we can. We want this study to help us understand healthy aging by examining the effects of different backgrounds on changes in health over time. The information that we gather will help improve health and prevent disabilities. We want to do this for people from all backgrounds, particularly those in poor and minority communities.

For information about our study call 1-866-207-8363 or visit our website handls.nih.gov

HANDLS
National Institute on Aging
5600 Nathan Shock Drive
Baltimore MD 21224-6825

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