

The

# CULTURAL LINK



MARCH  
2005

## Nutrition Month

### March QUESTION OF THE MONTH

The cause of greatest mortality among women worldwide is

- A. Heart disease
- B. Pregnancy related complications
- C. Tuberculosis

**Email your response to [nwosu@etsu.edu](mailto:nwosu@etsu.edu) by 4:30 pm on March 24.**

Please include your full name and telephone number with your response. One person who answers correctly will be selected to receive the prize.

The answer to the February question: Dr. Satcher expressed concern that obesity would overtake tobacco abuse as the leading preventable disease by 2025. The answer is C. Obesity.

Source: *Mentations*, May 2003: 15. [http://com.etsu.edu/webfiles/oca/Obesity\\_Could\\_Overtake\\_Tobacco.pdf](http://com.etsu.edu/webfiles/oca/Obesity_Could_Overtake_Tobacco.pdf)

### Did You Know?—Obesity in the US

- The percentage of obesity among US born individuals was 22% in 2000.
- Overall, the percentage of obesity among all immigrants in the US was 16%.
- After 10 years residence in the US, obesity among immigrants increased substantially as measured by increases in BMI (body mass index). Distribution of obesity among most immigrant groups living in the US for 15 years or more approached that of US born individuals.

Source: Obesity Among US Immigrant Subgroups by Duration of Residence *JAMA*. 2004;292:2860-2897. <http://jama.ama-assn.org/cgi/content/full/292/23/2860>

### Arts, Cultural, and Health Awareness Events at ETSU

Sign Language Workshops begin	3/1 5 PM	Roger-Stout 427
Women's History Month: Pat Humphries & Sandy Opatow Concert	3/1 7 PM	Culp Auditorium
A Day Without Dieting: Healthy Eating & Lifestyle Options	3/2 10 AM - 2 PM	Culp Atrium
Women's History Month: Iroquois Influence on Early American Feminists	3/3 5 PM	Brown Hall 206
Seven Quilts for Seven Sisters - A Stitch in Time	3/3 7 PM	Culp Auditorium
Arbor Day Celebration at ETSU—Tree Giveaway	3/18 12 PM	Borchuck Plaza by Sherrod Library
Derrick Ashong, Ghanaian actor (Amistad) and motivational speaker	3/23 7 PM	Culp Auditorium
Women's Health Month: "Heroic, Beloved" Dance Performance	3/28 7 PM	Culp Auditorium
Take Back the Night March & Rally	3/28 7 PM	Culp Auditorium

## MARCH OBSERVANCES

### Topics of Interest in this Issue

Nutrition Month

World Tuberculosis Day, 24

Women's History Month

### Other Observances in March

Patient Safety Awareness Week, 6—12

Inhalants Prevention/Poison Prevention Week, 20—26

Pulmonary Rehabilitation Week, 13—19

Norooz/Nau Roz, 21

St. Patrick's Day 17

Earth Day, 21

Palm Sunday 20, Good Friday 25

Holi, 25

Easter, 27

### Special in this issue:



Tool Box for Impact of Culture on Health

### Why Gender and Health?

<http://www.who.int/gender/genderandhealth/en/> Follow links to examples

## Article of the Month

Kranz S et al. Adverse effect of high added sugar consumption on dietary intake in American preschoolers. *The Journal of Pediatrics* January 2005: 146:1; 105—111.

Summary: This cross-sectional study of 2—5 year olds assessed the effect of added sugar intake levels on their nutrient and food group consumption. The USDA Food Guide Pyramid allows for added sugar consumption of 6—10% of total calories. Estimates of preschoolers' (n=5437) dietary intakes were determined from 2 days of dietary intake information collected by proxy in the Continuing Survey of Food Intakes by Individuals. About half of added sugar came from fruit and soft drinks and high fat desserts, all foods with the least nutritional value. Eleven percent of the younger children (2—3 years) and 12% of the older ones (3—5 years) consumed more than 25% of calories from added sugar. Consumption levels varied between income and ethnic groups: non-Hispanic preschoolers consumed the most added sugars. Proportionately fewer preschoolers at the lowest economic level consumed were in the highest added sugar group. As added sugar consumption increased, other nutrient and food group intakes fell below the recommended levels. Children consuming 16% or more calories from added sugar were likely to consume insufficient levels of calcium. The authors concluded that recommending added sugar intake may not be appropriate for American preschoolers. [http://com.etsu.edu/webfiles/oca/Adverse\\_Effect\\_Sugar.pdf](http://com.etsu.edu/webfiles/oca/Adverse_Effect_Sugar.pdf)

# HEALTH LINKS ON DIVERSITY

The listing below represent just a few of the resources intended to promote knowledge, awareness and discussions on diversity in health care for our students and faculty.

## TOPIC

## TITLE & LOCATION

### NUTRITION MONTH



**Food Guide Pyramids for a wide variety of ethnic, cultural and language groups**

<http://www.nal.usda.gov/fnic/etext/000023.html#xtocid2381818>

**Protecting yourself against health fraud** <http://www.cfsan.fda.gov/~dms/wh-fraud.html>

**Consumer Nutrition and Health Information: Food & Drug Administration**

<http://www.cfsan.fda.gov/~dms/lab-cons.html>

**Forum Explores How and Why to Change Eating Patterns for Better Health (2003)**—Critique of the USDA Food Pyramid <http://www.hsph.harvard.edu/now/oct3/forum.html>

### TUBERCULOSIS



**Fact Sheet: Tennessee, US, Worldwide Statistics** <http://www2.state.tn.us/health/FactSheets/tb.htm>

**To Break TB** Story of 6 researchers at Johns Hopkins working to conquer TB

<http://www.hopkinsmedicine.org/hmn/W04/feature.cfm>

**Jails, a neglected opportunity for tuberculosis prevention**

[http://com.etsu.edu/webfiles/oca/Jails\\_and\\_Tuberculosis\\_Prevention.pdf](http://com.etsu.edu/webfiles/oca/Jails_and_Tuberculosis_Prevention.pdf)

**STOP TB-** Site for World Health Organization TB Initiative <http://www.who.int/tb/en/>

### WOMEN: HEALTH and CULTURE



**Culture Care Conflicts among Asian-Islamic Immigrant Women in US Hospitals**

[http://infotrac.galegroup.com/itw/infomark/965/213/62371867w2/purl=rc1\\_ITOF\\_0\\_A99019121&dyn=6!xrn\\_2\\_0\\_A99019121?sw\\_aep=tel\\_a\\_etsul](http://infotrac.galegroup.com/itw/infomark/965/213/62371867w2/purl=rc1_ITOF_0_A99019121&dyn=6!xrn_2_0_A99019121?sw_aep=tel_a_etsul)

**WWWOMEN REACHING WOMEN** on Diversity and Culture: Links to sites on issues of concern to women all over the world. <http://www.wwwomen.com/category/divers/cultur1.html>

**Adolescent Clinic Visits for Contraception: Support from Mothers, Male Partners, & Friends**

[http://web4.infotrac.galegroup.com/itw/infomark/261/518/62829573w4/purl=rc1\\_EAIM\\_0\\_A114168339&dyn=4!xrn\\_12\\_0\\_A114168339?sw\\_aep=tel\\_a\\_etsul](http://web4.infotrac.galegroup.com/itw/infomark/261/518/62829573w4/purl=rc1_EAIM_0_A114168339&dyn=4!xrn_12_0_A114168339?sw_aep=tel_a_etsul)