



## Health Promotion Programming

This newsletter is brought to you by Health Promotion Programming, a service area for Prairie State College (PSC) students.

Located in the Office of Student Retention and Involvement, Room 1241, this area is a part of the Student Life and Multicultural Affairs department.

Currently, Darcelle Dieudonné, retention coordinator, health promotion, and peer educators plan events. Health Promotion is also made up of student volunteers who wish to help others.

The purpose of Health Promotion Programming is to promote and preserve the well-being of students here at PSC. If you have an issue that you feel this organization can aid you with, feel free to contact Darcelle Dieudonné.

This program is for you, the student, and we pledge to do everything in our power to help you. Our job is to refer you to the right employees or offices, so that you may gain the proper assistance.

Feel free to contact Darcelle or any of the peer educators with any questions, comments, or concerns you may have regarding this newsletter – or if you would like to get involved.

## Upcoming Health Promotion Programming Events:

### September

**21 Health Spotlight: Hispanic Heritage Month 10:30 a.m.-1:30 p.m., Atrium**

**26-30 Fruit and Veggie Week co-sponsored with Fratello's**

**27 Fruit and Veggie Table 10:30 a.m.-1:30 p.m., Atrium**

**28 Fruit and Veggie Table 10:30 a.m.-1:30 p.m., Atrium  
Fruit and Veggie Program, 2-2:45 p.m. Conference Center, Rm.1315**

**Want more information about PSC's health related events? Check out PSC's Health Promotion Programming Website at <http://prairiestate.edu/studentlife/healthevents.html>.**

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*Office of Student Retention and Involvement*

# Health Promotion newsletter



September 2011  
Creating a campus culture of  
informed and responsible decision-  
making about health.  
Be well.

## Organic, is it worth your money?

by Marilyn Scott, Pioneer Peer Educator

Did you know the word organic refers to the way food products are grown and processed? Organic farmers don't use conventional methods such as chemical fertilizers, growth hormones, and pesticides to grow and produce their foods. Organic foods are grown in natural fertilizers, compost, and manure. Since 2002, the U.S. Department of Agriculture has imposed a strict standard of organic food growth and production. Only food that is 100 percent organic or made of all organic ingredients can carry the USDA seal. Many advocates say that organic is safer and might be more nutritious than non-organic food.

Cost is one concern that seems to keep consumers from buying organic. Many farmers use very expensive farming techniques that are passed along to the consumer. Though shopping for organic foods may be expensive, there are ways to cut the cost down:

- 1. Compare prices**  
Comparing prices will allow you to determine where you can get the most for your money.
- 2. Local farmers market**  
Grocery store prices reflect the cost for the produce's shipping and gas. Avoid these extra costs by shopping at your local farmers market.
- 3. Buy seasonally**  
Fruits and vegetables are cheaper when they are in season. Be sure to take advantage of this instead of purchasing fruits and vegetables that are not in season.
- 4. Buy in bulk**  
When items are on sale, be sure to stock up. This will allow you to get more for your money.
- 5. Grow your own fruits and vegetables**  
Growing your own produce is a way to get the same healthy fruits and vegetables at a much cheaper cost. Start slow and choose items that are easy to grow.

Fruits and veggies are essential part of a balanced diet, whether you buy conventional or organic. Here are a few steps you can take to ensure safe consumption:

1. Buy fruit and vegetables in season
2. Wash and scrub products under running water
3. Trim tops of the outer portions of leafy vegetables

If the cost is manageable and you want fewer pesticides, organic could be for you. Do what makes sense for you and your family. You don't have to skip over conventional foods or pinch pennies for organic foods, just be an informed shopper.



## Importance of Fruits and Vegetables

by Dewon Rodgers, Pioneer Peer Coordinator

Once you put more emphasis on eating fruits and vegetables, there are amazing health benefits that can range from a more youthful look to an extra spring in your step. Fruits and vegetables contain items that your body requires to maintain good health, but more than that, they taste good too.

Some benefits of increased consumption of fruits and vegetables are: lowered risk of heart disease, lowered risk of stroke, lowered risk of cancer, lower blood pressure, a healthier immune system, and weight loss. Of course, weight loss comes with substitution of high calorie foods for healthy fruits and vegetables.



Growing research also shows that fruits and vegetables are critical to promoting good health. Fruits and vegetables should be the foundation of a healthy diet. To get the amount that is recommended, most people need to increase the amount of fruits and vegetables they currently eat every day. Fruits and vegetables contain vital vitamins, minerals, and fiber that may protect you from chronic diseases.

Source: [www.eatright.org](http://www.eatright.org)

## 5 Quick Tips for Eating more Fruits and Vegetables

- 1. Keep fruit out where you can see it.**  
That way you'll be more likely to eat it. Keep it out on the counter or in the front of the fridge.
- 2. Eat vegetables every meal, every day**  
Try filling half your plate with vegetables at each meal. Serving up salads, stir fry, or other vegetable-rich fare makes it easier to reach this goal. Bonus points if you can get some fruits and vegetables at snack time, too.
- 3. Explore the produce aisle and choose something new.**  
Variety is the key to a healthy diet. Get out of a rut and try some new fruits and vegetables.
- 4. Bag the potatoes.**  
Choose other vegetables that are packed with more nutrients and more slowly digested carbs. Or try delicious whole grains recipes as an alternative to potatoes.
- 5. Make it a meal.**  
Try some new healthy recipes where vegetables take center stage.

Source: <http://www.hsph.harvard.edu/nutritionsource>



## Health Concerns Among the Hispanic Population

Hispanic Heritage Month is September 15-October 15. Many of us may not realize that race can play a major role in what health issues will affect our bodies. The Hispanic population in the U.S. has disproportionately high rates of asthma, obesity, HIV/AIDS, suicide, and mental health. Some factors that contribute to the health disparities that affect the Hispanic population include language and cultural barriers, lack of access to preventative care, and lack of health insurance.

The top ten causes of death among the Hispanic population are:

- 1) Heart disease
- 2) Cancer
- 3) Unintentional injuries
- 4) Stroke
- 5) Diabetes
- 6) Chronic liver disease and cirrhosis
- 7) Homicide
- 8) Chronic lower respiratory disease
- 9) Influenza
- 10) Certain conditions originating in the perinatal period

Regardless of the ethnic background, it is important to visit the doctor on a regular basis and stay current on health information. Every racial or ethnic group has specific health concerns. Differences in the health of groups can result from genetics, environmental factors, access to care, and cultural factors. Healthy eating and regular exercise may help reduce risk for some of the mentioned health issues. For referrals to local health agencies or to discuss some health issues/concerns, please visit room 1241, next to the information center.

Source: [www.cdc.gov](http://www.cdc.gov)  
[www.nlm.nih.gov](http://www.nlm.nih.gov)



## Healthy Latino Recipes

### Spinach Corn Casserole

#### Ingredients

- 1 16 oz. package frozen chopped spinach
- 1/2 cup minced white onion
- 1/4 cup chopped green onions
- 2 14-3/4 oz. cans creamed corn
- 1 tbsp. canola oil
- 2 tsp. vinegar
- 1 tsp. salt
- 1/2 tsp. ground black pepper



#### Topping

- 1/2 cup toasted bread crumbs
- 2 tbsp. grated Parmesan cheese

#### Preparation

1. Preheat oven to 400 degrees F. Warm frozen spinach in a saucepan over medium heat. Drain excess liquid.
2. Combine spinach, onions, creamed corn, canola oil, vinegar, salt, and pepper in a casserole dish.
3. Spread bread crumbs and Parmesan cheese over top of casserole. Bake for 20 to 30 minutes.

Nutritional Information	
Amount per serving (yields 12 servings, size 1/2 cup)	
Calories: 100	
Fat: 3g	
Saturated fat: 1g	
Protein: 4g	
Carbohydrate: 18g	
Fiber: 3g	
Cholesterol: 1mg	
Potassium: 233mg	

### Fresh Cabbage and Tomato Salad

#### Ingredients

- 1 sm. head cabbage, thinly sliced
- 2 med. tomatoes, cut in cubes
- 1 cup sliced radishes
- 1/4 tsp. salt
- 2 tsp. olive oil
- 2 tbsp. rice vinegar (or lemon juice)
- 1/2 tsp. ea. black pepper and red pepper
- 2 tbsp. fresh cilantro, chopped



#### Preparation

1. In a large bowl, mix together the cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients and pour over the vegetables.

Nutritional Information	
Amount per serving (yields 8 servings, 1 cup ea.)	
Calories: 41	
Fat: 1g	
Saturated fat: 0g	
Protein: 2g	
Carbohydrate: 7g	
Fiber: 3g	
Cholesterol: 0mg	
Potassium: 331mg	

Recipes found at: <http://www.nhlbi.nih.gov>