

April is  
**Minority**



Did you know that populations defined as minorities are at increased risk for diet-related chronic diseases?

Minorities have been shown to consume fewer fruits and vegetables, less fiber, more saturated fat and more calories. These factors contribute to higher incidence of illness, poor health outcomes and higher death rates compared to non-minority populations.

Factors are complicated but can include beliefs, traditions, income level, availability of healthy food choices and lack of knowledge of the importance of foods in the prevention or development of chronic disease. Language and healthcare discrimination can also be a barriers.

**The majority of the increased risk for these health conditions can be attributed to diet.**

According to the CDC:

- ◆ African Americans are generally at higher risk for heart disease, stroke, cancer, influenza, asthma, pneumonia, diabetes and obesity.
- ◆ Hispanic people have greater risk for diabetes, high blood pressure, cancer, kidney and liver disease and obesity.
- ◆ Native Americans are at greater risk for obesity, diabetes, high blood pressure and shorter life expectancy.
- ◆ Asian Americans have increased risk for lung disease, stomach, breast and liver cancers, osteoporosis and are less likely to see their doctor for health screenings.
- ◆ Those in the LGBTQ+ community are more likely to suffer from depression, prostate, colon, breast and ovarian cancers and heart disease. They may also suffer greater stigma and poor access to healthcare providers who understand their issues.

The Food and Nutrition Group (FNG) is making efforts to improve intake of health-protective foods (fruits, vegetables and other plant foods), and to discourage the intake of foods that contribute to disease (excess meat, dairy, processed foods, sweetened beverages).

FNG and OSU Extension educational resources include infographics, handouts, videos and recipes. We hope to add traditional ethnic foods to the *Healthy Bytes Initiative* monthly materials, and to begin translating some resources for Spanish-speakers.

Stephanie Polizzi, MPH, RDN

## NO-CANDY EASTER TREATS

Americans are consuming far too much added sugar which contributes to obesity, diabetes, heart disease, stroke, chronic inflammation, cancer and mood disorders including dementia.

The majority of added sugars come from soda, energy drinks and sweetened tea/coffee beverages. This time of year, the Easter Bunny tempts us with added sugars. Many of these treats also add a heaping portion of fat and empty calories.

Try substituting raw nuts for candy. Or make healthy-snack bars or this no-guilt fudge. Melt one package semi-sweet morsels in the microwave. Stir in a 16-ounce jar of no-sugar added peanut butter. Add nuts or seeds if desired. Spread into 9x9" pan and freeze. Then cut into squares and keep frozen in sealed container until ready for use.

Here are more suggestions to substitute for sugary items:

### For kids:

- ◆ Coloring books, story books, puzzles or board games
- ◆ Toys or stuffed animals, bubbles
- ◆ Fun socks, slippers, bunny ears head bands or hats
- ◆ Art supplies, paints, drawing tablets, crayons, clay
- ◆ Exercise equipment, jump rope, sidewalk chalk

### For tweens:

- ◆ Nail polish, lip gloss, skincare products, make-up
- ◆ Books, magazines, movies, gaming accessories
- ◆ Slogan T-shirt or hoodie
- ◆ Headphones or other electronic equipment
- ◆ Jewelry, earrings, watches, sunglasses
- ◆ Wallet or purse

### For adults, consider a themed basket:

- ◆ Movie tickets, video, popcorn, spices
- ◆ Dinner vouchers or gift cards
- ◆ Gardening tools, pots, soil and seeds
- ◆ Teapot, mug or cup, variety of tea packets
- ◆ Apron, rolling pin, brightly colored spatulas, recipes
- ◆ Sports equipment, outdoor game sets, pickleball racket



**Those who think they have no time for healthy eating, will sooner or later have to find time for illness.**



## FERTILIZE YOUR MIND - *Apr 1 act fast*

Fertilize Your Mind Garden Seminar is scheduled for April 1<sup>st</sup> at The Mill Casino Hotel. The keynote speaker will be James Cassidy, OSU Soil Scientist faculty, with a presentation on *Soil! What It Is and How It Works*.

There will be 3 sessions of classes as well as a boxed lunch included in your registration. Examples of classes include *Year-Round Growing on the South Coast*, *Spicing Up Your Garden (Adding Herbs to Your Garden)*, *Container and Hugelkultur Building*, *Native Hedgerows*, and much more.

To register online, visit <https://beav.es/S53> or call the OSU Extension office at 541-572-5263 ext 25240 to request a registration form.

## FROM FOOD TO FREEDOM

Experience this documentary of the story of 6 people who felt trapped by obesity, sickness, fatigue, and multiple diet-related chronic disease diagnoses.

With their lives on the line, they took a chance to see what could happen if they broke away from the SAD or Standard American Diet for just 10 days.

If you have diabetes, or any chronic disease, take the time to watch this new documentary for free.

Many of today's chronic diseases such as heart disease and type 2 diabetes can be reversed into remission with whole food. Forward this link to your friends, family, or health providers.



### Watch From Food to Freedom

<https://foodtofreedom.foodrevolution.org/?uid=19&oid=3&affid=55>



## April Gardener's To-Do List



- Start weeding while ground is soft & weeds are young.
- Prepare planting areas 1 to 3 weeks in advance by adding compost and covering with mulch.
- Start seeds indoors: eggplants, peppers & tomatoes
- Start seeds outdoors: Zucchini, green beans, corn, cilantro, peas & leafy greens.
- Transplant outdoors: Melons, herbs, tomatoes, celery, pumpkins, peppers, eggplant, cucumbers and more!
- Fertilize established berries, herbs and flowers using composted chicken manure or commercial fertilizer.
- Plant nasturtium in different areas to attract aphids away from veggies. The flowers support pollinators and you can eat them!

Find the full list and more at: <https://beav.es/Sgf>



**Those who think they cannot afford to eat healthy food will sooner or later pay more for illness.**

Forgo the processed foods, meat and dairy and spend the money you save on fruits, vegetables, legumes and whole grains.

~Stephanie Polizzi

## Healthy Bytes Initiative

### APRIL food of the month: GRAPEFRUIT

Grapefruit is a tropical citrus that comes in dark red, ruby red and white varieties. Besides providing 64% of the RDI for vitamin C, grapefruit contains other antioxidants like beta-carotene and lutein to protect eyes and brain, and lycopene for the prevention of prostate cancer.

Grapefruit also contains potassium and magnesium which protects against heart disease. Citric acid in grapefruit may help prevent the formation of kidney stones.

Be advised grapefruit may block the enzyme necessary for the breakdown of some medications, including statins, allergy medications and immunosuppressants. See your provider if you are taking medications before adding grapefruit to your diet.

Choose fresh whole fruit over juice. Slice in half and cut out flesh, or peel and eat sections. Add to salad, cereal or smoothies.

For recipes and more go to

<https://advancedhealth.com/healthy-bytes-initiative> or <https://extension.oregonstate.edu/coos/healthy-families-communities>



## UPCOMING NUTRITION CLASSES

*Note classes may be offered in in-person, online or hybrid formats. Most classes are free. Registration is not required unless specified.*

**Sun Apr 2: Dinner: More Veggies, Please!** 2-3 pm. In-person. Join the Good4uRevolution and make healthy dreams a reality. Presented by Cheryl O'Dell, Nutritional Health Coach, Natural Grocers, 598 N Broadway, CB



**Mon Apr 10: The Sweet Seduction of Chocolate** workshop and tasting. 6:00-8:00 pm. In-person. Enjoy a learning and tasting experience to reap the health benefits of chocolate. Presented by Stephanie Polizzi, RDN, OSU Ext. Coquille SDA Fellowship Hall, 1051 N Cedar Pt Rd, Coq. **\$10**. Pre-registration required: <https://beav.es/SYn>. Registration closes 4/5/23

**Sun Apr 16: Maximize Your Healthspan** 2-3 pm. In-person. Put the health back into your years and live life to the fullest. Presented by Cheryl O'Dell, Nutritional Health Coach, 598 N Broadway, CB

**Thu Apr 27: Fatal Attraction (to sugar)** 10-11 am PST. Webinar. Time to recover from the Easter tradition of filling baskets with sweets and recognize the health impact of added sugars in the diet. Presented by Stephanie Polizzi, RDN, OSU Extension. Online here: <https://beav.es/SMN>

**Thu Apr 27: Cooking with the Co-op** 5:30-6:30 pm. Online. Josie Keating from Josie's Art Lab will be making butternut squash chimichangas. Register here: <https://bit.ly/3powyqG>

**Not on the Nutrition Marketing list serve yet?** Get advanced notice, fliers, newsletters, HBI handouts, recipes and more by signing up with [stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu)

**Prefer to learn at home?** Watch archived nutrition webinars and download handouts for topics such as reversing diabetes, lowering cholesterol and healthy eating on a budget.

**2 New webinars on the website include:** *Say NO to Disease* and the revised, updated version of *Longevity and Health*

Go to: <https://extension.oregonstate.edu/coos/healthy-families-communities>



## NEW CONTENT

Pea Podcasts are nutrition outreach projects in a variety of digital formats including videos, handouts, infographics and short articles.

Based on feedback we received from the OHSU Campus for Rural Health student interviews with providers, we've expanded the Pea Podcast tab for Health Providers and categorized content by disease state.

We have also added the OSU Extension webinars and handouts specific for these disease states to make it easier to find resources for patients.

Find these and more Pea Podcast nutrition resources here: <https://coosheadfood.coop/food-nutrition-group>

If you have suggestions for materials to be shared on the site, please contact: [stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu).



The Food & Nutrition Group (FNG) meets virtually, monthly on the 2nd Thu at 2 pm.

To learn more about what FNG is doing in our community, visit our webpage at

<https://coosheadfood.coop/join-us>

or check out our Facebook page and follow us:

<https://www.facebook.com/FNGCoos>

If you are aware of other nutrition-related activities in our community, or to receive an invitation to join our meetings, please contact FNG chair and newsletter editor [stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu)

