This electronic *Newsflash* is intended to keep you informed about our work and to invite you to participate in our various research, education and outreach activities. The Newsflash began as a communication tool for our Community Committee, but readership continues to expand to include colleagues in academia, clinical settings and social service agencies around the state. If you see ways that we can work together on shared projects, please let us know. In this newsflash you will find:

- **PRC News and Research Updates**
- **Grant Submissions and Manuscript Publications**
- **Community Committee Member Agency News and Updates**

*For a complete list of our current projects, please visit our website at [www.yalegriffinprc.org](http://www.yalegriffinprc.org)*

### PRC News

**PRC to Receive CDC Funding for the Next 5 Years!**

We are delighted to learn that the PRC will receive renewed funding from the Centers for Disease Control and Prevention (CDC) for another 5 year funding cycle, beginning October 2009. We look forward to expanding our core Center work in obesity diabetes prevention and working with the church, health center and school communities in New Haven.

**Funding Received for Expanded School-Based Obesity Prevention Study!**

In our last Newsflash issue, we reported on a grant proposal for a study titled Advancing School & Community Engagement Now for Disease Prevention (ASCEND). The Health Care Foundation of Greater Kansas City has awarded $250,000 to the Independence School District for this study, which is about one-third of the amount requested. The project will build upon our 2006-08 school-based study by continuing to offer *ABC for Fitness™* and *Nutrition Detectives™* in Independence schools, while expanding the intervention to reinforce the programs’ messages in home, school, and community environments. ASCEND will build on insights of our prior intervention to refine program delivery, increase the population reached, extend the assessment period, and test the effects of the program’s reinforcements at the family and community levels. The intent is to develop an easily replicated school-centered, community health-promotion program that may be replicated in other school districts.

**Community Health Advisor Training**

The PRC has received several requests to repeat the Community Health Advisor (CHA) training sessions that we developed and offered as part of the PREDICT project. Additionally, as part of our core research proposal for the 2009-2014 funding cycle, we would like to expand the number of churches that participate in community-based diabetes prevention, which will require us to train additional community members and church congregants. We have received approval from the CDC to use leftover funding from fiscal year 2008 to another training program to prepare new CHAs for future diabetes prevention projects. The 10-week training program is scheduled to begin in late June/early July. Please contact Maurice Williams at [maurice.williams@yalegriffinprc.org](mailto:maurice.williams@yalegriffinprc.org) or 203-732-1265 ext. 300 if you would like additional information about the training opportunity to become a church-affiliated Community Health Advisor.

**Integrative Medicine – National and Local Updates**

In February 2009, the Institute of Medicine (IOM) convened a [Summit on Integrative Medicine](http://www.iom.edu) and the Health of the Public, in Washington, DC to advance the science, understanding and progress of integrative medicine (a combination of alternative and conventional medicine). The summit brought together distinguished researchers, practitioners, and leaders from multiple sectors to present the vision, challenges, evidence base, and opportunities for integrative medicine to improve health care in the U.S. The summit content and discussions provided vital information for transforming the U.S. health care
system. Approximately 600 people attended this historic meeting. PRC Director David Katz, MD, MPH, FACPM, FACP delivered a presentation on evidence-based integrative medicine and coauthored a commissioned paper on Preventive Medicine, Integrative Medicine & the Health of the Public.

Here at Griffin Hospital, Dr. Katz continues his role as director of the Integrative Medicine Center (IMC), with Ather Ali, ND, MPH (also of the PRC) serving as co-director. The IMC has moved to the new Center for Cancer Care at Griffin Hospital, and offers programs for cancer patients in addition to comprehensive integrative care. The IMC is designed to bridge the gap between conventional and alternative medicine for a broad range of medical conditions, and is founded on principles of patient-centered care and evidence-based medicine. For more information or to schedule an appointment, contact Michelle LaRovera at 203-732-1370 or by email at imc@yalegriffinprc.org.

**Current Activity and Research Findings**

*Health Promotion in the New Haven Public Schools*

The PRC is now in the last year of a 2 year study funded by the Community Foundation for Greater New Haven, which involves offering Nutrition Detectives and ABC for Fitness in selected New Haven elementary schools. In Year 1, PRC staff offered Nutrition Detectives to 5th grade students at Barnard, Brennan, Clinton, and MicroSociety schools, and administered a pre/post test to measure nutrition label literacy. This year the PRC is continuing with the Nutrition Detectives intervention and assessment among 5th grade students at five schools (Bishop Woods, Daniels, Edgewood, Jepson, and MicroSociety), and in addition, we will assess the effectiveness of the ABC for Fitness program among 4th grade students at these schools. For more information, contact Judy Treu (email judy.treu@yalegriffinprc.org, phone 203-732-1371).

*Extension of “Effects of Fruit and Nut KIND Bars on Endothelial Function in Overweight Adults” study.* In our March Newsflash, we reported on the results of this initial pilot study. Although we did not see a change in endothelial function, the primary outcome of interest, we did see some reduction in weight and blood pressure as a result of daily consumption of 2 KIND bars for 8 weeks. The initial pilot study of 19 adults was too small to show statistical significance with regard to this trend and the study sponsor, Peace Works Holdings, LLC, has asked us to conduct an extension of the original study in order to explore the reduction in blood pressure and weight. We’ve received IRB approval to start Phase 2 of this research project which involves a larger sample size of 100 more participants (50 in the intervention group and 50 in the control group), and will track only weight and blood pressure. We are currently enrolling participants in this study so if you or someone you know is interested, please contact Kim Doughty (email kim.doughty@yalegriffinprc.org, phone 203-732-1265 ext.305) or Yingying Ma (email yingying.ma@yalegriffinprc.org, phone 203-732-1265 ext. 220). Participating in this study will require 2 visits to the PRC over an 8-week period for measures of height, weight, blood pressure, and weight circumference. Participants will be paid $50 upon completion of the study.

**In the Works**

*Recent /Upcoming Grant Submissions*

**School-Based Interventions to Prevent Obesity (NIH R01 grant)**

In March, we met with the superintendents of the school districts in the Lower Naugatuck Valley to discuss a funding opportunity from the National Institutes of Health for a school-based obesity prevention project. As of this writing, three school districts (Derby, Shelton, and Seymour) are committed to partnering with us on this proposal. In addition to implementing the Nutrition Detectives™ and ABC for Fitness™ programs, we are proposing to create a valley-wide school wellness council that will include administrators, teachers, parents, and children, that will work with the PRC team to develop various nutrition and physical activity related interventions. We are now working on this proposal, which is due June 5th, 2009.

**Effects of Juice Plus+® Supplementation on Endothelial Function in Overweight Adults**
We have submitted a proposal to NSA for a second study of Juice Plus+® capsules and endothelial function. Our first study followed 48 insulin-resistant adults to see whether daily intake of Juice Plus+® capsules (with 2 sets of capsules with different juice blends) for 8 weeks would affect their endothelial function. Although we found that both sets of juice blends led to improved endothelial function, and one set of juice blends led to improved HDL cholesterol levels, the results were not statistically significant. The proposed study will look at the effects of Juice Plus+® in 70 overweight adults with central adiposity (define this). We will randomly assign these adults to a twice-daily dose for 8 weeks of either Juice Plus+® capsules (Orchard, Garden and Vineyard blends) or a placebo. We will then look at the effects of consuming the capsules (which are high in antioxidants) on endothelial function and on biomarkers of oxidative stress after they have consumed a high-fat meal. NSA is currently reviewing the proposal, and we expect to learn a decision sometime this spring.

**Effects of Egg Consumption in Patients with Established Coronary Artery Disease**

We recently had a conversation with the folks at the Egg Nutrition Council to explore interest in a third study on egg consumption - this one focusing on a population with diagnosed heart disease. Our first study was done with healthy adults, and showed that eating 2 eggs per day for 6 weeks did not raise serum cholesterol nor affect endothelial function (a measure of whether blood vessels constrict and dilate properly). Our second study looked at adults with risk factors for heart disease, and found that eating 2 eggs per day for 6 weeks had no effect on their endothelial function, and that eating egg whites could actually benefit cardiovascular risk factors. These results are important because eggs have been popularly characterized as harmful to heart health. The Egg Nutrition Board has requested a full proposal which will be submitted in June.

**Suggestion for Proposal to NIH for a Men’s Health Study***

Amos Smith, President and CEO of Community Action Agency of New Haven, forwarded the following grant announcement to the PRC. Amos has a particular interest in issues related to men’s health and we’d like to explore partner interest in collaborating on a proposal in response to this RFA. If interested, please contact Beth Comerford (phone 203-732-1365, ext. 224, email beth.comerford@yalegriffinprc.org), or Amos Smith (phone 203-387-7700, email asmith@caanh.net).

*Health Promotion Among Racial and Ethnic Minority Males (NIH R21 grant)  

This announcement solicits grant applications that propose to: (1) enhance understanding of factors (e.g., sociodemographic, community, societal, or personal) influencing the health-promoting behaviors of racial and ethnic minority males across the life cycle, and/or (2) develop and test culturally and linguistically appropriate health-promoting interventions to reduce health disparities among racially and ethnically diverse males age 21 and older.

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**Community Committee Agency/Partner News**

The Valley Substance Abuse Action Council in collaboration with Parent Child Resource Center, TEAM Family Resource Center and Derby Youth Services will host a Stranger You Know workshop on May 27th @ 7PM at Derby City Hall. The Stranger You Know – A Child Sexual Abuse Prevention Program workshop will be conducted by Commander Robert F. Kenary (Ret.), a recipient of the M.A. Burnham Award for child abuse prevention and two citations from the CT General Assembly for child sexual abuse prevention. Participants will learn: general information, warning signs, and prevention advice. Please RSVP to VSAAC by May 25th at 736-8566 or via e-mail at vsaac@bghealth.org. Learn more about this workshop at www.vsaac.org

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**Presentations and Publications**

**Presentations**
Ather Ali, ND, MPH, Cynthia Alford and Maurice Williams offered a presentation on March 21, 2009 on diabetes prevention and management to low-income and homeless adults at the Beulah Heights Church in New Haven.

Judy Treu, MS, RD and Maurice Williams presented the Nutrition Detectives™ program on March 25, 2009 to children attending an after-school Skills Camp program at Troup School in New Haven.

Judy Treu, MS, RD gave a presentation on healthy eating on April 22, 2009 at a “Kids in the Kitchen” event for teens at the Yale Sustainable Food Project in New Haven, sponsored by the Junior League

Publications


In-Service/Training Opportunities
You are invited to join us at our Journal Club meetings, currently held every other month (usually on the second Monday of the month) in the PRC conference room. We review and critique publications on topics such as community-based research, clinical research, and public health. This helps us stay up-to-date on research findings. It also allows us to examine publications (for the research questions, study design, results and conclusions) so we can apply the knowledge gained and lessons learned to the design of our own projects.

The next Journal Club meeting is scheduled for Wednesday, May 6th from 1:00 – 2:30 p.m. We have received the reviewer’s comments on our PRC core renewal application and will discuss those as the topic for this month’s Journal Club. Please join us! If you have questions or want to receive a copy of the document by email, contact Maurice Williams (email maurice.williams@yalegriffinprc.org, phone 203-732-1265 ext. 300).

Let’s Stay in Touch
We want to hear from you – let us know what you are doing and how our research might assist you in your work. Please contact Beth Comerford, MS, Deputy Director (beth.comerford@yalegriffinprc.org) or any of the staff listed in this Newsflash.

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