MyPlate Replaces MyPyramid

Food pyramids are guidelines to help people choose a healthful diet. In 1992, the food pyramid was introduced by the United States Department of Agriculture in an effort to categorize balanced eating into recommended servings per day of foods from five major food groups. The pyramid was made up of bricks representing the amount of food needed daily from each group. The base of the pyramid consisted of grains, fats, oils, and sweets were at the top.

The original food pyramid was updated in 2005 when the hierarchical levels were replaced with six colorful vertical wedges of varying widths. In MyPyramid, each wedge denoted the five food groups and oils, and the width of the wedges represented the proportion of food that was recommended. In this new food pyramid, the grain wedge (orange) was now only slightly larger than the vegetable (green) and dairy (blue) wedges, which were the same size. The narrowest sliver was for oils (yellow). Physical activity, important to a healthy, balanced lifestyle, was depicted by the addition of stairs, with a person climbing them, on the left side of the pyramid.

MyPyramid, criticized as being too confusing and abstract, was replaced by MyPlate in 2011. MyPlate is a plate divided into four sections (grains, protein, fruit and vegetables) of varying sizes and a glass representing the dairy group. In MyPlate, fruits and vegetables cover half the plate. It is now recommended that half of the daily grains consumed are whole grains and, when drinking milk, to choose fat-free or low-fat (1%) milk. The divided plate is a simple, easy to understand illustration that reminds people of what their plate should look like while discouraging the large portions that can cause weight gain.

For more detailed information about MyPlate and the current dietary guidelines, visit www.choosemyplate.gov.

Phase 2 of the follow-up of SCCS participants starts this Spring! Look for an SCCS questionnaire in the mail or a telephone call from the study team. We look forward to speaking with you!

Obesity is common in the South, including among SCCS participants

The prevalence of obesity among adults has increased dramatically in the past several decades, and rates vary by race and geography (see maps produced by the CDC on the next page). Women tend to be affected more than men, black women more so than white women, and the condition is more prevalent among persons living in the southeastern United States. Among SCCS participants, 57% of black women were obese upon entry into the SCCS. The corresponding percentages for white women, black men and white men were 49%, 28% and 36%.

The high rates of obesity are of concern because obesity has been associated with increased risks of several chronic diseases, physical activity, such as from walking, may be beneficial. For participants in the SCCS, those with the most sedentary behaviors had the highest levels of obesity. Study researchers found that obese women in the highest weight categories having been diagnosed with this illness. SCCS researchers are studying the extent to which a person’s weight and other factors influence these diseases and whether the impact is the same for men and women and blacks and whites. Studies elsewhere among whites have shown that overall death rates rise in proportion to body mass index (BMI), defined as weight divided by the square of height), with nearly a doubled rate of mortality among the heaviest persons compared to those of “normal” weight. Initial analyses within the SCCS suggest a more complex pattern and possible differences in how obesity affects blacks and whites, stimulating further research on obesity’s determinants.

One factor believed to be a determinant of obesity is a sedentary lifestyle. The Department of Health and Human Services recommends adults engage in at least 2½ hours of moderate to vigorous aerobic physical activity each week. However, even modest increases in physical activity, such as from walking, may be beneficial. For participants in the SCCS, those with the most sedentary behaviors had the highest levels of obesity. Study researchers found that obese women spent less time walking than non-obese women among both whites and blacks. It seems likely that adults who participate in any amount of moderate physical activity may gain some health benefits, but a better understanding of the relationship between physical activity and obesity will provide insight into strategies to reduce obesity and its negative health effects.

Let’s talk! Many will soon be receiving the next SCCS follow-up questionnaire

The second phase of the follow-up of SCCS participants starts in mid-May. In the next few weeks, about half of you will receive a short mailed questionnaire or a telephone call from a study team member. If you don’t receive a questionnaire or telephone call from us this year, we will be in touch with you next year. We want to know how you are doing and get an update on your health and lifestyle. You will receive $10 for your participation.

If your address or telephone number has changed since enrolling in the study, please call us at 1 (800) 734-5057 (toll-free) or 1 (904) 398-2924 and update your contact information. Keeping in touch with participants is a very important part of this landmark study. We look forward to hearing from you!
Recipe

Sweet Potato & Chickpea Shepherd’s Pie
6 servings

Ingredients
- 2 lbs. sweet potatoes, peeled and cut into chunks
- 2 Tbsp. olive oil
- 1 small onion, chopped
- 1 red bell pepper, diced
- 2 tsp. Italian seasoning
- ¼ tsp. cayenne pepper
- 1 jalapeno, seeded and minced
- 2 15-oz. cans chickpeas
- 1¼ cups vegetable broth
- ¼ cup sour cream
- 1 jalapeno, seeded and minced
- ⅛ tsp. cayenne pepper
- 2 lbs. sweet potatoes, peeled and cut into chunks
- 2 Tbsp. butter
- ⅛ cup sour cream
- Salt & pepper

Directions
1. Preheat oven to 350°F.
2. In a saucepan, bring the potatoes to a boil in salted water. Cook until tender, about 10-15 minutes. Drain.
3. Meanwhile, make chickpea filling. Heat oil in a large sauté pan over medium-high heat. Add onion and red bell pepper and cook until softened, about 5-10 minutes. Add jalapeno, Italian seasoning and cayenne pepper and cook, stirring until fragrant, about 1 minute. Stir in chickpeas and 1 cup of vegetable broth; once mixture bubbles at edges, reduce heat to medium and cook for 5 minutes.
4. In a measuring cup, whisk remaining ¼ cup of vegetable broth with cornstarch, stirring to dissolve cornstarch. Add to chickpea filling. Increase heat to medium-high to bring broth to a boil. When liquid has thickened, remove from heat, season with salt and pepper, and transfer chickpea filling to small baking dish.
5. In a large bowl, mash sweet potatoes with butter and sour cream. Season with salt and pepper.
6. With a small spatula, spread sweet potato mixture on top of chickpea filling. Bake at 350 degrees for 25 minutes, until sauce is bubbling up around the sides of the dish. Serve warm.

Adapted from Nourish columnist Stephanie Witk Sedgwick, Washington Post

Obesity Trends Among Adults in US

During the past several decades the prevalence (or proportion) of obesity among all population groups has increased dramatically. In 1990, no state had a prevalence of obesity greater than 15%. Ten years later, in 2000, Colorado was the only state with less than 15% of obese adults, but in no state was the proportion greater than 25%. By 2010, in every state in the United States at least 20% of all adults were obese, and in 12 states, 30% or more of adults were obese. Overall, the highest obesity prevalence is in the South (29.4%) followed by the Midwest (28.7%), the Northeast (24.9%) and the West (24.1%).

What is a Cancer Patient Navigator?

It is estimated that more than 3.5 million men and women were diagnosed with cancer in 2011. When cancer patients are faced with challenges - physical, emotional and financial – patient navigators are available to guide patients and their loved ones as they move through the cancer care continuum from diagnosis to treatment. Navigators assist with the coordination of cancer care, guiding patients through the complex health care system and helping them cope with the disease.

How is Obesity Measured?

Obesity is most commonly measured by body mass index (BMI), which is a ratio of weight to height. BMI is calculated as weight in kilograms divided by height in meters squared. By convention, a BMI of 30 or greater for adults is designated as obese, with a BMI of 25.0 to 29.9 and “normal” is a BMI between 18.5 and 24.9. Since Americans are often not used to the metric system of measurement, the soft tissue of the neck.

Mother Courage’s Message of Hope

The SCCS office in Jacksonville, Florida recently received a rare treat – a visit from a study participant! Masahindi Miller, a teacher in St. Petersburg, Florida, joined the SCCS in September 2005, the same year she was diagnosed with stage IV breast cancer with some very terrible metastases. The breast cancer had spread to her bones, eye and the soft tissue of the neck.

During the course of this study, we have found some abnormal test results when conducting our laboratory research. We remind you that we do not contact participants regarding any individual results from the study. Therefore, please remember to get your yearly check-up and all recommended health screenings.

Mother Courage and her daughter Lady Hilary visit the SCCS office

Mother Courage, Mother Courage, now a 5-year breast cancer survivor, is an activist for cancer research and treatment. She was a participant in the American Cancer Society’s Relay for Life at the high school where she teaches and also gave the “survivor speech” at the event. She has written her own words as a representation of each one of us, our valued study participants, who make up our SCCS family. Together, we will fight cancer!
Recipe

Sweet Potato & Chickpea Shepherd’s Pie

Ingredients:
- 2 lbs. sweet potatoes, peeled and cut into chunks
- 2 Tbsp. olive oil
- 1 small onion, chopped
- 1 red bell pepper, diced
- 2 tsp. Italian seasoning
- ¼ cup cayenne pepper
- 1 jalapeno, seeded and minced
- 2 Tbsp. vegetable broth
- ¼ cup sour cream
- ½ cup red kidney beans
- Salt & pepper

Directions:
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2. In a saucepan, bring the potatoes to a boil in salted water. Cook until tender, about 10-15 minutes. Drain.
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Mother Courage, Mother Courage, now a 5-year breast cancer survivor, is an activist for cancer research and treatment. She was a participant in the American Cancer Society’s Relay for Life at the high school where she teaches and also gave the “survivor speech” at the event. She has written her government representatives in support of funding for community health centers.

After her 6-year check-up, Mother Courage wrote to the team and said “I’m back, and I’m healed, and I love you.” The SCCS study team has embraced Mother Courage’s story as representative of each one of you, our valued study participants, who make up our SCCS family. Together, we will fight cancer!
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**OBESITY IS COMMON IN THE SOUTH, INCLUDING AMONG SCCS PARTICIPANTS**

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**LET’S TALK! MANY WILL SOON BE RECEIVING THE NEXT SCCS FOLLOW-UP QUESTIONNAIRE**

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