



# Take charge of your health

Chicago Partnership for Health Promotion

Spring 2008

## Special points of interest:

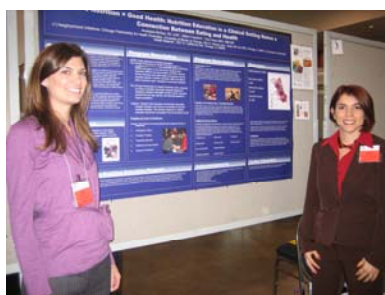
- *School Expansion Project*
- *New Partner BCBS*
- *Organic Foods*
- *Healthy Recipe*



## CPHP Presents at National Meetings

The Chicago Partnership for Health Promotion presented projects at the annual American Public Health Association meeting and exposition in Washington, D.C. and the Minnesota Community Health Worker conference. Nutrition Peer Educators Nancy Alvarez and Brandon Woodley were awarded scholarships from the Center for Sustainable Health Outreach to attend the APHA conference.

programming in community health centers. CPHP is proud to use a para/professional model to deliver education on healthy lifestyle to the community.



Together, a powerful peer message regarding healthy eating is delivered to the community. CPHP presented its innovative Spanish translation team. This team ensures that

nutrition education materials are appropriately designed to meet the needs of Latino communities. The translation team offers insight to their non-Latino CPHP staff members to improve services and delivery of nutrition education in Latino communities.

In addition, CPHP has recently piloted nutrition education programming in the waiting rooms of community health centers in Chicago. This unique project has shown success, patients are able to make a connection between eating and health.

## Inside this issue:

School Expansion Project (continued) **2**

New Partner BCBS **2**

Heart Healthy **2**

Cooking Up Change **3**

Caught in the Act! **3**

New Staff Members **3**

Healthy Recipe **4**

CPHP's unique programming received attention for its work on peer education models, cultural translation, and

## CPHP School Expansion Project

In partnership with the Chicago Public Schools, the Chicago Partnership for Health Promotion has significantly increased its nutrition education programming for local students. The growing demand for preventive and educational services about healthy lifestyles has led CPHP to expand

school-based projects. CPHP offers a wide range of innovative programs to get students, teachers, and parents involved.



CPHP offers CPS schools classroom instruction using interactive educational materials, parent education sessions, and many after-school programs to get students involved in physical activity as well as learn basic principles of healthy eating.

*(continued page 2)*

## CPHP School Expansion Project (continued)

Currently CPHP team members are providing a variety of services across Chicago's diverse



neighborhoods. To promote making healthier food choices, CPHP staff members also provide lunchroom presentations, activities, and nutritional information for students to enable them to make the best choices during lunch. Healthy cooking demonstrations are provided for teachers, students, and parents to promote healthy cooking techniques. In addition,

CPHP Registered Dietitians and Nutrition Peer Educators offer nutrition education training to teachers and school staff to further promote healthy messages to students. Together CPS and CPHP are working to make Chicago's children healthier.

## Partner Highlight: BlueCross BlueShield of Illinois *Experience. Wellness. Everywhere.*



The Chicago Partnership for Health Promotion and Blue Cross Blue Shield of Illinois have recently partnered to join efforts in promoting healthy lifestyle in Chicago Public Schools. Blue Cross Blue Shield of Illinois will fund a new program through CPHP: The OrganWiseGuys Wellness Educational Outreach Program. The program is a comprehensive

intervention for grades K-5 featuring the OrganWiseGuys educational programs. The program delivers nutrition education with a creative, attention-getting curriculum geared toward elementary school students.

Chicago Public Schools receive many benefits for becoming an "OrganWise School", including staff and teacher trainings,

school assemblies, educational materials, and official membership in the Blue Cross Blue Shield's OrganWiseGuys Club! CPHP is excited to offer this new and exciting programming to fifteen participating Chicago Public Schools. CPHP is looking forward to working with Blue Cross Blue Shield of Illinois.

## How to Keep Your Heart Healthy



Make a commitment to be heart healthy this year. Here are 5 ways to protect your heart against heart disease:

- Cut back on high cholesterol foods.** Aim for less than 300 mg of cholesterol per day. All animal products, such as chicken, fish, beef, eggs, and dairy products contain some cholesterol. Try eating
- Eat fewer saturated fats.** Lower the amounts of butter and lard in your diet and replace with healthy oils, such as olive oil. Choose leaner cuts of meat and trim excess fat.
- Choose more whole grain foods.** Look for 100% whole wheat breads, pastas, and rice.
- Eliminate trans fats.** Watch for "partially hydrogenated oils" on food labels.
- Get more exercise.** Aim for at least 30 minutes of physical activity on most days.

Spring 2008

## Cooking Up Change

This past fall the Chicago Partnership for Health Promotion teamed up with the Healthy Schools Campaign (HSC) to provide nutrition classes for four CPS high schools participating in the Cooking Up Change healthy cooking contest. CPHP Registered Dietitian Jessi Allender and AmeriCorps member LaCheryl Smith provided nutrition education classes to culinary students at Dunbar, Englewood, Corliss, and Manley high schools.

At each school, students tasted a variety of healthy lunch entrees. Students and teachers both learned basic principles of nutrition. Culinary students demonstrated their nutrition knowledge by answering challenging questions provided by HSC staff members and were rewarded for their efforts with educational prizes. A total of fifteen Chicago Public Schools with culinary programs participated in the contest. The winning healthy school lunch entrée red beans

and rice with smothered cabbage and candied carrots, created by the Chicago Vocational Career Academy (CVCA) was served in all Chicago Public high schools on January 30<sup>th</sup>. CPHP looks forward to continued work with the Healthy Schools Campaign.



## CPHP Welcomes New Staff Members

The Chicago Partnership for Health Promotion would like to welcome its two newest staff members, LaTasha Phillips and Shirley Vouris. LaTasha Phillips has joined CPHP as our new Community Staff Coordinator. LaTasha comes to us from the PCC Wellness Center where she managed the AmeriCorps program.

LaTasha holds a MS in Human Service Administration from Spertus College. LaTasha brings with her expertise in community mobilization, management, and team-building. Shirley Vouris is our newest Nutrition Specialist. She is currently one of the Illinois School Meals Initiative Associates

where she works with school food authorities to ensure that school menus are in compliance with dietary guidelines. Shirley completed her dietetic internship at Ingalls Memorial Hospital and holds a BA from Southern Illinois University. CPHP is excited to welcome LaTasha Phillips and Shirley Vouris.



LaTasha Phillips



Shirley Vouris

## Caught in the Act!

CPHP Nutrition Peer Educator Miriam Virto has been caught in the act! This past fall Miriam was selected to present at the section for Community Health Workers at the APHA annual meeting and exposition.

Miriam was able to present CPHP's

involvement with nutrition education in Latino communities in Chicago, with her presentation entitled "Put down the Tortilla, Pick up a Fork".

Congratulations Miriam and the CPHP Spanish translation team!



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Nutrition Education Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP, The USDA, UIC, and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)

University of Illinois at Chicago (MC802)  
Community Health Initiatives  
845 South Damen Avenue  
Chicago, Illinois 60612-7216  
Phone: 312-355-3659  
Fax: 312-996-3848  
Web: [www.cphp.uic.edu](http://www.cphp.uic.edu)



## Heart Healthy Minestrone Soup



### Ingredients:

1/4 cup olive oil

1 clove garlic, minced

2 cups onion, chopped

1 cup celery, chopped

1 small can tomato paste

1 cup macaroni

2 quarts reduced sodium beef broth

1 quart water

1 cup cabbage, shredded

2 whole carrots, sliced

1/2 tsp salt

1/4 tsp pepper

1/8 tsp ground sage

1 whole zucchini, sliced

1 bag frozen green beans

1 can red kidney beans

### Directions:

In a large pot, sauté garlic, onion, and

celery in the olive oil until soft. Stir in tomato paste, broth, water, cabbage, carrots, salt, pepper, and sage. Mix well and bring to a boil. Lower heat, cover and simmer slowly for 1 hour. Add remaining ingredients and cook for 10-12 minutes until macaroni is tender.

Serves:8

Enjoy this healthy soup on a cold day!