



Choice Quarterly Newsletter Volume 2, Issue 1

Spring 2014

Communal Health of Interacting Couples Study

Dear CHOICE Participants:

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We have been up and running for nearly a year and a half now! We have recruited 70 couples into our study — 130 more to go! We have completed 6 month interviews with half of you, and fortunately have been able to locate all of you! If you move or change phone numbers, we would appreciate it if you would contact us to let us know how to reach you.

We are going to start conducting brief 18-

month phone interviews this spring. These phone interviews will take place 1 year after our last contact with you. Shaquille Charles, a student at Carnegie Mellon, is going to be in charge of these interviews.

He will contact you, explain the interview, and send you a consent form to sign and return if you are interested. We are basically using this phone interview to ask you questions that we

have overlooked — and to give you a chance to tell us what we might have overlooked. We will send you \$25 for your time.

Thank you for being a part of the CHOICE study! After this cold winter, we hope that spring is truly around the corner.

Vicki Helgeson

Exercise Tips: Zumba

Zumba is a dance fitness program that was developed in the 1990s. The choreography incorporates hip-hop, samba, salsa, meringue, mambo and martial arts. Squats and lunges are also included.

Zumba was introduced in Colombia when founder, Beto Perez forgot his music for his aerobics class. Instead he used salsa and

meringue music and improvised his class.

There are 5 different types of classes for a range of intensities and age groups. There is Zumba Gold specifically for older participants, and Aqua Zumba is done in the water. Zumba Toning and Zumba Fitness Party are both fast-paced, exciting exercise programs. There is also

Zumba kids for children ages 4-12. On average, you can burn between 500-900 calories by doing Zumba for an hour.

Zumba targets a wide range of participants, from kids to the elderly. It is a fun way to exercise and is very rewarding.



Recipe: Overnight Oats

This easy, customizable recipe is a fuss-free, healthy option for breakfast.

Ingredients:

- 1/3 cup rolled oats
- 1/3 cup milk (can substitute with coconut milk, almond milk, etc)
- 1/3 Greek Yogurt
- 1/2 tbsp chia seeds

Recipe:

1. Mix rolled oats, milk, yogurt, and chia seeds into a container. It can be a jar or cup for portability or a bowl.

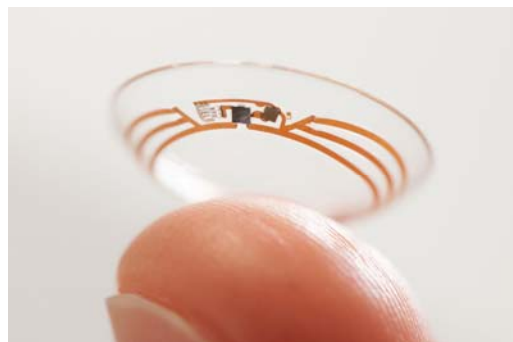
2. Cover with a lid and leave in the fridge overnight.
3. Take it out of the fridge in the morning and add fruits, nuts, or sweetener.
4. Either serve cold or warm up in the microwave for a minute.

The oats and chia seeds soak the liquid overnight and become very chewy and soft. You can add strawberries, blueberries, banana, and all sorts of fruits. Other toppings consist of nuts, cereal, granola, or flax seeds. There are many holiday-



themed and seasonal recipes for overnight oats online, such as pumpkin pie oats.

Smart Contacts for Diabetes



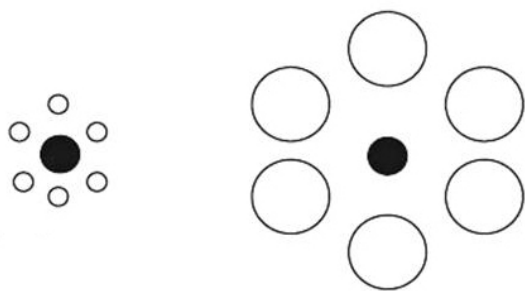
Diabetes is a fast-growing disease that now affects one in every 19 people in the world. Constantly measuring blood glucose levels is essential, yet very disruptive and a pain in every day life. The past few years, scientists have been studying and experimenting with other bodily fluids, such as tears to find a way to accurately measure blood glucose. Google is now working on a technology to help those with diabetes test their glucose.

Google is testing a type of “smart” contact lenses designed to measure glucose levels in tears. They place tiny wireless chips and glucose sensors between two layers of soft contact lens material. Scientists are also looking into adding LED lights that light up to indicate whether blood sugar levels are too high or too low.

Google hopes to turn this into a usable system for managing diabetes.

<http://googleblog.blogspot.com/2014/01/introducing-our-smart-contact-lens.html>

Mindful Eating Tip



Look at the two dark circles. Does the one on the left look larger than the one on the right? The two dark circles are the same size. This is called the “size-contrast” illusion. So now you may be wondering – what does this have to do with my life? Imagine that the dark circle represents a helping of pasta and the entire circle is your plate. The message: use smaller plates! The same portion of food will look larger on a smaller plate. With the “clean your plate mentality,” it is best to use smaller plates!

Local Diabetes Event

- Who:** People with diabetes, caregivers of those with diabetes, and members from the community interested in learning about diabetes
- What:** 6th Annual Diabetes Day
- When:** Tuesday March 25th, 2014 anytime between 9am-1pm
- Where:** Ohio Valley General Hospital Josephine Rosetta Auditorium (25 Heckel Rd. McKees Rocks, PA)
- Cost:** Free, all are welcome
- Offerings:**
- a. health screenings (including blood glucose testing, height, weight, % body fat, Body Mass Index, blood pressure, bone density)
 - b. educational sessions (30 minute health talks from health care experts including: pharmacist, dietitian, physicians, nurses, etc.).
 - c. vendors/expo (including: diabetes supplies and services: pharmacy, wound care, orthotics diabetic shoes, insulin, mental health services, home health services, diabetes research opportunities, etc.)
 - d. cooking demonstration with samples from 12:30pm-1pm.

Contact: 412-777-6205 for questions or more information

CHOICE Staff

Dr. Vicki S. Helgeson	phone: 412-268-2624	email: vh2e@andrew.cmu.edu
Pamela Snyder	phone: 412-268-2784	email: ps3x@andrew.cmu.edu
Gianna Swetz	phone: 412-268-8027	email: gswetz@andrew.cmu.edu
Tiona Jones	phone: 412-268-4114	email: tionaj@andrew.cmu.edu
Katilyn Mascatelli	Graduate Student Researcher	email: kmascate@andrew.cmu.edu
Shaquille Charles	Undergraduate Student Researcher	email: scharles@andrew.cmu.edu