



Choice Quarterly Newsletter Volume 2, Issue 2 Summer 2014

Communal Health of Interacting Couples Study

Dear CHOICE Participants:

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We now have 86 couples in our study! Of these couples, the majority are Caucasian and about 40% are African American. We have slightly more female than male persons with diabetes in the study. We have found you from health fairs, physician offices, churches, pharmacies, bus advertisements, a diabetes registry, and referrals from other study participants.

A few months ago, a story about our study

was featured on the front page of the New Pittsburgh Courier, which included an interview with one of our study couples! The last couple of months have been a little slow, so we expanded our criteria to "diagnosed with diabetes in the last 3 years."

If you know of anyone who was diagnosed with diabetes in the last 3 years, please share the study with them. Also, if you have suggestions as to

where we can advertise, hang flyers, or leave brochures, we would greatly appreciate your thoughts.

If you have had a change of address or phone number, please drop us a line or leave us a message so we can reach you and keep you updated on the study. Thank you so much for being a part of the CHOICE study.

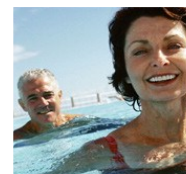
Vicki Helgeson

Exercise Tips: Stay Cool While Working Out

Summer is finally in full swing! Everyone is spending plenty of time in the great outdoors, and if you are like many, you may even be taking your workout outside. While it's important to keep exercising through the summer months, the heat can pose a threat to safety. To avoid overheating, heat stress, and heat stroke,

follow these steps: First, stay hydrated. Drink plenty of water before, during, and after your workout to replenish fluids lost. Second, get your physical activity in during the coolest parts of the day, such as morning or early evening. Third, wear loose-fitting, lightweight clothing to facilitate

evaporation. Fourth, allow your body to adjust to physical activity in the heat through gradual daily exposures. Finally, find a workout buddy—it's safer to have somebody with you, not to mention more fun! Keep cool while keeping up your exercise routine this summer!



**WEBSITE FOR
MORE INFO:**

[http://www.heart.org/
HEARTORG/
GettingHealthy/
PhysicalActivity/Top-5-
Tips-to-Staying-Cool-
During-Your-Summer-
Workout_UCM_428764-
_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Top-5-Tips-to-Staying-Cool-During-Your-Summer-Workout_UCM_428764_Article.jsp)

Recipe: Quinoa Salad with Asparagus, Goat Cheese and Black

Vinaigrette Ingredients

1/4 cup red wine vinegar

1 tablespoon honey

1 tablespoon mustard

1/2 cup olive oil

Kosher salt and freshly ground black pepper

Vinaigrette Directions

Combine the vinegar, honey and mustard in a blender and blend until smooth. With the motor running, slowly add the olive oil and blend until emulsified. Add salt and pepper to taste and pulse a few times to incorporate.

Source: <http://www.foodnetwork.com/recipes/bobby-flay/quinoa-salad-with-asparagus-goat-cheese-and-black-olives-recipe.html?oc=linkback>

Quinoa Salad Ingredients

4 cups salted water or vegetable stock

2 teaspoons chopped fresh thyme

2 cups quinoa

16 spears asparagus, trimmed

Olive oil, for brushing

Kosher salt and freshly ground black pepper

1 cup pitted nicoise olives

4 ounces aged goat cheese, shaved

1/4 cup chopped fresh basil

1/4 cup fresh parsley leaves



Quinoa Salad Directions

Bring the salted water or vegetable stock to a boil and add the thyme. Stir in the quinoa, bring to a boil, reduce the heat to low, cover and simmer until cooked through, about 30 minutes. Remove from the heat and let sit 5 minutes. Fluff with a fork.

Preheat the grill. Brush the asparagus with olive oil and season with salt and pepper. Grill on all sides until just cooked through, about 5 minutes. Remove from the grill and cut into 1/2-inch pieces.

Transfer the quinoa to a large bowl, fold in the asparagus, olives, goat cheese, basil and parsley. Add just enough vinaigrette to moisten the salad; don't make it too wet. Transfer to a platter and drizzle with more of the vinaigrette.

Smart Contacts for Diabetes



Living with Type 2 Diabetes requires thought and planning – checking blood sugar levels, eating healthfully, taking medication, and finding time to exercise can seem difficult to manage! Fortunately, the application care4life can help you monitor all of these activities. This free application, compatible with iPhone, iPod touch, and iPad, can help you keep track of medication doses, appointment times, blood glucose readings, and exercise goals through text messages and reminders. Additionally, care4life provides free recipes and nutrition tips to help you make healthy food choices throughout the day. Check out this great application if you want extra support managing your diabetes! Visit the website for more information:

<https://www.voxiva.com/index.php/products/diabetes>

Mindful Eating Tip

Did you grow up with parents who told you about the kids starving in China and that you needed to clean your plate? I did.

The problem with cleaning your plate is that sometimes there is too much on your plate. You may have seen the "refillable soup" episode on Candid Camera years ago. People came into the restaurant and they gave them a bowl of soup. The people didn't realize that the bowl was attached to the table and that there was a tube beneath the table refilling the soup as the person ate it. The bowl never emptied.

When an experiment was conducted, researchers found that people ate 50% more from a refillable bowl than a bowl that actually emptied. See the statistics below:



Nonrefillable Bowl		Refillable Bowl
10.5 oz.	Consumed	15 oz.
123	Calories Person Estimated Consumed	127
155	Calories Actually Consumed	268

Solutions:

- take smaller servings
- split an entrée
- immediately ask for a "to go" container

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