



DSE QUARTERLY NEWSLETTER

VOLUME 2, ISSUE 2

SUMMER 2019

Dear DSE Participants,

I hope that your summer is going well. We are half-way through our new study. If we haven't contacted you yet to participate, we will likely be contacting you during this next year. One of the features of our new study is that **we are trying to enroll non-romantic couples**. First, if you know someone who has diabetes, is African American, is not married, and can participate with a friend or relative, please have them call us! They may be eligible to participate.

We also want take this opportunity to **announce a new study that some of you may be able to participate in**. The person heading this project is Melissa Zajdel, a graduate student in the department. She will be conducting an intervention study to help people better manage diabetes. For now, the study is aimed at couples. If you are interested, feel free to reach out to her at mzajdel@andrew.cmu.edu. She may be contacting some of you over the next few months to see if you would like to participate.

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Let's Move Pittsburgh Fun Days

When: Monday, June 24—Friday, June 28
10 AM—1:30 PM



Where: Phipps Conservatory and Botanical Gardens

Let's Move Pittsburgh will host a full week of fun activities focused on the 5-2-1-0 building blocks for a healthy lifestyle: 5 fruits and vegetables per day; 2 hours or less screen time; 1 hour or more of physical activity; and 0 sugar-sweetened beverages.

Families can participate in kid-friendly fitness classes, healthy cooking demos in Phipps' new Botany Hall Kitchen, and pick up educational materials about health and wellness educational around the facility. **Plus, get a free blood pressure or bone density screening from UPMC Health Plan!** Regular admission fees apply.

For more information, visit <https://www.hiphps.conservatory.org/lets-move-pittsburgh>

Caribbean-Inspired Grilled Chicken Kabobs

*A healthy option for
the grilling season*



Prep: 15 m Cook: 15 m Ready in 4 h 30 m
Makes 4 servings

NUTRITION FACTS

Calories	409
Carbohydrate	49.3g
Protein	25.9g
Fat	13g
Saturated Fat	10g
Dietary Fiber	2.6g
Cholesterol	65mg
Sodium	363mg

Ingredients

1 C cream of coconut	1 lb chicken breast, chopped
1 C lemon juice	1 bell pepper, chopped
1 tbsp chicken bouillon	1 sweet onion, chopped
2 tsp dried marjoram	1 C pineapple chunks
1 tsp garlic powder	skewers
1 tsp red pepper flakes	

Instructions

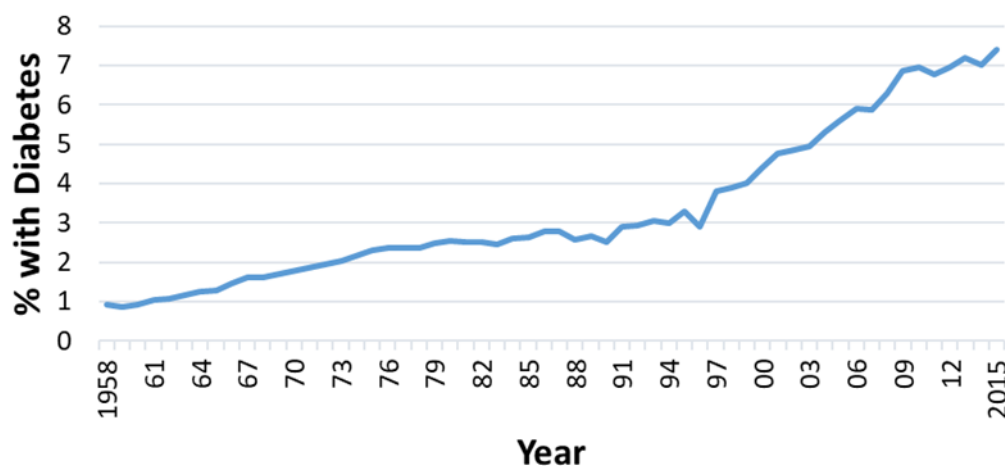
1. Whisk cream of coconut, lemon juice, bouillon, marjoram, garlic powder, and red pepper flakes in a bowl until marinade is smooth.
2. Combine chicken, red bell pepper, onion, and pineapple in a shallow dish and cover with 1/2 of marinade. Refrigerate for 4-6 hours.
3. Preheat a grill for medium-high heat and lightly oil the grate.
4. Remove chicken, vegetables, and pineapple from marinade. Shake off excess. Thread chicken, vegetables, and pineapple onto skewers.
5. Grill kabobs on the preheated grill, basting with the remaining marinade occasionally, until chicken is no longer pink in the center and the vegetables are tender, 5 to 10 minutes per side.

Source: <https://www.allrecipes.com/recipe/238688/caribbean-inspired-grilled-chicken-kabobs/>

Quick Facts on Diabetes

- In 2015, an estimated 1.5 million new cases of diabetes were diagnosed among adults aged 18 and older.
- The numbers were about equal for men and women.

% of U.S. Population with Diagnosed Diabetes



Source: National Diabetes Statistics Report, 2017

An Exercise to Try: Sit-to-Stand

Standing up from a chair or other surfaces without using your hands is a good exercise for older adults to perform to maintain good health, fitness, and mobility.

1. Stand in front of a sturdy chair with your feet shoulder-width apart. Heels should be about 6 inches in front of the chair.
2. Hold your arms held straight out in front of your shoulders.
3. Brace your core.
4. Slowly bend your knees and push your hips back to lower your body onto the chair. (If you can't reach the chair, go back only as far as you can. That's still good!)
5. After pausing on the chair, press through the back of your feet to stand up again. Try not to use your hands to stand up, if possible.

Try for 2-3 sets of 10 reps a day. Over time, this will get easier!



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