

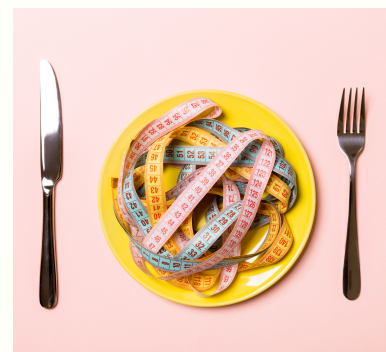
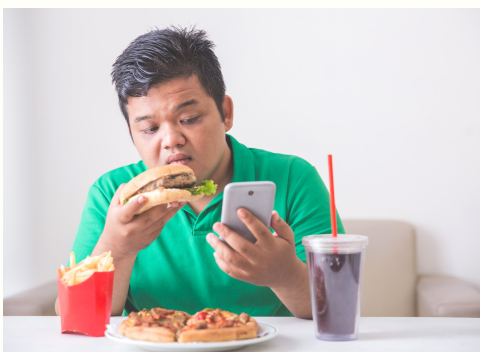


# THE HEALTH EQUITY NEWSLETTER

**Nassau County Department of Health**

*Andrew S. Knecht, DO, MPH,  
Interim Commissioner*

*Carolyn V. McCummings, MPH,  
PhD, Director*



## **National Childhood Obesity Awareness Month September 2022**

National Childhood Obesity Awareness Month is in September, and it is dedicated to educating children and their families on how to prevent childhood obesity. It provides numerous opportunities for families, schools, and communities to share information about their plans and events aimed at educating children on how to deal with health issues such as obesity. This month is also an excellent opportunity for parents to learn more about how they can help their children's health. We are constantly challenged as parents, teachers, and caregivers of young children to find ways to prevent childhood obesity.

### **What is the cause of childhood obesity?**

Sedentary lifestyles, unhealthy eating habits, and a lack of parental supervision are all factors that contribute to childhood obesity. There is also concern about the rise in popularity of video games among children and teenagers, which may be contributing to their obesity.

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## 5 IMPORTANT FACTS ABOUT CHILDHOOD OBESITY

### 1. One in six children are affected

More than 12.7 million American children have obesity — that's almost 20% of all children aged two to 19.

### 2. Overweight children become overweight adults

Obese children are much more likely to become obese adults, as well as develop life-threatening diseases such as diabetes and high blood pressure.

### 3. Your ethnicity affects your likelihood of obesity

Obesity affects approximately 48% of non-Hispanic Blacks, 42% of Hispanics, 36% of non-Hispanic Whites, and 12% of non-Hispanic Asians.

### 4. Childhood obesity can lead to depression

Children who are overweight are much more likely to be bullied than their normal-weight peers.

### 5. Snacking adds an additional 200 daily calories

Kids snack a lot, especially when they're watching T.V. or playing video games, and one study found that children consume about 200 extra calories per day.

## Preventing Childhood Obesity: Tips for Parents



### Determining if a Child is Overweight

Parents should not make changes to a child's diet based solely on perceptions of overweight. All preschoolers exhibit their own individual body structure and growth pattern. Assessing obesity in children is difficult because children grow in unpredictable spurts. It should only be done by a health care professional, using the child's height and weight relative to his previous growth history.

### Promote a Healthy Lifestyle

Parents and caregivers can help prevent childhood obesity by providing healthy meals and snacks, daily physical activity, and nutrition education. Healthy meals and snacks provide nutrition for growing bodies while modeling healthy eating behavior and attitudes. Increased physical activity reduces health risks and helps weight management. Nutrition education helps young children develop an awareness of good nutrition and healthy eating habits for a lifetime.

Children can be encouraged to adopt healthy eating behaviors and be physically active when parents:

- Focus on good health, not a certain weight goal. Teach and model healthy and positive attitudes toward food and physical activity without emphasizing body weight.
- Focus on the family. Do not set overweight children apart. Involve the whole family and work to gradually change the family's physical activity and eating habits.
- Establish daily meal and snack times, and eating together as frequently as possible. Make a wide variety of healthful foods available based on the Food Guide Pyramid for Young Children. Determine what food is offered and when, and let the child decide whether and how much to eat.
- Plan sensible portions. Use the Food Guide Pyramid for Young Children as a guide.

## Rates of childhood obesity have increased, study finds

<https://www.cnn.com/2022/07/07/health/childhood-obesity-increase-study-wellness/index.html>



PHOTO BY MARTIN R. SMITH

(CNN)Despite national school and community-based efforts to promote healthy behaviors at a young age, childhood obesity is becoming more common in the United States, a recent study found.

The research, published recently in the journal *Pediatrics*, followed two nationally representative groups of children from kindergarten to fifth grade -- around ages 6 to 11. The first group was studied from 1998 to 2004, and the second group was studied from 2010 to 2016.

The difference between the two groups was striking: Around 16.2% of children who did not have weight issues when they entered kindergarten in 2010 were obese by the end of fifth grade, compared with 15.5% of participants in the same BMI category who started in 1998. Additionally, children studied in 2010 became obese at younger ages than their predecessors in the 1998 group.

In both groups, children who were overweight during their preschool years had a significantly higher risk of obesity than their peers who were not, researchers found.

Obesity occurs when a person has excessive fat accumulation that presents a health risk, according to the World Health Organization. Adults who have a body mass index (BMI) -- a calculation based on one's height and weight -- over 30 are considered obese. Childhood obesity is measured not by exact BMI, but by comparison to other children of the same age and sex. Those who are in the 95th percentile of BMI for their age and sex are considered obese, according to the Centers for Disease Control and Prevention.

### An issue of public health

Since 2010, numerous public health efforts have been implemented to reduce rates of childhood obesity, including Michelle Obama's Let's Move campaign and the Healthy, Hunger-Free Kids Act. Despite these efforts, rates of childhood obesity have increased, a sign that these actions may not be as beneficial as people assume, Cunningham said.

Experts believe that lowering rates of childhood obesity may come down to public policy, such as improving school nutrition packages and expanding the Supplemental Nutrition Assistance Program (SNAP).

However, since socioeconomic status was not a major predictor of childhood obesity, policy changes may not be enough on their own, Narayan said.

More organized research is needed to find the factors leading to increased rates and earlier onsets of childhood obesity, as well as finding strategies to effectively prevent obesity from becoming more "severe," he added.

"Other countries keep large registries and databases, where they can have this timely surveillance of what is happening over time with individuals," Baidal said. "It's just another sign of the lack of investment in child health and (obesity) prevention in the United States."



# Research Shows Plant-Based Diets Are Better Than Ketogenic Diets for Cancer Risk and Long-Term Health

(mskcc.org)

Experts at Memorial Sloan Kettering Cancer Center (MSK) are at the forefront of this research. Hematologic oncologist Urvi Shah cares for people with plasma cell disorders, including multiple myeloma. Medical oncologist Neil Iyengar treats people with breast cancer. Both conduct research aimed at understanding the interplay between nutrition and cancer.

Drs. Shah and Iyengar recently conducted a review of studies that examine the relationship between diet and cancer. They focused on two of the most popular diets — a whole foods, plant-based diet and the keto, or ketogenic, diet.

Their review was published in JAMA Oncology in July 2022 and offers important new insights into which of these two very different approaches are best for people concerned with reducing their cancer risk and improving their health after treatment.



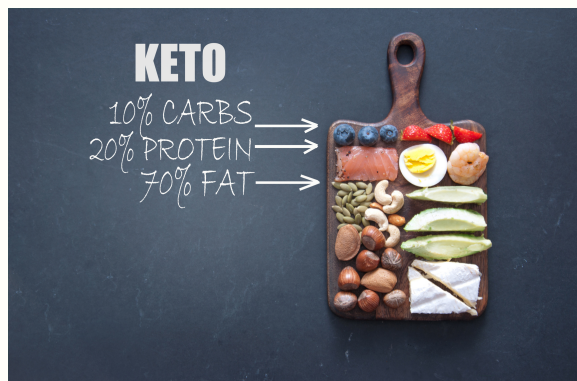
## What is a keto diet?

**Dr. Shah:** The aim is to force the body into using a different type of fuel, called ketone bodies, rather than relying on sugar that comes from carbohydrates like grains and fruits. This usually requires getting a very large percentage of calories from high-fat foods, including meat, dairy, fish, oils, and eggs.

Many diets that claim to be ketogenic are actually just low-carb, however. They don't really force the body into the state of ketosis, where the body breaks down protein and fat for energy. That can make it challenging to compare keto-style diets for their beneficial effects, since they vary quite a bit.

**Dr. Iyengar:** For some cancers — including breast cancer — it's also important to note that higher fat consumption has been associated with poorer long-term outcomes. And some diets claiming to be keto allow for fats from highly processed foods, which isn't great. There are many so-called keto foods available at grocery stores, but some could actually be harmful if the fat content is higher than it should be.

For patients diagnosed with breast cancer, MSK has a keto clinical trial called TIFA that is very specifically controlled to avoid those pitfalls. For instance, we deliver pre-prepared meals to patients so the mix of nutrients is appropriate. We encourage patients to look for well-designed trials like the TIFA trial if they are interested in ketogenic diets.





**What is a plant-based diet?**

**Dr. Shah:** When we talk about a whole foods, plant-based diet, we mean the majority (at least 80% to 90%) of the food should be unprocessed plant-based foods — things like legumes, fruits, vegetables, seeds, whole grains, and nuts. Some people may end up eating minimal amounts of processed plant foods or animal-based foods like dairy or meat occasionally, but not on a regular basis.

**What's the difference between plant-based, vegetarian, and vegan diets?**

**Dr. Shah:** I tell patients that vegan means zero animal products and is grounded in ethical or environmental or health reasons for a person who has decided very clearly what they want. A vegetarian diet may have similar reasons but allows dairy or eggs in varying proportions. A whole foods, plant-based diet can be similar to a Mediterranean diet or other diets that include eating meat rarely. Again, the majority (90%) of foods should be whole plant-based foods.

**Dr. Iyengar:** We don't have strong enough evidence to conclude that vegan eating is superior to a semi-vegetarian diet for reducing the risk of cancer or cancer recurrence. MSK and other centers are running trials that will help address this question.

**Which diet did your review find was better at reducing the risk of cancer — a plant-based diet or keto?**

**Dr. Shah:** Our review of the evidence supports a plant-based diet for reducing cancer risk compared with a ketogenic diet. That conclusion is particularly apparent when you look at big populations, such as three large studies conducted in the U.S., U.K., and France. All three found that people eating more plants and less animal protein had less cancer overall. That's consistent with other large studies and included in the guidelines by the American Institute of Cancer Research and American Cancer Society, which all recommend diets that incorporate high amounts of plant-based food.

**Dr. Iyengar:** There are many biologic processes in the body that are impacted by diet and energy balance in general. Many of these processes are involved in the growth of cancer, such as obesity and inflammation, hormones, insulin, the microbiome, and more. We examine several of these processes in our review. The bottom line for people looking to reduce their risk of cancer is that the current evidence supports a plant-based diet over a keto diet.

Research also shows that broad dietary patterns that people can stick to — like a plant-based diet — are generally better in the long-term than highly specific interventions like keto diets.

**Which diet was better during treatment?**

**Dr. Iyengar:** Currently, there is no evidence to suggest that a specific diet by itself can treat cancer. There is preliminary evidence to suggest that certain dietary patterns can help make some cancer treatments work better or reduce side effects. For instance, studies have shown that plant-based diets can help with some of the gastrointestinal toxicity from chemotherapy and joint pain from hormonal treatments for breast cancer.

There is also some evidence that the keto diet could reduce certain side effects, such as high blood sugar levels, from specific cancer treatments.

Of course, it's important for people being treated for cancer to check with their oncologist about any specific changes to their diet.

**Which diet was better for healthy living after treatment?**

**Dr. Iyengar:** The majority of breast cancer is curable, but there can be long-term metabolic disorders from cancer treatment. In fact, many people treated for cancer are at increased risk for diabetes, obesity, and heart disease.

We know that a plant-based diet can help reduce the risk of these metabolic disorders, which is why I typically recommend this diet to my patients — we don't want to just cure a person's cancer; we want to also improve health overall.

**Dr. Shah:** It's important that people — especially those facing cancer — think about the broad conclusions and common themes that emerge from dietary studies. For example, don't focus too much on specifics like trying to avoid all sugar or carbohydrates; rather, cut out refined sugars and incorporate whole grains that are known to have health benefits. Trying to make changes with every study one comes across can drive a person crazy, especially if it says opposing things to the majority of data and cause a negative relationship with food. Instead, concentrate on a healthy, plant-forward eating pattern that can be sustained, make gradual changes, and stick to it.

## 10 Tips For September is Healthy Aging® Month



September is the perfect time to make a plan. Recapture that “back to school” feeling with a personal commitment to renew yourself. To improve yourself physically, socially, and mentally, here are 10 tips to inspire you:

### Exercise

1. Move more, sit less. Why? Physical activity is your weapon to help control blood pressure, help prevent heart disease and stroke and possibly lower your risk for depression, anxiety, and conditions like certain cancers and type 2 diabetes. What to do? Choose something fun so you can keep at it, like cycling, walking, dancing, swimming, or aerobics.



2. How much do you need to do? Current national recommendations are 150 minutes of moderate-intensity physical activity per week and two days of muscle-strengthening training. That’s only 20 minutes a day, 7 days a week, or around an hour a day if you do three days a week.

3. Get motivated with free websites and apps like All Trails to find parks and trails around the world; American Heart Association with ideas on how to join a walking club, or The CDC with ideas for individuals with a disability

### Diet

4. Try to cut back on salt. A diet rich in sodium has been linked to high blood pressure, stroke, and heart attack—all good reasons to try not to overly salt your food. Adding more fiber to your diet can help lower cholesterol, control your blood sugar, as well helping maintain good digestive health.

### Social

5. Volunteer. .. Being of service is an excellent way to bring happiness into your life and not focus on yourself. Refocus on others and volunteer your time and expertise. United Way, the American Red Cross, Volunteer Match, and AmeriCorps are all helpful resources.

6. Beat back loneliness. Don’t wait for the phone to ring. Be proactive and call someone for a lunch date. Set up a calendar of lunch dates and challenge yourself to have at least two lunch dates per month (once a week is even better!) It doesn’t have to be expensive ... pack a picnic, and head to a park. Try to mix up your get-togethers with old friends and new acquaintances.

continued from page 6....

7. Rekindle or follow a new passion.

Take a hard look at what you like to do rather than what other people tell you to do to meet new people. Pick some activities where you might meet new friends.

8. Get a dog. If you don't have one, get one and walk. You will be amazed how many people you will meet through your dog. Can't have one? Check your local humane society to see if they need dog walkers.

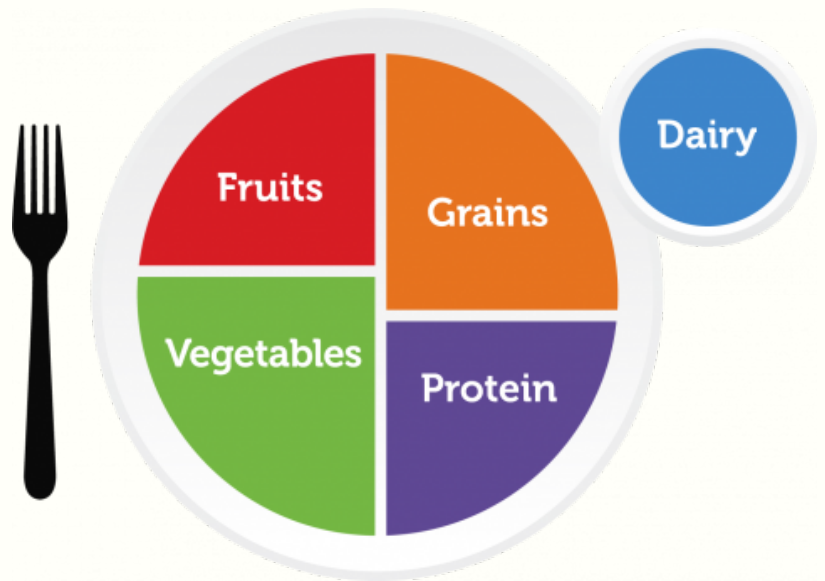
Mental

9. Be realistic with what you can accomplish. Learn to say no ... don't overwhelm yourself with a to-do list. The non-profit Mental Health America offers more tips for reducing or controlling stress.

10. Plan for your next passage. Capitalize on your career experience and start a new one. Yes, enjoy a brief "retirement." Travel, and spend more time with family and friends. Develop new hobbies. Redefining your purpose to maintain a sense of identity and purpose is essential to a healthy lifestyle.

What is your next passage?

So, grab onto that "back to school" feeling and make September the perfect time to renew or set your lifestyle goals. It's not too late!





# NEW JERUSALEM CATHEDRAL INC.

*Presents Its Annual*

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- Employment information
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- Free Ice Cream
- Free Face Painting
- Free Haircuts
- Music & So Much More!!!

**BACKPACK GIVEAWAY**

**& BASKETBALL EXHIBITION**



**LEAD ORGANIZATION: NEW JERSULAEM CATHEDRAL INC.**

Join us and these fine organizations in helping our youth get ahead.

**DATE:** Saturday  
September 3<sup>rd</sup>, 2022  
**TIME:** 10 am - 5 pm  
**PLACE:** Elmont Rd. Park  
Elmont, N.Y 11003



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# DINE & Discuss

**MONDAY**  
**SEPTEMBER 12, 2022**  
**6:30PM**

**FOOD & DRINKS**  
**TEN MINUTE TOPIC with**  
**JANICE CAMPBELL**

MSN, RN, LCCE, IBCLC Coordinator  
 Parent-Child Education/ Lactation Resource Center  
 Mount Sinai South Nassau

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**Healthy Babies**

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**\*CASH BAR\***





# Nassau County Department of Health Office of Health Equity

**BRUCE A. BLAKEMAN**  
Nassau County Executive

INVITES YOU TO ATTEND OUR

# CONFERENCE ON HEALTH EQUITY

**KEYNOTE SPEAKER - WORKSHOPS - PANEL DISCUSSION**

IN PARTNERSHIP WITH

Hofstra University  
Suffolk DOH  
NYC DOH  
Northwell Health  
Memorial Sloan Kettering



**DR. TORIAN EASTERLING**

*Save the Date*

**October 27, 2022**

First Deputy Commissioner ; Chief Equity Officer at the  
NYC Department of Health and Mental Hygiene



**Northwell  
Health®**



**NYC**  
Health

**Save the Date!!!!**



# Nassau County DOH Information

## FOOD SAFETY EDUCATION

For information regarding food service establishments permits call

**516-227-9717**

or visit

<https://www.nassaucountyny.gov/3029/Food-Protection>

### What is food safety and why it is important?

Food safety refers to routines in the preparation, handling, and storage of food meant to prevent foodborne illness and injury. From farm to factory to fork, food products may encounter any number of health hazards during their journey through the supply chain

### Food Safety in Your Kitchen

#### Food Safe Shopping & Storage

March 2018

Following these tips when buying and storing food can help prevent foodborne illness

DO	DON'T
Keep produce separate from meat, poultry, seafood, and eggs in shopping carts and bags	Choose meat, poultry, or seafood in damaged or leaking packaging
Place meat, poultry, seafood, and eggs in plastic bags at checkout	Buy eggs with cracked shells or damaged cartons
Keep produce and other ready-to-eat foods in a separate area of the refrigerator from meat, poultry, seafood, and eggs	Remove eggs from carton or keep them in the refrigerator door
Refrigerate food within 2 hours of grocery shopping, or 1 hour if kept in air temperatures above 90 °F	Place raw meat, poultry, or seafood on upper shelves of the refrigerator where they can drip onto other foods
Set refrigerator temperature to 40 °F or below and freezer at 0 °F or below (as indicated by an appliance thermometer)	Overfill the refrigerator or freezer
Defrost food in the refrigerator, in cold water, or in the microwave – and cook immediately	Thaw meat, poultry, or seafood on the counter

#### Food Safe Meal Prep

March 2018

Following these tips when cooking and chilling leftovers can help prevent foodborne illness

DO	DON'T
Wash hands with soap and water for at least 20 seconds before preparing food	Wash meat, poultry, seafood, or eggs
Rinse whole fruits and vegetables under running water and dry with a clean cloth, paper towel, or salad spinner	Use soap or detergent on foods
Wash utensils that have touched uncooked meat, poultry, seafood, eggs, or flour before using them with any food that will be eaten raw	Allow raw meat, poultry, seafood, eggs, or flour to touch any food that will be eaten raw
Clean cooking surfaces and utensils with hot, soapy water after every use	Reuse plates or cutting boards that have touched uncooked meat, poultry, seafood, eggs, or flour unless you wash them first with hot, soapy water
Cook meat, poultry, and seafood to a safe minimum internal temperature	Serve cooked meat, poultry, or seafood without checking the temperature with a food thermometer
<p><b>Beef, pork, veal, &amp; lamb (chops, roasts, steaks): 145 °F</b> with a 3-minute rest time</p> <p><b>Poultry: 165 °F</b></p> <p><b>Ground meats: 160 °F</b></p> <p><b>Fish &amp; seafood: 145 °F</b></p>	
Keep meat, poultry, and seafood warm (140 °F or above) between cooking and serving	Allow food to cool before refrigerating
Use the USDA FoodKeeper App to check how long foods can be safely stored	Let food sit out for more than 2 hours, or 1 hour in air temperatures above 90 °F

## RECIPE OF THE MONTH



### Fall-Off-the-Bone Chicken

#### Ingredients

- 1 1/2 teaspoons packed light brown sugar
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- Kosher salt and freshly ground black pepper
- 8 bone-in, skin-on chicken thighs (about 3 pounds), patted completely dry
- 2 tablespoons chopped chives
- 

#### Directions

- Combine the sugar, paprika, garlic powder, 1 tablespoon salt and 1/2 teaspoon black pepper in a large bowl. Toss the chicken in the spice mixture until coated. Arrange the chicken in a single layer in a flameproof 9-by-13-inch baking dish. Cover with foil and refrigerate for at least 4 hours and up to overnight.
- Preheat the oven to 300 degrees F.
- Bake until the chicken is super moist and falling off the bone, about 2 hours. Remove the baking dish from the oven and remove the foil. Use a spoon or ladle to remove as much liquid from the dish as possible and reserve. Turn the oven to broil.
- Broil the chicken until the skin is golden brown and slightly crisp, about 5 minutes. Sprinkle the chicken with the chives and serve with the reserved pan juices.
- stir fry for 1-2 minutes, before removing the pan off the heat.

<https://www.foodnetwork.com/recipes/food-network-kitchen/fall-off-the-bone-chicken-5195778>

# References

National Childhood Obesity Awareness Month September 2022

5 IMPORTANT FACTS ABOUT CHILDHOOD OBESITY

From: <https://nationaltoday.com/national-childhood-obesity-awareness-month/#:~:text=National%20Childhood%20Obesity%20Awareness%20Month%20%E2%80%93%20September%202022&text=National%20Childhood%20Obesity%20Awareness%20Month%20is%20in%20September%2C%20and%20it,how%20to%20prevent%20childhood%20obesity.>

Rates of childhood obesity have increased, study finds

By Rachel Fadem, CNN

From:  
<https://www.cnn.com/2022/07/07/health/childhood-obesity-increase-study-wellness/index.html>

Research Shows Plant-Based Diets Are Better Than Ketogenic Diets for Cancer Risk and Long-Term Health | Memorial Sloan Kettering Cancer Center (mskcc.org) Full Article

10 Tips For  
**September is Healthy Aging® Month**

From:  
<https://healthyaging.net/healthy-aging-month/10-tips-september-healthy-aging-month/>

Food Safety Education

from: <https://www.fda.gov/food/buy-store-serve-safe-food/food-safety-your-kitchen>  
<https://www.nassaucountyny.gov/3029/Food-Protection>

RECIPE OF THE MONTH Fall Off The Bone Chicken

from:<https://www.foodnetwork.com/recipes/food-network-kitchen/fall-off-the-bone-chicken-5195778>