

HEALTH & WELLNESS

Healthbeat

Kids' Triathlon to benefit Brenner

The fourth annual Kids for Kids Triathlon, benefiting Brenner Children's Hospital, will be held on Saturday, July 15 at 8 a.m. at Wake Forest University. Kids ages 7 to 10 will compete in a 100 yard swim, a 5 kilometer bike ride and a 1 kilometer run. Kids ages 11-14 will compete in a 200 yard swim, a 10 kilometer bike ride and a 2 kilometer run on the campus of the university.

The Kids for Kids Triathlon benefits Brenner Children's Hospital, which is part of Wake Forest University Baptist Medical Center. Preregistration fees are \$25 before June 30 and \$30 on the day of the race. Registration information is available on-line at the Triathlon and Multi-Sport Club of Winston-Salem's (TRICOWS) website, www.tricows.com.

"We want to encourage children at a young age to be physically active," said Keith Davis, TRICOWS president. "This is also a way for the local triathlon chapter to be involved in the community and remind residents of the importance of leading a healthy and active lifestyle."

Last year, more than 150 children participated in the event. T-shirts are given to all participants and awards are presented to the top three finishers in each age group. For more information, visit www.tricows.com.

NCCU professor Allen is named the president of the NHFA

Dr. Beverly Allen, professor and chair of the Physical Education and Recreation Department at North Carolina Central University (NCCU) assumed presidency of the National Health and Fitness Association (NHFA) during its annual meeting. The mission of NHFA is to sponsor, collect, and disseminate research regarding racial disparities in health and fitness and the associated medical conditions of obesity, diabetes, heart disease, stroke, and also breast, cervical and prostate cancers.

It will be Allen's responsibility to manage the conference scheduled for March 16, 2007, in Baltimore, Maryland. Papers presented at this conference will be published in the Association's biannual journal titled *The Horizon*.

In addition to her assumption of the presidency at the April meeting, Allen was awarded the E.B. Henderson award for her service to the profession presented by the Ethnic Minorities Council of the American Alliance for Health, Physical Education, Recreation and Dance.

Allen joins a developing cadre of NCCU faculty engaged in the study of the elevated incidence and mortality rates for African Americans who suffer from a growing list of life-threatening diseases.

Allen received her bachelor's degree in health, physical education and recreation at North Carolina A&T State University and earned her master's and doctorate degrees in dance and physical education at The University of North Carolina at Greensboro and The Ohio State University, respectively.

Frito-Lay increases olestra labeling

WASHINGTON (AP) — Frito-Lay said last Thursday its chips that contain olestra will bear more prominent labeling alerting consumers to the presence of the fat substitute.

The change wards off a lawsuit that a consumer group had threatened on behalf of a woman who said the snacks gave her stomach cramps and forced her to rush to the bathroom.

The Plano, Texas-based company, a division of PepsiCo Inc., will disclose on the fronts and backs of packages of its Light line of potato and corn chips that they are made with olestra, company spokeswoman Aurora Gonzalez said. Previously, the presence of olestra was noted only in the list of ingredients, as well as with a logo bearing its brand name, Oleo.

The Center for Science in the Public Interest had threatened to sue Frito-Lay unless it better disclosed that its Light chips — including versions of Tostitos, Lay's and Ruffles — contained the fake fat. The Washington, D.C.-based consumer group said since 1996 it has received reports from more than 3,700 consumers who have experienced adverse reactions after eating products made with olestra.

The Food and Drug Administration approved olestra in 1996, despite concerns that it can cause diarrhea. The agency initially required products containing olestra to carry a warning label. In 2003, the FDA lifted the labeling requirement.

Moderate drinking linked to better mental function in older women

Research involving more than 7,000 older women found that those who drink a moderate amount of alcohol have slightly higher levels of mental function than non-drinkers, particularly in verbal abilities, according to researchers at Wake Forest University Baptist Medical Center and colleagues.

"Our research confirms other studies suggesting that for older women who choose to drink — and are not restricted from drinking for medical reasons — moderate alcohol intake is not harmful for cognition and may provide some mental benefits," said Mark Espeland, Ph.D., lead author.

The study, available on-line in the journal *Neuroepidemiology*, found that compared to non-drinkers, women who reported drinking up to two or three drinks per day performed better on measure of global cognitive function, which includes concentration, language, memory and abstract reasoning. The women were strongest in verbal skills: those who reported having at least one drink a day did better on vocabulary tests and on a word fluency test asking them to generate a list of words beginning with a specific letter.

Study: Breast cancer in younger black women is likely to be very aggressive

SPECIAL TO THE CHRONICLE

CHAPEL HILL — For decades, researchers have tried to understand why breast cancer in younger black women is such a significant public health problem.

Black women have fewer breast cancers than white women, but their mortality is worse. Black women under the age of 50 have a 77 percent higher mortality rate from breast cancer than white women of the same age.

Results of a study led by scientists from the University of North Carolina at Chapel Hill schools of Public Health and Medicine and the UNC Lineberger Comprehensive Cancer Center suggest one reason for these differences.

When younger, premenopausal, black women get breast cancer, they are more than twice as likely as older women, black or white, to get an aggressive breast cancer subtype, the study found. They are also much less likely to get the least aggressive type. A report of the research appears in the June 7 issue of the *Journal of the*



American Medical Association (JAMA).

"The present study adds an important piece to a large puzzle," said senior study author Dr. Robert Millikan. "Previous studies showed that many breast tumors in younger African American women are very

fast-growing and hard to treat.

"We found something new: younger African American breast cancer patients show a high frequency of one of the aggressive subtypes of breast cancer called basal-like," said Millikan, associate professor of epidemiology at the UNC School of

Public Health, a UNC Lineberger member and principal investigator of the Carolina Breast Cancer Study (CBCS).

The CBCS, one of the largest black breast cancer databases in the United States, is a population-based case-control study that enrolled women with breast cancer from 24 counties of North Carolina as cases, and an equal number of women without breast cancer as controls. Women who consented to the study were interviewed about their histories, and their tumor tissue was collected. The study required extensive cooperation from all of the women who participated in the study, their physicians and pathologists, and a large number of hospitals in North Carolina.

According to JAMA study lead author Dr. Lisa A. Carey, associate professor of medicine in the hematology-oncology division at UNC's School of Medicine, modern technologies such as microarray analysis can reveal the molecular characteristics of cancers and have shown that breast cancer is not one disease. "It is

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Report: Restaurants should shrink portions

BY ANDREW BRIDGES THE ASSOCIATED PRESS

WASHINGTON — Those heaping portions at restaurants — and doggie bags for the leftovers — may be a thing of the past, if health officials get their way.

The government is trying to enlist the help of the nation's eateries in fighting obesity. One of the first things on their list: cutting portion sizes.

With burgers, fries and pizza the Top 3 eating-out favorites in this country, restaurants are in a prime position to help improve people's diets and combat obesity. At least that's what is recommended in a government-commissioned report released Friday.

The report, requested and funded by the Food and Drug Administration, lays out ways to help people manage their intake of calories from the growing number of meals prepared away from home, including at the nation's nearly 900,000 restaurants and other establishments that serve food.

"We must take a serious look at the impact these foods are having on our waistlines," said Penelope Slade Royall, director of the health promotion office at the Department of Health and Human Services.

The 136-page report prepared by The Keystone Center, an education and public group based in Keystone, Colo., said Americans now consume fully one-third of their daily intake of calories outside the home. And as of 2000, the average American took in 300 more calories a day than was the case 15 years earlier, according to Agriculture Department statistics cited in the report.



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Today, 64 percent of Americans are overweight, including the 30 percent who are obese, according to the report. It pegs the annual medical cost of the problem at nearly \$93 billion.

Consumer advocates increasingly have heaped some of the blame on restaurant chains like McDonald's, which bristles at the criticism while offering more salads and fruit. The report does not explicitly link dining out with the rising tide of obesity, but does cite numerous studies that suggest there is a connection.

The National Restaurant Association said the report, which it helped prepare but does not support, unfairly targeted its industry.

The report encourages restaurants to shift the emphasis of their marketing to lower-calorie choices, and include

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Mental health and social stigma



The People's Clinic

THE MAYA ANGELOU RESEARCH CENTER ON MINORITY HEALTH

Wake Forest University Baptist

According to the United States Department of Health and Human Services, mental disorders account for about 15 percent of the overall burden of disease in the US, which is higher than the burden of disease associated with all forms of cancer. It is estimated that one of every five Americans will experience a mental disorder at some point during their lives. Minorities bear a greater burden from unmet mental health needs, which can result in unnecessary suffering and impact overall health and productivity. It is alarming to note that suicides among African American youth (ages 10-14) increased at a rate nearly double the rate of increase among white youth of the same age.

What is mental health, and why is it important?

Mental health may be defined as a state of psychological, social, and emotional well-being.

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NAACP joins AIDS struggle

SPECIAL TO THE CHRONICLE

National Association for the Advancement of Colored People President and Chief Executive Officer (CEO) Bruce S. Gordon was slated to join 24 other influential black Americans in New York Monday morning to announce the National Black AIDS Mobilization effort and further solidify the Association's commitment to battling the disease.

Led by the Black AIDS Institute, the National Black AIDS Mobilization is aimed at building

a mass black response to the deadly AIDS epidemic — culminating in a rollback of alarming AIDS trends in the next five years.

NAACP says that Black Americans now account for 54 percent of annual new HIV infections in the U.S. Black women represent 67 percent of female AIDS cases, and black teens make up two-thirds of new infections in their age group. Once positive, African Americans are seven times more likely to die from the



Gordon

virus than whites, according to statistics.

"The NAACP has been in the forefront of every major issue and crisis facing

blacks in this country for nearly a century," said Myisha Patterson, the NAACP's National Health Coordinator. "We will not shrink in the face of this modern plague. We must promote personal dialogue on this issue, encourage testing and support additional programs that literally will save our lives."

There are an estimated 1.3 million Americans living with AIDS today — nearly half of them are black.

"AIDS is not just a health issue. It is a human rights issue. It is an urban renewal issue. It is an economic justice issue," said Phill Wilson, the Black AIDS Institute's CEO. "If we are to have any chance of winning the battle for racial justice, we must confront the AIDS epidemic. An army ravaged by disease cannot fight. A dead people cannot reap the benefits of a battle won."