



SHARE NEWSLETTER

INSIDE THIS
ISSUE:

GREETINGS FROM DR. KUMANYIKA

<i>You Told Us, You Asked</i>	2
<i>Quarterly Quotes</i>	2
<i>Just for You</i>	2
<i>Food for the Soul</i>	3
<i>Contest</i>	3
<i>Let Us Hear From You</i>	3
<i>Around Phila!</i>	4

Dear [SHARE](#) Participants,

Thank you all for enrolling in the SHARE weight management study. SHARE is a very special study. We are testing approaches that combine the best scientific knowledge about how to help people lose weight and keep it off to improve their health, with a special focus on weight loss issues as experienced by African Americans. There are hundreds of weight loss studies, not even 50 of these provide any specific information about African Americans. I also think SHARE is special because we have a very talented and dedicated staff. I hope you will continue working with them and giving them your fullest cooperation.

In one sense, SHARE is a service—a program that can help you lose weight. But SHARE is also a research study, and we see ourselves (researchers and staff) and you (the participants) as members of a unique research team. We each have important roles. To study the effectiveness of four high quality, but different, weight loss programs:

Our role is to give you our very best effort in providing counseling and program materials for each of the four programs and to make each program enjoyable and rewarding—to keep you coming back and to help you lose weight.

Your role is to participate as fully as you possibly can. We know that it is not easy to fit SHARE into your busy life but also know that attendance is usually closely related to success in losing weight.

Our role is to determine the status of each person who enrolled, throughout the entire two-year study period.

Your role is to keep coming back to let us see how you are doing. Coming to the visits that we will be scheduling about every six months is critical. I encourage you to always take advantage of attending the visits. We need to keep careful records of what happens to each of you in order to judge how the programs are working. *We need to know how you are doing even if you haven't been able to attend any other study activities and even if you are not where you would like to be with your weight at that time.* To compare programs we will average the weight data for participants in each program and make comparisons. We won't get a true picture if only those people who think they are doing well come in for measurements. And, remember, you will always have a free blood pressure measurement at these visits!

This is our first SHARE Newsletter, and we hope you find it interesting and informative. The newsletter will help to keep you up to date about SHARE and about community activities and weight control strategies. We appreciate your willingness to join us in this venture. You could have chosen a regular weight loss program, but you chose to enroll in a weight loss research study and help us to create new knowledge to benefit the African American community. Keep up the hard work, stay focused, and you will reach your goals.

Sincerely,

Shiriki K. Kumanyika, Ph.D., M.P.H., R.D.
Principal Investigator (Lead Researcher)

Special Points:

- Name our NewsLetter
- Keeping Track Tips!

TEAM SHARE

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Intervention Coordinator
Admin. Research Assistant
Intervention Leader
Intervention Leader
Research Assistant
Research Assistant

Quarterly Quotes

“I am overwhelmed by the grace and persistence of my people.” —
Maya Angelou,
1992

“Education does not take place when you learn something you did not know before, but it’s your ability to use what you have learned to be better today than you were yesterday.” —
Iyanla Vanzant,
1993

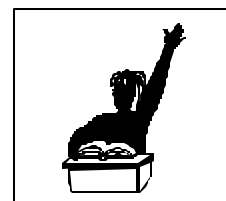
YOU TOLD US, YOU ASKED US

Question: Do I have to Keep Track?

An important part of the SHARE program is what we call “keeping track.” Research has shown that **keeping track is the key to losing weight and being more active.** Keeping Track will help you to stay within your calorie and fat gram goals to help you lose weight. After several days of keeping track, look at your diary and identify your biggest problem areas. These problems are going to be very specific to you. Weekly review of your Keeping Track book/ personal food and activity journal can provide both you and your counselor with insights into your eating and physical activity habits. Keeping track helps you to become aware and being aware of your eating and physical activity behaviors increases your chances of losing weight and keeping it off.

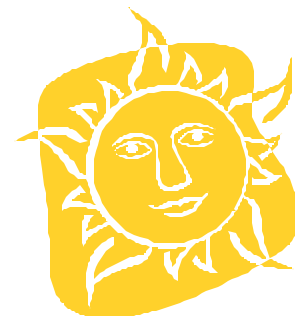
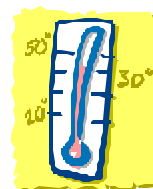
The SHARE Keeping Track booklet is one tool for keeping track. It has room for 7 days and is small enough to carry in your pocket or purse. You can also use a personal journal or even your computer to keep track. Here are some tips for complete and accurate keeping track of your eating and activity. Try to record:

- everything you eat and drink everyday
- The calories and fat grams in all the things you eat and drink
- Your physical activity everyday, however, don’t include any activity that lasts for less than 10 minutes.



JUST FOR YOU

AVOID DEHYDRATION



Drink up! High indoor or outdoor heat causes us to sweat more and feel like eating less. It’s important to compensate for fluids lost due to perspiration. Don’t wait until you are thirsty to begin hydration. Our bodies are made of more than 70% water which is used for the millions of processes that keep us functioning and active daily. By the time our brain learns we are thirsty, we are already on the way to dehydration. Losing 20% of our body’s fluids can make us very sick. The body functions best when there is a constant flow of water in and water out. We are less likely to retain fluid or to become dehydrated when we drink more water.

Remember that many beverages can be loaded with calories. So, keep a watchful eye on your food budget and the calories you drink.

How do we go about drinking plenty of fluids while minimizing calories?

1. Water is our primary choice of beverage; it has NO calories and quenches the thirst better than any other beverage. Start the morning off with a large glass or 16 oz bottle of water and don’t stop there. Plan to drink at least 6 or more 8 ounce glasses throughout the day. Also drink water before, during, and after being active.
2. Determine how many calories will fit into your meal plan for beverages.
3. Use non-caloric sweeteners, or drink flavored iced coffee, and teas served simply.
4. Add additional water to foods in your meal plan, such as in smoothies, cold soups, and high water content vegetables and fruits.
5. If you buy bottled water, make sure you don’t get the type with added sugar or syrup. They can have as many calories as sodas.

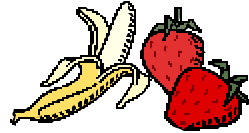
No More Renovations, Please!

Are you CREATIVE? Can you think of a catchy name for our newsletter? If so, enter the contest below!

We would like to thank you for your patience upon the recent completion of suite 202 renovations. Now that the renovations for our suite are complete, you are able to use the second floor restrooms (thank goodness!) and you will now be able to enter the suite by using the main door of suite 202, instead of the alternate entrance you were using. Also, just a reminder that parking is available directly behind our building for individuals who are visiting SHARE for a measurement visit only. Validated parking at the Sheraton Hotel is available for all other visits, including classes and personal counseling visits.

We hope you were not too inconvenienced by the construction and that you are satisfied with the end result. We certainly are! Thanks again!

FOOD FOR THE SOUL BREAKFAST SMOOTHIE



- 1 medium Banana - frozen
- 4 large Strawberries
- 4 ounces Vanilla Nonfat Yogurt
- 4 each Ice Cubes
- 4 ounces Ice Cold Water

Breakfast smoothies make a quick and convenient meal!

Peel several bananas, place in container and freeze. Place a frozen banana in the blender along with the strawberries and yogurt. Slowly add 1/2 cup cold water and blend. Add ice cubes and remainder of the water.

- Makes 2 – 8 ounce glasses
- Serving size = 16 ounces
- Total calories - 233
- Fat - 1.02 g
- Protein - 7.46 g
- Fiber - 1.7 g
- CHO – 52.53g
- Sodium – 83.24 mg



Contest—Name That Newsletter

We are conducting a contest for the most creative name for our newsletter. The winner will receive a prize! The new name will appear in the next newsletter. **Good Luck!**

(Please, one entry per person)

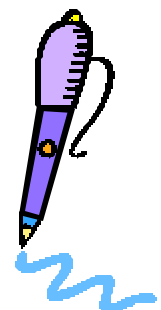
Please fax or mail entry to Jennifer Fassbender, 3401 Market Street, Philadelphia, PA 19104. Fax 215.573.9978

My name is _____

The Newsletter should be called _____

If I am the winner, please contact me via telephone at _____ or email at _____

QUESTIONS, CONCERNS, COMMENTS?—PLEASE LET US HEAR FROM YOU. (MAIL OR FAX THIS PAGE WITH YOUR COMMENTS, OR EMAIL



AROUND PHILADELPHIA—FUN AND HEALTHY ACTIVITIES COMING UP AROUND THE CITY

WALK YOUR WAY TO HEALTH **WHILE**
SUPPORTING A GOOD CAUSE.

American Diabetes Association

2004 America's Walk For Diabetes

Memorial Hall Fairmount Park

October 3, 2004 9:30a

Contact: 1-888-DIABETES



SHARE Study
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