



SHAREWAY OF LIFE



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Special Points:

- Raffle
- \$50 Visit 5 Incentive

GREETINGS FROM THE PRINCIPAL INVESTIGATOR

Dear **SHARE** Participants,

Greetings from the SHARE Researchers. This is actually our third summer in SHARE. Time has flown by since we held the first SHARE class in July of 2003, and we are actually having to say goodbye to some of you whose two years in SHARE will have been completed this June. Others are entering the "home stretch" and will finish just after Christmas. The last group enrolled still has another year to work with SHARE, through about June of 2006.

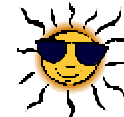
Looking back, interest in being a part of this study was incredible, and you've been telling us how important it is that we are doing SHARE and how many people in the African American community will be wanting to learn the results of this study. Amazingly, over the course of SHARE recruitment between April and November of 2003, we talked with and prescreened more than 1,200 potential SHARE participants. Not everyone who was pre-screened was eligible, but there were still many eligible people on the waiting list when we had to close enrollment. So you are one of the very special group of 344 people (309 women and 35 men) who passed all of the hurdles and were ultimately enrolled. In case you are interested in knowing how this breaks down by program, we signed up 143 participants in program A, 138 in Program B, 32 in Program C, and 31 in Program D. The effort you are putting in is a vital part of the contribution that SHARE will make to scientific knowledge of how to help African Americans, and others, lose weight and practice long term weight control.

I had the pleasure of meeting some of you personally at the SHARE April Field Workshop on Sleep Disorders. I was delighted to hear from several of you that you were learning useful information in SHARE and meeting goals. I also appreciated talking with some of you who are still struggling to find an approach to weight control that works.

In addition, I thought about those of you whom I *didn't* meet—who couldn't come to the workshop or who have drifted away from SHARE altogether. Sometimes people who haven't met their goals stop coming to classes or miss their clinic visits because they think they have let us down. I hope I can assure you that we don't see it that way. In fact, when we lose contact with you we worry that we have let *you* down. We always welcome hearing from any SHARE participant and are always willing to work with you to get you back on track. So let us know how you are doing, and give us a chance to help you pass roadblocks that might be interfering with meeting your goals.

Losing weight and keeping weight off are among the biggest challenges we face. Congratulations on your continuing efforts to meet these challenges!

Sincerely,
Shiriki Kumanyika, PhD, MPH, RD
SHARE Lead Investigator



GUESS WHAT?? For attending your final measurement visit (Visit 5), we will send you a check for **\$50.00!!!!**

TEAM SHARE

Shiriki Kumanyika, PhD, MPH, RD
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Johnetta Frazier
Kimberly Baldwin, MS
Tara Snyder, MS, RD

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



Quarterly Quotes

“The future depends on what we do in the present.”

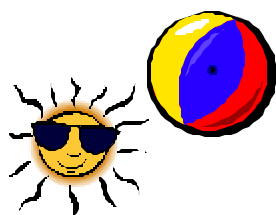
—Mahatma Gandhi

“If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them.”

—Henry David Thoreau

“Nothing is predestined: The obstacles to your past can become the gateways that lead to new beginnings.”

—Ralph Blum



You Told Us, You Asked Us

Question: I am not sure if I am getting the proper nutrients with my meals. How can I tell?

Eating well means enjoying a variety of food—and so does eating to stay well. Variety matters, because no food has all the nutrients and other substances needed by your heart—and the rest of your body. So be sure to follow a well-balanced eating plan.



Use the following list to aim for the recommended daily total intakes of those nutrients:

- Calories—1,200-1,500 or the caloric range discussed with your **SHARE** counselor
- Total Fat—no more than 30 percent of daily calories or the total discussed with your **SHARE** counselor
- Cholesterol—less than 300 milligrams/day
- Fiber—25-30 grams/day
- Protein—10-35 percent of daily calories
- Carbohydrates—45-65 percent of daily calories
- Sodium—no more than 2,400 milligrams per day

Foods and Beverages are:

- ⇒ sodium free or salt free if they have—less than 5 milligrams of sodium per serving
- ⇒ Very low sodium if they have —35 milligrams or less of sodium per serving
- ⇒ Reduced or less sodium if they have — at least 25 percent less sodium than the regular version
- ⇒ Light in sodium if they have —half the sodium of the regular version

Don't ignore portion size when planning your meals. When it comes to weight control and heart health, size matters. It's very easy to “eat with your eyes” and misjudge what equals a portion and that makes it easy to pile on unwanted pounds. So be sure you eat a sensible portion size. In this issue, you'll find two new recipes that are designed to give you a nutritious and satisfying portion.



JUST FOR YOU

ACTIVE SUMMER



Summer is here with hopes of sunshine, outdoor activities, an increased motivation to be active, and maybe even a **VACATION** (at home or away)! Did you know that you can have a very active vacation and still feel rejuvenated and rested? Well, you can! Some of you may feel like being out of your normal daily routine makes it difficult to keep on track with your physical activity habits. If you think about it, you actually have **MORE** time to concentrate on these healthy habits. There are countless things you can do on vacation to maintain your 30 minute daily activity goal. You can take in a sunrise walk, go sight-seeing on a bicycle, enjoy a game of tennis, or enjoy a total body workout while swimming with the fishes! If you can't get in 30 minutes at a time, shoot for three 10 minute bouts of activity each day. Keep it fun! Remember to keep track of the physical activity you do and record what you eat and drink as part of your regular lifestyle change tracking. When your vacation is over, you'll feel refreshed and ready to get back into your daily routine!



FOOD FOR THE SOUL

NEW POTATO SALAD



- 16 small new potatoes
- 2 tbsp olive oil
- 1/4 cup green onions, chopped
- 1/4 tsp black pepper
- 1 tsp dill weed, dried

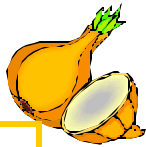


1. Thoroughly clean potatoes with vegetable brush and water
2. Boil potatoes for 20 minutes or until tender
3. Drain and cool potatoes for 20 minutes
4. Cut potatoes into fourths and mix in olive oil
5. Refrigerate and serve

Makes (10) 1 /2 Cup Servings

Content per serving

Calories	90
Fat	3g
Cholesterol	0mg
Sodium	6mg
Fiber	1.5g



BARBECUED CHICKEN

- 3 lb chicken parts, skin and fat removed
- 1 large onion
- 3tbs vinegar
- 3tbs Worcestershire sauce
- 2tbs brown sugar
- To taste black pepper
- 1tbs hot pepper flakes
- 1tbs chili powder
- 1C chicken stock or reduced sodium broth, fat skimmed



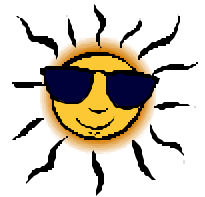
1. Place chicken in 13x9 pan. Arrange onions on top
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder and stock
3. Pour mixture over chicken and bake at 350°F for 1 hour or until done. While cooking, baste occasionally.



Makes (5) 1 Cup Servings

Content per serving

Calories	176
Fat	6g
Cholesterol	68mg
Sodium	240mg



QUESTIONS, CONCERNS, COMMENTS?—PLEASE LET US HEAR FROM YOU.

(MAIL, FAX, OR E-MAIL THIS PAGE WITH YOUR COMMENTS.) PHONE: 215-746-7366 FAX:215-573-9978 SHARE STUDY, 3401 MARKET ST., STE. 202, PHILADELPHIA, PA 19104



RAFFLE—GIVE-A-WAY



Thank you for all the correct entries and congratulations to our Spring Newsletter raffle winner! She received a great Penn gift! Don't miss out on this next raffle.

We'll be drawing the winning entry in August!

All you have to do is answer the following question correctly to qualify. The answer to the question is found somewhere in this newsletter. Fax, email, or mail your entry to SHARE by August 1, 2005.

How much of the calories I eat should come from fat?

My Name

My Answer

%





AROUND PHILADELPHIA

It's

SUMMER

In the CITY!

SWIMMING ANYONE? Visit your neighborhood

YMCA (www.ymca.com) to take a cool dip and beat the summer heat! These Y's have outdoor pools!

Hatboro/Horsham YMCA 440 South York Road, Hatboro, PA 215.674.4545

• Hours: Mon-Thu 6am-10pm; Fri 6am-9pm; Sat 7am-6pm; Sun 12n-5pm (Daily passes available)

Northeast YMCA 11088 Knights Road, Philadelphia, PA 215.632.0100

• Hours: Mon-Fri 6:30am-10pm; Sat 8am-7pm; Sun 8pm-5pm (Summer memberships available)

Upper Main Line YMCA 1416 Berwyn Paoli Road, Berwyn, PA 610.647.9622

• Hours: Mon-Fri 5:30am-10pm; Sat 7:30am-7pm; Sun 10am-6pm (Daily passes available)



CALLING ALL WALKERS, HIKERS, BIKERS, AND BLADERS

Walkers, hikers, cyclists and roller bladers of all abilities will find a challenge on the miles of trails in and around Philadelphia, starting with the eight-mile loop around the **Martin Luther King Parkway** (West River Drive) and **Kelly Drive**, a scenic trip, which includes views of **Boathouse Row** and the Philadelphia Museum of Art. Martin Luther King Parkway is closed to car traffic every weekend, until 5 p.m. each day, April through September.

For more information on areas to walk, hike, bike, or blade, visit:



SHARE Study
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