

# Consortium Connection

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## "Healthy Environment, Healthy Lifestyles, Healthy Community"

### Childhood Obesity Epidemic

The World Health Organization (WHO) defines obesity as a disorder of excess body fatness that is associated with increased risk of disease. Body mass index (BMI) is the most common practical instrument used to measure body fatness. BMI, which varies among boys and girls, is the suggested method of choice to identify and diagnose obesity in children.<sup>1</sup> Presently, obesity is largely affecting both children and adolescents and is expected to aggravate over time especially in children from minority populations, increasing their risks of developing obesity related illnesses such as diabetes and hypertension. Thus, addressing and assessing child and adolescent obesity will contribute to the avoidance of these chronic co-morbidities in adulthood.<sup>2</sup> Children of African American, Hispanic, and Native American descent within the United States are disproportionally affected by childhood obesity, with the obesity rates among these children being much higher than with children of other ethnicities. Individual, behavioral, and environmental factors are significant in children's nutrition and influence both their eating choices and attitude towards physical activity.

Therefore, correct understanding of these factors will lead to suitable prevention approaches, aimed towards reducing childhood obesity among children and adolescents.<sup>2</sup> The responsibility of decreasing the childhood obesity epidemic requires the combined efforts of the schools, parents, and children. Unfortunately, if children are unable to decide on healthier lifestyles, the population will continue to grow overweight.



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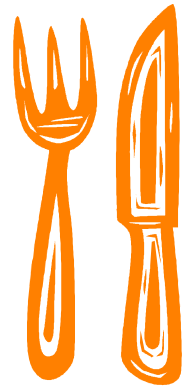
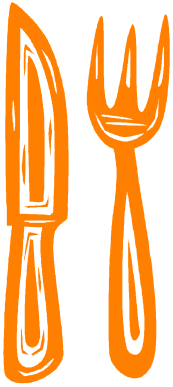
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1. Reilly, J. (2010). Assessment of obesity in children and adolescents: synthesis of recent systematic reviews and clinical guidelines. *Journal Of Human Nutrition & Dietetics*. 3 (3), p205-211.
2. Stevens, C. (2010). Obesity prevention interventions for middle school-age children of ethnic minority: a review of the literature. *Journal For Specialists In Pediatric Nursing*. 15 (3), p233-243.
3. U.S. Department of Health and Human Services. Office of Disease Prevention and Health Promotion. *Healthy People 2020*. Washington, DC. Available at [<http://www.healthypeople.gov>]. Accessed [20th Mar 2012].

## Cooking with Short Chef: Healthy Mac & Cheese Cupcakes



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### Ingredients

- 12 oz. of frozen butternut squash
- 2<sup>1/2</sup> cups of non-fat milk
- 1 lb. of whole wheat elbow macaroni
- 8 oz. of extra sharp cheddar cheese, finely grated
- 3 oz. parmesan cheese, finely grated
- 1/2 cup of part-skim ricotta cheese
- Pinch of cayenne pepper
- Freshly ground black pepper
- Panko bread crumbs
- Butter unsalted
- Cupcake liners

### Directions

Preheat oven to 350 degrees. Combine squash and 1<sup>1/2</sup> cup of the non-fat milk in a medium sauce pan. Bring to boil over medium-high heat. Reduce heat to medium, and simmer until squash is tender when pierced with a fork (about 20 minutes). Remove from heat and add the cayenne and black pepper. Stir. Add the other cup (1) of the non-fat milk and the parmesan and ricotta cheeses to the sauce pan and stir well, until smooth. Add cheddar cheese and butter to pan and stir well, until smooth. Cook the elbow pasta according to package instructions until “*al dente*.” Drain pasta and combine with cheese sauce. Mix well together. Place liners in the cupcake pan and sprinkle bread crumbs to cover bottom. Transfer noodle mixture to pan and bake for 15 minutes or until lightly browned and crisp on top.

Serve immediately!

**This recipe will serve 8 to 10 people.**

## September is National Childhood Obesity Awareness Month



In 2010, September was declared National Childhood Obesity Awareness Month in an effort to increase awareness about the childhood obesity epidemic and to motivate families and communities to become healthier.

You can do your part by educating others and making healthier choices for yourself and your family. For example you can:

- Create a fun environment at home that encourages healthy eating and exercise by making it the norm.
- Educate your community leaders about why childhood obesity is a problem and encourage them to work together to make healthy changes in the community.

You can be as creative as you like; the possibilities are endless.

For additional information about Childhood Obesity Awareness Month you can visit <http://www.healthierkidsbrighterfutures.org/>.

- CPPW Staff

## Looking for ways to Volunteer in our Community?

### The Women's Breast Health Initiative

Volunteers are needed to go door to door to identify the women of each household and provide them with an informational package. Volunteers will also verify the women's health insurance status, and schedule appointments for women age 40 and older that qualify for a free mammogram through the mobile mammography van or at an onsite screening day at the end of each neighborhood outreach.

For additional information about this volunteer opportunity please visit: [www.flbreasthealth.com](http://www.flbreasthealth.com)

### American Cancer Society

Volunteers are needed to the American Cancer Society's Road to Recovery program. The program is designed to match cancer patients with volunteer drivers who provide them with transportation to and from their treatment.

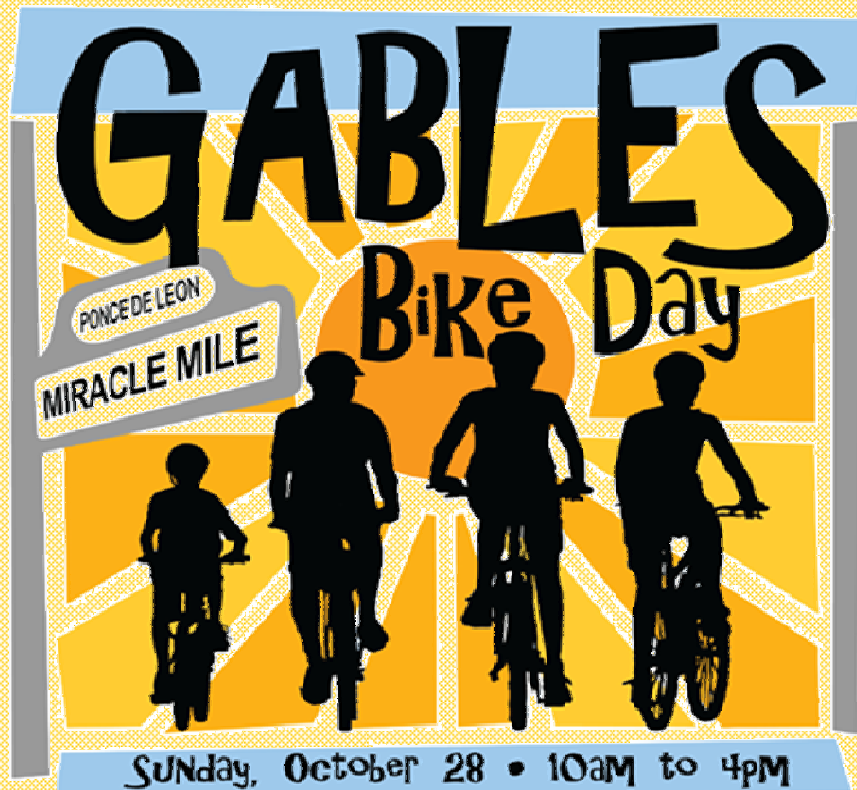
For additional information about this volunteer opportunity please visit:  
<http://www.cancer.org/Treatment/SupportProgramsServices/road-to-recovery>

If you would like to search for other volunteer opportunities in the Miami-Dade County area you can visit: <http://www.volunteermatch.org/>

- CPPW Staff



# Upcoming Events



Sunday, October 28 • 10am to 4pm

Save the Date!

Free family event for  
cyclists, walkers, skaters to  
enjoy the downtown Gables streets.

Music, children's area, demonstration area,  
bike polo, bike safety zone, bike tours and more.

Starts at 10am until 4pm  
with a rally at 10:30am  
at Ponce Circle Park.



Come Bike For Safe Streets!

For additional information or to participate in the Consortium:

Tel: 305-278-0442

[www.healthymiamidade.org](http://www.healthymiamidade.org)