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Center for Human Nutrition Expands Its Reach to China

By Helen Thompson, MS, RD

Early February brought a welcome guest to the Center for Human Nutrition, Professor Chen Chunming from the International Life Science Institute (ILSI) and the Chinese Center for Disease Control and Prevention. The purpose for Professor Chen's visit was to learn about research occurring at the Center as well as the logistics and message of the *America On the Move™* program to take home to China.

During Professor Chen's visit she engaged in a roundtable discussion with the Center's research staff; toured Downtown Denver, Park Hill/Thriving Communities, Fitzsimons, Stapleton, and Lowry with the *America On the Move™* Staff; and gave a seminar on "Closing the Energy Gap To Prevent Weight Gain in China." (She is pictured here with Elaine Borton and Helen Thompson of *CHN* on the day of her visit.)



Her visit marked an exciting collaboration between the *Center for Human Nutrition* and China to address the growing waistlines of the Chinese population. Professor Chen indicated her support and approval of the *America On the Move™* message and the idea that small changes can make a big difference. The Center staff is excited to work with Madam Chen as we attempt to impact climbing obesity rates in China and share what we have learned in the United States as a result of our own obesity epidemic.

Dr. James O. Hill, Director of *CHN*, first met Professor Chen when they co-chaired the first World Health Organization consultation on obesity in 1998. He has interacted with her through the International Life Sciences Institute (ILSI) for several

years. She was very interested in our approach to preventing weight gain and thought it might work in China. When she found that Dr. Hill was going to be in China in November 2005 for another meeting, she invited him to Beijing. She then asked to visit CHN and *America On the Move™* in action. She was extremely impressed by the *America On the Move™* team!

Professor Chen is an internationally recognized expert in nutrition. The founding President of the Chinese Center for Disease Control and Prevention, previously known as the Academy of Preventive Medicine, she is currently the senior adviser of the institution and a professor of nutrition. She is an expert on the nutritional status of children and the general population in China, and on the shifting dietary patterns of the country due to economic change.

Professor Chen is also the founder of the Union School of Public Health, Beijing Union Medical University. She was a member of the World Health Organization's Expert Advisory Panel on Nutrition, and a member of the United Nations Food and Agriculture Organization Expert Panel on Ethics of Food and Agriculture. She is currently the Chairman of the Board of China's Think Tank Research Center for Health Development. She founded the International Life Science Institute (ILSI) Focal Point in China, which is working on scientific information for addressing obesity in China.

She is the President of the Ethics Committee of the Chinese Academy of Preventive Medicine and member of the Ethics Committee of Biomedical Research in Asia. Prior to this, she was the Dean of the Union School of Public Health and the Director of the Department of Health and

Epidemic Prevention, under the Ministry of Health. She designed the current national system of nutrition monitoring in China and is the key supervisor of the system.

Professor Chen was nominated as the Fellow of International Union of Nutritional Sciences (IUNS) in 1997, and awarded the Gopalan Award by the Nutrition Society of India at the 9th Asian Congress on Nutrition in 2003.

Metro Mayors Commit to Active Living Initiative

By Mercedes Martinez, MPH

32 mayors today announced a "Mayors on the Move" initiative. For six weeks the mayors will wear pedometers and track their activity levels. The group set a collective goal of increasing their physical activity by 30% over a six week period.

The initiative is part of a larger focus on health and wellness in the metro area. The mayors will wear pedometers donated by Kaiser Permanente and track their progress on the America on the Move website. "I think keeping track of how many steps you take encourages you to seek opportunities to walk more," said Denver Mayor John Hickenlooper, who has worn a pedometer off and on for the past couple of years. "My staff and I always take the stairs in the Denver City and County Building; we scorn elevators!"

The mayors are embracing America on the Move's positive message that 2 small changes – eating 100 fewer calories per day and taking about 2000 more steps - can stop weight gain. Mayor Kathie Novak of Northglenn said, "We as mayors can set a positive example for our

communities by moving more and eating less. This initiative is incredibly positive and I can see expanding this within our communities to challenges among schools, businesses and other local organizations."

Mayor Noel Busck of Thornton, expressed his enthusiasm by saying, "The mayors in our organization represent a real cross-section of our communities; we are all different shapes and sizes. I for one have a history of being in the clean plate club and have never been part of an organized fitness plan, so if I can do this, then anyone can."

The Metro Mayors Caucus is a voluntary regional organization comprised of mayors from throughout the Denver metro area.

Look AHEAD Study Launches "Lose A Ton Too" Weight Loss Campaign

By Marsha Miller, MS, RD

Just to refresh your memory, the Look AHEAD Study is an NIH funded national study. Our primary objective is to examine the long-term effects of heart disease and stroke, with participants who are overweight and have type 2 diabetes. The intensive lifestyle intervention program is designed to achieve and maintain weight loss by decreased caloric intake and increased physical activity. Because the duration of the study is 12 years, and much of the contact with participants' is in group format, there are 2-3 large-scale motivational campaigns offered and encouraged annually. The most current campaign was just launched on February 8th (**Lose A Ton Too**) and our PI, Jim Hill,

presented the kick-off speech! This campaign is designed to increase participation in the lifestyle intervention group, and to facilitate participants' achievement or maintenance of the 10% weight loss goal.

This 8-week campaign will emphasize the collective goal of "losing a ton" and an individual weight loss goal. The main challenge will be to collectively lose more weight locally and nationally, and to encourage individual participants to hit their campaign weight goal. Participants who have not reached their 10% goal will have a 5 pound weight loss goal. Participants who have reached their 10% goal will have a 2 pound weight loss goal. Participants who are significantly below the 10% goal may have a maintenance goal. All participants meeting their weight loss goal for the campaign will receive a neck pillow with the Look AHEAD logo. This incentive is provided nationally by the coordinating center.

Within the campaign, there are several sessions that the participants can choose to attend for additional education and motivation:

"The Reality of Healthy Living" will be the overall theme of the campaign with each session loosely based on a different reality show.

Campaign Kickoff: **"Extreme Menu Makeover"**—four weeks worth of menus will be provided to assist participants in achieving weight loss goals as well as self-monitoring books and meal replacements.

"The Laughter Factor/Super Size Me"—sessions will focus on reducing stress with humor and viewing clips from the "Super Size Me" documentary illustrating the reality of how unhealthy foods choices can impact health when eating out.

“Trading Spaces”—will take place at the Buck Recreation Center in Littleton. Participants will have a tour of the facility, and are learning about what this facility has to offer them.

“Survivor Circuit”—will give the participants the opportunity to exercise in a group setting and to learn something

new. There will be several activity spaces for them to experiment with.

Campaign Finale: **“The Biggest Loser”**—finale celebration. Two \$25.00 gift certificates will be raffled for attendance, and two \$50.00 gift cards will be raffled for meeting the campaign weight loss goal.

Research Study Recruitment

Volunteers are needed for a study on the effects of overeating on metabolism and predictors of weight gain.

Eligibility criteria:

- Healthy men and women, age - 25-35
- A history of multiple dieting attempts
- Weight gain over the past five years
- At least one first degree relative who is overweight
- Body Mass Index of 20-27 -- you may check your BMI at: <http://nhlbisupport.com/bmi/>

Participants will receive at no cost:

- Dietary analysis and counseling
- Laboratory testing
- Body fat measurement
- Resting metabolic rate measurement

Financial compensation will be provided.

For more information contact The Center for Human Nutrition at 303.315.4087, Ext. 6, or Sandra VonKaenel at 303.315.9005, sandra.vonkaenel@uchsc.edu.

Principal Investigator: Dan Bessesen, MD
COMIRB 03-778

Can you eat as much as you want and not seem to gain weight?

Lean volunteers are needed for a study on the effects of overeating on metabolism and predictors of future weight gain.

Eligibility criteria:

- Healthy lean men and women, age - 25-35
- You must be weight stable
- Have no first degree relatives who are obese
- Body Mass Index of 17-23

Participants will receive at no cost:

- Dietary analysis and counseling
- Laboratory testing

- Body fat measurements
- Resting metabolic rate measurement

Financial compensation will be provided. For more information contact the Center for Human Nutrition at 303.315.4087, Ext. 6, or Sandra VonKaenel at 303.315.9005 or sandra.vonkaenel@uchsc.edu.

Principal Investigator: Daniel Bessesen, MD
COMIRB 03-778

The Nutritional Supplement on C - Reactive Protein Study

Are you interested in how a nutritional supplement may affect C-reactive protein and other inflammatory markers related to cardiovascular disease? If so, you could be eligible to participate in a research study at the University of Colorado Health Sciences Center.

To qualify you must be:

- Between the ages of 40 and 70
- Healthy
- Overweight
- Willing to record daily activity and food intake during study
- Willing to take both the nutritional supplement and placebo for 6 weeks each
- Able to come to the test site for a total of 9 visits
- Willing to have blood drawn and provide urine sample

COMPENSATION FOR YOUR TIME IS PROVIDED

For more information call (303)315-9101
Or email Nutrition.Studies@uchsc.edu

Principal Investigator: Holly R. Wyatt, M.D.
COMIRB Protocol #: 05-0470

Nutritional Supplement Metabolic Study

Are you interested in participating in a University of Colorado Health Sciences Center-sponsored research study? We are looking for healthy overweight adults to take part in a metabolic study to test the effects of a nutritional supplement. You may qualify if you are:

- Between the ages of 20 and 50 years
- Willing to come to the study site for resting metabolic measures 2 different days for a total of 6 hours each day.
- Consume a nutritional supplement on the test days.

Qualified participants will receive financial compensation.

Please call (303) 315-9101 for more information.

Or email Nutrition.Studies@uchsc.edu

Principal Investigator: Holly R. Wyatt, M.D.
COMIRB Protocol Number 05-0405

Employee News

New at CHN

Kim Gorman is a registered and licensed dietitian from Ohio. She earned her B.S. in Nutrition Science from Ohio University and her M.S. in Exercise Physiology from the University of Akron as a graduate assistant. For starters, Kim will be directing the Colorado Weigh Program, working with CORE and the OM Journal. Her early clinical experience from the Cleveland Clinic Foundation was followed by five years of research with a psychologically based nutrition education intervention with Summa Health Systems. Upon completing the research study, Kim started her private practice, patented and marketed her Perfect Portions Diet Dish™, and created a commercial weight loss program. Her professional passions include program development as it relates to education and wellness, sales and marketing, and outcomes research. On a personal note, Kim has two sons and one spicy daughter. She and her husband have been heavily involved in community athletic programming and can't wait to fire it up in Colorado!

Kristin Hoffman is excited to join the Center as an intern under the direction of Jennifer Stuht and Helen Thompson. She is completing a 600-hour internship as her last semester of undergraduate studies at Colorado State University in the department of Health and Exercise Science. Kristin is currently training for her first marathon and is hoping to attend graduate school in the fall.

Paul MacLean's new baby girl has arrived! Her name is Natalie Arwen MacLean and she was born November 30, 2005 at 6:15am. Natalie weighed in at 9lbs 6oz and was 20.5 inches long. She also had 1.5 inches of hair! Congratulations to Paul and his wife, Pam on this new addition to their family!

Editor's Note:

I extend a special thanks to Kristin Hoffman for her help in preparing this issue. She has fully engaged her internship and has definitely made a contribution to the activities of the Center!

The Director's Corner *James O. Hill, Ph.D.*

I am so very pleased to have hosted Professor Chen Chunming's visit to the Center for Human Nutrition. This visit by a world leader in nutrition shows once again the quality of our work and the reputation we have earned. Our work will now be used to assist the world's most populous nation (with 1.3 billion people). This is indeed a privilege and a wonderful opportunity.

Of course, none of this would be possible without the good work of the quality people on our staff. I deeply appreciate your professional dedication.

Keep up the great work!

With warmest regards,
Jim