



# Lean and Green In Motown

EASTSIDE SUMMER EDITION 2007

## These FEET were made for WALKING !

*Hello Eastside!*

Feet were made for walking and that is what many Detroit residents' feet did this spring/summer when they participated in our program

**Walk your Heart to Health !**



Forty-five participants from Eastside, Northwest and Southwest Detroit were part of the six week walking program sponsored by the Healthy Environments Partnership (HEP) - Community Approaches to Cardiovascular Health (CATCH) project and the Friends of Parkside. The idea for this project came from Detroit residents and community organizations that attended our Town Hall meeting last fall. On the Eastside, the walking group met at Friends of Parkside three days a week for two hours per day. The sessions were led by a facilitator and a co-facilitator. Participants walked and also discussed topics related to health and nutrition. The participants were

encouraged to talk about healthy lifestyle topics that interested them. The facilitators participated in the group conversations, answered questions posed by the group, and provided written material about the topic. Some of the topics discussed included: healthy eating, types of fat, heart disease, diabetes and integrating physical activity into daily life. All participants received a pedometer which they wore everyday to count their



steps. At the beginning of each walk participants' steps were downloaded into a computer. Participants received a report with the number of steps they walked and a graph showing their aerobic steps. (Aerobic steps are defined as continuous steps recorded after 10 minutes of walking.) One participant said, "The pedometer really encouraged me to walk. When I saw I didn't have many steps for the day, I would take a walk around my neighborhood and then I felt better."

HEP organized a graduation ceremony for all walking group participants at the Conner Playfield (at Conner and Harper) on August 11th. At the event participants walked the Conner Creek Greenway, received certificates of completion, and participants who came in first, second, and third place for greatest number of steps walked received gift certificates. Even though the six week program has ended, most participants continue to meet and walk at least once a week. We would like to extend a warm thank you to all of the walking group participants and to Friends of Parkside for providing the space for the group to meet.



*If you would like to walk with us please give us a call at (313)593-0924.*

Brightmoor  
Community Center

Detroit Department of  
Health and Wellness  
Promotion

Detroit Hispanic  
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Corporation

Friends of Parkside

Henry Ford Health  
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Rebuilding  
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## Physical Activity in your Area

**Senior Classes: Aerobics:** Tues. and Thurs. 9:15 - 10:15 am; **Hustle:** Mon. and Wed. 1:00 - 2:00 pm at Farwell Recreation Center, 2711 East Outer Drive.

**Ballroom:** Every **Wednesday 9:30- 10:30 am** at Matrix Human Services/ Mt. Zion Center 13560 E. McNichols.

**Dance: Hustle:** every **Thursday, 6:00 - 7:00pm** and **Ballroom 7:00 -8:00 pm** at Friends of Parkside, 5000 Conner.

**Gospel Praise Aerobics:** Every **Thursday 6:00 -7:00 pm** at New Greater Christ MBC, 13031 Charlevoix at Lenox.

**Saturday Walking Club:** Every **Saturday 9:00 -10:00 am** at Southeastern Village, 1501 Canton.

## Healthy Recipe

### SOUTHWESTERN BLACK-EYED PEA AND CORN SALAD

Black-eyed peas originally native to Africa and grown in Asia, is a widely used ingredient in soul food and southern United States cuisine. It is traditionally eaten in hot stews and soups, but here is a healthy and tasty recipe as a salad dish. ENJOY!



Number of Servings: 4 servings

#### Ingredients:

- 2 - 15 oz cans black-eyed peas (drained)
- 1 bell pepper, diced
- 1 small red onion, diced
- 2 cups canned or frozen corn, drained and thawed
- 3 tablespoons olive oil
- 2 tablespoons vinegar
- 1 teaspoon cumin
- 1/8 teaspoon cilantro (optional)
- Salt and pepper to taste

#### Preparation Instructions:

Drain and rinse the peas and the corn under cold water. Dice the bell pepper and onion and mix with the black-eyed peas, corn, oil, vinegar, cumin, salt, and pepper. Serve on a plate and garnish with cilantro.

*Nutritional analysis per serving: Calories 120, Fat 3 grams, Carbohydrates 21 grams, Protein 5 g.*

Source: REACH Detroit Partnership

## HEP's Health Information for You

**ORGANIC FOOD...Worth the price?** Now you can find organic food at almost any market, not only upscale markets like Whole Foods. Wal-Mart, Kroger, and Meijer, to name a few, are some of the markets starting to sell organic food. But is it worth the price for consumers?

The main attraction to buying organic is to avoid potential unsavory chemicals. There are about 900 active ingredients in pesticides that can be legally used in the US, and about 20 of them (have been shown to) cause cancer in animals and are classified as possible human carcinogens. But according to the National Cancer Institute epidemiologist Aaron Blair, there is no epidemiological study that confirms the risk for adults from pesticides in food. Other people buy organic because of an environmental ethic or to support economic justice for family farmers. Others buy "locally grown" because they'd rather support their local farmers than buy organic peaches grown in Chile or organic Mangos from China. No matter what your opinion is about organic or locally grown, the important thing to remember is that people who eat more fruits and vegetables—organic or not - have a lower risk of heart disease.



Source: Nutrition Action Healthletter, (Aug.2007)  
Centre for Science in the Public Interest.

## Get Involved

### Starting Your own Vegetable Garden

**Greening of Detroit can help you start your own vegetable garden in your community or in your yard.** If you are interested in learning more, contact Ashley Atkinson at (313)237-8736 or visit [www.detroitagriculture.org](http://www.detroitagriculture.org)

### For more information about HEP please contact

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