

## HEALTH MATTERS

Partners for  
Healthy EatingSupporting  
nutrition  
education

The Regence Foundation of Blue Cross and Blue Shield recently awarded \$20,000 to the African American Health Coalition to hire three community nutrition educators for "Spice it Up," a healthy eating program for the local community.

"As a volunteer at the African American Health Coalition, I've seen firsthand the difference it makes in people's lives," said Georgann Pierce, Regence employee and grant nominator. "My favorite example is a woman I met when I was leading an aerobics class there. She was 65 years old and it was the first time she had ever exercised. After attending the class for a while I saw her look in the mirror and say, 'I am beautiful.' Now she is 71 years old and walking 12-minute miles."

Founded in 1989, the AARC works to raise public and political awareness about health risks disproportionately affecting the Oregon's African-American residents. In addition, the coalition leads health-related outreach efforts by recruiting lay leaders like beauty

Fit Fathers  
Eat Healthy

Father's Day is Sunday and the experts at Providence say there are many things we can do to make meal time more heart-healthy for dads — and everyone else!

Eating more fruits and vegetables can be a great first step, and summer is the perfect time to enjoy fresh, seasonal produce.

Try adding vegetables to salads, soups, stews and stir-fries; season with lemon juice, vinegar, low-fat salad dressings and dips. And make sure to include dark green and orange vegetables every day.

Another way to make a big difference in your fitness level is to add just a little activity to your day.

In addition to house and garden chores, try including activities that are more recreational and involve your kids as well. Tossing a ball around, playing catch with beanbags or working on your Frisbee flings can all provide great motivation for adding fun activity.

shop operators, fitness instructors and church leaders to help deliver health education.

"With obesity rates at 40 percent in the African American community, the work that the African American Health Coalition is doing to promote healthy lifestyles is critically needed," said Michael Alexander, Regence Foundation board chair. "Our mission is to fund collaborative and innovative community health programs and we applaud the African American Health Coalition for the creative way they're tackling the obesity epidemic."



PHOTO BY MARK WASHINGTON/PORTLAND OBSERVER

Regence Foundation representatives present members of the African American Health Coalition with a \$20,000 donation to support nutrition education. Pictured (from left) are Eddy Akwenuke, AAHC board member; Georgann Pierce, Regence employee nominator and AAHC volunteer; Corliss McKeever, AAHC executive; and Jared Short, president of Regence Blue Cross and Blue Shield of Oregon.

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