



## Overall Measurement Event gets a Thumbs Up!

Did you participate in the GoodNEWS measurement event held at Friendship West Baptist church?

If so, here is a summary of the outcomes for the following tests conducted: Glucose, Hemoglobin A1c, cholesterol (LDL & HDL), physical activity, dietary intake and Body Mass Index.



The community churches glucose levels, or what some may refer to as "blood sugar", reduced from 104.5 to 102 .

In contrast, the independent churches glucose levels increased from 100 to 103, this indicates an increased risk for diabetes. A normal fasting blood sugar is 83mg/dL or less, while 100mg/dL is normal for up to two hours after eating.

Your results may vary, depending on the time of your last meal before having your measurements taken. So, be encouraged!

Hemoglobin A1c levels are also important in relation to measuring your blood glucose levels.



The community churches moved from a

reading of 6.17 to 5.96. The independent churches had a decrease from 6.16 to 6.10. Great job for both groups!

For those that struggle with diabetes, you are aiming for an A1c level less than 7. A normal A1c level ranges from 4-6. Let's keep those levels coming down!

In regard to HDL, high density lipoprotein, your "good" cholesterol, the measures increased for community churches. Sound bad? Not at all! This is great! An increase in your HDL provides some protection against heart disease.



The community churches increased their counts from 47mg/dL to 50 mg/dL. The independent churches actually had a decrease from 49.5 mg/dL to 48.1 mg/dL.

The average HDL reading for most Americans is about 54mg/dL which means we still have some work to do and every change we make toward a healthy lifestyle increases our protection against heart disease!

Physical activity is measured in what is called Metabolic Equivalent Tasks or METs. Using the

MET, one is able to track the amount of oxygen needed for an activity. An example would be 2.0 METs/hour for walking at a light pace. A slow jog may log up to 6 METs/hour.



For community churches, readings for the 18 month measurement show a collective increase from about 1390 METs/week to approximately 1790 METs/week. The independent churches increased from 1590 METs/week to about 1625 METs/ week. Keep it moving and let's take it step higher!

Lastly, we need to examine our Body Mass Index (BMI).

The community churches BMI actually increased from 34.4 to 35.2. Independent churches also increased from 33.4 to 34.2 . Although we are doing a great job in other areas, overall improvement is needed here.

Do not be discouraged with these numbers. There is over a year before the next measurement event, and small changes over time can make a BIG difference in these numbers.

You all have made impressive gains in the right direction. Overall the "Community" approach is working very well, which is why monthly LHP meetings and

other GoodNEWS events have been combined to include both "Community" and "Independent" churches. When you collaborate your efforts, you increase your probability of success! This also means, that more than ever, your attendance is needed at meetings and events!

Tips to reach your personal goals and lower health related risk factors include:

- Increase physical activity and decrease portion size of meals.

- Instead of looking for the ideal parking spot, park further away from the entrance. Every step you take, increases your physical activity!

- Take the stairs, if at all possible.

Be encouraged and know that for every one step you take, God will take two in your favor.

Look for additional updates particular to each church's measures from your Lay Health Promoters soon!

## Paul Quinn College becomes GoodNEWS new Home Picture of Paul Quinn College



In July 2010 GoodNEWS saw many changes,

starting with a new team and a new location! The office of GoodNEWS has moved from UT Southwestern, and are now located at Paul Quinn College, for-

merly known as "Bishop College". The move to this historically black college (HBCU) has put the GoodNEWS team closer to the churches and communities we serve. We are now more accessible to our LHPs, Pastors, Wellness Club Members, and Partners. New staff, Nekima Booker and Leilani Ogan took on

the task of painting the new offices and moving into the space!

While furniture is still being collected, and boxes are being unpacked- the staff is enjoying their new offices! The new staff invite you to come visit the new office located in the Student Union Building at 3837 Simpson Stuart Rd., Dallas, TX 75241.

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## Goodbye's and Hello's

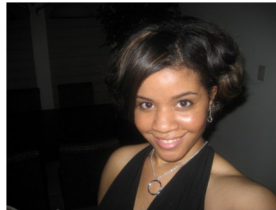
The end of June brought the departure of JR Newton, Tikisa Walker and Natalie Hsieh from the GoodNEWS team. Each of these amazing staff members left with heavy hearts as they moved out of their positions to pursue more education, and new ministry opportunities. We wish them well as they continue to seek the LORD and follow Him.

But as the Beatles sang "You say goodbye, and I say hello". We can say, "Hello" to three new faces. Nekima Booker is the new Project Coordinator for GoodNEWS. She comes with a Masters in Social Work and wealth of experience working with communities to make them healthier. She worked for the Louisiana Campaign for Tobacco Free Living and also as a Regional Coordinator for a grant funded program called "Better Health for



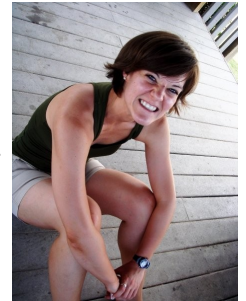
the Data". She is married to Lt. Timothy Booker and has 3 beautiful children, Fayth (10), Amina (8) & Tereze (8). They attend Johnson Chapel Community Church in Desoto. Her favorite way to stay healthy is through playing volleyball and other sports.

Lesley Bonner is the new Program Coordinator for GoodNEWS. She just graduated in May with a Master's in Public Health from the University of North Texas Health Science Center in Ft. Worth. She received her degree in Biology at Clark Atlanta University in Atlanta, GA, and is a proud member of Delta Sigma Theta Sorority, Inc. She currently resides in Desoto, TX. Her favorite ways to stay healthy are through salsa and hip hop dancing. She attends Cornerstone Baptist Church in Arlington.



Finally, Leilani Ogan is the new Health Education Coordinator with GoodNEWS. She

graduated in May with a Masters in Public Health from the University of North Carolina, where she focused on health education and health behavior as well as community based participatory research. Prior to her graduate work, she worked in Dallas, TX with Susan G. Komen for the Cure for 3 years. She currently lives in Rowlett, TX. Her favorite way to stay healthy is through doing outdoor activities like walking or running, but she also enjoys yoga. She attends The Village Church in Dallas.



The new team is excited to be with GoodNEWS and more excited to get to meet all of the wonderful participants in this program. Look for them at your church events, health fairs, and other places in the community. They are here to serve you, if you have any needs email them at [goodnews@unthsc.edu](mailto:goodnews@unthsc.edu).

## Diabetes 101 Reference: the American Diabetes Association

Right now it is estimated that 23.6 million people have diabetes in the U. S. , and 5.7 million don't know they have it. Diabetes or as some call it " sugar" is a group of diseases marked by high levels of blood glucose (sugar). High blood sugar happens for 3 reasons: A) either the body can't make insulin (the hormone that breaks down sugar for energy in the body) or B) the body makes insulin but it does not work or C) a combination of both A) and B).

Diabetes is a serious disease! It can lead to major health problems and can cause an early death. For example:

- Adults with diabetes have heart disease death rates about 2 to 4 times higher than adults without diabetes.
- The risk for stroke is 2 to 4 times higher among people with diabetes.
- Diabetes is the leading cause of kidney failure, accounting for 44% of new

cases in 2005.

### Identifying signs and symptoms of Diabetes

**may be difficult.** Some symptoms to look for include: frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue and irritability, frequent infections, blurred vision, slow healing of cuts or bruises, or tingling or numbness in the hands & feet. If you have any of these symptoms—speak to your doctor.

Another thing to keep in mind is that many people who are diagnosed with diabetes never have any symptoms. So find out if you are at risk ([www.diabetes.org/diabetes-basics/prevention/risk-factors/](http://www.diabetes.org/diabetes-basics/prevention/risk-factors/)), and speak to your doctor about being tested.

The good news is that you can take steps to prevent or control diabetes. You can: 1) Be more physically active; 2) Eat healthy foods; 3) Stop smoking; 4) Maintain a healthy weight. Each of these steps may seem overwhelming altogether, but remember that success happens

with baby steps— you didn't learn to walk without some falling along the way. So start small. Make very specific, short term goals. For example: For the next month, eat 1 piece of fruit at breakfast and as an after noon snack. Or, for the next month, 3 days each week, take a 15 minute walk around your office building after lunch. Notice the goal was not, "I will eat healthier foods", because this is not specific enough.

Also, instead of focusing on what you cannot eat or cannot do— focus on the positive. Focus on including more fruits, vegetables and whole grains into your meals. Instead of saying "I cannot have coke" or "I cannot have cake", say what you will have. When you focus your attention on including healthier choices to your diet, you may find yourself full and satisfied and not desiring the cake or coke after all.

For more information on diabetes and how you can actively prevent it, go to [www.diabetes.org](http://www.diabetes.org).

Random Acts of Kindness Can Heal Your Hurts *by J. Lee Slater*

Our nation’s economic system has hit an all time low. The unemployment rates are soaring, and health care reform has not begun to assist those families physically and financially hurting. The church has in times past been the vehicle that provided support and a boost in morale when these issues came upon families in our communities. The command of “Love Thy Neighbor” was shown when a cup of flour or plate or pot of food was brought over by a neighbor. Or the act of leaving a bag or two of groceries on the door step was common practice! These random acts of kindness have given families hope to survive in times of struggle.

A random act of kindness can be defined as, “a Godly display of love shown by giving something of value to a complete stranger or a known person who did not expect anything to be done...” According to the American Heritage Dictionary, the word “kindness” means: the quality or state of being kind. It comes from its root word, “kind” which means: of friendly, generous, or a warm-hearted nature. Philippians 2:4 reads; “Look not every man on his own things, but every man also on the things of others.” (KJV)

As I sat and thought about GoodNEWS and how we provide healing for unhealthy individuals through lifestyle changes and enhancements, I realized helping people heals our hurts.

My wife Donna shared with me a testimony of a random act of kindness that helped a young lady she ministered too. It happened at bible study one night.

First Lady was prepared to teach her weekly lesson to the ladies of New Millennium, when she was approached by one of our partners who appeared to be sad. Ladies in leadership know to always be prepared for ministry! Therefore, Donna appointed one of our deaconesses to lead the lesson for that night. Donna met with the partner to hear the concerns that made her sad.

After hearing the issues, Donna extended her hand out; gently holding the partner’s hand led her to the front lawn of the church. As they exited the front door, they saw a young family of six, struggling in their journey as they walked passed the church. Donna offered to give them a ride in the church’s van, in which they so happily accepted and said, “they were just dreading to walk the rest of the way home”. After transporting the family home, Donna shared with the young lady about doing something different to feel better about her situation. “Ministry is about doing things different!”, Donna said.

Donna went back to the church, stopped the ladies’ class, and took up a \$79.00 offering from the ladies. Then they all went grocery shopping at Kroger. She explained to me that she divided the ladies into four groups (vegetables, meats, hygiene, and snack foods) and each went down the aisle’s with their own cart gathering items. They finished in ten minutes. I thought, “That’s a record!!!” The bill came up to \$77.00. She was thankful, praising God for giving them so much food with \$2.00 to spare!

They then took the bags of groceries to the young family’s apartment, set them at the door, rang the bell and left. The ladies were so energized and felt as though they truly served a purpose. They did something different! Well, after completing their mission she concluded her session with the young lady whose face was now beaming with renewed joy. She was blessed by being a blessing! “Look not every man on his own things, but every man also on the things of others.” (Philippians 2:4)

There are many blessings in doing “random acts of kindness”. When we begin to think about helping to heal other people’s hurt, in reality we heal our own! My wife, my friend, my first lady helped teach a sacred lesson, do something different! Jesus did it. But the difference in Jesus and us is, we give of our substance, while He gave of Himself!! If you are hurting, your random act of kindness will heal your hurts too. Stop your pain today and forever!



*J. Lee Slater, is the Senior Pastor of New Millennium Bible Fellowship Church in Dallas, TX. He currently serves as the Advisory*

*Board Chairman, for the GoodNEWS Program. He is also the Program Coordinator, for the City of Dallas Park and Recreation Department at Dr. Martin Luther King, Jr. Recreation Center.*

Community Announcements

Martin Luther King, Jr. Family Clinic:



Flu season is approaching! Make an appointment to get your shot by calling 214-426-3645.

**Weekly Health Education and Nutritional Classes:** Please contact the clinic for more information at [info@mlkfamilyclinic.org](mailto:info@mlkfamilyclinic.org)

**Get Moving with these Exercise Classes**

Community Missionary Baptist (901 E. Parkerville, Desoto) Tuesdays 6:30 pm & Saturdays 7:30 am

Fit Four, at Concord Baptist; go to [www.concord.dallas.org](http://www.concord.dallas.org) for more details.

**Dallas County Department of Health and Human Services** has a Weatherization Assistance Program; (WAP) eligible applicants can get modification done to their home to reduce energy costs. To find out details call 214-819-1909.

**QUEST: Dallas/Collin Information Sessions in October**

Quest provides college/career training in health occupations, information technology, mechanical repair and more.

For more information or to sign up to attend, call 214-417-3597.



GoodNEWS Program  
Paul Quinn College  
Student Union, Suite 202  
3837 Simpson Stuart Rd.  
Dallas, TX 75241

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Check us out [www.goodnews-trueliving.com!](http://www.goodnews-trueliving.com!)

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### Pumpkin Muffins

Photo: Karry Hosford  
([www.cookinglight.com](http://www.cookinglight.com))

### Pumpkin Muffins that are Good for You!!!

Recipe from *Cooking Light*

#### Ingredients

2 & 3/4 cups all-purpose flour  
1 cup granulated sugar  
1 tablespoon baking powder  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
1 cup canned pumpkin  
3/4 cup fat-free sour cream  
1/3 cup fat-free milk  
1/4 cup vegetable oil  
1 teaspoon vanilla extract  
1 large egg  
1 large egg white  
Cooking spray  
1 tablespoon granulated sugar  
1 & 1/2 teaspoons brown Sugar

#### Preparation

Preheat oven to 375°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (flour through salt) in a medium bowl, stirring with a whisk. Make a well in center of mixture.

In a separate bowl, combine pumpkin and next 6 ingredients (pumpkin through egg white); add to flour mixture, stirring just until moist. Spoon the batter into 18 muffin cups that have been coated with cooking spray.

Combine 1 tablespoon granulated sugar and brown sugar; sprinkle over muffins.

Bake at 375° for 25 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; cool on a wire rack.

#### **Nutritional Information**

*Calories: 164 (19% from fat); Fat: 3.5g (sat 0.6g, mono 0.8g, poly 1.9g); Protein: 3.5g; Carbohydrate: 29.7g; Fiber: 1g; Cholesterol: 12mg; Iron: 1.2mg; Sodium: 269mg; Calcium: 78mg*

*Find this recipe and others at [www.cookinglight.com/food/recipe-finder/](http://www.cookinglight.com/food/recipe-finder/).*