



HEALTH PROMOTION INTERNSHIP 2014

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Goals

- Gain experience in a community-oriented **health promotion** setting
- Demonstrate **creativity** in developing appropriate **communication** strategies for learning from *and* teaching to patients
- Learn where my interests lie... and where they don't!



Tasks

- Traditional Home Remedy Survey
 - Determine popular and unique healing practices; assess patterns
- Online Cookbook/Blog
 - Research nutritious recipes & relate the stories behind them



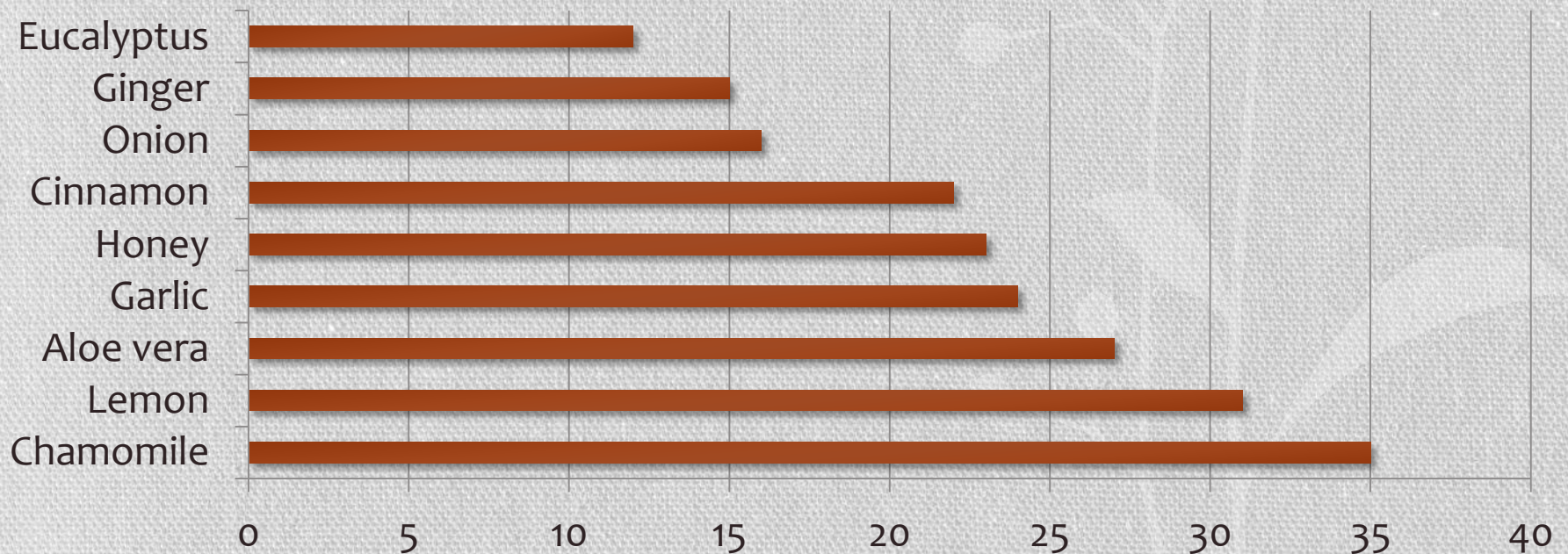
Home Remedy Survey Results

54 surveys completed

~69% report that their doctor is not aware of their usage of healing remedies

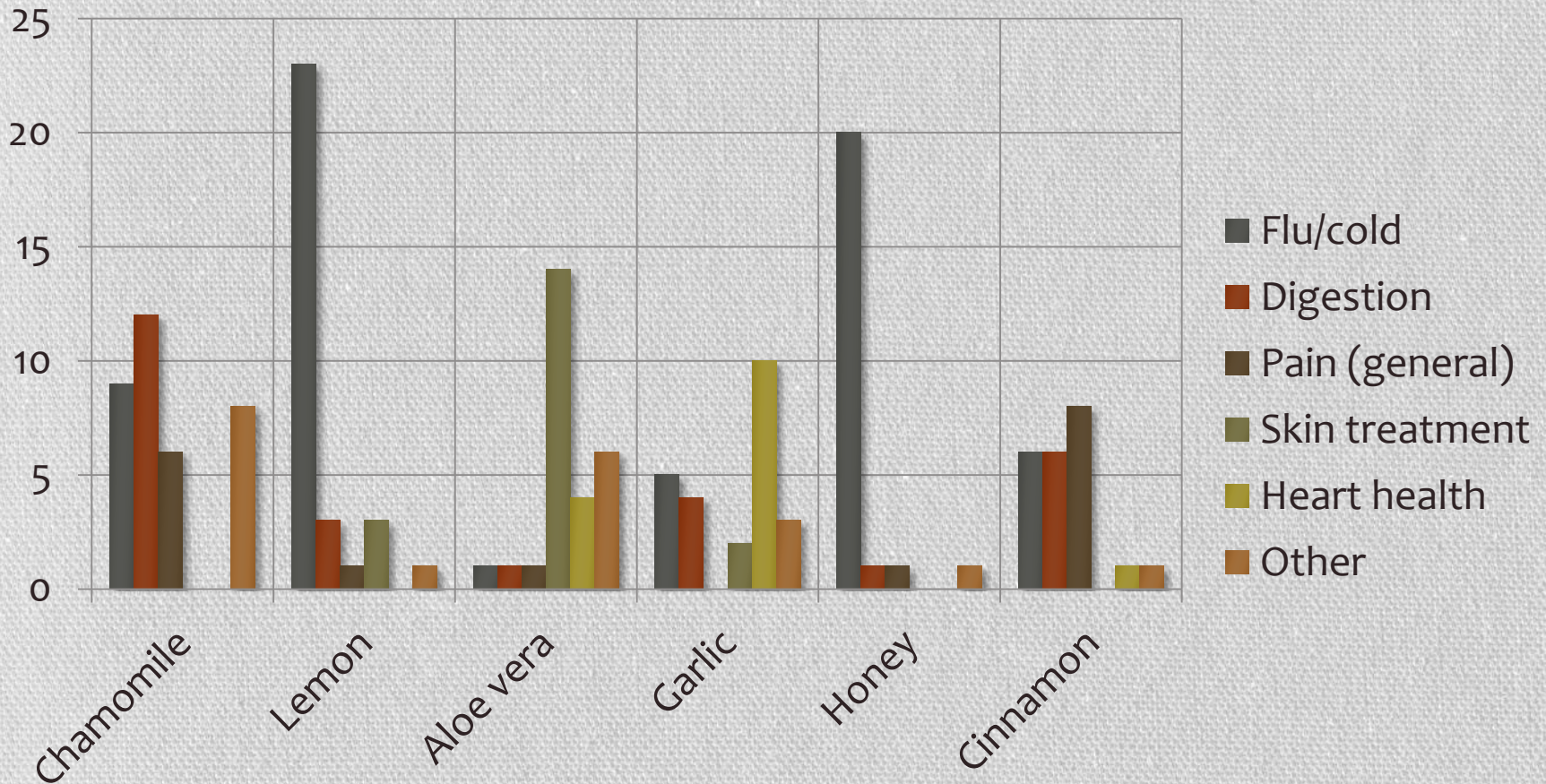
(~24% of those believe that interference with medication is possible)

Most popular remedies: Response count



Home Remedy Survey Results

Distribution of healing purposes among popular remedies



Home Remedy Survey Results

- Some interesting responses...
 - Pineapple + aloe vera + cucumber drink for weight loss/colon health
 - Boiled tomato, massaged on throat, for flu/cold; raw tomato, sliced, for burn treatment
 - Coconut oil, swished in mouth, for gum disease
 - Arnica tea, applied to skin, for cleaning cuts
 - Eucalyptus, chewed, for breathing problems
 - Garlic, applied to nails, for nail growth
 - Tea from orange tree leaf for flu/cold
 - Cloves or cinnamon tea for delivering baby
 - Rosemary vapor for blackheads
- The winners:
 - Lemon, rubbed on armpit, for armpit stench (“it will help for weeks”)
 - Salt & saliva, put on belly, for stomach pain
 - Tylenol, Advil, Motrin, Theraflu

Online Cookbook/Blog

- Some ethnic and unique recipes, some generic and popular
- Highlighted nutrition information
- Personal experiences, associations (my own or others')
- Histories of the food or its ingredients
- Examples:
 - Vegetable Enchiladas
 - Hungarian Chicken Paprikash
 - Lentil soup
 - Ethiopian Doro Wat (Spicy chicken stew)
 - Vegetarian Dolma (Stuffed grape leaves)
 - Fried plantains

Colombian Oatmeal Soup: Sopa de avena



Avena Beverage

When I asked my Colombian friends if she had ever heard of this soup, I was surprised to hear her say no. Even a Google search on "Sopa de Avena" provides very limited results. The recipe appears to be one that is passed down from older generations, one of the few bloggers who happened to feature this recipe listed her Colombian grandmother as her source. However, foods incorporating oats in Colombian cuisine are by no means uncommon. Aside from the traditional oatmeal dish, a popular Latin American hot recipe is **causa**, a stewed oatmeal milk beverage.

Oats became popular in the Americas in the 1860s. Even George Washington owned acres of oat fields, discovering that the grain grew well in the climate. Once denounced as a food "fit for the common people," oats are now celebrated as the health foods that they are for their high dietary fiber and beta-glucan content, the reason behind the heart health advertising on every Quaker oats box. [Fun fact: Quaker Oats were the first packaged foods in the United States AND the first to be mass-marketed] So, if the traditional breakfast oatmeal is not for you (see "Berry Nut Oatmeal"), add some oats to your diet with this uncommon taste of Colombian cuisine.

- 1 scallion, chopped
- 2 garlic cloves
- 1/2 cup chopped
- 6 cups beef chicken
- 3/4 cup quick oats
- 1 cup dried carrots
- 2 cup dried potatoes
- 1/2 cup of peas
- 1/2 teaspoon ground cumin
- Salt and pepper to taste

- 1) Place the scallion, garlic and onion in the blender with 1/4 cup of water.
- 2) Place all ingredients in a medium pot, bring to a boil over high heat, stirring occasionally.
- 3) Reduce to medium-low heat and simmer for about 20 to 25 minutes or until the vegetables are tender. Add the cilantro.

These greens and vegetables are an essential part of a healthy diet, plenty of antioxidants and ingredients to promote heart health.



Berry Nut Oatmeal



I first encountered oatmeal during the mornings of my early childhood in America. Dropping over my bowl, I would eat the mush without much enthusiasm, complaining that I was full about half way through the meal. I remember getting more excited if berries were added, admiring how their colorful sweetness would decorate the otherwise bland meal. As a child of immigrants from Russia, I soon learned that oatmeal was the key to a fulfilling breakfast. Kasha, as it is called in Russian, is good for you – even my two-year-old self could tell you that. In college, I learned that oatmeal has been the staple breakfast food for many centuries, providing individual energy for days filled with intensive physical labor, such as working in the fields. Ever Celtic warriors, after a day of killing off their enemies, emptied their oats from their carrying chests, chopped them up with a steel blade, and made them into cakes over a fire. As a nutrition researcher, I read that the fiber from the whole grain oat is what provides the energy, keeping people full for longer and encouraging healthy eating habits.

This recipe, taken from the blog *The Picky Eater* caught my eye for incorporating my favorite berries and other tasty condiments, making this great food more enjoyable and even more nutritious.



As an alternative to sugars, processed cereal in the morning, add some natural sweetness to your diet with this easy, healthy recipe

- 1) Cook 1/2 cup of rolled or steel-cut oats with 1.5 cups of water or milk at medium heat to desired consistency
- 2) Mix in 1/2 cup – 1 cup antioxidant-rich berries (blueberries, raspberries, or strawberries) and 1 tbsp. walnuts
- 3) Add 1 tsp. of cinnamon for an assortment of health benefits
- 4) Add honey for sweetness (optional)

Oats, like other whole grains, are high in dietary fiber, which helps to promote healthy weight and reduce cardiovascular risk. Antioxidants help protect our cells against free radicals, which are linked to conditions like cancer and heart disease. Cinnamon, among its use in traditional medicine for treating colds, flu, and other conditions, has been shown to stabilize blood sugar.

<http://thepickyeater.com/the-perfect-bowl-of-oatmeal/>

Cooking Matters

- Enjoyed my Tuesdays shopping and preparing food with Maiyu and Mabel
- ... even made my own quinoa salad after this week's class!





THANK YOU, HEALTH PROMOTION TEAM!

You have made my experience unforgettable!