

# SUGAR RIDDY



## Tribute to Black Women Community Leaders



Dr. Dorothy I. Height, National Council of Negro Women (NCNW) president and CEO, seated left with Mary Anderson, brand manager of Aunt Jemima syrup, was the driving force behind the Fourth Annual Tribute to Black Women Community Leaders program. This year's national honorees were: (standing from left) Nika Carlene Lee of Columbus, OH; Doris Session Gill of Port Arthur, TX; Dr. Katie Harper Wright of East St. Louis, IL; Detroit Councilwoman Alberta Tinsley-Williams; and Yasmin Delahoussaye of North Hills, CA. The Tribute program, which this year extended to nine states, honors African American women who are affecting positive changes in their communities. The ceremony was held in Washington, D.C.

## LEARNING HEALTHY EATING FROM PEERS MAY REDUCE DIABETES RISK IN AFRICAN-AMERICAN WOMEN

(PART 1)  
By Jim Dryden  
Researchers at Washington University in St. Louis have found that peer-led nutrition education is more effective than standard consultation with dietitians at helping low-income African-American women understand health risks associated with obesity.

(NIDDM) is very high in African-American women, especially those over 55 years of age. One in four of those women has NIDDM, a disease involving both obesity and genetic factors.

In presentations to the Society of Behavioral Medicine (April 1991) and the American

Diabetes Association (June 12, 1994), the Washington University investigators showed that intensive training and counseling from their peers helped women better understand nutritional values of food and cut fat from their diets. Those who (See Learning Healthy, Pg 20)

African-American women are twice as likely as Caucasian women to be overweight. This places them at higher risk for cardiovascular disease and diabetes, but traditional weight loss programs have been largely unsuccessful in this population. The risk of Type II or noninsulin-dependent diabetes

# FOR THE LADIES DAILY MIRACLES



BONITA ARMSTRONG

By Bonita H. Armstrong

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rises. The sun sets. Illnesses are cured. April showers. A flower blooms. Your five-year-old learns to tie his shoes. Your 18-year-old goes to college. You wake up and find you can see, hear, walk and talk. You find the Big Dipper in the sky. A bird flies. A plane flies. It snows in December. The New Year rolls around. You kid hugs you. Your husband says he loves you. A song touches your soul. You feel inspired. You're ready to

face another day. You remember God is real.

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