



MUMBAI

American Center
 Bulletin

The growing trend in America seems to be the bulging waistlines of some of our smaller citizens. Unbelievable but true, childhood obesity is reaching epidemic levels in the 21st century and there are all sorts of methods on the rise to fight it. The state of West Virginia, said to have the worst childhood obesity problem in the U.S., stepped up to the plate first by implementing one of the most popular video arcade games – Dance Dance Revolution – in their schools’ physical education programs. This program uses a video music game to get kids to dance to a song on an electronic dance floor. *The New York Times* reports that the idea originated from the director of West Virginia’s Motor Development Center. “I was in the mall walking by the arcade. I saw these kids playing this game, and I was stunned,” she said. “There were all these kids dancing and sweating and actually standing in line and paying money to be physically active. And they were drinking water, not soda. It was a physical educator’s dream.” The results are positive too – that children who played the Dance Dance Revolution arcade game for at least 30 minutes five days per week maintained their weight and even showed a reduction in risk factors for heart disease and diabetes.

Why is this important? It is important for all of us to learn a lesson that we were designed to move throughout our lifetimes, and many of us are becoming more and more sedentary. How, in the face of a fast food nation, and supersized food offerings, do we expect our children to be healthy consumers and actors? One physician and nutrition expert, Dr. Christine Northup, argues that exercise habits, like eating patterns, are passed down from parent to child. So, establishing these patterns needs to be a priority. She also suggests the following tips for healthy living and eating, for you, your children, and all families. It is good for all of us!

- *Keep your house stocked with wholesome and delicious food, and follow the 80:20 rule:* Aim to make about 80 percent of your child’s daily food whole, healthy, and low glycemic. The other 20 percent can be the food they share with their peers.
- *Don’t bring it home:* Keep junk food out of the house. Avoid soft drinks, candy, packaged snacks, and so on. Not only do these raise blood sugar too quickly, but sodas are also loaded with caffeine and chemicals that can cause side effects such as headaches – particularly if they contain the artificial sweetener aspartame.

- *Take your children food shopping with you, and prepare some meals together:* Teach them how to choose a ripe melon, tomato, or pineapple. Shop the outer aisles where the fresh “real” foods tend to be. Learning to cook can be a real boost to your child’s sense of mastery and self-esteem.
- *Serve breakfast that includes some protein:* A good breakfast is the key to creating stable blood sugar – and a stable mood – for the entire day.
- *Eat regular family meals together:* Research has shown that families who sit down to meals together at least three times per week are healthier and their children are better students.
- *Avoid using the dinner hour to bring up an entire day’s worth of family conflicts and unfinished business:* This tends to link stress with eating, and can set up a metabolic pattern that favors indigestion at the very least.
- *Serve smaller portions:* In the last three decades, portion size has increased so dramatically that we no longer remember what a “healthy” portion looks like. Don’t use restaurant servings as a standard for what to serve at home.
- *Encourage your children to try everything at least once, but after that, do not force them to eat anything they don’t want to eat:* The dinner table is no place for control wars over food intake. My younger daughter didn’t like greens. I tried to get her to eat them, but they always ended up in her napkin. Now she adores them!
- *Teach your children how to savor their food and stop when they are full:* Most of the pleasure of eating comes from the interaction between the sense of smell and the sense of taste. To maximize this pleasure, you need to slow down and savor each bite. Remember, the only bite you can fully enjoy is the one that’s in your mouth!
- *Don’t offer desserts or high sugar foods as rewards:* This will only add major emotional fuel to the fires of sugar addiction. If you want to serve dessert on occasion, then do so after a meal that contains some protein. This will automatically slow down the rate at which the dessert hits the bloodstream as sugar.

(Continued on page 2)

APRIL
 2008

The American Center
 4 New Marine Lines, Mumbai 400 020
 Tel: 2262-4590; Fax: 2262-4595
 E-mail: MumbaiPublicAffairs@state.gov
 Website: <http://mumbai.usconsulate.gov>
 Office Hours: 8:30 a.m. to 5:00 p.m.
 (Monday through Friday)

HOLIDAYS
 None

A WORD FROM THE CENTER

In honor of World Health Day on April 7, we are looking at global health issues in this month's bulletin. Deputy Director Lynne Gadowski writes about the issue of childhood obesity and shares tips we can all use for healthy living and encouraging healthy lifestyles in our children and families.

Healthy living is of major importance not only in America – it is of great concern for many parents around the world. Changing lifestyles and food habits among Indian children are major contributing factors to this growing health problem. Reflecting on my childhood days, I don't remember ever remaining indoors in my free time. The moment it was possible and permissible, we would all run out to play cricket or hide-and-seek or anything else that involved physical exercise that kept us trim and fit.

We hope that the good insight shared here will inspire adaptations to more healthy lifestyles for all.

The other articles in this issue include a sidebar, "Peaceful Days, Better Lives" from our electronic journal and a brief overview of English teaching and training activities from our Embassy's Regional English Language Office.

One final note, we want to highlight two other American Center publications. First is the FORUM journal, explained in this month's issue. Next month, we will feature coverage of SPAN, our monthly news and current affairs publication. SPAN has been published in New Delhi since the early 1960s, and is available in English, Hindi and Urdu. For a preview, please visit the web site <http://span.state.gov/>.

We hope you will find them all informative and useful reading.

Sanjay Mehta
Editor

(Continued from page 1)

- *Avoid nighttime snacking:* Studies show that if you eat most of your calories earlier in the day, you can maintain or even lose weight. When a family routinely snacks in front of the television at night, they are setting themselves up for a lifetime of health problems and obesity.
- *Teach your children about the connection between high-glycemic-index foods and emotional eating:* Have them check in with how their body feels after eating high-glycemic-index foods. They can even keep a journal of feelings and food cravings.
- *Encourage your children to find pleasure in a variety of nonfood-related activities:* There are healthier ways to positively alter brain chemistry. These include exercise, listening to music, or participating in creative pursuits that bring you a sense of reward and recognition.
- *Make sure your children take a regular vitamin-mineral supplement:* Research has shown beyond a shadow of a doubt that long-term vitamin and mineral supplementation helps prevent infection, cancer, heart disease, and boosts immunity.
- *Encourage your children to remain physically fit:* Regular exercise helps the muscles utilize glucose more effectively, and helps prevent insulin resistance.

- *The Bottom Line:* Health and weight control are ultimately about freedom. The freedom to know when you're hungry and when you've had enough. Freedom doesn't mean eating whenever and whatever you want. Like discipline, true freedom involves eating in a structured and conscious way. This is a gift you can give your children – and yourself.

English Teaching FORUM

The Regional English Language Office (RELO), South Asia, based in Delhi, has been set up to promote the effective teaching of English. It works in collaboration with key institutions in the region that are involved in English language teaching and training. Its activities include inviting acclaimed English language specialists from the U.S. to deliver talks, lead seminars and conduct workshops; bringing English language professionals for English Language Teaching (ELT) projects; and providing resources for teachers of English. It supports teachers' associations in sustaining the professional development of English teachers in the region.

English Teaching FORUM is a practical journal directly addressing the needs of the teacher in the classroom. As such, it is relevant not only to the practicing teacher but to teacher trainers, curriculum developers, policymakers and school principals who will always find something of relevance to their work.

The aim of FORUM is to educate the practicing English teacher on current thinking in ELT through articles, techniques, strategies and activities for language teaching.

The journal includes:

- Academic articles in accessible language
- Generic issues such as teaching in large classes
- Specific articles on teaching the different skills
- Strategies and techniques for effective teaching
- Lesson plans ready to use
- Tasks, worksheets and language games

The Regional English Language Office at the U.S. Embassy, New Delhi, is pleased to offer this journal for the benefit of your school and teachers at a subsidized rate of Rs.425 a year for four issues or Rs.825 for two years for eight issues.

If you would like to know more about the journal, please click on the link below:

<http://exchanges.state.gov/forum/vols/vol45/no1/#top>

If we receive your subscription for two years before April 30, 2008, we will send you a CD of FORUM's 1994-2004 editions.

For more information, please contact:

Regional English Language Office
American Center
24 Kasturba Gandhi Marg
New Delhi 110 001
Tel: (011) 2331-6841; Fax: (011) 2372-2637

A Select Webliography on Health and Nutrition

Peaceful Days, Better Lives

Immunization saves the lives of children – a fact so widely recognized that it has influenced events over the past 20 years in ways that diplomats, dialogues, and weapons have not. Appeals to protect children have convinced warring factions to lay down their arms and rebel forces to open their strongholds to those who deliver vaccines to children in remote areas.

These negotiated lulls in fighting are known as “Days of Tranquility,” and since 1985, warriors in bitter conflicts have agreed to temporary truces to make way for massive vaccination campaigns.

It began in 1985 amidst a wrenching civil war in El Salvador. Government security forces and rebels put away their arms for three days to allow 250,000 children to be vaccinated against polio, measles, diphtheria, tetanus, and whooping cough.

Lebanon in 1987, Sudan in 1989, Sierra Leone in 1998, Burundi in 2002; in these and dozens of other places in the more than two decades since the El Salvadoran war, temporary pauses in fighting have been negotiated for the sake of protecting children from disease.

At a UN conference in 2004, Sierra Leonean delegate Elisabeth Levalie described how health advocates managed to get to children for vaccinations in hard-to-reach conflict areas. “We had to immunize in rebel-held areas. So we had to devise strategies: how to get to those people, how to build the confidence that is needed.” A variety of tactics and contacts were used to create peaceful corridors, she said. “We used relatives of the rebels who were in government areas to take the message to them, we used women’s groups, we did advocacy.”

More than 20 years after they first began, Days of Tranquility serve as an oasis of peace where immunization can be safely delivered by thousands of vaccinators – 44,000 in fact, in a November 2006 immunization campaign conducted in Sudan.

UNICEF representative Ted Chaiban worked to orchestrate that campaign, calling upon violence-prone communities to ensure the safety of health workers. “Safeguarding a child’s health rises above any political differences that may exist in communities,” he said as the campaign to reach almost eight million children began. “It is imperative that where fighting continues, vaccinators and monitors are guaranteed safe access, and parents are able to present their children for vaccination.”

Source:

<http://usinfo.state.gov/journals/itgic/0307/ijge/dietz.htm#better>

<http://www.asfsa.org/>

School Nutrition Association

<http://www.cfsan.fda.gov/label.html>

U.S. Food and Drug Administration – Food Labeling and Nutrition

<http://www.foodmuseum.com/>

The FOOD Museum Online

<http://www.foodsafety.gov/>

Gateway to Government Food Safety Information

<http://www.hsph.harvard.edu/nutritionsource/>

Harvard School of Public Health – The Nutrition Source

<http://www.healthypeople.gov/>

Healthy People 2010

<http://ipi.oregonstate.edu/infocenter/>

Oregon State University – Linus Pauling Institute – Micronutrient Information Center

<http://rmc.library.cornell.edu/food/>

Not by Bread Alone – America’s Culinary Heritage

<http://www.nutrition.gov>

Nutrition.gov – Smart Nutrition 101

<http://aggie-horticulture.tamu.edu/nutrition/index/>

Nutrition in the Garden

<http://nutrition.ucdavis.edu/perspectives/>

University of California Cooperative Extension – Nutrition Perspectives

<http://www.urbanext.uiuc.edu/nutrition/index.html>

University of Illinois Extension – Nutrition and Health

<http://fnic.nal.usda.gov/fnic>

U.S. Department of Agriculture – Food and Nutrition Information Center

<http://www.health.gov/dietaryguidelines/>

U.S. Department of Health and Human Services – Dietary Guidelines for Americans

<http://www.cdc.gov/nchs/nhanes.htm>

U.S. Department Of Health And Human Services – Centers for Disease Control and Prevention – National Center for Health Statistics – National Health and Nutrition Examination Survey

<http://www.usa.gov/Citizen/Topics/Health.shtml>

USA.gov – Health and Nutrition

<http://teammnutrition.usda.gov/parents.html>

U.S. Department of Agriculture – Team Nutrition – Parents

<http://www.who.int/nutrition/en/>

World Health Organization – Nutrition

Note: Internet sites included in this listing, other than those of the U.S. Government, should not be construed as an endorsement of the views contained therein.

MUMBAI MONDAYS

**A Discussion on
American Jazz
led by Eric Jordan**

**Monday, April 21
American Center Auditorium**

6:00 p.m.

The program will cover American jazz since 1945.

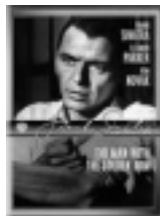
Eric Jordan arrived in Mumbai in October 2007. Prior to his arrival in Mumbai, Eric served as a Peace Corps volunteer in the Republic of Guinea, where he worked as a business advisor. He is a graduate of the University of Wisconsin, and is originally from Overland Park, Kansas. Eric has a music background, having played both classical and jazz trumpet throughout high school and university.

FILMS THIS MONTH

Friday, April 18 *The Man With the Golden Arm* (1955, b/w, 119 mins)
Friday, April 25 *A Beautiful Mind* (2001, color, 136 mins)

American Center Auditorium

3:30 and 6:30 p.m.



Frank Sinatra is unforgettable as Frankie Machine, a jazz drummer and “golden-armed” poker dealer trying to break his heroin addiction, in this groundbreaking drama from Otto Preminger. The supporting cast includes Kim Novak, Eleanor Parker, Darren McGavin, and Arnold Stang; Elmer Bernstein provides the memorable jazz score.

Winner of four Academy Awards – including Best Picture, Director and Supporting Actress – Ron Howard’s compelling, real-life drama centers on John Forbes Nash (Russell Crowe), a mathematical genius whose decades-long fight with schizophrenia threatened his marriage and academic career, until his redemption came in the form of a Nobel Prize in 1994. Jennifer Connelly costars as Crowe’s understanding wife Alicia, Ed Harris is a “government agent” who contracts him to break Cold War codes, and Christopher Plummer is the psychiatrist who tries to help him.



**In celebration of
Jazz Appreciation Month (JAM) April 2008
The American Center presents the following video screenings
in the American Center auditorium**

April 15, 2008 at 3:00 p.m. Jazz: A Film by Ken Burns – Gumbo (90 mins)

“Jazz music objectifies America,” the trumpeter Wynton Marsalis says at the beginning of this episode. “It is an art form that can give us a painless way of understanding ourselves.”

April 16, 2008 at 3:00 p.m. Jazz: A Film by Ken Burns – The Gift (120 mins)

Flappers, prohibition, speakeasies, and the booming stock market set the stage for this episode, and the story of jazz becomes the story of two extraordinary artists whose lives and music span almost three-quarters of a century – Louis Armstrong and Duke Ellington.

April 17, 2008 at 3:00 p.m. Jazz: A Film by Ken Burns – Our Language (120 mins)

As the stock market soars to record heights, jazz is played in dance halls and speakeasies everywhere. The music now places more emphasis on the innovations of supremely gifted individuals.

April 23, 2008 at 3:00 p.m. Jazz: A Film by Ken Burns – The True Welcome (120 mins)

As this episode begins, America finds itself mired in the Great Depression, the worst crisis since the Civil War. With the economy in tatters, jazz is called upon to lift the spirits of a frightened country.

Please log on to http://www.smithsonianjazz.org/jam/jam_start.asp for more information on JAM.

Edited and designed by Sanjay Mehta and Rizwana Sayed

Copy edited by Eva Doctor

Printed by Colorpoint, S. J. Marg, Lower Parel, Mumbai 400 013

Admission to all American Center programs, restricted to persons over 16, will be on a first-come, first-served basis. The auditorium doors will open 30 minutes before the start of the program.
