

# HEALTHY OUTCOMES

HCQU, M.C. 24-12, 100 N. Academy Ave., Danville, PA 17822  
<http://www.geisinger.org/hcqu> (570) 271-7240 Fax: (570) 271-7241

## 5 Things to Know About Whole Grains

by Jeanine Barone | March 2016

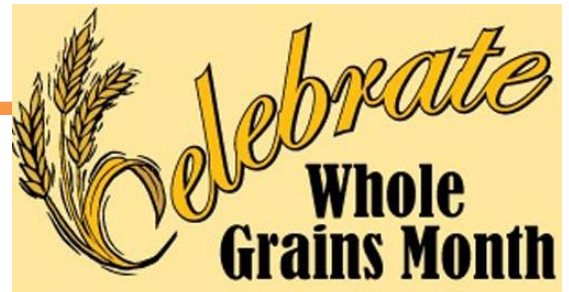
You probably know that whole grains are a healthier alternative to products made from refined grains, because they're loaded with fiber, nutrients, and other potentially beneficial plant compounds. Then why is shopping for whole-grain breads, cereals, and pastas so difficult? A package of dark brown bread touting "made with whole grains" may contain mostly refined white flour. And a box of pasta labeled "wheat" or "semolina" can contain zero whole-grain ingredients. To cut through the confusion, here are answers to some questions you may have about whole grains, including how to distinguish them from their many imposters.

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## Centre County has a new HCQU nurse

by Patricia L. Brofee, RN

Fall is officially here and Pennsylvania's autumns are inarguably the best in the world. The seasons aren't the only thing changing around Central PA, though. Alongside nature's changes is the addition of a newly hired part-time Centre County HCQU field nurse. The HCQU welcomes Carol Williams.

Carol's experience and interest in holistic health is as vibrant as the colors of fall. She has worked in the field of Mental Health, Intellectual and Developmental Disabilities since 2012.

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## Whole Grains...

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### 1. What's a whole grain?

The American Association of Cereal Chemists International (AACCI) and the FDA define a whole grain as containing the three components of the grain kernel—the germ (rich in vitamins, minerals, and fat), the outer bran layer (rich in fiber, B vitamins, protein, and phytochemicals), and the endosperm (rich in starch, protein, and some vitamins and minerals)—in the same relative proportions as found in the original, intact (unprocessed) kernel.

### 2. How does refining affect whole grains?

Any time you see the word "refined" on an ingredient list, it means the bran and germ layers were removed during the milling process, leaving just the starchy endosperm. (Milling is the process of crushing and grinding a whole grain to produce flour.) This results in a significant loss of both soluble and insoluble fiber as well as B vitamins, minerals (including calcium, iron, and magnesium), and antioxidant compounds. Indeed,

evidence has shown that milling whole wheat into refined wheat flour strips away 70 to 80 percent of its vitamins and flavonoids (a large group of antioxidants).

The refining process also can raise the glycemic index of foods that contain those grains, meaning they have a greater impact on blood sugar.

Not all milling results in refined flour. If a food company recombines the bran, germ, and endosperm components after milling in roughly the same proportions as in the original kernel, then the resulting flour is considered whole-grain. If the three components remain separated, though, then the resulting product is no longer a whole grain.

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## Centre County...

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Recently, she worked as a Dual Diagnosis Treatment Team Nurse. She has a BA in history, minor in philosophy from University of Colorado, and an ASN in nursing from Pennsylvania State University. She is a Licensed Massage Therapist and is beginning a program of study to become a Yoga instructor.

At home, Carol enjoys gardening and tending to her chickens and other pets. She also practices yoga and other exercise programs to keep in shape. Carol is very excited about this new position with HCQU and is looking forward to serving Centre County. ■

### CENTRAL PA HEALTH CARE QUALITY UNIT (HCQU)

**Director** – Cheryl Callahan RN, CDDN, 570-271-5935

**Secretary** – Lesley Murphy, 570-271-7240

**Training Coordinator** – Patricia Brofee RN, 570-271-5159

**Data Support Analyst** – Kristy Campbell, 570-214-4753

**Blair County** – Sandra Corrigan RN, CDDN, 814-574-7783

**Centre County** – Carol Williams RN, 570-271-5001 ext. 9422

**CMSU (Columbia, Montour, Snyder and Union) Counties** – Laura Aungst RN, CDDN, 570-271-5001 ext. 9665

**HMJ (Huntington, Mifflin and Juniata) Counties** – Carol Sumner RN, CDDN, 570-271-5001 ext. 9421

**Lycoming/Clinton Counties** – Anne Crawford RN, 570-238-1661

**Northumberland County** – Amy Weidner RN, 570-271-5001 ext. 9420

**Schuylkill County** – Star Long RN, C-GC, 717-602-5722

*Did You Know... Popcorn, in its natural state, is a whole grain food.*

## Whole Grains...

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### 3. How can I identify a whole grain food?

You may be surprised to learn that, unlike whole-grain ingredients—such as whole wheat or whole wheat flour—there's no universally accepted definition of a whole-grain food, such as bread or pasta. In the U.S., according to USDA and FDA standards, a food can be considered “whole-grain rich” if it has at least 8 grams of whole grains per serving, at least 51% whole grains by weight, or has a whole grain as the first ingredient on the label.

It's that last clue that may be the easiest to look for when shopping for whole grains. (Though you may see packaged goods bearing a stamp created by the Whole Grains Council, an industry group. This appears only if the manufacturer paid to be in the program.

We recommend you examine the list of ingredients instead.)

If you see the words “100% whole grain” on the package, or if the first ingredient is “whole wheat” or “whole” followed by the name of another grain (such as barley or corn), then it's mostly or totally a whole-grain food.

### 4. Are foods such as brown rice and oats considered whole grains?

Yes. Certain grains are always considered whole and do not need to include the word “whole” to reflect that. Examples include brown rice, buckwheat, bulgur, quinoa, millet, amaranth, and rolled oats or oatmeal.

Contrary to some information you'll see online, even quick-cooking oats count



as whole grains, since oats of any sort are rarely refined. The difference between instant, three-minute, old-fashioned, steel cut, or another variation is simply the way the oat grain is rolled or cut. Oats that are rolled flat and thin or cut into smaller pieces (which reduces cooking time) still contain the bran, germ, and endosperm of the whole oat. Steel blades are used to cut oats into smaller pieces, hence the name steel-cut oats, while oats that are steamed and rolled flat are termed rolled or

old-fashioned oats. Oats that are cut into smaller pieces and rolled are quick-cooking oats.

### 5. What words on a label or package may misrepresent a food as 100% whole grain when it's not?

There are, alas, lots of them. Some terms on labels

or packages indicating that products probably contain mostly refined grains include: multigrain, 7-grain, 9-grain, or 12-grain; 100% wheat (rather than 100% whole wheat); “contains whole grains,” wheat flour, durum wheat, stoned wheat, organic flour, or enriched or unbleached wheat flour. For example, “multigrain” simply means the product contains more than one kind of grain. Of course, one or more of these grains can be refined. Any time you see only “wheat flour” on a package, that means it contains refined or white flour, not whole wheat. And any bread that's labeled “wheat bread” is unlikely to be whole wheat; otherwise it would say as much. ■



# TRIGLYCERIDES:

## Those Other Fats in the Blood

by Berkeley Wellness | April 2017

If you have high cholesterol, there are clear steps you should take to lower it. But what should you do if your blood test shows that your triglycerides are elevated? High levels of triglycerides have been linked to an increased risk of heart disease and stroke.

### A level appraisal

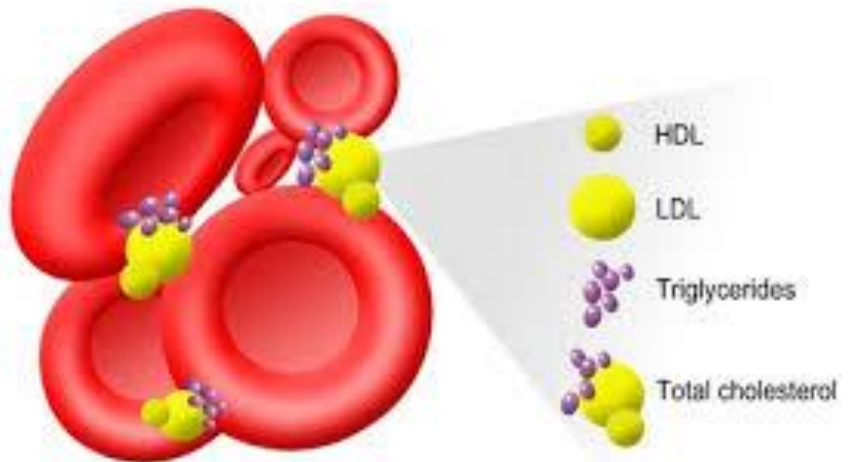
Synthesized by the liver, triglycerides are a type of fat that circulates in the blood and provides energy for the body. They are also found in the fats we eat. Blood levels rise temporarily after meals that contain fat, carbohydrates, or alcohol, and excess calories are stored as triglycerides in fat tissue.

A desirable blood level, measured after fasting, is less than 150 mg/dL (milligrams per deciliter of blood). Many experts think this cutoff should be 100. A level between 150 and 199 is defined as borderline-high; 200 to 500 is high; above 500 is considered very high.

Along with cholesterol, triglycerides tend to rise as people get older (and fatter); levels are lower in women than in men until menopause, after which they are similar until about age 60 and then a little higher.

Whether a high triglyceride level in and of itself endangers the heart is unclear, but there is growing evidence that high triglycerides contribute to cardiovascular disease. And they tend to go hand-in-hand with a constellation of other risk factors for heart disease, including increased levels of small dense particles of LDL (“bad”) cholesterol, insulin resistance or diabetes, abdominal obesity, and high blood pressure. Treating most of these conditions often brings triglycerides down, too—though not always.

High triglycerides are also associated with kidney disease, hypothyroidism, and the use of some medications, including certain diuretics, HIV drugs, birth control pills, and cortisone.



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*Did you know... Whole grain products should be stored in solid tightly covered containers.*

## Triglycerides...

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They can also be related to genetics. Triglyceride levels above 1,000 can cause severe abdominal pain, usually after a meal, and increase the risk for pancreatitis, a potentially life-threatening inflammation of the pancreas.

### What it takes to lower triglycerides

If your triglycerides are high, your doctor will screen and treat you for any medical condition that could be contributing. Though it's not clear whether lowering triglycerides improves cardiovascular risk, it's prudent to do so, as these steps will also lower cholesterol and improve other coronary risk factors. And the good news is that triglycerides are relatively easy to lower.

Depending on your levels and other risk factors, including your family history, your doctor may advise one or more of the following:

- ❖ **Lifestyle changes**, including losing weight if you're overweight and limiting alcohol (even small amounts can raise triglycerides). Frequent moderate to intense exercise can help with weight loss and may also have a modest direct effect on triglycerides. People who exercise regularly experience a far smaller rise in triglycerides after meals than those who are sedentary. According to a Scientific Statement by the American Heart Association, published in *Circulation* in 2011, weight loss and exercise can reduce triglycerides by 20 to 50 percent.
  - ❖ **Dietary changes**, including cutting sugars and other carbohydrates, especially fructose, as in high-fructose corn syrup
- and fruit juice. (Whole fruits in moderation are okay.) The same foods that can boost blood sugar most (such as sugars and some starchy foods) also boost triglycerides; in fact, these foods more consistently raise triglycerides than blood sugar. This doesn't mean you need to go on a low-carb diet, but it helps to eat more unsaturated fats (in fish, nuts, seeds, vegetable oils, and avocados, for instance) in place of refined grains. And, as in any heart-healthy diet, you should focus on eating unsaturated fats in place of saturated fats and "good carbs," including those in whole grains, beans, and vegetables. In the rare case of extremely high triglycerides (which is almost always genetic), a very low-fat diet is recommended, under guidance from a doctor or nutritionist.
  - ❖ **Fish oil**, consisting of the omega-3 fatty acids EPA and DHA, lowers triglycerides as much as 50 percent (or more), depending on the dose and baseline levels. Lovaza is a prescription high-dose fish oil supplement, approved for treating people with triglycerides of at least 500 (though it can also raise LDL cholesterol). A newer prescription EPA-only drug is icosapent ethyl (Vascepa), which doesn't appear to increase LDL. Over-the-counter fish oil supplements are generally considered safe, but you'd have to take more capsules to get the dose recommended for high triglycerides (two to four grams of EPA/DHA a day). Consult your doctor before taking such high doses of fish oil.
  - ❖ Drugs may be prescribed to reduce triglycerides in people with very high levels.

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*Did you know... Bulgur wheat is not a good quality nutritious whole wheat product unless their granules still have their dark brown coating.*

## Triglycerides...

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These include statins, which besides lowering cholesterol also reduce triglycerides by 20 to 40 percent. Older drugs called fibrates—such as fenofibrate (Tricor) and gemfibrozil (Lopid)—can lower triglycerides by 40 to 70 percent, especially in those with very high levels.

- ❖ The B-vitamin niacin, at high drug-like doses (up to 3 grams daily), lowers triglycerides by up to 40 percent (or more). However, as several large clinical trials have shown, this may not further improve cardiovascular risk in people with high triglycerides who are already taking statins. Further, niacin has potential severe adverse effects (including liver toxicity and a buildup of uric acid, a waste product, in the blood). People with diabetes taking niacin should be monitored closely since it can worsen blood sugar control. According to a consensus statement from the European Atherosclerosis Society in 2011, high-risk people should consider niacin (along with fibrates) if they have high triglycerides (above 150) and low HDL (below 40) and lifestyle interventions have not helped enough. Niacin can cause flushing of the skin; extended-release formulas minimize this effect.

**Bottom line:** Know your triglyceride level. It is important to lower it if it is elevated. Dietary and lifestyle changes are the first steps to take, but if these are not sufficient, or if your level is very high, you will need medical treatment. ■

### Good-For-You Granola

8 cups rolled oats  
 1 ½ cups wheat germ  
 1 ½ cups oat bran  
 1 cup sunflower seeds  
 1 cup finely chopped almonds  
 1 cup finely chopped pecans  
 1 cup finely chopped walnuts  
 1 ½ teaspoons salt  
 ½ cup brown sugar  
 ¼ cup maple syrup  
 ¾ cup honey  
 1 cup vegetable oil  
 1 tablespoon ground cinnamon  
 1 tablespoon vanilla extract  
 2 cups raisins or sweetened dried cranberries

Preheat the oven to 325°F (165°C). Line two large baking sheets with parchment or aluminum foil.

Combine the oats, wheat germ, oat bran, sunflower seeds, almonds, pecans, and walnuts in a large bowl. Stir together the salt, brown sugar, maple syrup, honey, oil, cinnamon, and vanilla in a saucepan. Bring to a boil over medium heat, then pour over the dry ingredients, and stir to coat. Spread the mixture out evenly on the baking sheets.

Bake in the preheated oven until crispy and toasted, about 20 minutes. Stir once halfway through. Cool, then stir in the raisins or cranberries before storing in an airtight container.



*Did you know... your favorite brand of grain cereal may contain so many additives that it may not be as healthy a product as you are made to believe.*

# HCQU

# FALL DAY OF LEARNING

**Thursday, October 12, 2017**

Trinity United Methodist Church  
306 Lombard Avenue, Danville, PA 17821

**Strong Bones – How to Keep Them That Way**, presented by *Debbie Trimble, RN, CBDT, SUN Orthopaedic of Evangelical Office Nurse, Osteoporosis Educator*

**The Health Effects of Overweight and Obesity and Weight Management Tips for Caregivers and the Individuals They Support**, presented by *Alli Naylor RD and Scott Jamieson, Metabolic Phenotyping Lab Manager/ Exercise Physiologist, Obesity Institute, Geisinger Health System*

**Taking Care of Yourself so You can Take Care of Others Workshop**, presented by *Linda Weihbrecht, BSN, RN, LMT, CCAP Networks for Training and Development Wholistic Practices and April Zacek, Wholistic Practices Team Member*



**CEUs  
offered**

Registration: 8:30 – 9 am

Morning Session I: 9 – 10:30 am

Break: 10:30 – 10:45 am

Morning Session II – 10:45 am – 12:15 pm

\*Lunch on your own: 12:15 – 1:15 pm

Afternoon Session: 1:15 – 4:15 pm (with a break)

Q&A, Evaluations: 4:15 – 4:30 pm

To register, email Lesley at [lgmurphy@geisinger.edu](mailto:lgmurphy@geisinger.edu)  
Include your name, title, organization and email address.

*Register before October 1, 2017*



# A New and Improved AMPES!

You are cordially invited to join The ARC of Susquehanna Valley to help get the new and improved AMPES program off the ground. The action takes place on Tuesdays from 6 - 8 pm in the Christian Missionary Alliance Church, Second and Arch Streets, Shamokin.

If you have any questions or for more information, call Cheryl at 570-286-1008 or email [progdir@thearcsusquehanna.org](mailto:progdir@thearcsusquehanna.org).

## INTRODUCING THE NEW AND IMPROVED ABSOLUTELY FABULOUS EXTREMELY AWESOME SHAMOKIN AMPES

\$\$\$\$\$\$ *September's Theme is Money Management* \$\$\$\$\$\$



September 5: The Price is Right – win products!, wants vs. needs worksheet, birthday freebies and where to find them, apple strudel bites and apple juice for snack



September 12: Chocolate Frostys for snack in honor of Chocolate Milkshake Day, couponing for beginners, grocery store flyer scavenger hunt, decorate a teddy bear for National Teddy Bear Day



**September 19: Smart shopper bingo with prizes, check writing and balancing your checkbook, social skill basics, cheeseburger art, cheeseburger sliders with your choice of toppings for snack in celebration of National Cheeseburger Day!**



September 26: Making a simple budget for yourself, team trivia, making pancakes – everyone will make his or her own pancake, animal portraits







# Fashion Show

October 21, 2017, 1 p.m.

Social Hall, Zion Lutheran Church, Sunbury

Donations accepted at the door. Light refreshments and door prizes available.

*Clothing is being provided by Christopher & Banks, Monroe Marketplace, 330 Marketplace Blvd, Selinsgrove. The Show will feature models with disabilities.*

The Arc, Susquehanna Valley is a 501(c)(3) non-profit organization committed to improving the lives of individuals with intellectual and/or developmental disabilities.



## Health & Wellness Fair

**OCT. 19, 2017**

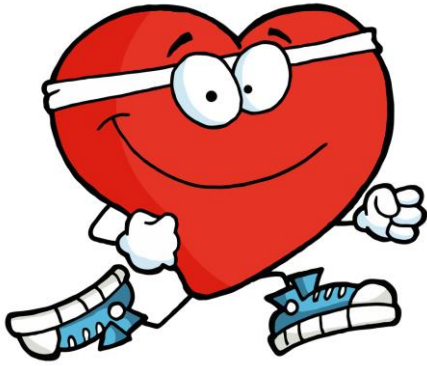
9 A.M. – 2 P.M. | First Baptist Church | 20 Brookside Dr. | Danville, PA

*Join us for a day of interactive healthier lifestyle education, screenings, events and drawings for the public, especially individuals who receive support services for behavioral health and/or intellectual and developmental disabilities along with family, caregivers, and support staff.*

**ALL ARE WELCOME!**

Sponsored by the Central PA Health Care Quality Unit, CMSU Behavioral Health and Developmental Services, Northumberland County Behavioral Health and Intellectual Developmental Services, Hope Enterprises, Inc., and Suncom Industries

FMI: [lgmurphy@geisinger.edu](mailto:lgmurphy@geisinger.edu), 570-271-7240



# Health & Wellness Fair

## Vendor Registration

*Limited to 45 Vendors*

# OCT. 19, 2017

9 A.M. – 2 P.M. | First Baptist Church | 20 Brookside Dr. | Danville, PA

*In lieu of a table/space fee, vendors are asked to donate a wellness door prize item (\$10+ value) for our visiting public. To promote wellness and safety, we ask that vendors do not provide candy as treats on their tables which can be a choking hazard and/or a dietary restriction to our public visitors. Table covers are not provided. Lunch will be provided for all vendors. Vendor prizes will be awarded at the end of the event.*

Please fill out and send to [lgmurphy@geisinger.edu](mailto:lgmurphy@geisinger.edu) or fax to 570-271-7241

ORGANIZATION: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_

CONTACT PHONE #: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

TABLE? \_\_\_\_\_ # OF CHAIRS: \_\_\_\_\_ ELECTRICITY? \_\_\_\_\_

# OF PARTICIPANTS ATTENDING (for lunch count): \_\_\_\_\_

WELLNESS SCREENING? \_\_\_\_\_ IF SO, WHAT? \_\_\_\_\_

SPECIAL REQUEST? \_\_\_\_\_

DESCRIPTION OF RAFFLE ITEM: \_\_\_\_\_