

## Healthy living Q&A:

# Tips to gear up for your first **marathon**

**Dr. Joseph Bariyanga**, associate professor of chemistry, has been teaching chemistry and physics at UH West O'ahu since he joined the faculty there in 2007. In addition to his research on anticancer drugs and antioxidants, Dr. Bariyanga is a dedicated runner who regularly participates in races in the U.S., Japan and Africa to promote a healthy lifestyle.

to 10K, 8.15 miles and then half-marathon races. Each time I moved up to a new distance, I felt a need to challenge my body because I started stagnating and not enjoying the races as much. I have run 11 half-marathons since 2011 and it is time to experience the full one. For the last three years, I have maintained my weight at 140 lbs., which was my initial goal.

### What are you doing to prepare for your first marathon?

I have increased my training from running 40 to 50 miles a week, including a 20-mile run on Sundays. I have also incorporated eggs into my diet to replenish my body with protein and added strength training to surround my knees and ankles with strong muscles.

### What motivated you to run your first marathon?

I started running in 2001 in order to lose weight since I was overweight at 5'9" and 183 lbs. I ran my first 5K in 2003, realizing that I needed to race to improve my performance. Gradually, I increased the distances

### What motivates you to take on new athletic challenges?

When I started training, my main motivation was to challenge my body. I always felt happier when I reached a new goal. I plan to run only three marathons: Honolulu, Rwanda and Boston. Otherwise, I risk wearing out my body. After these, I will go back to half-marathons to keep myself in shape.

### What do you enjoy most about running?

Running is for me like an oil change for the car. Everything in my body is shaken, flushed and/or renewed. During the race, the beginning is very painful. As I progress, I start enjoying it, and at the end, I literally feel as if I have reached heaven.



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# How to eat for **health** and **longevity**

By *Bradley Willcox, MD*, professor and director of research at the John A. Burns School of Medicine Department of Geriatric Medicine.



As a geriatrician, most of my time is spent attending to patients who suffer from the diseases of old age. Whether it's heart disease, osteoarthritis, cognitive decline or diabetes, these afflictions are nearly always chronic in nature. However, there's a silver lining to this story. For most of the illnesses I treat, the onset can be slowed or largely prevented by a healthy diet and other lifestyle factors.

Of course, not smoking and getting regular exercise are a big part of the equation. However, what I've learned from studying the long-lived Okinawans is that the right food can be a prophylaxis that can actually thwart illness.

Consuming the right foods with the right micronutrients mitigates risk for age-associated disease by reducing oxidative stress, which is believed to be a principal mechanism of aging. If you can enhance anti-oxidative protection and inhibit free radical production, this goes a long way to protect against oxidative damage.

What's more, eating the right food can modulate the very rate of aging. We've discovered that certain micronutrients found in Okinawan sweet potatoes,

turmeric, and marine-based carotenoid-rich foods, such as seaweeds and kelp, are particularly potent in this regard. In scientific terms these nutrients upregulate the FOXO3 gene – a major nodal gene in aging-related biological pathways, which is associated with disease prevention.

## **So what should we eat?**

If you follow the diet of the Okinawans, you'll see they consume a whole lot of vegetables but turmeric, sweet potatoes and other foods rich in marine carotenoids (found in local seaweeds, kelp and certain fish) are particularly important.

The compounds in these foods that are especially potent in stimulating the healthy aging process include anthocyanins (in sweet potatoes), curcumin (in turmeric) and astaxanthin (found in marine-based foods and algae).

Getting these three compounds from your food is easy. Okinawan sweet potatoes and turmeric can be found in many super markets. A healthy dose of astaxanthin can be obtained by eating salmon and other seafood with a pink coloration such as shrimp.

The good news is that eating your sweet potatoes, turmeric and astaxanthin really works. Our data show that Okinawans eating a traditional diet, gained an additional 6% survival time from age 65 (1.3 years) versus other Japanese and an additional 20% survival time (3.6 years) versus Americans. Most notably Okinawans gained almost a decade of additional disability-free life expectancy compared with Americans.

So my suggestion is to follow the lead of the Okinawans. Eschew the apple a day and make it a sweet potato!



# UH program provides **free training** to Hawai'i school health aides

Thanks to a new, free training program at the University of Hawai'i, school health aides across the state are receiving a higher level of support and training.

There are approximately 180,000 students in public schools in Hawai'i with 255 school health aides statewide. School health aides have a major impact on health promotion and disease prevention. The Department of Education currently requires a high school diploma, one year of experience working with youth and certifications in first aid and CPR for school health aides.

In 2013, UH and the Departments of Health (DOH) and Education (DOE) began to collaborate for a higher level of support for school health aides. The Kapi'olani Community College (KCC) nursing department developed a 75-hour curriculum, which includes an instructor's visit to each of the school health rooms to evaluate the student's level of competency as a school health aide.

The new curriculum helps to standardize training across the state.



*Twenty health aides serving O'ahu public schools graduated from the new training program at Kapi'olani Community College on March 6. They're part of the second cohort of UH's School Health Aide (SHA) Level I program.*

It has also opened new career pathways to health-related degree programs throughout the UH System.

Hawai'i DOE Superintendent Kathryn Matayoshi said, "This is the first time we've had formal training for our school health aides. They are doing it tuition free. It's great!"

The DOH's Joan A. Takamori, DOE's Steve Shiraki and KCC's Paulette Williams wrote the new

school health aide curriculum. The plan is to train all health aides statewide by 2018.

Williams, who co-chairs the KCC nursing department, said, "The school health aides are there to provide an awesome service to the entire community and we at Kapi'olani CC are proud that we're able to be a part of this and share this curriculum with all of the community colleges throughout the state."

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## **What tips do you have for new runners?**

First, start slowly and push little by little as you get accustomed to running. The problem for beginners is controlling breathing, and then controlling the urge to go fast too soon. Second, sometimes

you feel aches and pains (not serious injury), but you've got to keep training because your muscles are getting stronger. Third, please eat a decent diet full of veggies and fruits and less meat, in combination with staying hydrated (two liters of water a day) and sleeping a minimum of eight hours per night.

## **43rd Honolulu Marathon**

- **5 a.m.** on **Dec. 13, 2015**
- Begins: **Ala Moana Beach Park**, ends: **Kapi'olani Park**
- **Cutoff time:** None
- Online registration ends: **Nov. 13**
- More information: **[honolulumarathon.org](http://honolulumarathon.org)**

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# UH grad programs: **Rising in ranks**

The University of Hawai'i at Mānoa's graduate programs in medicine and nursing climbed the rankings ladder in 2015, according to the U.S. News & World Report Best Graduate Schools 2016 numbers released on March 10.

- The John A. Burns School of Medicine is a Top 20 medical school for primary care. It moved up to 19th in the nation from 57th place last year. Climbing steadily on the list for several years, this is the medical school's best ever showing in the rankings, which are closely watched among the country's 171 accredited medical schools.
- The School of Nursing and Dental Hygiene's master's



*JABSOM medical students at their 2014 White Coat Ceremony*

program in nursing moved up to 83rd from 99th.

The U.S. News and World Report annual rankings of professional school programs are based on

both expert opinion and statistical indicators that measure the quality of a school's faculty, research and students, according to the magazine.