



MomZing:

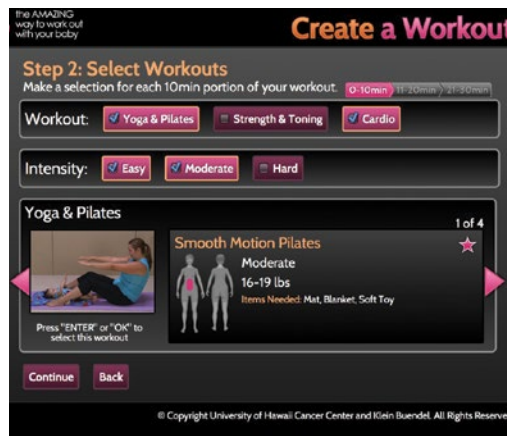
Custom exercise video helps moms

By Cheryl L Albright, PhD, MPH
UH Mānoa Nursing Professor

Every eight seconds, a baby is born in the U.S., resulting in almost 4 million women becoming new mothers each year.

With motherhood comes a life-altering transition that changes ones priorities in life, including the pursuit of moderate-to-vigorous physical activity or exercise. National guidelines recommend adult women exercise at a moderate or higher intensity for 150 minutes a week. Surveys done in Hawai'i indicate that up to a year after having a baby, 68 percent of new mothers do not meet this recommendation.

Dr. Cheryl Albright at UH Mānoa Nursing and Dr. Andrea Dunn's multimedia team at Klein Buendel,



Inc. in Golden, Colorado, conducted a study to determine if an online program called **MomZing** – “The AMAZING way to work out with your baby” that contained customizable exercise videos, could help women become more active over 12 weeks.

MomZing was designed for mothers of babies 2-8 months old and contains 98 10-minute videos that demonstrate yoga, cardio or strengthening exercises with three different intensity levels: light, moderate and hard. Women can exercise while lifting/holding their baby or alone.

The 12-week study randomly assigned women to one of two groups in order to compare the effectiveness of the customizable streaming videos (Group 1) to “packaged” unchangeable

exercises available on a “Mom and baby” fitness DVD (Group 2).

Researchers recruited 499 healthy, postpartum women from 48 states across the U.S. who answered surveys about their physical activity at beginning of the study and then three months later.

There were 250 women assigned to Group 1 – MomZing and 249 women were assigned to Group 2 – DVD. The mothers' average age was 30 years, the infants' average age was 4.5 months, and the babies' average weight was 14.7 pounds.

Women in both groups became more active over 12 weeks. However, the MomZing group had a 43 percent greater increase in the percent of women who met the national guidelines after using

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INSIDE :

- Dr. Virginia Hinshaw throws out a few ideas about **healthy aging**
- Hawai'i CC offers up a fresh **Farmer's Salad**



Throwing out old ideas about aging

Dr. Virginia Hinshaw, UH Mānoa chancellor emeritus and professor in the Department of Tropical Medicine, Medical Microbiology, and Pharmacology at the UH Mānoa John A. Burns School of Medicine (JABSOM), threw the javelin and won the gold in her age group at the 2015 Aloha State Games. Dr. Hinshaw also is the creator of the JABSOM Mini-Medical School on Healthy Aging, so she knows a thing or two about the importance of staying active. In this Q&A with JABSOM's Tina Shelton, we learn more about her own track to fitness.

How did your new javelin expertise come about?

My husband Bill is a volunteer track and field official for Hawai'i and he kept encouraging me to participate in the Hawai'i Masters Track Club program. So I decided to join, and I chose the javelin even though I had never thrown one before – mainly because I don't run or jump very well, but thought I might be able to throw.

How long did you practice?

My first practice was in May this year in Wisconsin when attending our granddaughter's graduation from high school. My son Louis, a



2015 Aloha State Games gold medalist Dr. Virginia Hinshaw, along with her javelin and coaches Destiny Dawson (left) and Jackie Donovan (right), at UH Mānoa's Clarence T. C. Ching Field.

former decathlete at the University of Wisconsin–Madison, cut off a broomstick (some folks think I ride one) and taught me how to throw.

After returning to Hawai'i, I sought help from Jackie Donovan, a wonderful young woman who had competed in javelin on our UH Mānoa track team. Jackie quickly agreed to help me – she became 'Coach Jackie' – but she had hurt her elbow and couldn't throw. So she had Destiny Dawson, who throws javelin at UH Mānoa, and their friend Darren join us for our

practices during the last month. Javelin is much more technical than I anticipated, so I surely needed them.

When did you actually compete?

After three practice sessions, I then competed in two meets – on July 11 (threw 33' 1") and then in the Aloha State Games on July 18 (threw 38' 9") – getting better but more to do. I won both meets, even earned a gold medal – of course, I was the only woman throwing the javelin in my age group, which definitely helped.

Might this become part of an upcoming teaching experience?

I had a great time, especially getting to work with my coaches, learning a new

sport, sharing the experience with family and friends (a lot of good laughs were enjoyed by all) and gathering a team to help me prepare – sports physician and JABSOM alumnus Dr. Rick Akau, physical therapist Billie Tang, trainer Brian Copeland and massage therapist Tod Fujiwara – all of these folks are also teaching in the UH JABSOM Mini-Medical School on Healthy Aging, which has the theme 'Seniors Rock'. I am very grateful to all of these folks for helping this senior (me) rock on the track!



To learn more about the JABSOM Mini-Medical School, visit jabsom.hawaii.edu/minimedschool, where you'll find information about upcoming sessions, as well as videos of previous lectures and mini-talks, which are also available on Oceanic Time Warner's on-demand iAGE channels 1342 and 342.

Farmer's Salad:

Fresh, healthy and fun

Brian Hirata, chef instructor in the Hawai'i Community College Culinary Arts program, shared this nutritious salad recipe. "We have used this dish in our Advanced Cooking course, and I like it because most of the main ingredients are sourced from local farms on the island, including our Hawai'i CC Agriculture Program."

The Hawai'i CC Culinary Arts Program is led by Chef Allan Okuda and is accredited by the American Culinary Federation.

Farmer's Salad (per plate):

- 1/2 oz. Heart of palm
- 1 oz. Roasted beets
- 1 oz. Waimea tomatoes*
- 1/2 oz. AG cucumbers
- 1 oz. Hamakua mushrooms
- 2 Tbsp. Shishito pepper & avocado Puree (see next recipe)
- 2 Tbsp. Sherry Vinaigrette*

Charred Shishito Pepper & Avocado Puree

Ingredients:

- 2 oz. Shishito peppers
- 2 C. Ripe avocados (diced)
- 3 Tbsp. Lemon juice
- 1/4 C. Olive oil
- Salt & pepper, to taste

Directions:

Char peppers on burner, cover to steam. While peppers are cooling, prep the rest of ingredients. For charred peppers: rub charred skin off and remove seeds and veins. Add all ingredients except olive oil into blender. On medium-high speed, slowly add oil until consistency is smooth. Taste and adjust (fat & acid) and salt & pepper. Chill.

* For the **Waimea Tomatoes** and **Sherry Vinaigrette** recipes, visit uhfoundation.org/ww-recipe/fall15.



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MomZing, compared to a 30 percent increase in women using the standard exercise DVD. Additional analyses showed that more women with a baby younger than three months reached the recommended 150 minutes per week of moderate or higher intensity exercise, and more normal weight women met this level than overweight women.

Finding the time to exercise, given the demands of caring for an infant, particularly for women who are overweight, can be difficult for new mothers to achieve. These results show how an innovative, customizable online program using video streaming technology can meet the needs of new mothers.

This project was the product of two Small Business Technology Transfer Research Phase I and II grants funded by the National Institute on Drug Addiction and the National Heart, Lung, and Blood Institute at the National Institutes of Health. Dr. Albright is the principal investigator of both grants.

To try MomZing or learn more, visit momzing.org. A portion of the proceeds from MomZing subscriptions will benefit UH Mānoa Nursing.



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National Library of Medicine Exhibit: UH West O'ahu hosts **Native Voices**

A new interactive exhibit that examines concepts of health and medicine among contemporary Native Hawaiians, American Indians, and Alaska Natives is on display free and open to the public in the UH West O'ahu Library until Dec. 11. **Native Voices: Native Peoples' Concepts of Health and Illness**, is sponsored by the U.S. National Library of Medicine, the world's largest biomedical library, located on the campus of the National Institutes of Health in Bethesda, Maryland. The exhibit has traveled through the U.S., and was featured at UH Mānoa's Hamilton Library earlier this year.

The exhibit features more than 100 interviews with tribal leaders,

healers and educators. Visitors will discover how native concepts of health and illness are closely tied to the concepts of community, spirit, and the land. The exhibit uncovers how diverse lifestyles and shared experiences have helped sustain the health and well-being of native populations for generations.

Other highlights include explorations of the Hōkūle'a voyaging canoe and how its resurgence in the last century has led to a cultural revival, inspiring Native Hawaiians of all ages to learn more about, and to value, their traditions.

The exhibit also features the National Library of Medicine's



healing totem, which was created by master carver Jewell James, of the Lummi Nation in the Pacific Northwest, to promote good health. The stories depicted on the totem highlight the meaning and interconnectedness of life and the environment, and the collective knowledge of all races of humanity.