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Hartford Area Organizations Promote Healthier Diet, Lifestyles Among Region's Hispanics

Health Notes

Submitted by Dennis Buden, SINA, on 2010-08-10.



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Hartford's Southside Institutions Neighborhood Alliance (SINA) is spearheading a collaborative effort to raise awareness among the region's Latino population about eating better and leading healthier lives.

The project, called "Revolucion de Nutricion" (Nutrition Revolution), will include a series of 10 five-minute television segments featuring healthier preparation of traditional Latin dishes, along with a half-hour special. All Revolucion de Nutricion programming will air on Univision and Telefutera (WUVN Channel 18, Hartford), with the five-minute cooking segments broadcast as a semi-regular feature on the Spanish-language community information and entertainment feature program El Show de Analeh. El Show de Analeh airs Saturdays at 11 a.m.

Revolucion de Nutricion is a project of SINA, Billings Forge Community Works and El Show de Analeh, with financial support provided by Hartford Hospital and Connecticut Children's Medical Center.

Recent studies have indicated that Hispanic children are nearly twice as likely to be overweight than non-Hispanic children. Also, the Centers for Disease Control reports that Hispanics are 1.7 times more likely to have diabetes as non-Hispanic whites. Language barriers and lack of education can contribute to Hispanic families being less informed about matters of health and nutrition, and the fact that grocery shopping in urban neighborhoods is often limited to bodegas offering no or highly limited fresh produce also makes it hard to make healthy choices. Programming begins this month and is expected to air regularly into 2011.

SINA is a partnership among Hartford Hospital, Connecticut Children's Medical Center and Trinity College that works cooperatively with the community to develop leadership and improve the economic, physical and social characteristics of Hartford's Frog Hollow, Barry Square and

Southside Institutions Neighborhood Alliance (SINA), Billings Forge Community Works and Spanish-language WUVN TV Channel 18/Univision's El Show de Analeh are teaming together to raise awareness among the region's Latino population of the importance of good nutrition and leading healthier lives. With financial support from Hartford Hospital and Connecticut Children's Medical Center, "Revolucion de Nutricion" will feature a varied mix of television programming focusing on healthy preparation of traditional Latin dishes. Participants and supporters recently took a tour of The Kitchen @ Billings Forge in Hartford's Frog Hollow neighborhood, where the programs are being taped. From left to right: Robert Hohler, executive director of Melville Charitable Trust, a Billings Forge Community Works supporter; Cary Wheaton, executive director, Billings Forge Community Works; Martin Gavin, president and CEO, Connecticut Children's Medical Center; Luis Caban, executive director, SINA; Susan Deane, nutritionist, Charter Oak State College; Julie Carrion, director of catering and culinary services, The Kitchen @ Billings Forge; James F. Jones, president, Trinity College, a SINA member institution; Dennis Pagan, assistant chef, The Kitchen @ Billings Forge; Elliot Joseph, president and CEO, Hartford Hospital; and Ana Alfaro, host, El Show de Analeh.

South Green neighborhoods. SINA serves as a catalyst to foster a vibrant urban community where residents, employees and businesses can enjoy a high quality of life and opportunities for success.

Billings Forge Community Works, located at the Billings Forge housing and community complex at 140 Russ St. in Hartford, works toward creating a vibrant Frog Hollow neighborhood through entrepreneurial programs that build infrastructure and offer family education, job training, sustainable enterprises and exposure to a healthy quality of life. Community-focused programs and enterprises include The Kitchen @ Billings Forge, a culinary education center; The Studio @ Billings Forge, a multi-purpose community space; the Farmer's Market @ Billings Forge; the Workshops @ Billings Forge, offering working studio space for artists; and Firebox, an award-winning restaurant dedicated to the farm-to-table movement.

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