

Erie County Chooses Dairy Promoters

ERIE (Erie Co.) — In Erie County, Dairy Princess Jennifer Braddock and Alternate Dairy Princess Alice Hammond promote the dairy industry with the help of Lisa Hayes, dairy maid, and Jill Shipegi, dairy ambassador.

The pageant was held recently at the Erie Zoo with television weatherman Mark Parker serving as master of ceremonies. Many non-farm people attended the pageant and cheered at the celebrity milking contest.

Jennifer, the daughter of Shirley Braddock of Albion, is a senior at Northwestern High School. She is active in band, 4-H, girl's state, and she works on her grandparents' Aryshire dairy farm and at a local day care center.

Alice, daughter of Jim and Hil- dy Hammond of Corry, is a senior at Corry High School. She helps on her parents' Holstein Farm and is an honor student, active in band, and 4-H.

Both Lisa Hayes, daughter of Cynthia and Kenneth Hayes of

Edinboro, and Jill Shipegi, daughter of Larry and Sue Shipegi of Cranesville, attend General McClane High School and work on their family dairy farms.

Outgoing Erie County Dairy Princess Brandie Jo Behringer crowned Jennifer.

Gap Evident Between Knowledge, Behavior In Women's Health

PITTSBURGH (Allegheny Co.) — "Do as I say, not as I do," may be the current message of millions of women. A new campaign for educating women about the relationship between preventive nutrition services and a reduced risk of heart disease, breast cancer and osteoporosis aims to change this message. The Nutrition & Health Campaign for Women is sponsored by The American Dietetic Association, Weight Watchers International and National Dairy Council.

Statistics show that this year 500,000 women will die of heart disease and another 180,000 will learn they have breast cancer. Women are four times more likely than men to develop osteoporosis, a bone-thinning condition that leads to fractures.

Compare this information to the findings of a May 1993 Gallup Survey of a representative sampling of women over age 18. The survey indicates:

* Eight out of 10 women indicated they were aware of the relationship between diet and health but one-third of those polled say they do nothing to lower their

chances of developing heart disease, cancer or osteoporosis.

* Nearly half described themselves as overweight and one in four reported smoking cigarettes even though these were considered risk factors for cancer and heart disease.

* Sixty-two percent reported they are in fair or poor physical shape and 34% said there is nothing they do regularly to keep fit.

* Women, 50 years and older were more likely than younger women to say their diet is healthy.

* Those who said they eat a healthy diet and participate regularly in physical activity were more likely to be pleased with the way they looked.

* Six percent of those surveyed had osteoporosis and 13% had a family member with osteoporosis. Eighty-five percent of this group believed they could lower their own risk of developing this disease.

According to Judy Dodd RD, a registered dietitian with Dairy & Nutrition Council Mid East, closing the gaps between women's

knowledge and behavior has a special significance to the health of the population. She notes, "Prevention is a major component in controlling health care costs. Nutrition is important since it is the cornerstone of a healthy lifestyle. The majority of food and nutrition decisions are made by women. Younger children, especially females, frequently look to the mother or other females as role models for health and nutrition behaviors."

The gaps between knowledge and behavior have roots in both science and tradition. Women traditionally concentrate on the health behaviors of other family members first! This applies to food as well as to taking time for preventive measures such as regular medical check-ups and exercise. The scientific gap is closing as researchers study and report on the issues unique to the health of women.

As a first step in closing the gaps, send for your free copy of **Every Woman's Guide to Health and Nutrition**. Send a self-addressed, stamped business-size envelope to Dairy & Nutrition Council Mid East, 9380 McKnight Road Suite 106A, Pittsburgh, PA 15237-5953.



Erie County Dairy Princess Jennifer Braddock, right, and Alternate Alice Hammond promote the dairy industry in Erie County.

New Twist On Old Advice Calcium Prevents Kidney Stones

Kidney stone sufferers have long been told to avoid milk and other dairy products. But a recent study in the New England Journal of Medicine suggests that just the opposite is true: calcium may help prevent kidney stones. The study followed 45,619 men aged 40 to 75 years old and found that men who get lots of calcium in their diets have a 44 percent lower risk

of developing stones than those who consume little calcium. Dr. Gary C. Curhan of Harvard School of Public Health believes that adults concerned about developing kidney stones should get the recommended dietary allowance of calcium. The RDA for calcium for adults 25 years of age and older is 800 mg or the equivalent of three glasses of milk daily.

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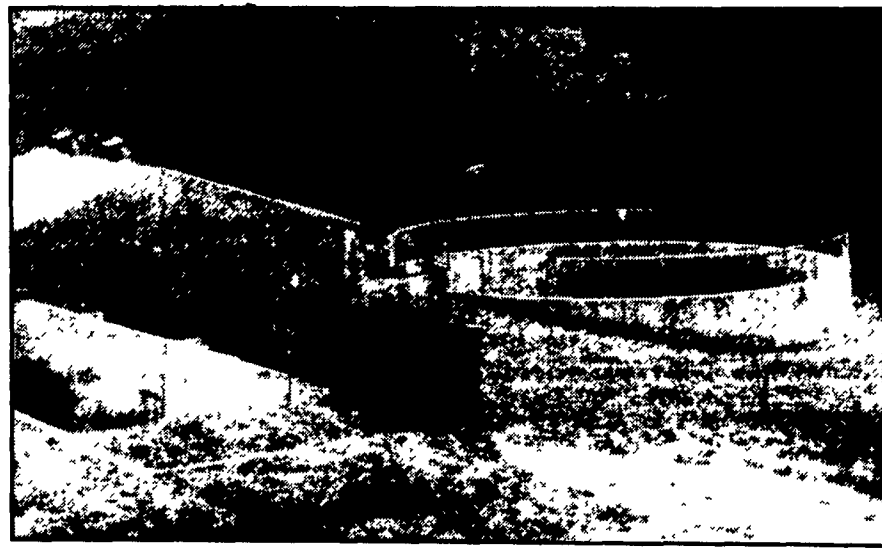
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