

*College of
Micronesia-FSM*



*Cooperative
Research and
Extension (CRE)*

A Component of



*College of
Micronesia Land
Grant Program*

Funded by:



College of Micronesia brings CHL to Micronesia:

The Children’s Healthy Living Program for Remote Underserved Minority Populations in the Pacific Region (CHL) is a partnership among remote Pacific states and other jurisdictions of the US: Alaska, American Samoa, Commonwealth of the Northern Mariana Islands, Guam, Federated States of Micronesia, Hawaii, Republic of Palau, and the Republic of the Marshall Islands. All of these jurisdictions have US Land Grant Colleges, which have united in the Pacific Land Grant Alliance. These Pacific US Land Grant Colleges are combining efforts to train a public health nutrition work force, conduct public health nutrition research and communicate nutrition and health related information to the public. With no US National Nutrition monitoring (i.e., National Health and Nutrition Examination Survey) in these jurisdictions, the CHL project will provide valuable insight and guidance to children’s obesity prevention programs and policies of the region through a food, nutrition, and physical activity data management and evaluation system and dissemination of information. The goal of this Food and Agricultural Science Enhancement (FASE) Coordinated Agricultural Program (CAP) among Pacific Region USDA-defined Experimental Program for Stimulating Competitive Research (EPSCoR) states/jurisdictions is to engage the community, and focus on capacity building and sustainable environmental change to build social/cultural, physical/built, and political/economic environments that will promote active play and intake of healthy food to prevent young child obesity in the Pacific Region. CHL will serve as a model for other regions with remote underserved Native populations at risk for obesity.

Alaska · American Samoa · Federated States of Micronesia · Guam · Hawaii · Marshall Islands · Northern Mariana Islands · Palau

CHL Children’s Healthy Living Program
for Remote Underserved Minority Populations
in the Pacific Region

Enhancing child wellness!

Dr Jonathan Deenik traveled to Pohnpei from August 8 – 13, and again October 11, 2011 to meet with the Land Grant Director. Discussions also included the (at the time) Acting Secretary of Health, Chief of Preventive Health Services, nurses at the State Hospital, nursing instructors at the College of Micronesia, Acting Director of Island Food Community, and Chief of the Department of Agriculture. Deenik is currently working on hiring research assistants for the Freely Associated States region. Our Land Grant partners in the region (Thomas Taro in Palau, Jim Currie and Biuma Samson in RMI) are currently assisting to establish Local advisory Committees (LACs) in each jurisdiction.
(from CHL News: Vol 1. Issue 1. Oct-Nov 2011)

Chuuk CRE Expands Collaboration

Last September, Chuuk State was the first in the FSM to declare “state of health emergency” due to alarming incidence of Non-communicable Diseases among Chuukese by the Honorable Governor Johnson Elimo. Following the declaration, Chuuk NCD Coordinator Ms Moria Shomour initiated a number of programs including the following wherein Chuuk CRE collaborated:

Chuuk State Food Security and Non-Communicable Diseases Stakeholder Consultation Meeting entitled “Nutrition, Diet & Lifestyle: Scaling up of Non Communicable Diseases Action in Chuuk,” and unveiling of Chuuk Hospital’s “Tobacco, Alcohol and Betelnut Free Environment” and the opening of the Chuuk Wellness Center for promoting physical activities.



CRE initiated its WHO-funded project “Adopt-A-Community Approach for a Healthy and Clean Chuuk” through signing of a Memorandum of Understanding among 26 partner agencies and villages during the dinner hosted by Department of Health Services, Division of Public Health’s NCD Program on October 26.

Chuuk CRE joined the 24th Guam Island Fair held at Ypao Beach on October 14-16. It not only promoted

Chuukese handicrafts and distributed food security brochures but also opened up possibilities of marketing handicrafts to the Guam military base and practical utilization of recyclable solid wastes.

Lastly, Mechitiw Elementary School in Weno joined 8 other schools in its Health Promoting School Project while WHO agreed with Chuuk CRE to extend its project from 5 to 10 schools.

Yap CRE: Rarely Used Traditional Edible Plants (Bird’s Nest Ferns)



Mr. Martin Ruwniyol, 4H Agent

The Bird’s Nest Fern (*Asplenium nidus*) is endemic to Yap and is thriving in all locations of the islands due to expansive aerial dispersion of spores. Its arm-length leaves display veins of seed spores underneath that disperse in the wind like smoke. The fern is also found in mangrove forests above the high tide level where it is wet, highly humid and protected from direct sunlight. It survives well under the canopy of forest and wetlands.

Due to its random dispersal, to harvest a handful of new leaf tips for a meal, one would have to search near and far over a wide range. The demonstration plot at Yap Campus showcases various methods to cultivate the ferns: in containers, in the ground, on tree trunks or in wire cages hung like clothes on a line. CRE staff, the 4H agent and volunteers transplanted the started ferns into a single plot to provide the delicious and nutritious tips that look like fiddle heads for use in local meals and recipes.

Kosrae CRE: Food Processing Program currently conducted at Kosrae CRE office.

This past summer, the Kosrae CRE Coordinator attended a 3-week Food Technology training in Palau at PCC/CRE conducted at R&D Station, from July 16 to August 5, 2011. The main goal of the training was to learn processing techniques of making flour using staple crops to reduce the islanders' reliance on imported flour. She learned the process of making homemade flour using cassava, taro and breadfruit. In addition she learned how to make ketchup using banana (the saba variety) as the main ingredient. Other taro products such as taro ice-cream, taro maki, taro sushi, taro pizza, taro vinegar and many more taro, cassava, breadfruit and other marine products were part of the training.

Currently she is conducting a food processing training in Kosrae to a group of five community women where they learned how to make banana ketchup and other banana products such as jams and banana chips. The banana ketchup received great comments from all the participants.

The training is for all and it is free. For more information please contact Kosrae CRE office at 370-3191 or email to kkillin@comfsm.fm.

The banana ketchup sample is given to Director Kalwin for tasting and comments.



**Pohnpei CRE: WORLD FOOD DAY DEDICATED TO DR. LOIS ENGLEBERG ISLAND FOODS COMMUNITY OF POHNPEI
POHNPEI FARMERS SHOWCASE BEST CROPS**

On September 21, 2011 the public gathered at the Agriculture office in Pwunso to pay respect to the late Dr. Lois Englberg and witness the abundance of crops showcased by many local farmers. A variety of crops such as root crops (yam, taro, yam, tapioca sweet potato, giant taro, swam taro), green leafy vegetable, bananas, breadfruit, coconut, and sugar cane. There were also animal such as pigs, chickens, and goats. Homemakers showcased recipes such as banana chips, breadfruit chips, taro chips, and yam chips. Recipes for fish and chickens were also presented.



Special guests included the US Ambassador, Japanese Ambassador, the Chinese Counselor and the Australian Ambassador. Governor John Ehsa spoke, recognizing the good work by Dr. Lois Englberg for the people of FSM. Dr. Lois put the small state of Pohnpei around the globe due to her research and media coverage of Karat banana containing high vitamin A.

Students and teachers from many schools were present. The Agriculture and Food Technology COA of COM-FSM, Pohnpei Campus booth sold variety of food and plants while giving away free sample of lemon juice. Pohnpei public hospital, COM-FSM, CRE, and SPC gave out general information to the public and discussed the needs for more awareness of their programs

Scholarships

FOR FEDERATED STATES OF MICRONESIA STUDENTS AND PROFESSIONALS INTERESTED
IN STUDYING **CHILDHOOD WELLNESS**.

Are you interested in getting an advanced college degree in the area of childhood wellness? Can you research childhood obesity? Do you have a strong commitment to reside and work in your home country after graduation working on childhood obesity prevention? Are you a resident of the Federated States of Micronesia? If so, the Children’s Healthy Living Program (CHL) is looking for a few dedicated students for a full scholarship starting in 2012. Go to: www.chlpacific.org/ and click on the “Training/Education” tab for more information, selection criteria, and an application form. Contact Jim Currie (jimc@comfsm.fm) at College of Micronesia-FSM or Jonathan Deenik (jdeenik@hawaii.edu) at the University of Hawai’i with questions.

Application deadline is December 30, 2011. Go to: www.chl-pacific.org/ and click on the “Training/Education” tab for more information.

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