

# COMMUNITY HEARTBEATS

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## FALLBACK INTO GOOD HEALTH EVENT OCT 14, 2023

On Saturday, October 14, The Hope Center, Enterprise Community Development, and Edgewood/Brookland Family Support Collaborative are hosting a health fair event catering to the residents and surrounding community of Edgewood. This event will be held both outdoors and indoors on the Edgewood apartment complex and will feature an array of different health, wellness, and community living resources. Participants can look forward to health screenings, a cooking demonstration, chair massages, dental check-up, adult and child vaccinations, face painting, bouncy house, fitness classes and more. There is something for everyone!



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### ***INTRODUCING OUR MOST RECENT TEAM MEMBERS...***



Name: Lizzie Aquino Peterson

Title in the lab/ program awarded: Post-Baccalaureate Fellow

Education: BS in Biology, BA in French from University of Hawai'i at Mānoa

Hometown: Salt Lake City, Utah



Name: Dana Sandler

Title in the lab/ program awarded: Post-Baccalaureate Fellow (NIH Intramural Research Training Award)

Education- degree and institution: B.A. in Psychology & minor in Information Science from Cornell University

Hometown: Miami, Florida



Name: Sonal Sharda

Title: MRSP Fellow

Education: Johns Hopkins University B.S. Neuroscience, MHS Mental Health UMass Chan Medical School (Class of 2025 anticipated)

Hometown: Acton, MA

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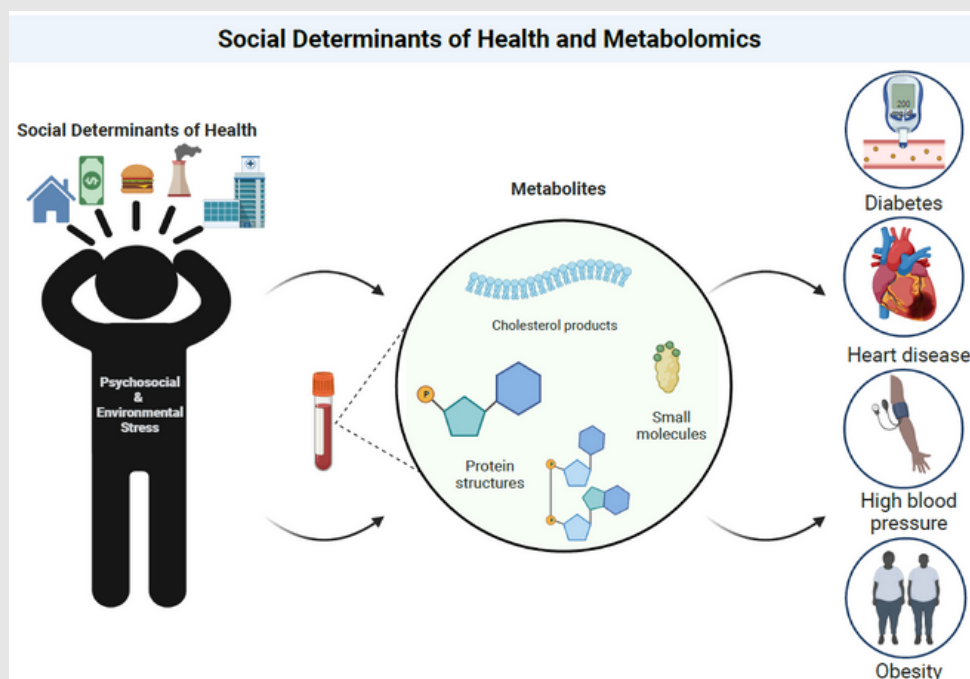
## TOPIC HIGHLIGHT: METABOLOMICS

Metabolomics is the study of all the small molecules within the body and how they interact. These small molecules, also known as metabolites, can serve as markers that could help detect the risk of developing a disease, such as diabetes, obesity, or heart disease.

We know that racial and ethnic minority communities experience higher rates of these diseases, and this could be due to social determinants of health, factors such as the neighborhood an individual lives in, their income, or their education, as well as psychosocial and environmental stressors, such as racism, discrimination, loneliness, and even lack of social support that an individual experiences. This project focuses on finding metabolites that are affected by different levels of social determinants of health and psychosocial and environmental stressors in the Washington, D.C. community.

We have data on metabolites from 40 participants from the Discovery Protocol and Pilot study. We analyzed the lab collections from these participants for metabolite levels. Then we compared the metabolite levels within each social and stress factor to see which metabolites are most affected. Ultimately, we found 100 metabolites that were significantly different within these social and stress factors. Most of these metabolites were amino acids, which are building blocks for the many proteins in the body. Also, we noticed a large amount were cholesterol products, which are important for fat storage and communication between cells within your body.

The next steps for this project are to connect these 100 metabolites to the risk of developing diabetes, obesity, and heart disease. We want to see how they interact with each other to either cause or protect against these diseases. We hope that we can find specific metabolites that are important in developing these diseases so that we can create interventions to prevent them, especially among individuals who experience worse social determinants of health and higher levels of psychosocial and environmental stress.



By Josh Jacobs, PharmD, BCCP

Summer Intern (GSOAR Program)  
University of Toledo - PharmD,  
University of Utah – PhD in  
Population Health Science (current)  
Hometown: Dayton, OH

## Air-Fryer Fish Tacos



Total Time

Prep: 30 min. Cook: 10 min./batch

Makes 8 servings

### Ingredients

3/4 cup reduced-fat sour cream

1 can (4 ounces) chopped green chiles

1 tablespoon fresh cilantro leaves

1 tablespoon lime juice

4 tilapia fillets (4 ounces each)

1/2 cup all-purpose flour

1 large egg white, beaten

1/2 cup panko bread crumbs

Cooking spray

1/2 teaspoon salt

1/2 teaspoon each white pepper, cayenne pepper and paprika

8 corn tortillas (6 inches), warmed

1 large tomato, finely chopped

### Directions

1. Place sour cream, chiles, cilantro and lime juice in a food processor; cover and process until blended. Set aside.
  2. Cut each tilapia fillet lengthwise into 2 portions. Place flour, egg white and bread crumbs in separate shallow bowls. Dip tilapia in flour, then egg white, then crumbs.
  3. Preheat air fryer to 400°. In batches, arrange fillets in a single layer on greased tray in air-fryer basket; spritz with cooking spray. Cook until fish flakes easily with a fork, 10-12 minutes, turning once.
  4. Combine seasonings; sprinkle over fish. Place a portion of fish on each tortilla; top with about 2 tablespoons sour cream mixture. Sprinkle with tomato. If desired, top with additional cilantro.
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