

# Summer 2018 NEWSLETTER



Where Western Diet  
-> Western Disease

## FIHRI MISSION

The mission of the non-profit Food Ingredient and Health Research Institute (FIHRI) is to eliminate harmful contaminants in food through research and consumer education.



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## From the Founding Executive Director's Desk: FIHRI'S Recent Activities!

This past year we gave several presentations on the Big Island of Hawai'i at local libraries and the Royal Rotary Club of Kona. We also ran two Healthy Diet tutorial support groups using FIHRI's online Healthy Diet tutorial. The tutorial is located on our website. In addition, we provided support for an alternative learning center on Hawai'i Island. This center was located in the Ka'u region and provided education for at risk students. Such students are labelled as "problem behaviors" and are at risk of failing. Unacceptable behaviors included drug use, violence, bullying, assault, and name calling. By the end of the school year, thirty three percent of the students made significant improvements both in behavior and academics and were included on the honor roll both 3<sup>rd</sup> and 4<sup>th</sup> quarters. To learn more about this project please visit our website to find an example of a unit of instruction provided during the behavior modification project. In addition to unique classroom management strategies, specially designed instruction was provided to meet the needs of local learners while they learned about agricultural and food safety issues. The instruction tied local pesticide use to food safety and bee health. Organic and healthy daily snacks were provided to the students as learning incentives.

Healthy Diet Tutorial Link <http://www.foodingredient.info/healthydiettutorial/syllabus.html>

Alternative Learning Center Project Link

<http://www.foodingredient.info/fihrinews/kauaalproject.html>

## Recent Publication in Scientific American



Two of our scientists published an article in the *Scientific American* journal updating our current model on the role of organophosphate pesticides in autism. This article has been shared on all social networking sites. To read it simply click on the link provided here:

<https://blogs.scientificamerican.com/observations/why-does-autism-impact-boys-more-often-than-girls/>. Articles we have published on this model have been cited nearly 250 times in the literature by other researchers outside of the United States who have the financial means to follow the line of research.

## FIHRI Participates in Big Island Hawai'i Community Health Fair



We participated in the 1<sup>st</sup> Annual Discovery Harbor Health Fair on November 4, 2017. We prepared hundreds of brochures and flyers to share with participants. The health fair was well attended by health department representatives from the Big Island, Ka'u community members, and representatives from local organizations. Several attendees stopped by FIHRI's table to learn more about our mission and educational tools.

## New Partnerships on the Horizon

We are working with a local organic farm to put together a healthy food conference on the Big Island during the next year

Meanwhile, it continues to be difficult to operate without funding support. We recently received a \$40 donation from a supporter in Ireland. We are increasingly in need of your financial support to continue our nutrition education and research programs. Your donation pays for consumer information materials, website maintenance, donated healthy snacks and educational seminars. Please contact us to discuss how you may conduct fundraising in your community today as a FIHRI volunteer! Or alternatively, please use the Mozilla or Internet Explorer browser to make your donation today. You may access our donor page at the following link: <http://foodingredient.info/membership/joinus.html> Remember, it takes more than a handful of people to change the future and improve child health outcomes.

**FIHRI**  
Food Ingredient & Health  
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