

Eating for Health

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Food and Nutrition Insecurity is...

• Definition



Food and nutrition insecurity can be defined as the inability to access adequate quantities of nutritious foods required for optimal growth and development. There is a direct relationship between food and nutrition insecurity and poverty ([NHLBI, 2016](#)).



...is a National Problem

Feeding America's annual "Map the Meal Gap" report highlights key data and trends related to food security.

Key findings for 2019 include:



40 million people, including more than 12 million children, in the **United States are food insecure** as of 2017, as estimated by the USDA.¹ That means 1 in 8 individuals (13%) and 1 in 6 children (17%) live in households without consistent access to adequate food.

Every U.S. county and congressional district is home to people who face hunger.



- Estimated rates of county food insecurity range from 3% to 36% for the overall population.
- **Mississippi** is home to the highest county rate and **Michigan** is home to the highest district rate in the country, but no community is free of food insecurity.

...is a Local Problem

143,466

KANSAS CITY METRO AREA
HOUSEHOLDS
DON'T KNOW WHERE THEIR
NEXT MEAL IS COMING FROM

Just under **13 percent of the population** in 6 counties (Allen, Johnson and Wyandotte in Kansas: Cass, Jackson and Lafayette in Missouri) are food insecure.

This includes **more than 150,000 adults and 41,000 children**. The rate ranges from a high of more than 17 percent in Allen and Wyandotte counties to a low of 9 percent in Johnson county.

Correlation between

Nutrition and Food insecurity and other health issues

Counties with the highest rates of food insecurity also have a higher prevalence of diabetes, obesity and persons with some form of disability.

The county-level analysis in [Map the Meal Gap](#) reflects the previously stated narrative. Among counties with the highest estimated rates of food insecurity (top 10%):



- one in eight individuals has a diabetes diagnosis
- one in three individuals experience obesity
- one in five has some form of disability

Negative Effects

of Nutrition and Food insecurity on early childhood development

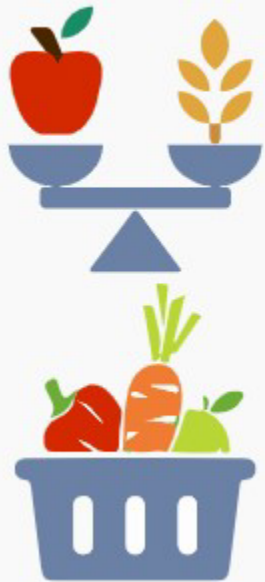
There is a broad base of literature illustrating links between food insecurity and poor child health and behavioral outcomes at every age. ([Source](#))



- Inadequate nutrition can permanently alter children's brain architecture and stunt their intellectual capacity, affecting children's learning, social interaction and productivity.

The goal

Important Definitions for this Playbook:



Nutrition security emphasizes the importance of essential nutrients, as noted by the National Institutes of Health. Adequate nutrition security requires the intake of a wide range of foods which provides the essential needed nutrients.

Food security refers to availability and access to food for all people.

In order to address this issue, we will need to continue to support policy, systems, and

Healthy eating – how to



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Make the healthy the easy choice



Making small, simple changes to your overall eating pattern can help you and your family stay healthy. Learn the basics of good nutrition and making healthy food and drink choices.



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Eat an overall healthy dietary pattern that emphasizes:

- a variety of [fruits and vegetables](#)
- whole grains
- low-fat dairy products
- skinless [poultry and fish](#)
- nuts and [legumes](#)
- [non-tropical vegetable oils](#)



VEGETABLES

CANNED, DRIED, FRESH & FROZEN

5 SERVINGS or 2.5 CUPS



FRUITS

CANNED, DRIED, FRESH & FROZEN

4 SERVINGS or 2 CUPS



WHOLE GRAINS

BARLEY, BROWN RICE, MILLET, OATMEAL, POPCORN AND WHOLE WHEAT BREAD, CRACKERS & PASTA

3-6 SERVINGS or 3-6 OUNCES



DAIRY

LOW FAT (1%) AND FAT-FREE

3 SERVINGS or 3 CUPS



PROTEINS

EGGS, NON-FRIED FISH, LEAN MEAT, LEGUMES, NUTS, SKINLESS POULTRY & SEEDS

1-2 SERVINGS or 5.5 OUNCES



OILS

POLYUNSATURATED AND MONOUNSATURATED CANOLA, OLIVE, PEANUT, SAFFLOWER & SESAME OIL

3 TBSP



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LIMIT

- Sweetened drinks
- Sodium and salty foods
- Saturated fats and dietary cholesterol
- Fatty or processed red meats – if you choose to eat meat, select leaner cuts
- Refined carbohydrates like added sugars and processed grain foods
- Full-fat dairy products
- Tropical oils such as coconut and palm oil

AVOID

- Trans fat and partially hydrogenated oils - found in some commercially baked and fried foods

THE SALTY SIX

DID YOU KNOW?

THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET*

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.

Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

 <h3>BREADS & ROLLS</h3> <p>Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.</p> <p>1</p>	 <h3>COLD CUTS & CURED MEATS</h3> <p>One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.</p> <p>2</p>	 <h3>PIZZA</h3> <p>A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.</p> <p>3</p>
 <h3>POULTRY</h3> <p>Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.</p> <p>4</p>	 <h3>SOUP</h3> <p>Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.</p> <p>5</p>	 <h3>SANDWICHES</h3> <p>A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.</p> <p>6</p>

*Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), Vital Signs: Food Categories Contributing the Most to Sodium Consumption—United States, 2007–2008, February 10, 2012 / 61(05):92–98.



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Building Healthy lunch habits at work:

Among the 85% of employed Americans who typically eat lunch at work:



79%



with an on-site cafeteria, food service or vending machine get food there at least some of the time.



More than half

struggle to eat a healthy lunch at work (56%).

More than 1 in 3

say that on a stressful day at work, their lunch is less healthy than a typical day (35%).





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When shopping – learn what to look for on the label

1

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

2

Amount per serving
Calories 230

3

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%

4

Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

5

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1* Start with the serving information at the top.

2* Next, check total calories per serving and container.

3* Limit certain nutrients.

4* Get enough of the beneficial nutrients.

5*- Understand % Daily Value.

Healthy eating and outreach



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Creating opportunities: Complex problems need complex solutions

NEXT STEPS



- Connect with local agencies who are doing the work, stakeholders, and the public (community forums). Ask for support and direction.
 - Identify need and opportunities
- Support or provide initiatives to educate on healthy food. The can is ok - teach on how to recognize what ingredients are and what can be selected.
- Research Policies and guidelines to provide to others and to potentially start grassroots level change.

Questions



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Thank you!

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