



EATING FOR HEALTH

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DON'T EAT THAT- WELL MAYBE

AGENDA

WHAT YOU CAN TAKE AWAY

- Understanding of food insecurity
- Understanding of ways to implement healthy eating in your organizations & daily work
- Supportive actions you can make to help combat the problem

FOOD INSECURITY

- Hunger is a physiological state. Hunger describes the physical pain and discomfort one feels when they lack enough food and is only one of the symptoms of food insecurity.
- United States Department of Agriculture (USDA) defines food insecurity as a state in which “Either due to lack of money or other resources, constant access to sufficient food is limited at times during the year
- In 2015, 42.2 million Americans (13 percent of households) were estimated to live in food insecurity — meaning they did not know where their next meal would come from.
- 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.

LOCAL IMPACT OF FOOD INSECURITY

Table 1: Local impact of food insecurity

		Total Population	Food Insecure %	Food Insecure Adults	Health care cost ^a Adults	Food Insecure Children	Health care cost ^b Children	School Absenteeism Days
	Area	2010 US Census	Cost of Food Insecurity Calculator Output*					
	Kansas City Metro	2,035,334	12.00%	192,251	\$1,048,042,552	51,874	\$23,126,985	377,424
	Kansas City MO	459,787	15.29%	56,698	\$309,085,085	13,583	\$6,055,709	95,032
KANSAS	Allen County	13,371	17.09%	1,822	\$9,932,502	463	\$206,419	3,400
	Johnson County	544,179	9.08%	38,623	\$210,550,517	10,771	\$4,802,035	78,816
	Wyandotte County	157,505	17.22%	20,895	\$113,907,595	6,225	\$2,775,292	43,704

* INFORMATION COLLECTED BY HEALTH FORWARD FOUNDATION AND THE HSM GROUP 2017 Calculator estimates are obtained by the CFI Calculator. Health care costs include PCP visits, emergency department visits, hospitalization, and medication costs for chronic conditions stemming from food insecurity. Health care costs include PCP visits, preventative care, emergency department visits, hospitalization, and medication costs for children

EFFECTS OF FOOD INSECURITY

- 51.7 percent of food insecure adults suffer from obesity and 45.1 percent suffer from diabetes.
- 21 percent of food-insecure children suffer from poor health
- Food insecurity poses an invisible challenge to employers by impacting workforce productivity.

Impact of hunger on students at school ⁹	
Impact on education	% of educators reporting
Inability to concentrate	88%
Lack of energy or motivation	87%
Poor academic performance	84%
Tiredness	82%
Behavioral problems	65%
Students feeling sick	53%

HOW TO EAT HEALTHY

A stylized graphic on a dark red background. On the left, there is a white mushroom with a red cap. Above the mushroom, there are red, flame-like shapes. A dotted white line curves around the mushroom and extends towards the top right corner.

AMERICAN HEART ASSOCIATION GUIDELINES

How Do I Follow a Healthy Diet?

The American Heart Association recommends an eating plan that emphasizes intake of vegetables, fruits, and whole grains and includes low-fat dairy products, poultry, fish, legumes (dried beans and peas), nontropical vegetable oils, nuts and seeds. It should limit intake of sodium, sweets, sugar-sweetened beverages and red meats.



EAT HEALTHY: WHAT DOES IT REALLY MEAN?

FRUITS, VEGETABLES, AND THE LIKES

- A typical adult should try for 4–5 servings of fruits and 4–5 servings of vegetables every day. A serving is one medium fruit; 1 cup raw leafy vegetable; ½ cup raw, cooked, canned or frozen vegetables or fruits; ½ cup juice; or ¼ cup dried fruit.
- Limit processed meats, which can be high in sodium and fat, to no more than two servings per week. Processed meats include sandwich meat, sausage and hot dogs. (A serving is 2 oz.)
- Eat at least four servings a week of nuts, seeds and legumes (beans). (A serving is 1/3 cup nuts, 2 Tbsp. seeds or 1/2 cup dry beans or peas.)
- Juice – 100% fruit or vegetable juice (or juice and water)
- No more than 120 calories per 8 fl. oz. (preferred serving size), 150 calories per 10 fl. oz., or 180 calories per 12 fl. oz.





A stylized graphic of a torch with a white handle and a red flame, set against a dark red background. The flame is composed of several curved, overlapping shapes. A dotted white line curves around the torch handle and extends towards the top right corner of the image.

DO BOTH

EAT HEALTHY EVEN THOUGH YOU MAY BE FOOD INSECURE

CREATING OPPORTUNITIES

- Connect with local agencies. Support or provide an initiative to educate on consumption of health food

GIVING ALTERNATIVE OPTIONS

- The can is ok- teach on how to recognize what ingredients are and what can be selected

SUPPORT THE PUBLIC

- Reach out to local agencies who are doing the work and ask for support and direction on who to connect with. The can is ok- teach on how to recognize what ingredients are and what can be selected.
- Research Policies and guidelines to provide others with on starting at the grassroots level. Ask public to identify and participate in community forums that discuss where the needs are the greatest.

QUESTIONS