Eating for Health
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Presentation for ECHO Series

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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).

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. 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.

Source: https://www.feedingamerica.org/sites/default/files/2019-05/2017-map-the-meal-gap-all-modules_0.pdf
...is a Local Problem

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

Source: https://www.feedingamerica.org/sites/default/files/2019-05/2017-map-the-meal-gap-all-modules_0.pdf
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.

Source: hunger-health-impact-poverty-food-insecurity-health-well-being.pdf (frac.org)
The goal

Important Definitions:

**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.
Healthy eating – how to
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.
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**

<table>
<thead>
<tr>
<th>Category</th>
<th>Example Foods</th>
<th>Servings/Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables</strong></td>
<td>Canned, dried, fresh &amp; frozen</td>
<td>5 servings/2.5 cups</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>Canned, dried, fresh &amp; frozen</td>
<td>4 servings/2 cups</td>
</tr>
<tr>
<td><strong>Whole Grains</strong></td>
<td>Barley, brown rice, millet, oatmeal, popcorn and whole wheat bread, crackers &amp; pasta</td>
<td>3-6 servings/3-6 ounces</td>
</tr>
<tr>
<td><strong>Dairy</strong></td>
<td>Low fat (1%) and fat-free</td>
<td>3 servings/3 cups</td>
</tr>
<tr>
<td><strong>Proteins</strong></td>
<td>Eggs, non-fried fish, lean meat, legumes, nuts, skinless poultry &amp; seeds</td>
<td>1-2 servings/5.5 ounces</td>
</tr>
<tr>
<td><strong>Oils</strong></td>
<td>Polyunsaturated and monounsaturated canola, olive, peanut, safflower &amp; sesame oil</td>
<td>3 tbsp</td>
</tr>
</tbody>
</table>
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
Building Healthy lunch habits at work:

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

- **79%** of those who eat lunch at work do so at an on-site cafeteria, food service, or vending machine. 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%).
When shopping – learn what to look for on the label

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.

### Nutrition Facts

- **Serving size**: 2/3 cup (55g)
- **Calories**: 230
  - **Total Fat**: 8g (10%)
  - **Saturated Fat**: 1g (5%)
  - **Trans Fat**: 0g
  - **Cholesterol**: 0mg
  - **Sodium**: 160mg (7%)
  - **Total Carbohydrate**: 37g (13%)
    - **Dietary Fiber**: 4g (14%)
  - **Total Sugars**: 12g
    - Includes 10g Added Sugars (20%)
  - **Protein**: 3g

*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.*
Healthy eating and outreach
Creating opportunities: Complex problems need complex solutions

• 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
Thank you!

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