Your Health Matters: Nutritious Eating

1: Introduction
Acknowledgement

This curriculum was created by The University of Texas School of Public Health, Brownsville Regional Campus with partial funding from the University of Texas Community Outreach supported by the Texas Department of State Health Services (DSHS).
Knowledge Questionnaire
Nutritious Eating
Program Goals

Expand understanding about why proper nutrition is important for a healthy life.

Demonstrate how eating right helps reduce risk for chronic diseases.

Empower participants to make healthy food choices and counsel clients with meal planning strategies.

Provide a curriculum which gives Community Health Workers the knowledge and skills about nutritious eating to impart to their communities.

This curriculum provides the nutrition component to compliment the *Your Health Matters: Fitness for Life* curriculum.
Nutritious Eating
Learning Objectives

- Describe the obesity epidemic and its implications to health.
- Describe how the energy balance influences healthy weight maintenance or weight loss.
- Give examples of how food portions have changed in the past 20 years and the implications of these changes.
- Recognize the Go-Slow-Whoa concept and give an example of each type of food.

More…
Nutritious Eating
Learning Objectives

- Identify the six basic nutrients.
- Explain the Nutrition Facts food labels and state the low and high percentages for the daily values.
- Plan a healthy meal.
Nutritious Eating Program Materials CD

PowerPoint Presentations, Handouts, Information Sheets, Activities, and Videos

INTRODUCTION

ENERGY BALANCE

PORTION DISTORTION

HEALTHY EATING

THE BASIC NUTRIENTS

THE NUTRITION FACTS LABEL

MEAL PLANNING

CONCLUSION

BONUS MATERIAL

Diabetes Information and Activities

APPENDICES

Glossary

Additional Resources

Handouts
How prepared do you feel to educate people about healthy food choices?
So why are we here? …
Obesity is an Epidemic

#1 health problem facing American children

A defining public health challenge for the next half-century

The most challenging public health problem ever faced
What is Obesity?
## Adult Overweight & Obesity

### Body Mass Index (BMI)

**Degree of body fat based on height and weight**

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<th>Height (inches)</th>
<th>Body Weight (pounds)</th>
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### Guidelines for Adults 20 Years and Older

- **Obese**
  - BMI of 30+
  - Extremely Obese
  - BMI of 40+

For adults 20 years and older

- **Overweight**
  - BMI of 25 to 29.9

- **Obese**
  - BMI of 30+

- **Extremely Obese**
  - BMI of 40+

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Nutrition Through the Life Cycle, Brown 2008; National Heart Lung and Blood Institute-National Institutes of Health
Childhood Obesity

BMI-for-age Growth Charts

For children 2 to 19 years

Overweight
BMI between 85<sup>th</sup> and 95<sup>th</sup> percentile

Obese
BMI at or above 95<sup>th</sup> percentile
Why Do We Care?

Obesity is a major risk factor for:

- Cardiovascular disease
- High total cholesterol
- High blood pressure
- Type 2 diabetes
- Stroke
- Liver disease
- Gall bladder disease
- Certain cancers
- Osteoporosis
Obesity Trends Among U.S. Adults

BRFSS, 1985

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 1986
Obesity Trends Among U.S. Adults
BRFSS, 1990

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 1991
Obesity Trends Among U.S. Adults
BRFSS, 1993

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 1995

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 1996

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 1997

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Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults

BRFSS, 1999

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 2000

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 2001

No Data           <10%          10%–14%
15%–19%              20%–24%              25%–30%

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 2002

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 2003

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 2005

[Map showing obesity trends across the United States with different colors representing various percentage ranges.]
Obesity Trends Among U.S. Adults
BRFSS, 2008

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 2009

Centers for Disease Control and Prevention
66% of all Americans are **overweight** with a BMI above 25

[Diagram with icons: 66% in blue, 34% in light blue]

- = Healthy Weight
- = Overweight

*Ogden et al, 2006
Centers for Disease Control and Prevention, 2010*
29% of all Americans are obese with a BMI above 30

= Healthy Weight

= Overweight

= Obese
5% of all Americans are extremely obese with a BMI above 40

- Healthy Weight
- Overweight
- Obese
- Extremely Obese

Ogden et al, 2006
Centers for Disease Control and Prevention, 2010
Adult Obesity By Race

For Non-Hispanic Black Americans - 36% are obese

For Hispanic Americans - 29% are obese

For Non-Hispanic White Americans - 24% are obese

Centers for Disease Control and Prevention, 2006–2008 Behavioral Risk Factor Surveillance data
Children today have a lower life expectancy than their parents

17% of American children (approximately 1 in 5) age 2 to 19 years old are obese

Centers for Disease Control and Prevention, 2007-2008 NHANES data
Childhood Obesity

For Non-Hispanic Black children age 12 to 19 years old - 49% are obese

For Mexican American children age 12 to 19 years old - 34% are obese

For Non-Hispanic White children age 12 to 19 years old - 31% are obese

Centers for Disease Control and Prevention, 2007-2008 NHANES data
Adult Obesity in Texas

2008 Estimates of the Percentage of Adults Age ≥20 Who Are Obese in Texas

Cameron County (Brownsville) – 26.7%
Galveston County (Galveston) – 27.2%
Nueces County (Corpus Christi) – 27.7%
Webb County (Laredo) – 28.2%

Centers for Disease Control and Prevention: National Diabetes Surveillance System.
What are the health problems created by obesity?
Consequences for Obese Individuals

- Poor Physical Health
- Poor Emotional Health
- Poor Social Health

Obesity
Why do we “eat ourselves to death”?!?
Because we can.
How did we get here?

- Not a simple question.
- Many factors make this complex.
- Most simple answer:
  - Eating more
  - Moving less
  - Treatment mostly ineffective
Toxic Environment:
Inexpensive unhealthy food available everywhere
Toxic Environment

Cradle to Grave Marketing
Toxic Environment: Junk Food as Early Education
Toxic Environment: Conflicting Messages
Toxic Environment: Food Advertising

Food, beverages, candy
$7,313,200,000

Restaurants and fast food
$5,061,000,000
Eating Behaviors

What is the most influential factor that determines how much children and adults eat?

A. Hunger
B. Mood
C. PORTION SIZE
D. Time of Day
Adults & Children eat more if given a larger portion size

• Children 3-5 years old ate 25% more of an entrée when given portions that were double an age-appropriate standard size.

• Adults ate more food when given larger portions and rated hunger and satiety the same
Toxic Environment: Portion Sizes

• **Original** McDonald’s burger, fries and 12 ounce soft drink: **590 Calories**

• **Super Size Extra Value Meal** – Quarter Pounder with cheese, super size fries and a super size soft drink: **1,550 Calories**

• **Go Active! Happy Meal** – one of McDonald’s four Premium Salads, a fountain drink of choice or bottled water, a Stepometer™ to track one’s daily steps, and an informative booklet. (California Cobb Salad + medium soft drink): **580 kcal**
Toxic Environment: Portion Sizes

64 oz.  44 oz.  32 oz.  16 oz.
...AND THE REAL

1954
Burger King

2.8 oz
202 calories

2004

4.3 oz
310 calories

1955
McDonald’s

2.4 oz
210 calories

7 oz
610 calories
The Heavy Cost of Fat
National Geographic, August 2004

1900
Hershey's
2 oz
297 calories

1916
Coca-Cola
6.5 fluid oz
79 calories

1950s
Movie popcorn
3 cups
174 calories

7 oz
1,000 calories
16 fluid oz
194 calories
21 cups (buttered)
1,700 calories
Toxic Environment: Moving Less

- TV, computers, video games
- Safety concerns
- Decrease in PE class time
“On a scale of 0-10, how important is it to plan and eat fresh fruits and vegetables and whole grains?"
Community Health Workers can help bring about change with health promotion.

Let’s begin!
Switch to *Energy Balance* PowerPoint