



# **Intervention for Prevention: A Comprehensive Guide to Healthy Food Decision Making**

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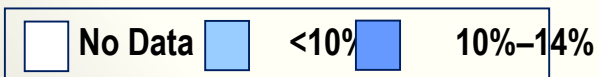
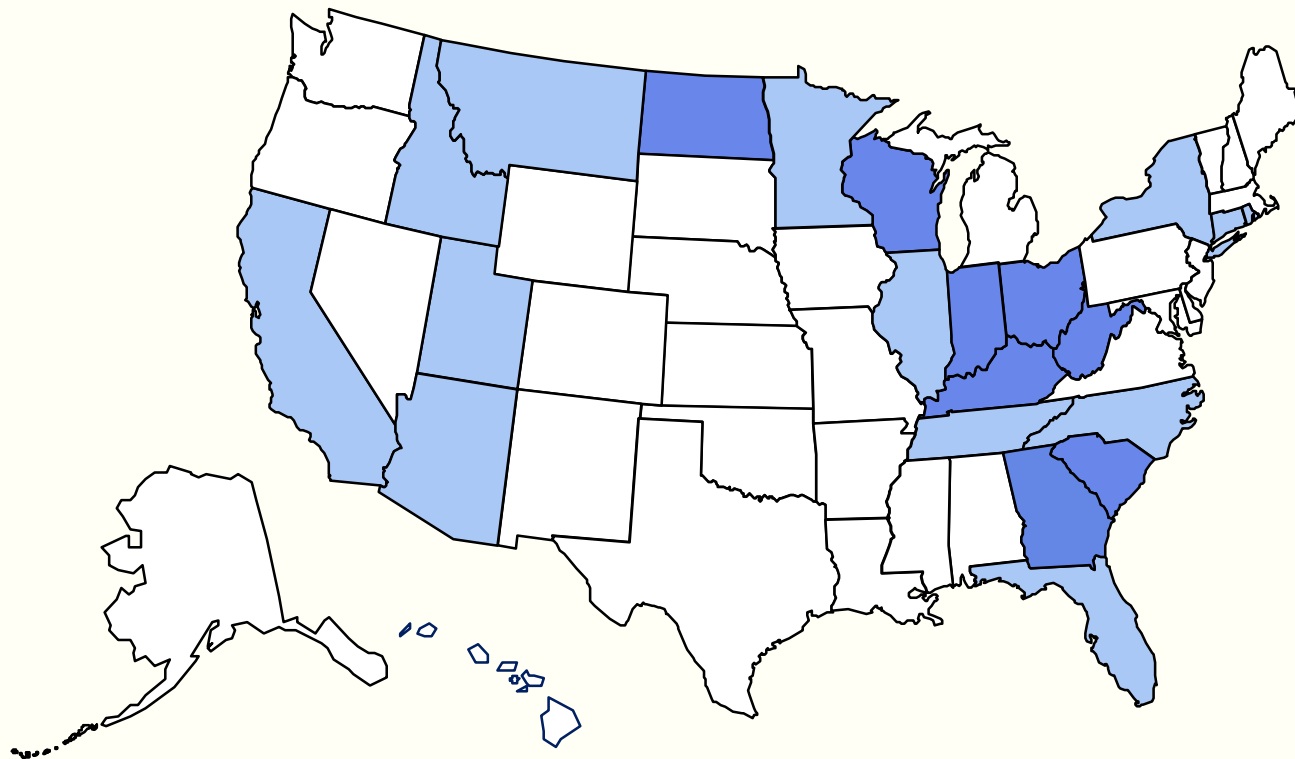
# Introduction & Background

- According to the CDC National Health Statistics for 2011, heart disease, stroke, and diabetes were among the Top 10 leading causes of death in the United States.
- Most of these diseases are associated with hypertension, obesity, and hyperlipidemia, which are largely preventable and can be adequately managed with proper diet and exercise.
- Obesity has been linked to the increased consumption of fast food by Americans.
- More than one-third of American adults are obese.
- During 2007–2010, fast food was consumed the most by adults aged 20-39, non-Hispanic blacks, or obese.
- Non-Hispanic blacks also consumed the more calories from sugar than their non-Hispanic White and Hispanic counterparts.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1985

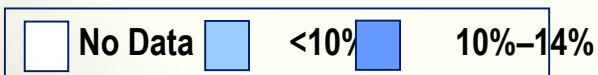
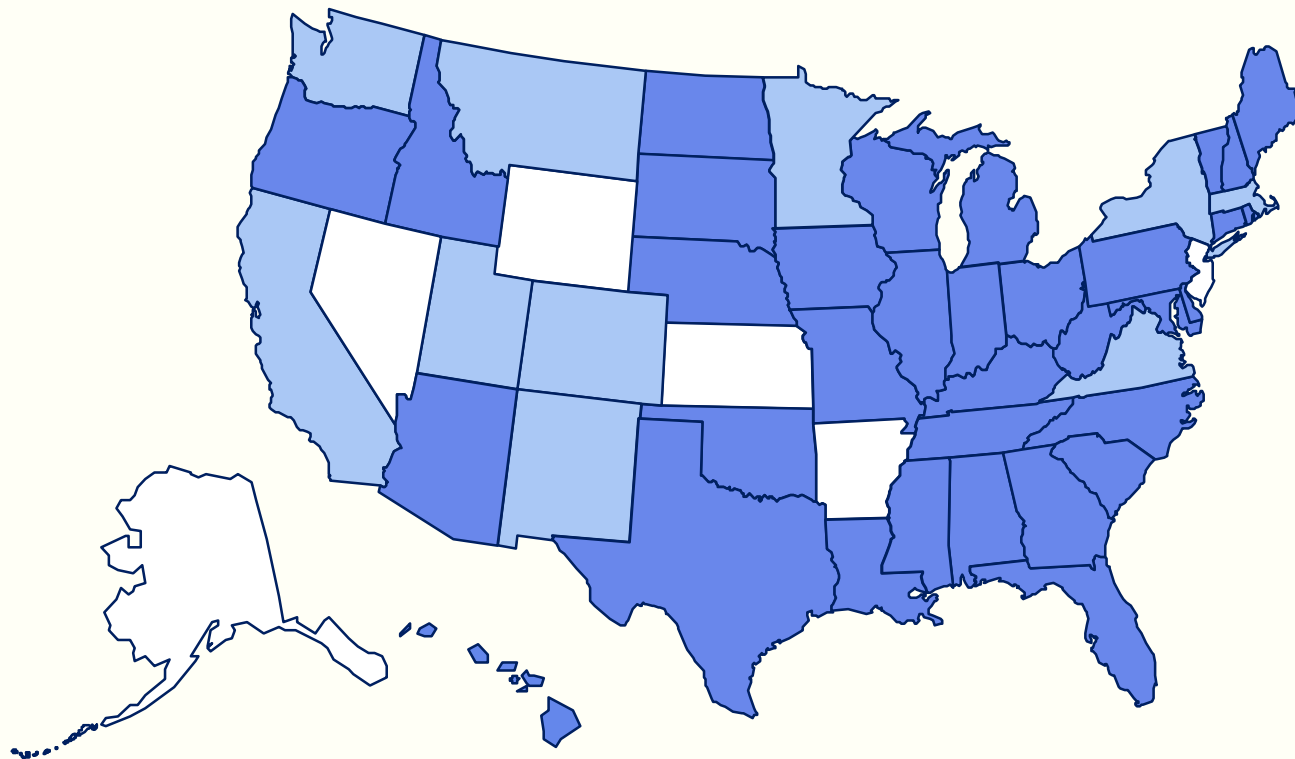
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1990

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



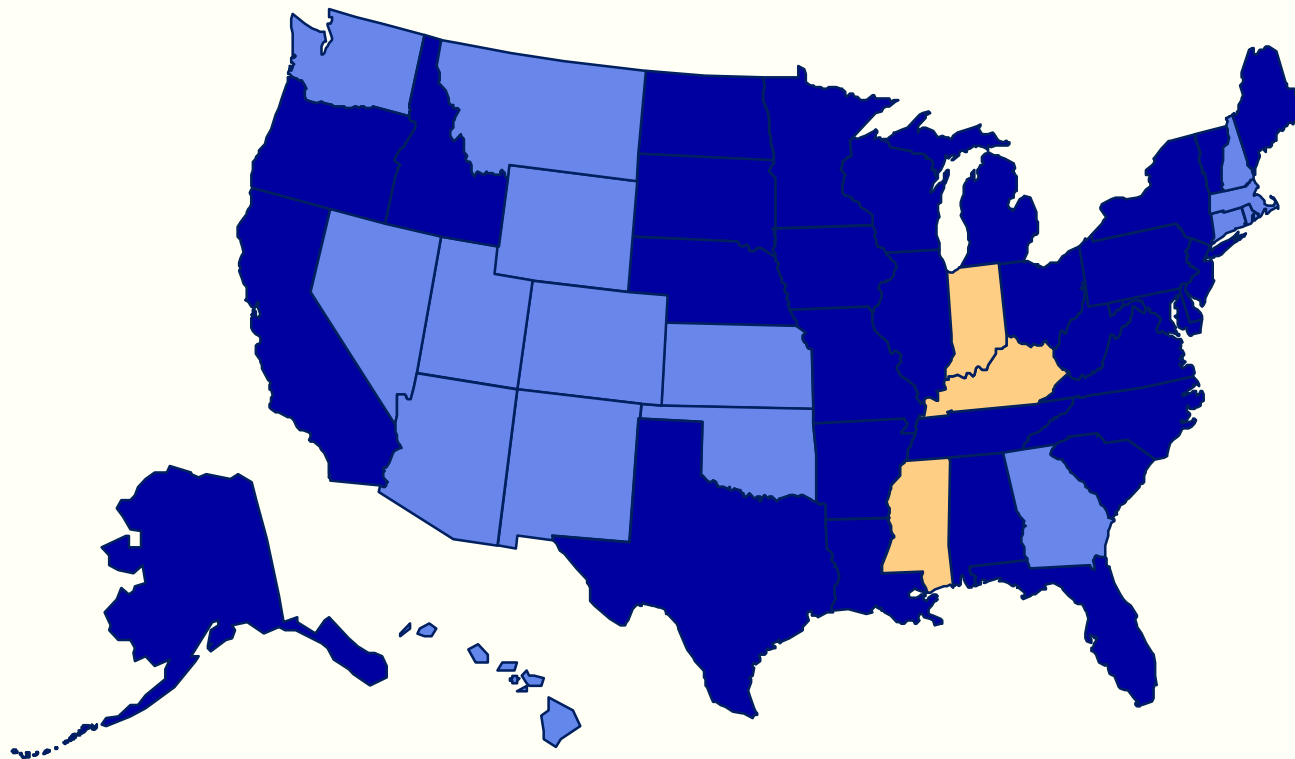




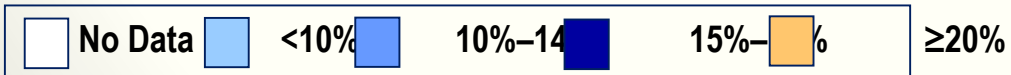
# Obesity Trends\* Among U.S. Adults

## BRFSS, 1997

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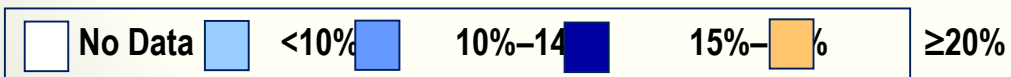
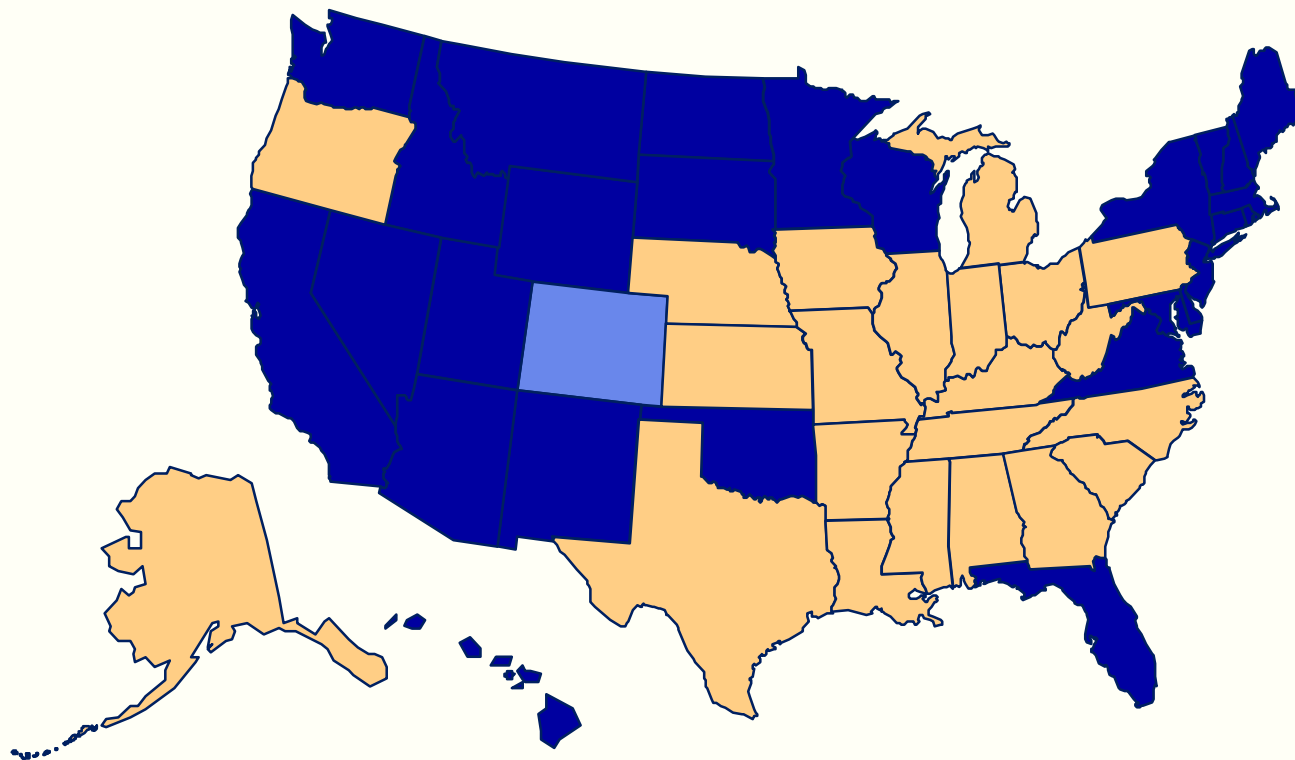
New Category Added!



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2000

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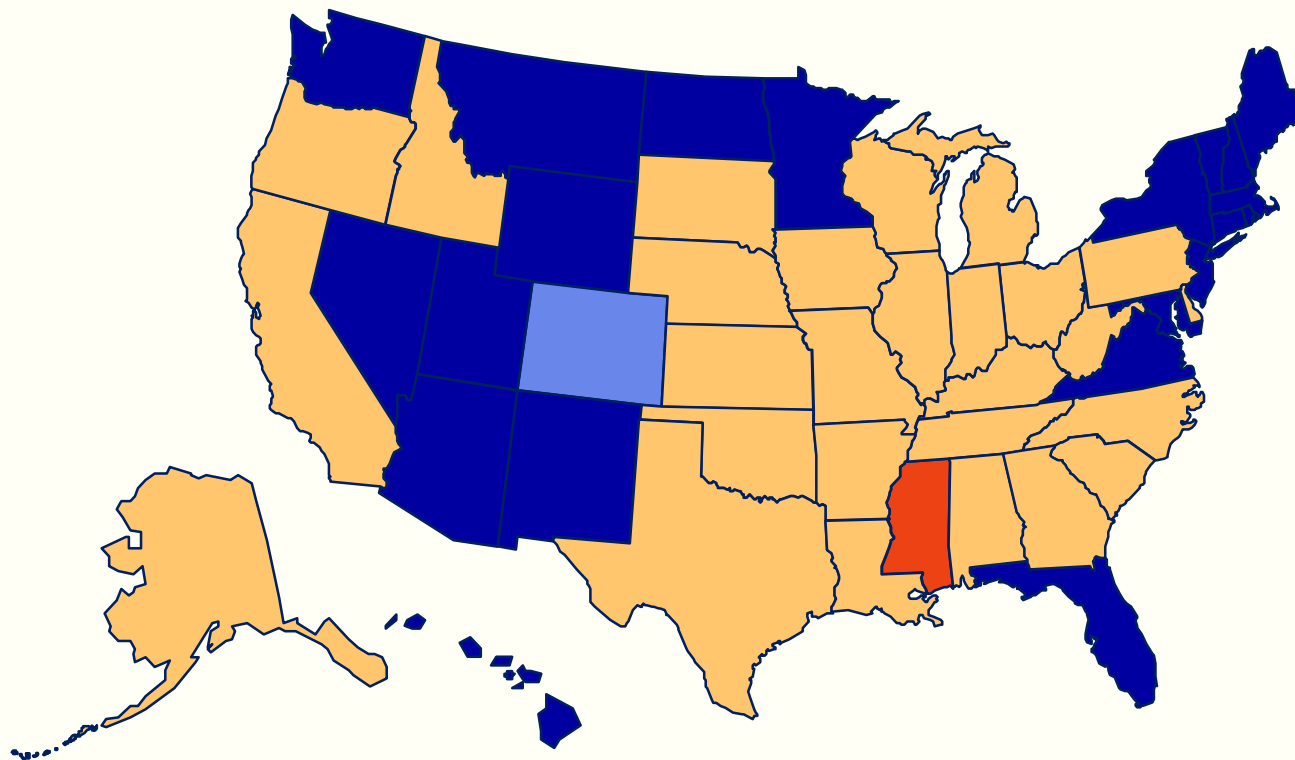




# Obesity Trends\* Among U.S. Adults

## BRFSS, 2001

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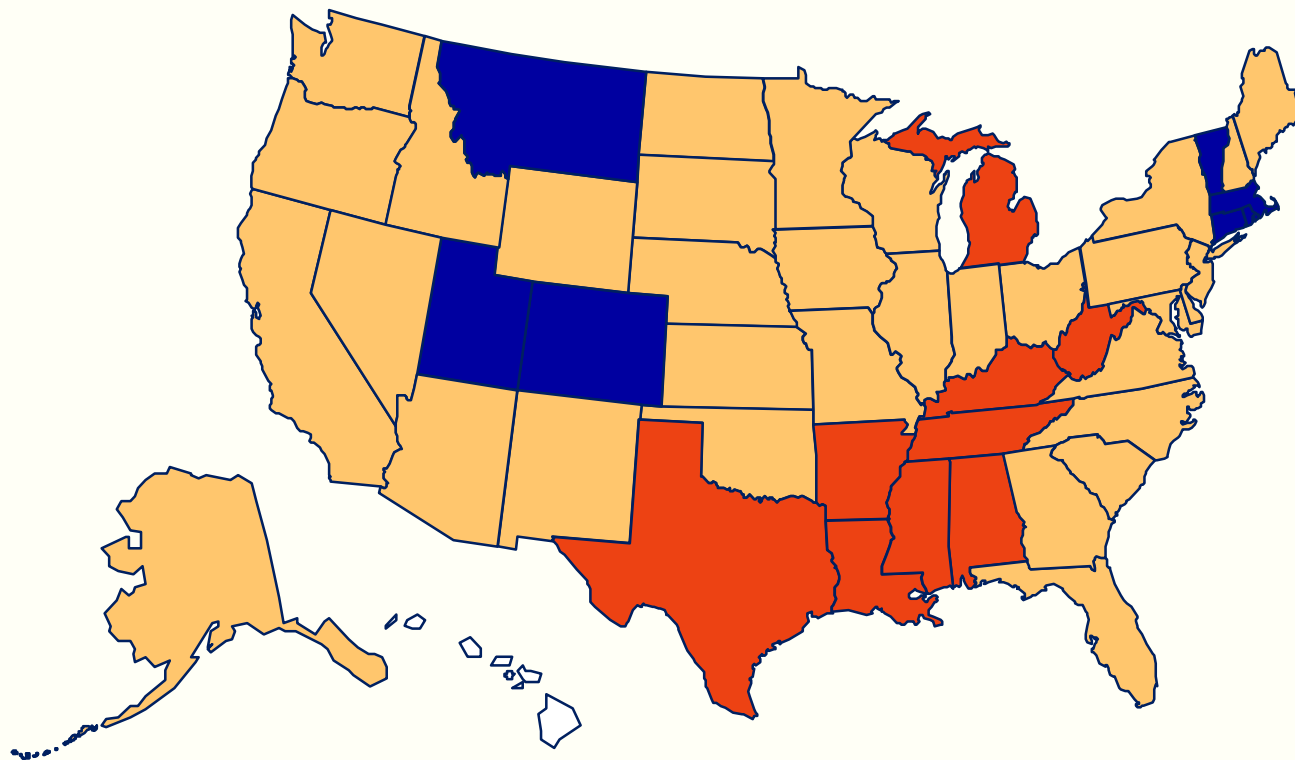
New Category Added!



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2004

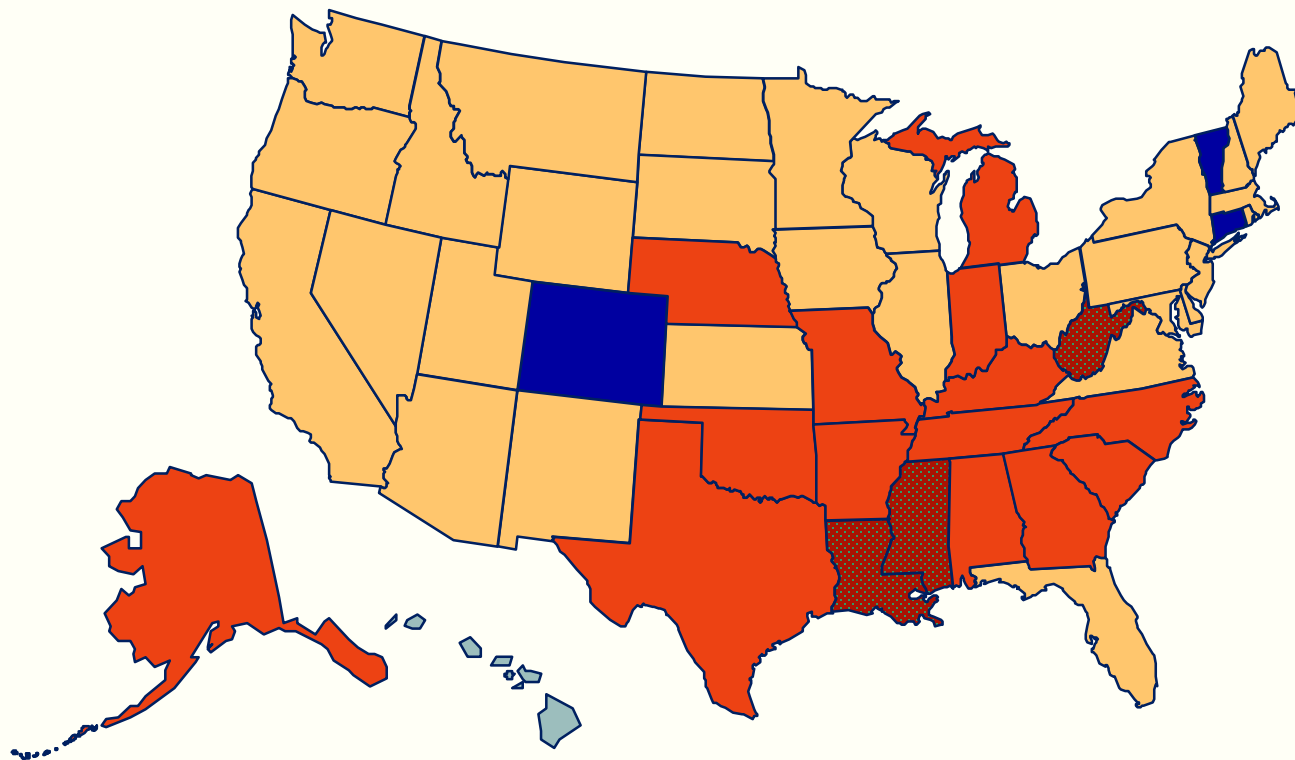
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



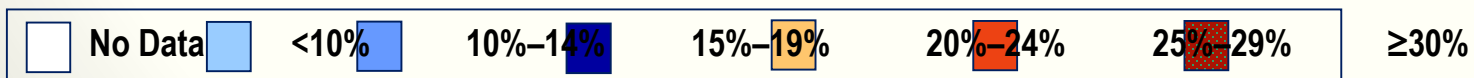
# Obesity Trends\* Among U.S. Adults

## BRFSS, 2005

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



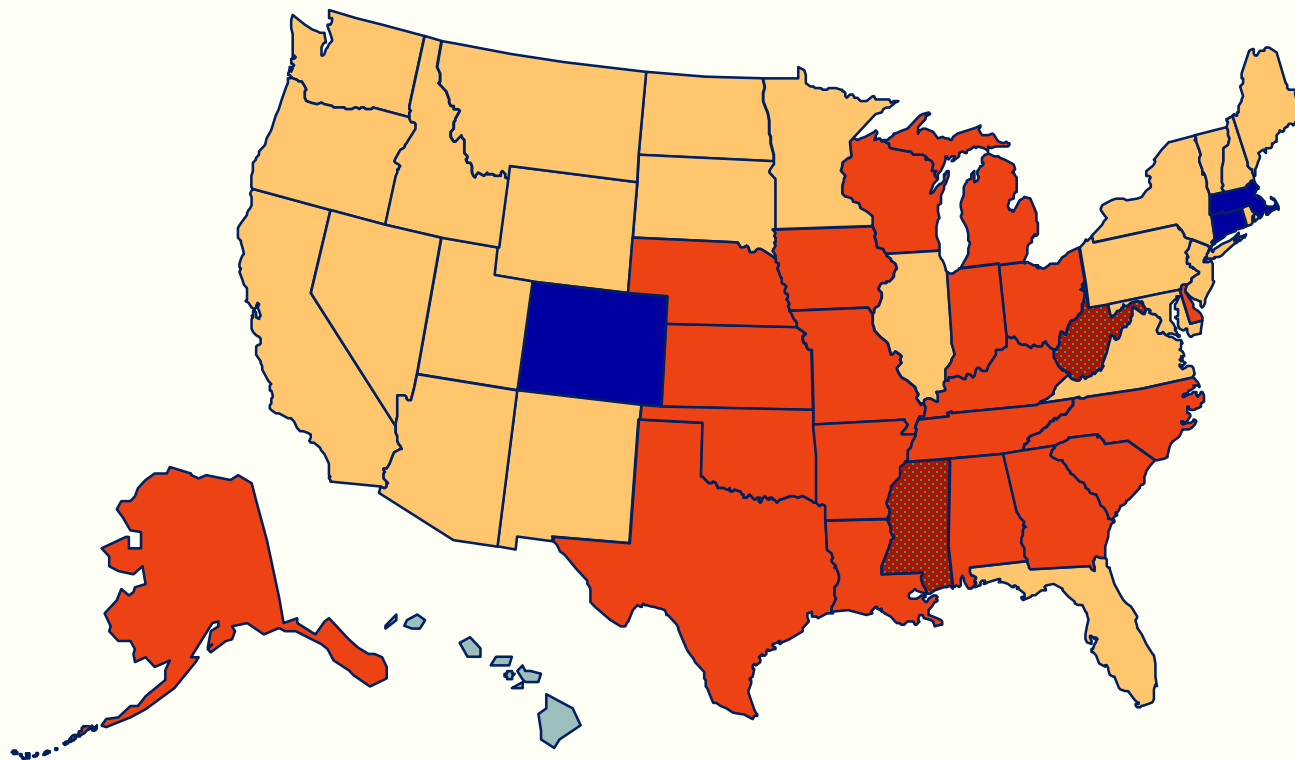
New Category Added!



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2006

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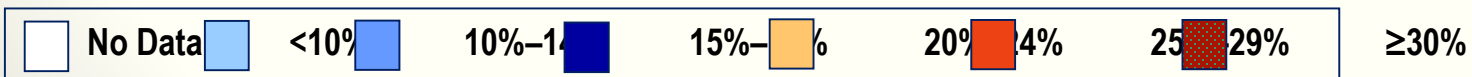
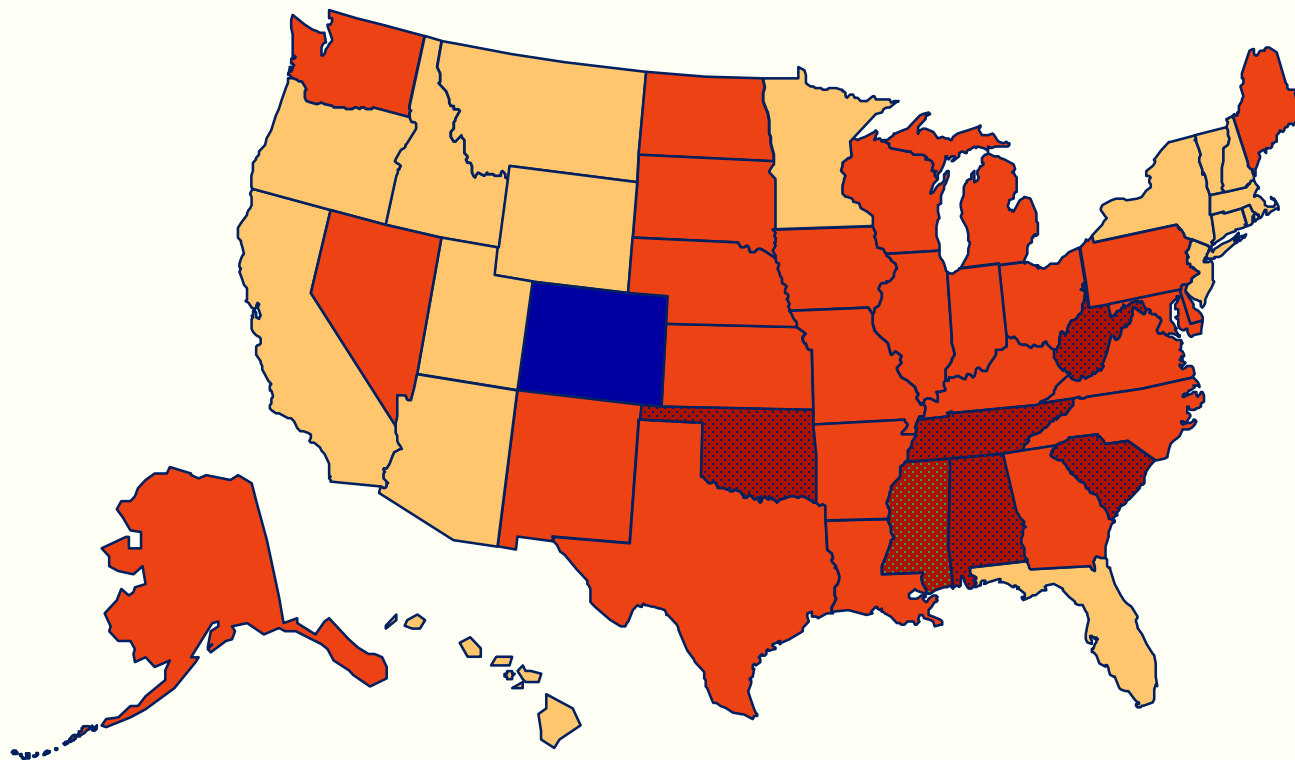




# Obesity Trends\* Among U.S. Adults

## BRFSS, 2008

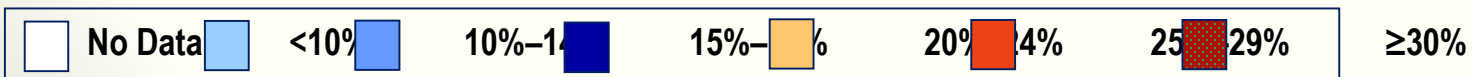
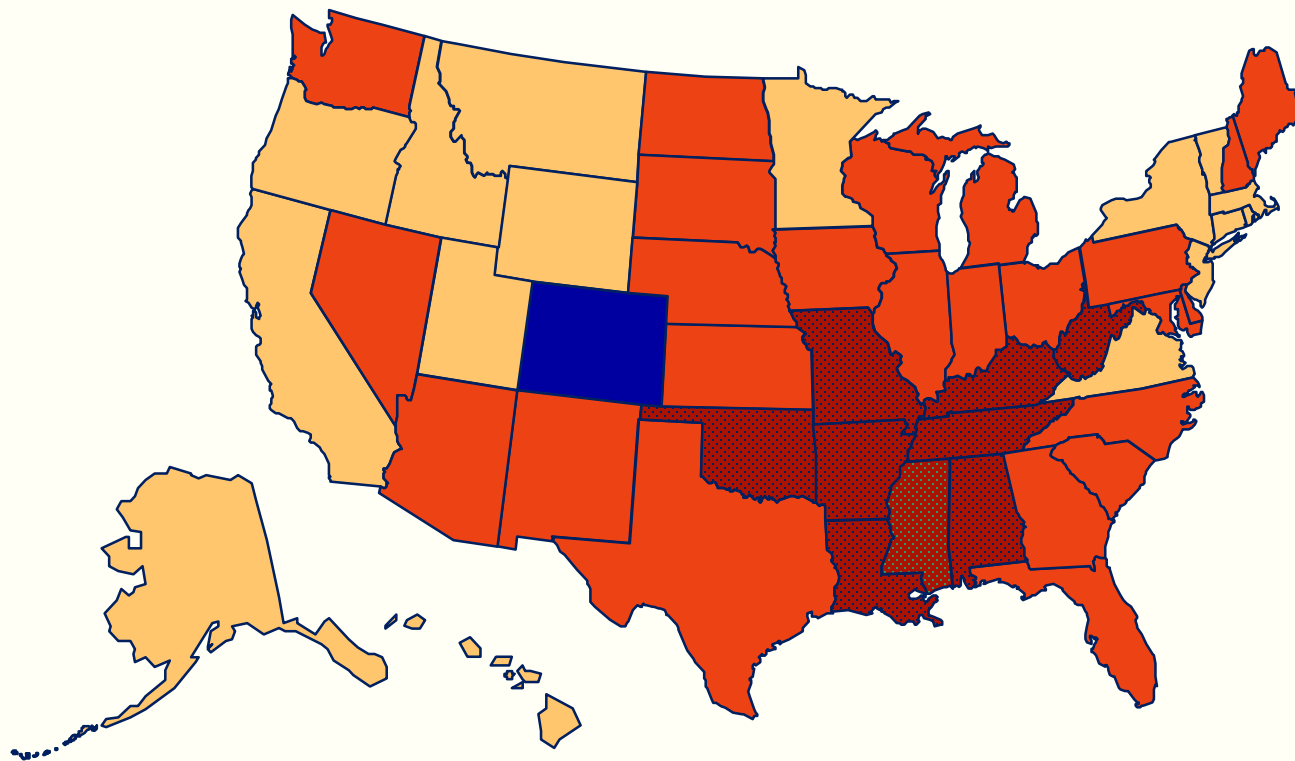
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2009

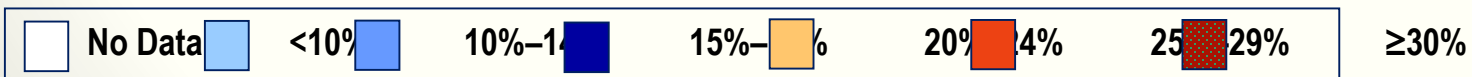
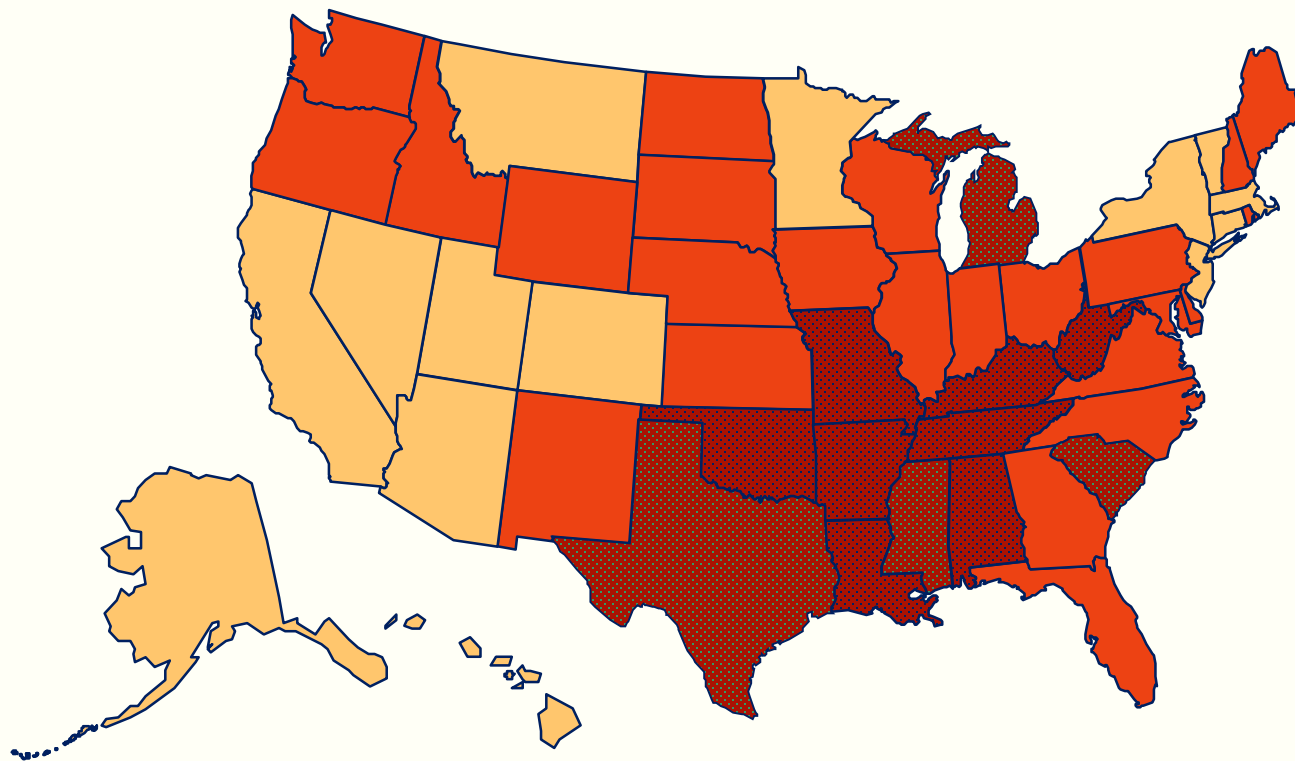
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# Obesity Trends\* Among U.S. Adults

## BRFSS, 2010

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)







# Methodology

- Obesity Statistics for Davidson County, Tennessee, and the U.S were comparatively collected for analysis.
- Fast-food restaurant data was also researched for these areas.



## Results

- Ranked 17<sup>th</sup> highest Obesity rates in the U.S.
- 51% Fast Food restaurants
- 10% of population has limited access to healthy food
- 17% African American
- UNHS sees 37.4% Minority Population

# Results

## Tennessee

### U.S. LEADING CAUSES OF DEATH, 2010

### TOTAL DEATHS

### DEATH RATE\*\*\*

### STATE RANK\*

### U.S. RATE\*\*

U.S. LEADING CAUSES OF DEATH, 2010	TOTAL DEATHS	DEATH RATE***	STATE RANK*	U.S. RATE**
1. <a href="#">Heart Disease</a>	14,582	217.4	6 <sup>th</sup>	179.1
2. <a href="#">Cancer</a>	13,593	195.7	5 <sup>th</sup>	172.8
3. <a href="#">Chronic Lower Respiratory Diseases</a>	3,551	52.7	9 <sup>th</sup>	42.2
4. <a href="#">Stroke</a>	3,205	48.7	5 <sup>th</sup>	39.1
5. <a href="#">Accidents</a>	3,539	54.9	8 <sup>th</sup>	38.0
6. <a href="#">Alzheimer's Disease</a>	2,440	38.5	2 <sup>nd</sup>	25.1
7. <a href="#">Diabetes</a>	1,687	24.7	10 <sup>th</sup>	20.8
8. <a href="#">Kidney Disease</a>	983	14.8	27 <sup>th</sup>	15.3
9. <a href="#">Influenza/Pneumonia</a>	1,352	20.5	3 <sup>rd</sup>	15.1
10. <a href="#">Suicide</a>	943	14.6	17 <sup>th</sup>	12.1



# Discussion

- The results of this data affirms the importance of prevention through early intervention.
- Patient education may be an effective way to help raise awareness about healthy eating.
- UNHS patient health status statistics should be investigated for rates of diabetes, stroke, hypertension, heart disease, and hyperlipidemia.
- Patient consumption of fast-food data should also be collected.



# Recommendations

- Patient education in the waiting room on making Healthier Food Choices. [Play Video]



# Conclusions

- Lack of healthy eating is the root of many chronic diseases.
- Increased fast-food consumption has contributed to our obesity epidemic.
- Obesity is costly for our healthcare system and reduces quality of life.
- Patient education can help make them aware of the harms of fast-food and its ill consequences.



# Acknowledgements

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# References

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