Eating Better to Prevent Heart Disease and Stroke

Michelle Karn
Communications Director in Southern New England
Rhode Island and Southeastern, MA
CVD and other major causes of death (United States: 2013)

Source: NCHS and NHLBI. A indicates CVD; B, cancer; C, accidents; D, CLRD; E, diabetes; and F, Alzheimer's disease.
Age-standardized prevalence for poor, intermediate and ideal cardiovascular health, US adults ≥20 years of age (NHANES 2011-2012)
Trends in the prevalence of obesity among US children and adolescents

Data derived from Health, United States, 2014.
Age-adjusted prevalence of obesity in adults 20–74 years of age

Data derived from Health, United States, 2014.

©2015 American Heart Association, Inc. All rights reserved.
Direct and indirect costs (in billions of dollars) of major cardiovascular diseases and stroke (United States: 2011 to 2012)

Source: National Heart, Lung, and Blood Institute.
©2015 American Heart Association, Inc. All rights reserved.
Rhode Island Obesity Rates:

63% of Rhode Island adults are reported as overweight or obese, according to the CDC’s 2010 Behavioral Risk Factor Surveillance System. (1)

More significant, are the 17% of Rhode Island low-income children, ages two-to-four, who are reported as obese, ranking Rhode Island second in the nation in this category. (2)

One of the primary focus of Providence ANCHOR is to reduce obesity through: increased access to healthy foods and beverages at childcare centers, hospitals, government buildings and worksites.
Survey Findings on Physical Activity and Access to Healthy Foods

From September 14 to 16, 2015, Hart Research Associates polled 400 registered voters in Providence…
More than 90% of voters say that the availability of healthy food options at these locations is important:

- Childcare facilities – 97%
- Hospitals – 96%
- City properties – 93%
- Workplaces – 92%
More than four in five voters support policies that food options in these locations meet certain nutritional standards set by leading national health organizations:

- Childcare facilities – 93%
- Hospitals – 92%
- City properties – 89%
- Workplaces – 88%
Voter Responses: Access to Healthy Food

♥ 87% of Providence voters say childcare programs have a great deal or fair amount of responsibility for ensuring access to fresh, healthy foods for those in their charge

♥ 76% of voters say city leaders have an obligation to ensure access to healthy foods in city buildings

♥ 63% of voters say employers have an obligation to ensure access to healthy foods at the workplace
Workplace Health

www.heart.org/workplacewellness

www.heart.org/foodwhereur
CARE NEW ENGLAND:

Healthy Food Assessment of vending and cafeteria completed at Women & Infants and Butler Hospitals in Providence.

As a result of work with Care New England, the health system submitted a RFP to vendors requesting proposal for vending that meets the American Heart Association’s guidelines.

50% of vending must meet healthy guidelines – “green foods”

STATE BUILDINGS IN PROVIDENCE:

8 state buildings assessed for vending and cafeterias/cafes.

Taste test of healthy foods completed to encourage employees to try and buy foods. Legally blind vendors operate vending in state buildings so educating them helps promote success of program.
Re-Think Your Drink

Re-Think Your Drink Campaign:

• Digital signage at RICC, Vets, and Dunkin Donuts Center

• Web banners on RICC, Vets, Providence Bruins and Dunkin Donuts Center Special Events website

• Providence Bus Shelter Campaign April 2016

• Social media messaging
SUCCESSFUL STRATEGIES FOR FEEDING YOUNG CHILDREN:
A FREE TRAINING FOR CHILDRENCENTER PROVIDERS

THURSDAY, OCTOBER 15, 2015
6:00 P.M. TO 8:30 P.M.
AMERICAN HEART ASSOCIATION
ONE STATE STREET, SUITE 200, PROVIDENCE, RI

TRAINING PROVIDED BY UNIVERSITY OF RHODE ISLAND
SNAP-ED: INSTRUCTOR: HEIDI HETZLER, MS, RD, LDN

RSVP TO THE
AMERICAN HEART ASSOCIATION BY
OCTOBER 11, 2015
amheartservices@amheartservices.org
TrainingRSVP
Questions?
Contact Carolee Perace at:
Carollee.Perace@heart.org
or 401-228-2136

*No limit on number of staff invited from each center, but due to funding restrictions this training is limited to Providence-based childcare centers—staff only.

Can Strainer
This unique little tool is perfectly sized to fit over most standard-sized cans of fruit, vegetables and tuna to quickly drain liquid without the mess. Side handles allow for easy use and it keeps your fingers away from the sharp edges of the can. For tuna cans place inside, but for other canes place over the opening.
Top rack dishwasher-safe.

STEPS:
1. Open can and remove lid.
2. Place the can strainer over the can.
3. Drain liquid into sink.
Draining the liquid before cooking or serving lowers sodium levels in beans, vegetables, and tuna.

Be Salt Savvy
FOR HEALTHIER KIDS

About 50% of children eat too much sodium. Preferences for salty-tasting foods are shaped early in life. Lowering sodium in children's diets can help prevent heart disease tomorrow. You can help lower sodium by how foods are purchased, prepared and served.

- Serve more vegetables and fruits. Fresh, frozen, or canned without salty sauces or sugary syrups. Use them as healthier sides, snacks and desserts.
- Drain and rinse the liquid from canned beans, vegetables, and tuna before cooking. This can reduce the sodium by up to 40%.
- Buy low-sodium versions of canned ingredients like tuna, bean, tomatoes and other vegetables. Many companies offer no-added salt products at the same price.
- Avoid using prepackaged seasoning mixes as they often contain a lot of salt.
- Use low-sodium seasoning blends, herbs, spices, and citrus juice to add flavor to foods instead of salt.
- Purchase fresh meats or frozen poultry that has not been injected with a sodium solution and less processed meats.

heart.org/healthierkids
Nutrition Resources for Kids:


[www.MyLifeCheck.org](http://www.MyLifeCheck.org): My Life Check is an American Heart Association website that helps educate the public on how best manage their risk factors with Life’s Simple 7


[www.HealthyFridge.org](http://www.HealthyFridge.org): The site brings awareness to the importance of developing healthy eating habits at an early age.

The Healthy Providence ANCHOR leadership committee consists of the AHA, the Providence Healthy Communities Advisory Board, and the Providence Public Schools District Wellness Committee.

Boys and Girls Club of Providence
Brown University School of Public Health
Care New England Health System
Children’s Workshop
Farm Fresh Rhode Island
Health Care Without Harm
Hospitals for a Healthier Environment Rhode Island
Providence After School Alliance
Providence Childhood Obesity Prevention Community Advisory Board
Providence Healthy Communities Office and Advisory Board
Providence Public School District Wellness Committee
Rhode Island Association of Health, Physical Education, Recreation and Dance
Rhode Island Coalition of Healthy Schools
Rhode Island Department of Education CACFP Program
Rhode Island Department of Health
Rhode Island KIDS COUNT
Rhode Island Public Health Institute
University of Rhode Island SNAP-Ed Program
YMCA of Greater Providence
To learn more or to get involved, contact:

Candace Pierce
Regional Campaign Team Lead
ANCHOR Partnerships Program
American Heart Association
Candace.Pierce@heart.org
401-228-2336

www.heart.org/sne
NATIONWIDE ADVOCACY:

**American Heart Association Urges Swift Passage of Senate Child Nutrition Bill**
January 20, 2016

**American Heart Association Praises USDA’s Strong Stance on New Dietary Guidelines**
January 07, 2016

‘**Flexibility’ on School Sodium Targets Not an Option, Says American Heart Association**
July 17, 2015