

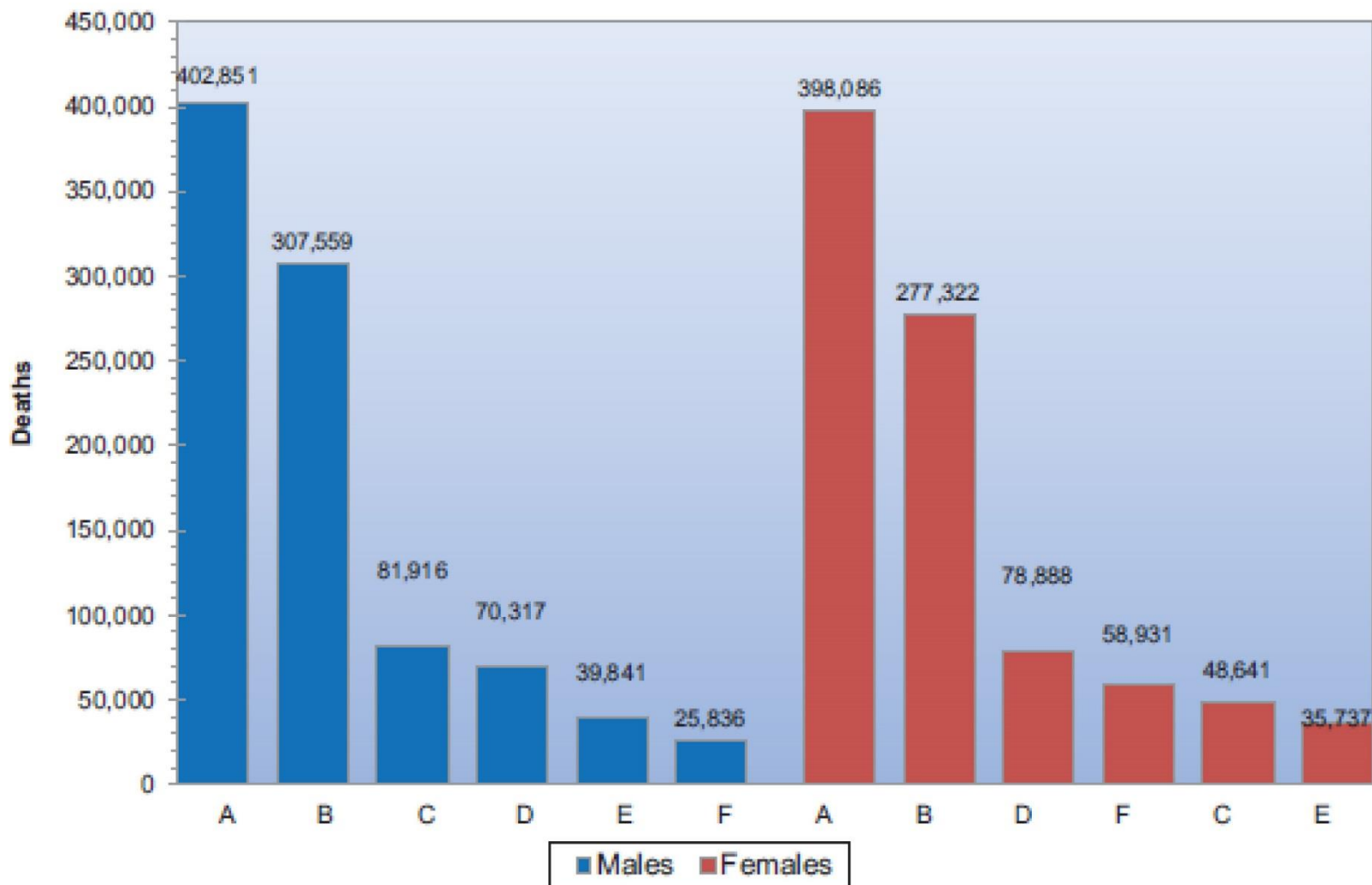


Eating Better to Prevent Heart Disease and Stroke

Michelle Karn

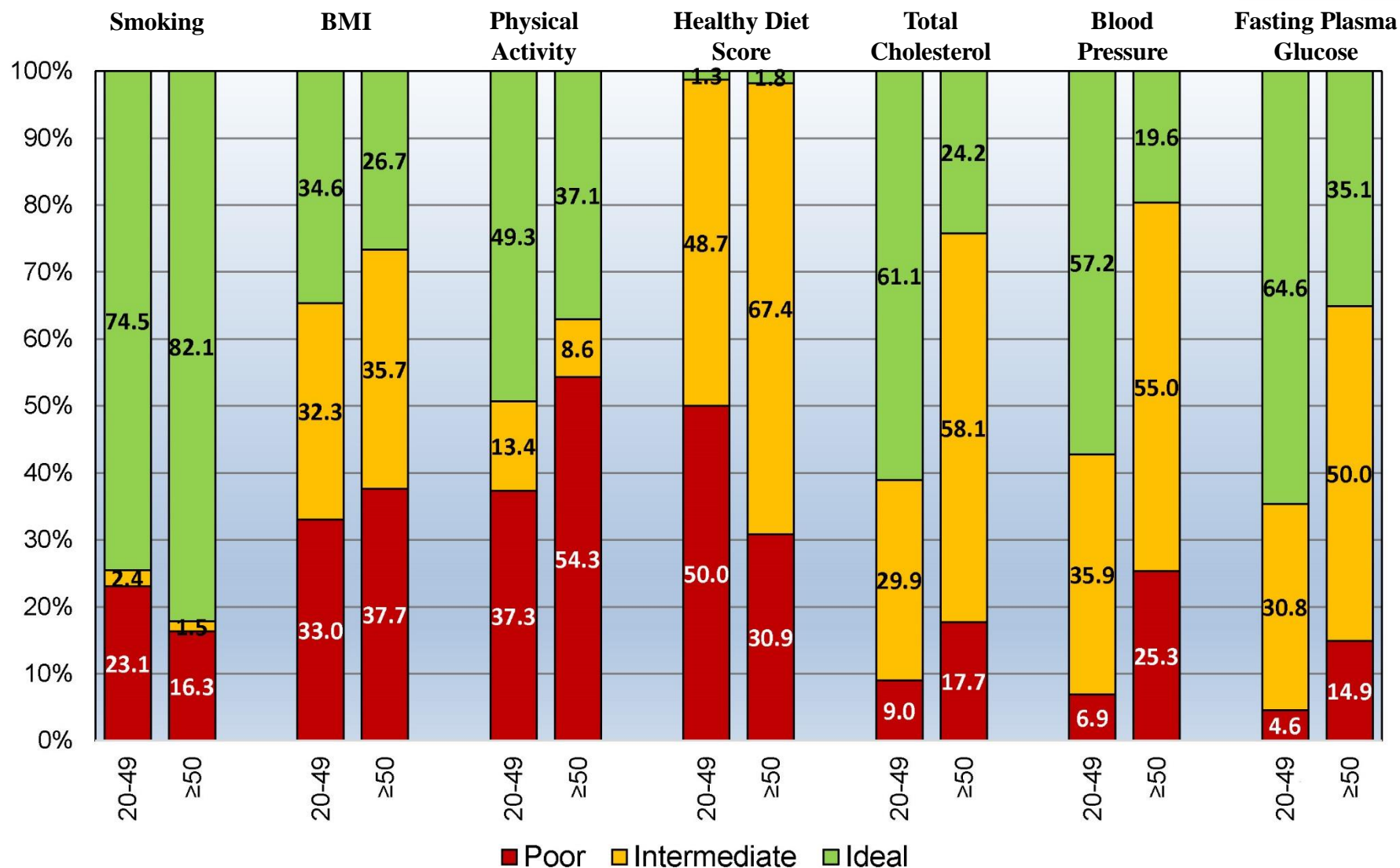
Communications Director in Southern New England
Rhode Island and Southeastern, MA

CVD and other major causes of death (United States: 2013)

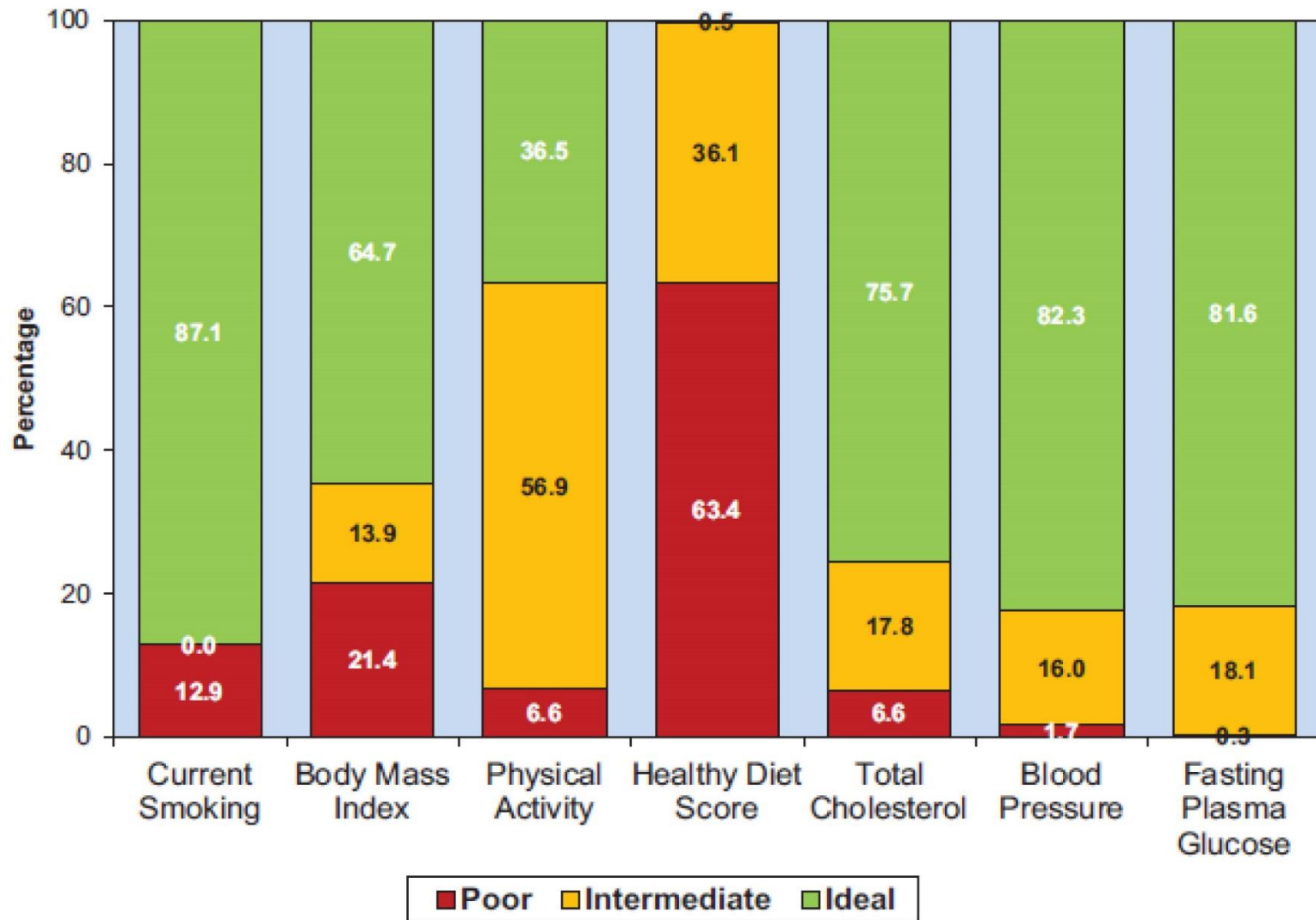


Source: NCHS and NHLBI. A indicates CVD; B, cancer; C, accidents; D, CLRD; E, diabetes; and F, Alzheimer's disease.

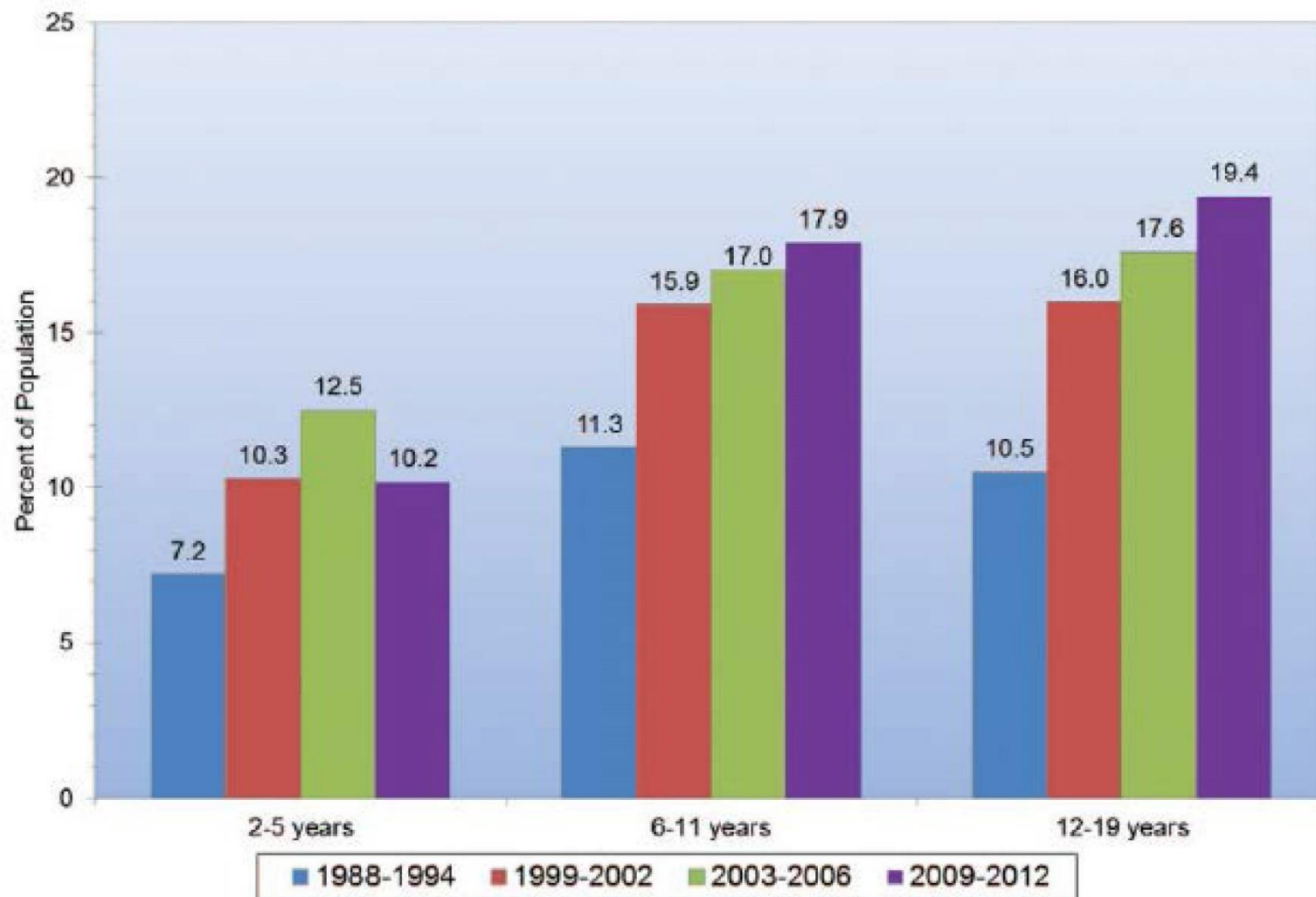
Age-standardized prevalence for poor, intermediate and ideal cardiovascular health, US adults ≥20 years of age (NHANES 2011-2012)



Prevalence (unadjusted) estimates for poor, intermediate and ideal cardiovascular health, US children aged 12-19 years (NHANES 2011-2012)

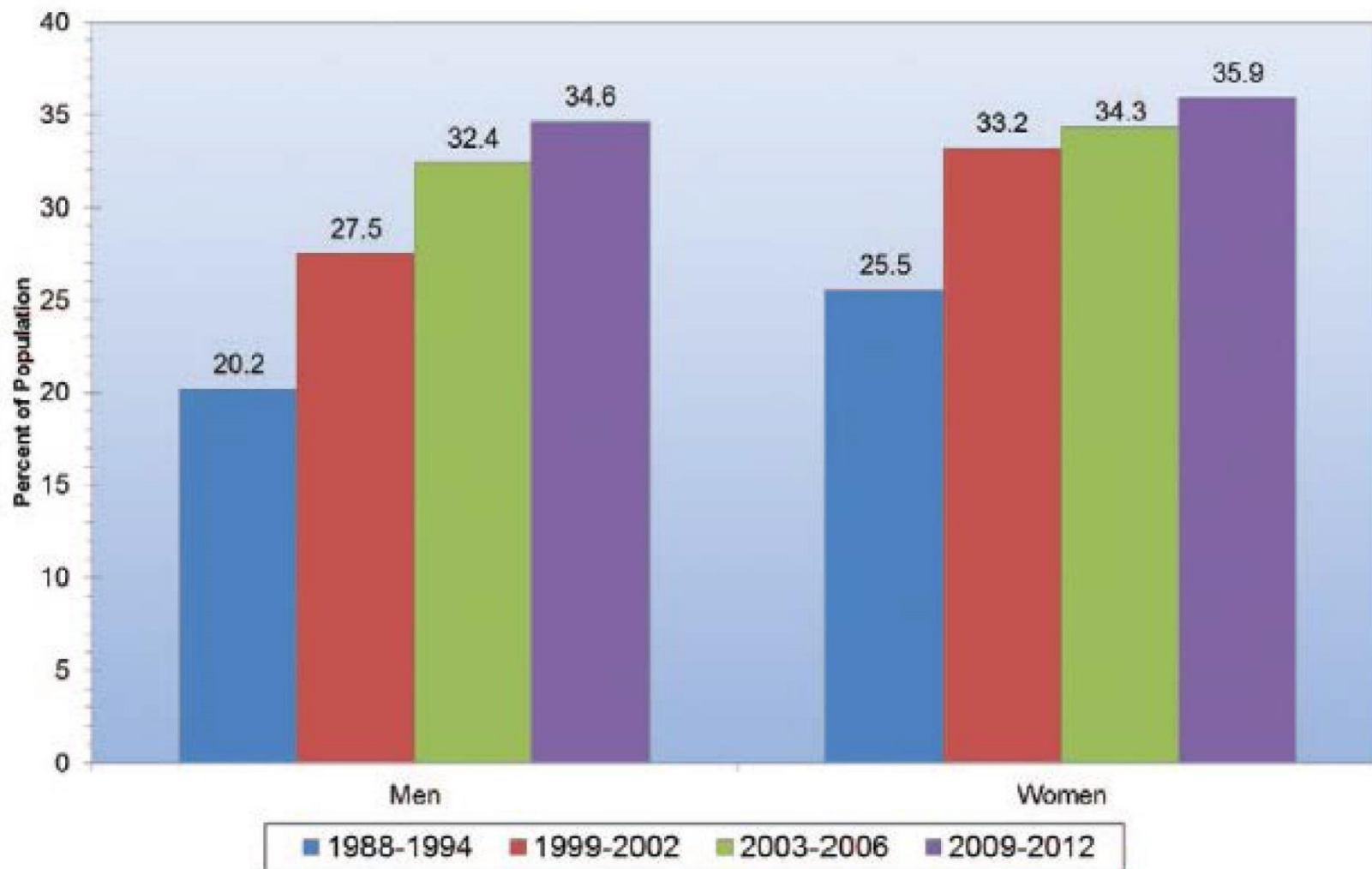


Trends in the prevalence of obesity among US children and adolescents



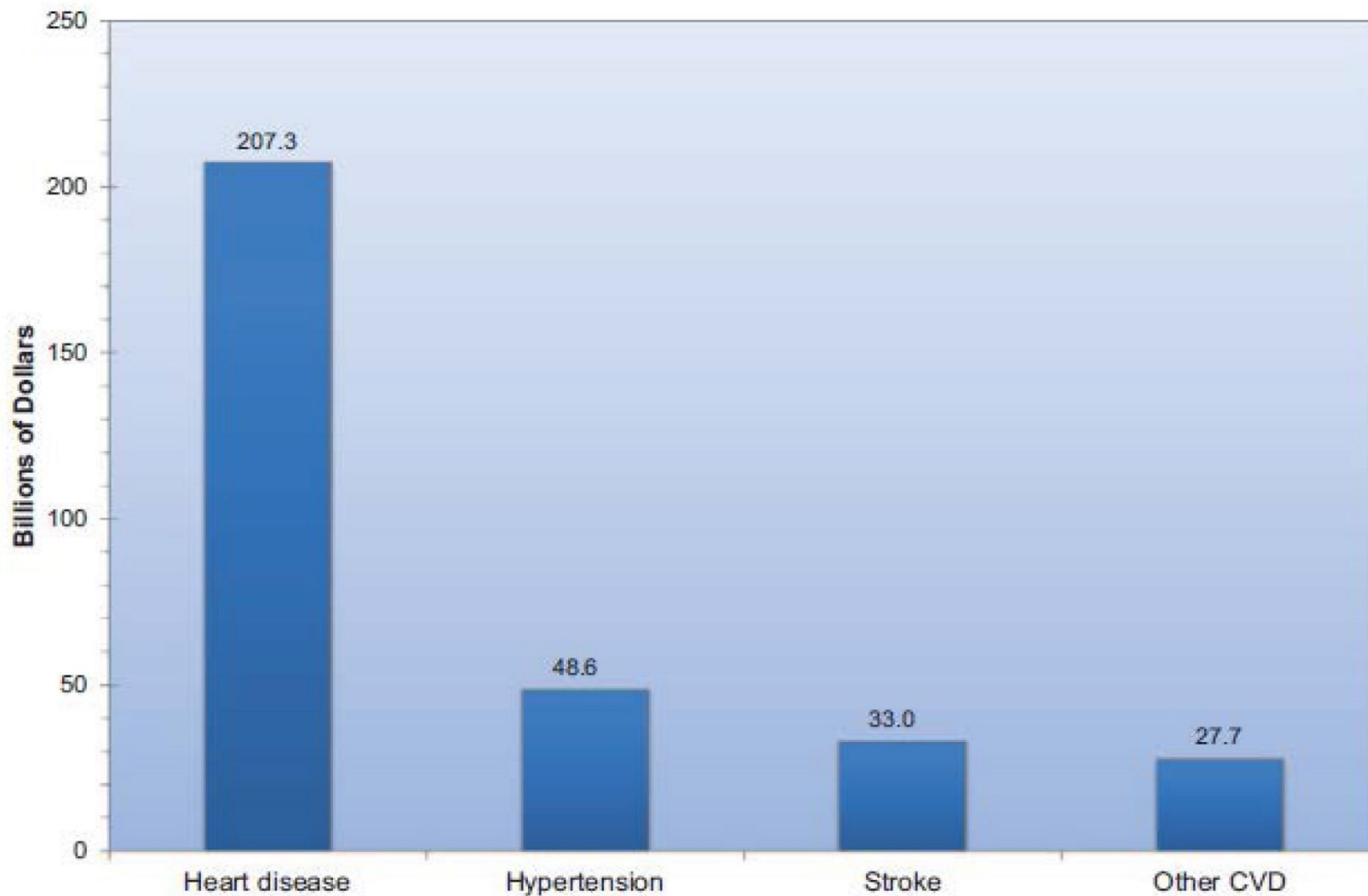
Data derived from *Health, United States, 2014*.

Age-adjusted prevalence of obesity in adults 20–74 years of age



Data derived from *Health, United States, 2014*.

Direct and indirect costs (in billions of dollars) of major cardiovascular diseases and stroke (United States: 2011 to 2012)

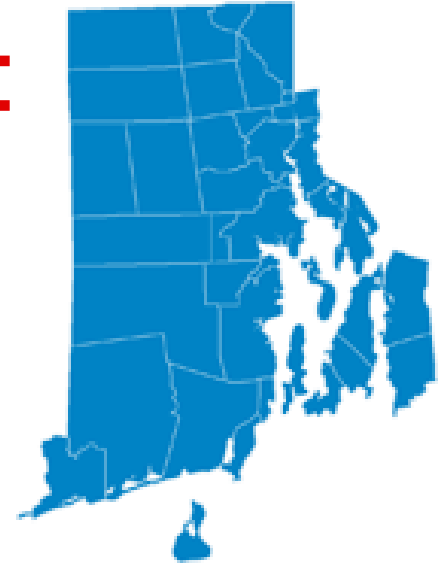


Source: National Heart, Lung, and Blood Institute.



Rhode Island Obesity Rates:

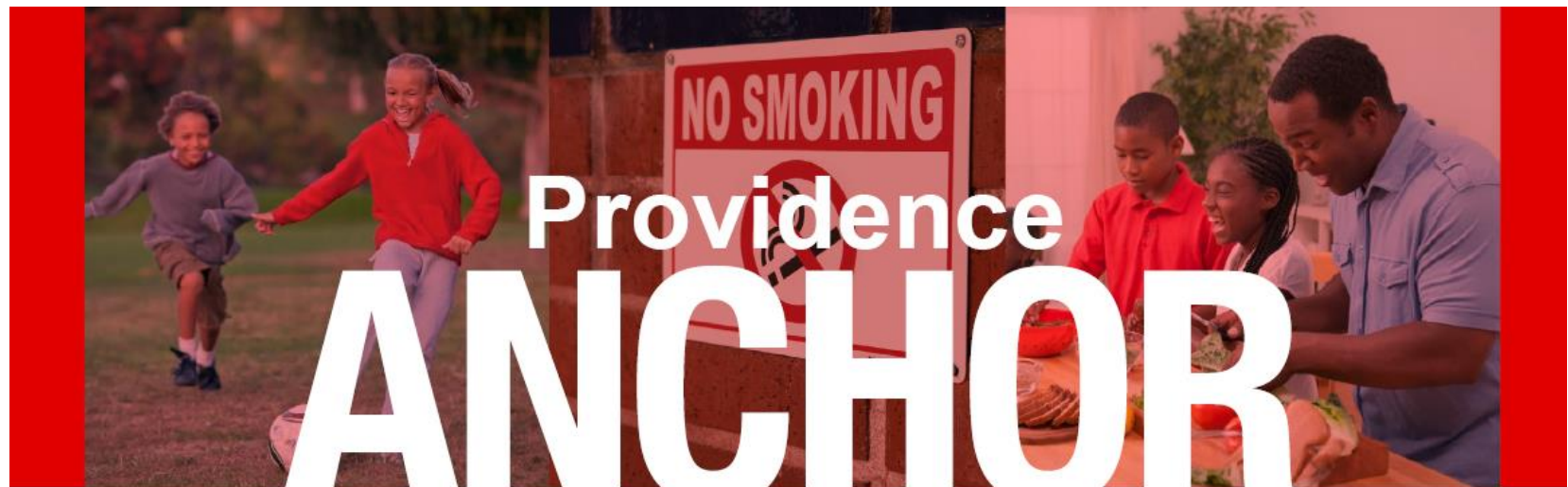
63% of Rhode Island adults are reported as overweight or obese, according to the CDC's 2010 Behavioral Risk Factor Surveillance System. (1)



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)

1 CDC. Behavioral Risk Factor Surveillance System: Prevalence and Trend Data—Overweight and Obesity, U.S. Obesity Trends, Trends by State 2010. Available online at <http://www.cdc.gov/brfss>

2 The State of Obesity: Better Policies for a Healthier America, Rhode Island, 2012, Trust for America's Health and Robert Wood Johnson Foundation; <http://stateofobesity.org/states/ri/>



ACCELERATING NATIONAL COMMUNITY HEALTH OUTCOMES THROUGH REINFORCING PARTNERSHIPS

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...



Voter Responses: Access to Healthy Food



♥ 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%

Voter Responses: Access to Healthy Food

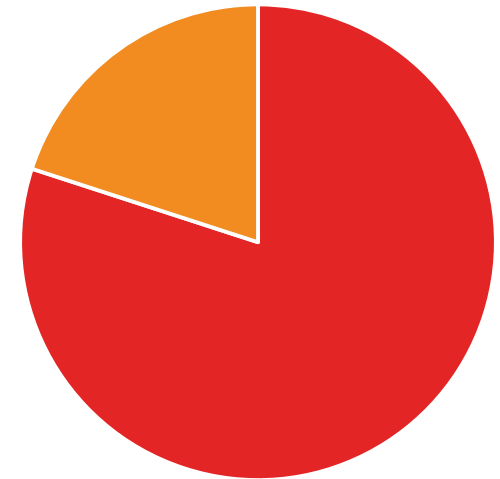
♥ More than **four in five voters** support policies that food options in these locations meet certain nutritional standards set by leading national health organizations:

♥ 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

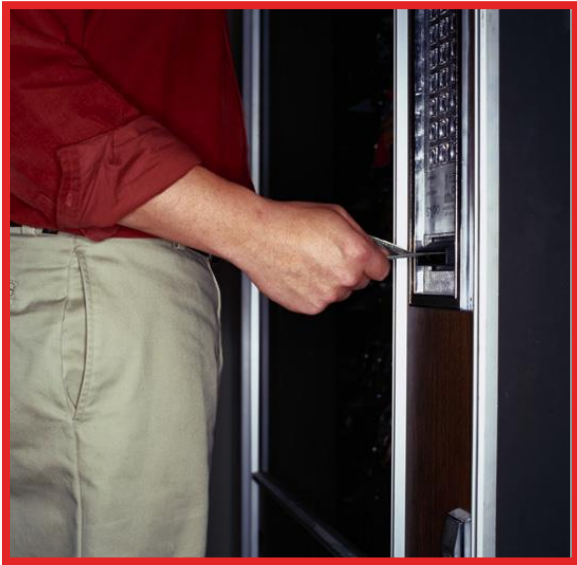


Workplace Health Solutions— How It Works

Our Continuous Quality Improvement
For Employee Health



www.heart.org/workplacewellness



www.heart.org/foodwhereur

Successes in Rhode Island



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!
It's easy to make the healthy choice.

American Heart Association | American Stroke Association
life is why™



#GetHealthyProv @SNEHeart

Re-Think Your Drink!
It's easy to make the heart-healthy choice for your family.



American Heart Association | American Stroke Association
life is why™

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

Childcare Centers



SUCCESSFUL STRATEGIES FOR FEEDING YOUNG CHILDREN:

A FREE TRAINING FOR CHILDCARE CENTER 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



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



Learn how to:

- ✓ Help young kids enjoy healthy foods
- ✓ Create happier mealtimes for both staff and children
- ✓ Talk to families about their child's eating habits

Offering Two
Continuing Education
Credits

Refreshments
Complimentary Gifts
Free Parking

RSVP TO THE
AMERICAN HEART
ASSOCIATION BY
OCTOBER 11, 2015
[www.heart.org/Childcare
TrainingRSVP](http://www.heart.org/ChildcareTrainingRSVP)

Questions?
Contact Candace Pierce at:
Candace.Pierce@heart.org
or 401-228-2336

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 cans 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 sodium levels in beans, vegetables, and tuna.



Heartland Child Nutrition, Inc.
Sponsor of the USDA Child & Adult Care Food Program
heartlandnutrition.org



Be Salt Savvy FOR HEALTHIER KIDS



About 90% 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.

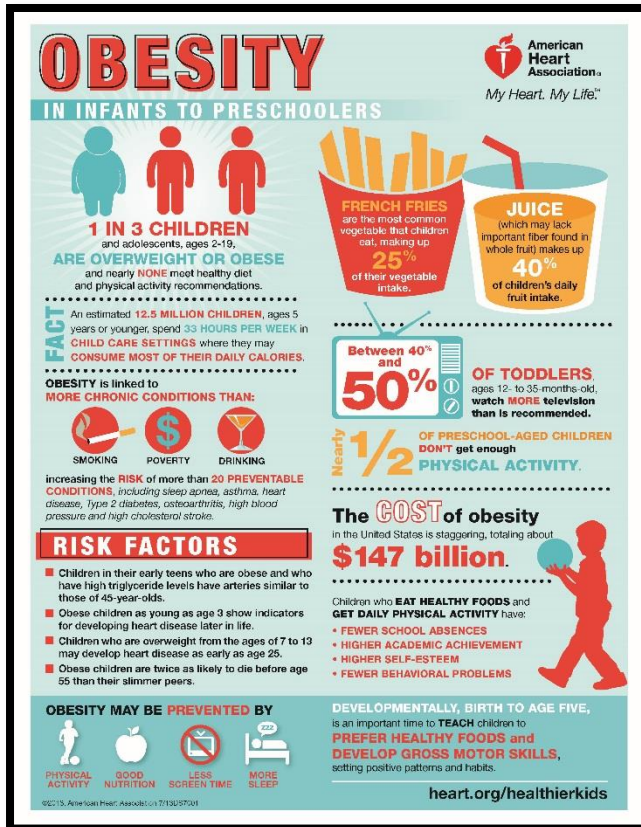
- **Serve more vegetables and fruits.** Fresh, frozen or canned without salty sauces or sugary syrups. Use them as healthier sides, snacks and desserts.
- **Drain and rinse the liquid** from canned beans, vegetables, and tuna before cooking. This can reduce the sodium by up to 40%.
- **Buy low-sodium 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 salt-free seasoning blends,** herbs, spices, and citrus juices 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

© 2015 American Heart Association



Infographics



For free activity templates and further challenge information visit heart.org/healthierkids

©2015 American Heart Association 713025704

Infographics



Get Fresh with FRUITS and VEGETABLES

American Heart Association.
My Heart. My Life.™

Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables.



PANTRY

Pack away in a cool, dark place like your pantry or cellar:

ONIONS, GARLIC & SHALLOTS

HARD SQUASH
(Winter, Acorn, Spaghetti, Butternut)

SWEET POTATOES, POTATOES, & YAMS
WATERMELON

COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT
Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

TOMATOES

KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

REFRIGERATOR

Store in plastic bags with holes, in your produce drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS
Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES

Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER

Remove greens.

CARROTS & PARSNIPS

Remove greens.

CELERY

CORN

Store inside their husks.

CUCUMBERS, EGGPLANT & PEPPERS

Store on the upper shelf, which is the warmer part of the fridge.

FRESH HERBS

Except basil. Keep stems moist and wrap loosely in plastic.

GREEN BEANS

Wash, spin or pat dry, wrap loosely in a dishtowel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELONS

MUSHROOMS
Keep dry and unwashed in store container or paper bag.

PEAS

ZUCCHINI & SUMMER/YELLOW SQUASH

For more tips on healthy eating, cooking and recipes,
heart.org/simplecooking

Simple Cooking with Heart

©2014 American Heart Association. 2/14/257752

Funded nationally by
Walmart

SHOP SMART AND SAVE

Smart shopping on a budget means knowing what to buy and when.

PLAN AHEAD

1

PLAN MEALS EACH WEEK

Keep recipes, grocery lists, receipts and coupons in one place for easy planning.



2

MAKE A SHOPPING LIST

Be specific. Note quantity needed and which coupons you have.



3

KNOW WHAT YOU HAVE

Inventory your pantry and fridge each week.



4

SAVE RECEIPTS

Each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting, if needed.



5

COLLECT COUPONS

Also sign up for rewards cards and e-mail/online coupons if your store has them.



AT THE STORE

1

COMPARE PRICES

Store-brand products may be more affordable.



2

USE COUPONS

But compare prices. A coupon isn't always the best deal.



3

BUY IN BULK

It may save money. Just be sure you have room in your pantry/freezer.



4

SAVE WITH SEASONAL PRODUCE

Fruits and vegetables will stay fresh about a week. Canned or frozen will last longer, may be less expensive and can be just as healthy.



5

DON'T CHECK OUT AT CHECKOUT

Pay attention at the register to make sure you get discounts and savings.



Simple Cooking with Heart

American Heart Association's Simple Cooking with Heart is nationally sponsored by
Walmart

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES:
heart.org/simplecooking ©2014 American Heart Association. 4/20/257933

Nutrition Resources for Kids:

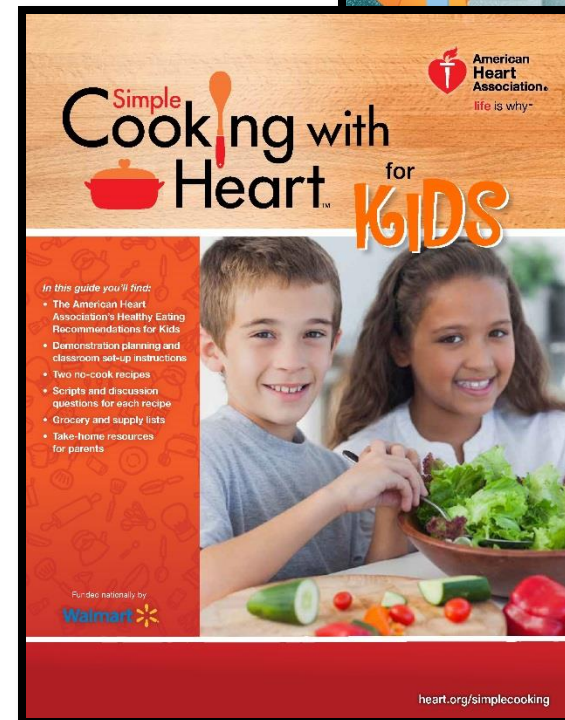
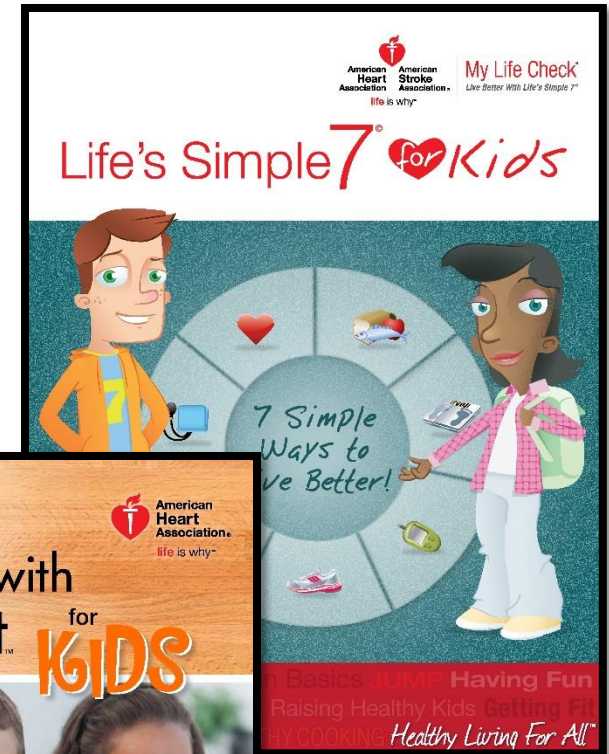
www.Heart.org/HealthierKids: Learn how you can help your child develop healthy habits early in life that will bring lifelong benefits.

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.KidsHealth.org: KidsHealth is the largest and most-visited site on the Web that provides doctor-approved health information from before birth through adolescence created by The Nemours Foundation's Center for Children's Health Media.

www.HealthyFridge.org: The site brings awareness to the importance of developing healthy eating habits at an early age.

www.bam.gov: BAM! Body and Mind is a children's website of the Centers for Disease Control and Prevention (CDC).



ANCHOR Partners in Providence

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

You're the Cure - Advocacy

Take it from **Kids...**



"I think that it is important to have healthy foods as part of the school lunch because if you eat healthy at school and at home than you will always have the nutrition that you need to be healthy and active. I would like to keep the healthy foods my school serves such as salads and fruit."

Jodi Evans, Age 10
Maryland

ALLIANCE FOR A HEALTHIER GENERATION

American Heart Association | American Stroke Association

you're the cure

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

