

National Nutrition Month 2015



Rosae Calvo

Sodexo Dietetic Intern

Photo Credit: Vanessa McNamara,
thenewageparents.com

Objectives

- ✧ Examine current public health status
- ✧ Identify lifestyle factors that affect health
- ✧ Explore barriers to change
- ✧ Identify strategies to eat healthier
- ✧ Conclusion



Photo credit: <http://courtneydwalker.com/eating-right-to-look-and-feel-your-best/>

Healthiest Nation - Move

<http://youtu.be/rIZ56OrLQ5k>

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www.glasbergen.com



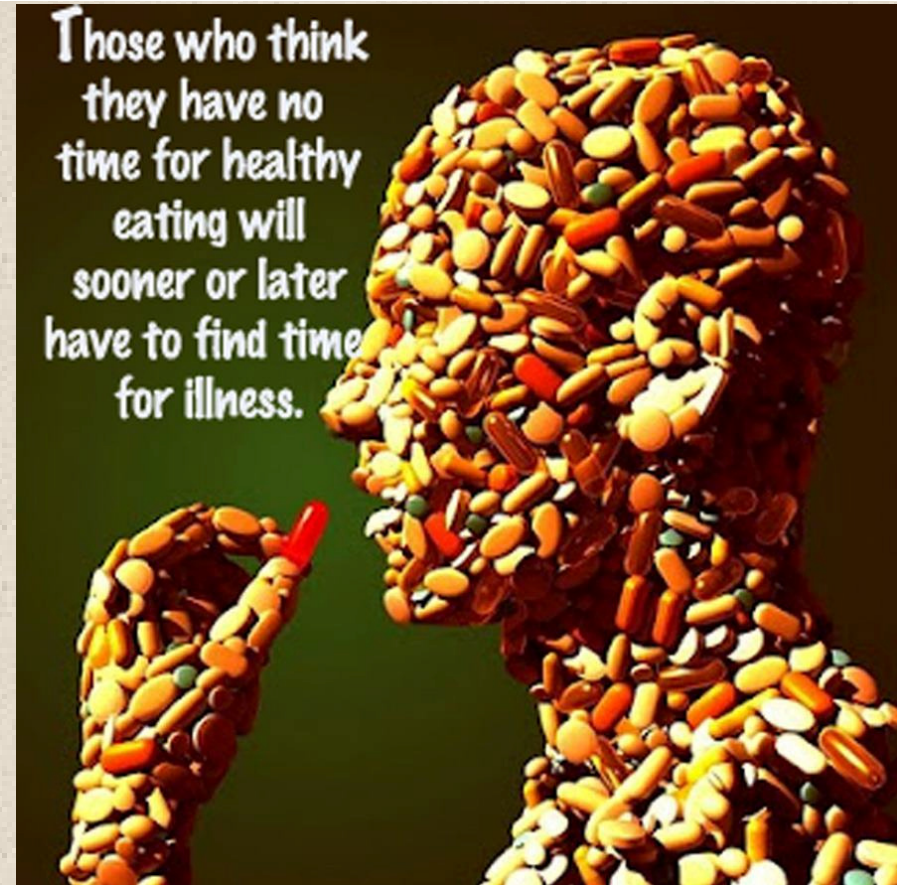
“I’ve always been a high achiever, always striving for bigger, faster, greater...and now suddenly I’m expected to settle for *lower* blood pressure and *less* cholesterol?!”

Health in Guam and the U.S.

✧ Leading causes of death in Guam¹:

1. Heart disease
2. Cancer
3. Stroke
4. Diabetes mellitus

✧ Chronic diseases are influenced by unhealthy lifestyles



NED & LARRY - 'TILTED SCALES'

BY ROBIN CROSSMAN

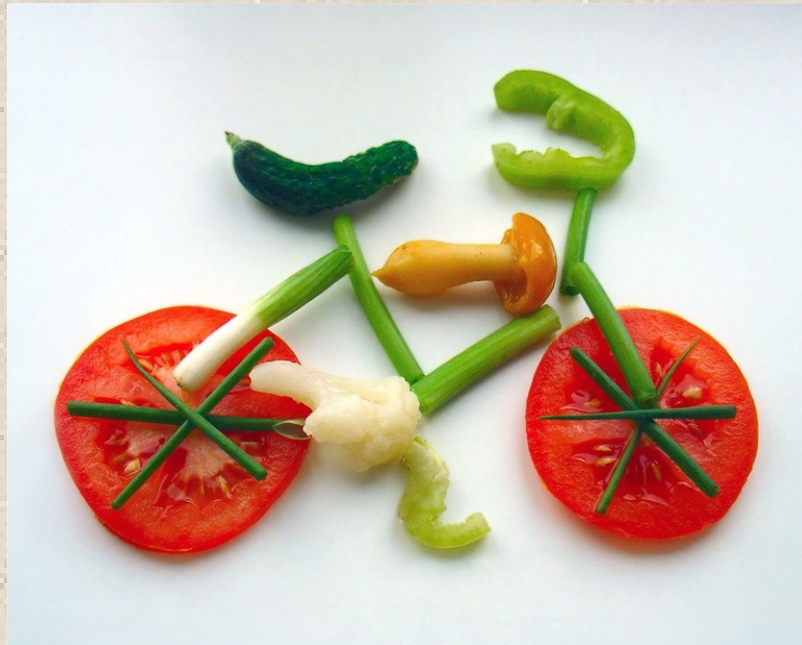


“Health is not valued till sickness comes.”

Thomas Fuller

Lifestyle Factors

- ✧ Unbalanced meals
- ✧ Distracted eating
- ✧ Beverage choices
- ✧ Excess screen time and sedentary lifestyle





**“The habits that took years to build
do not take a day to change.”**

Susan Powter

Barriers to change

- Perceived value
- Taste
- Cost
- Accessibility
- YOLO





Photo credit: <http://www.racerxvt.com/article/diet-confusion-which-diet-is-best-for-mx>

How To Eat Healthy

- Don't "diet"
- Eat "real food" – close to the source
- Pay attention
- Take your time
- Make better choices
- Portion control

A Healthier America

- <http://youtu.be/MfsRQ-PmyrA>

Conclusion

- Start with one change
- Help reverse the disease trends
- Youth are future

Resources

1. Bureau of Statistics and Plans, Office of the Governor of Guam: Guam Statistical Yearbook 2013
2. American Heart Association
3. American Stroke Association
4. American Cancer Society
5. American Diabetes Association
6. USDA MyPlate
7. Eatright.org
8. rcalvo@hawaii.edu

Questions?

Thank You!