

EATING FOR EVERYDAY ACTIVE LIVES

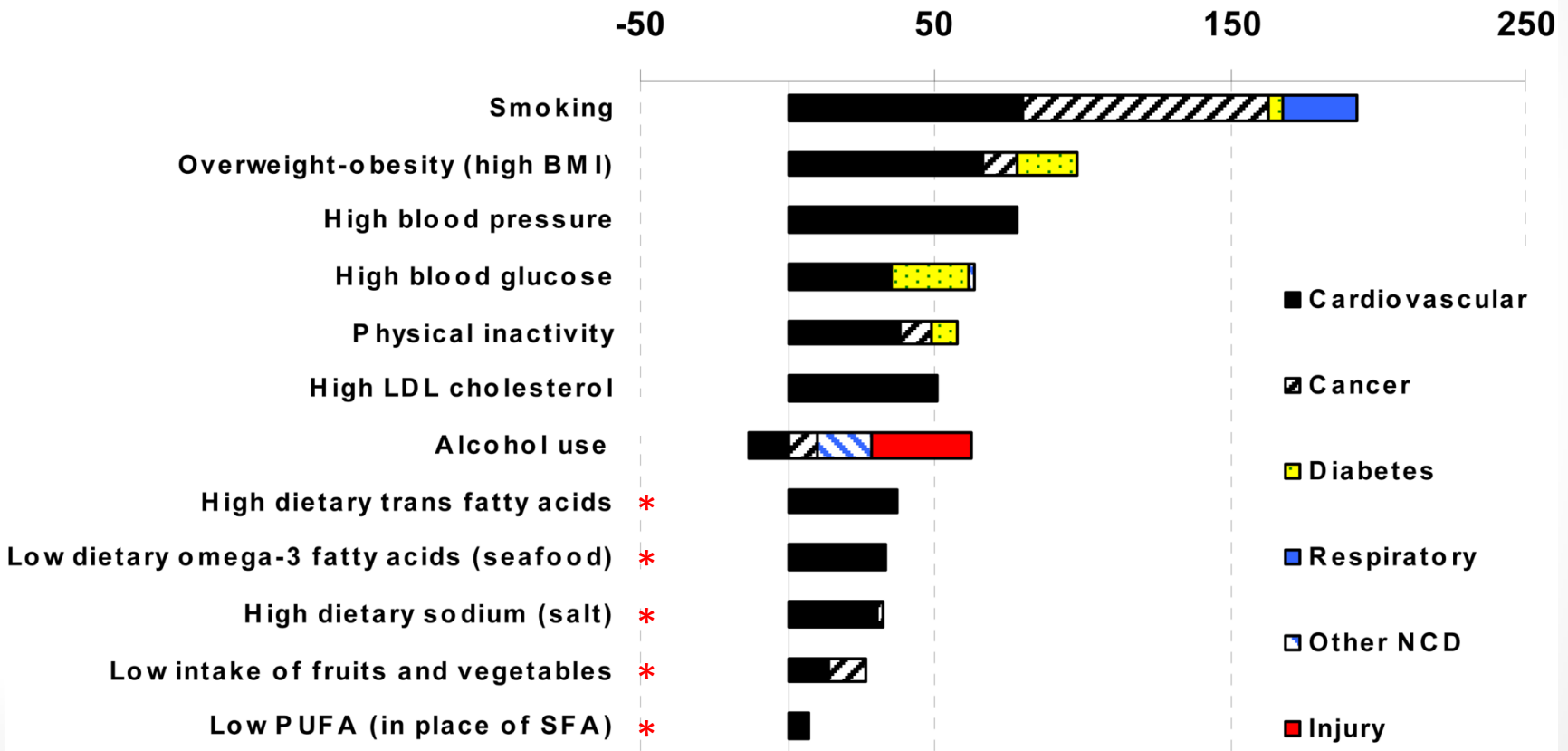
Alison Hill



2nd Annual Food Industry Forum for Nutrition Research
29-30th August

Preventable Deaths in the US

Deaths attributable to individual risks (thousands) in both sexes



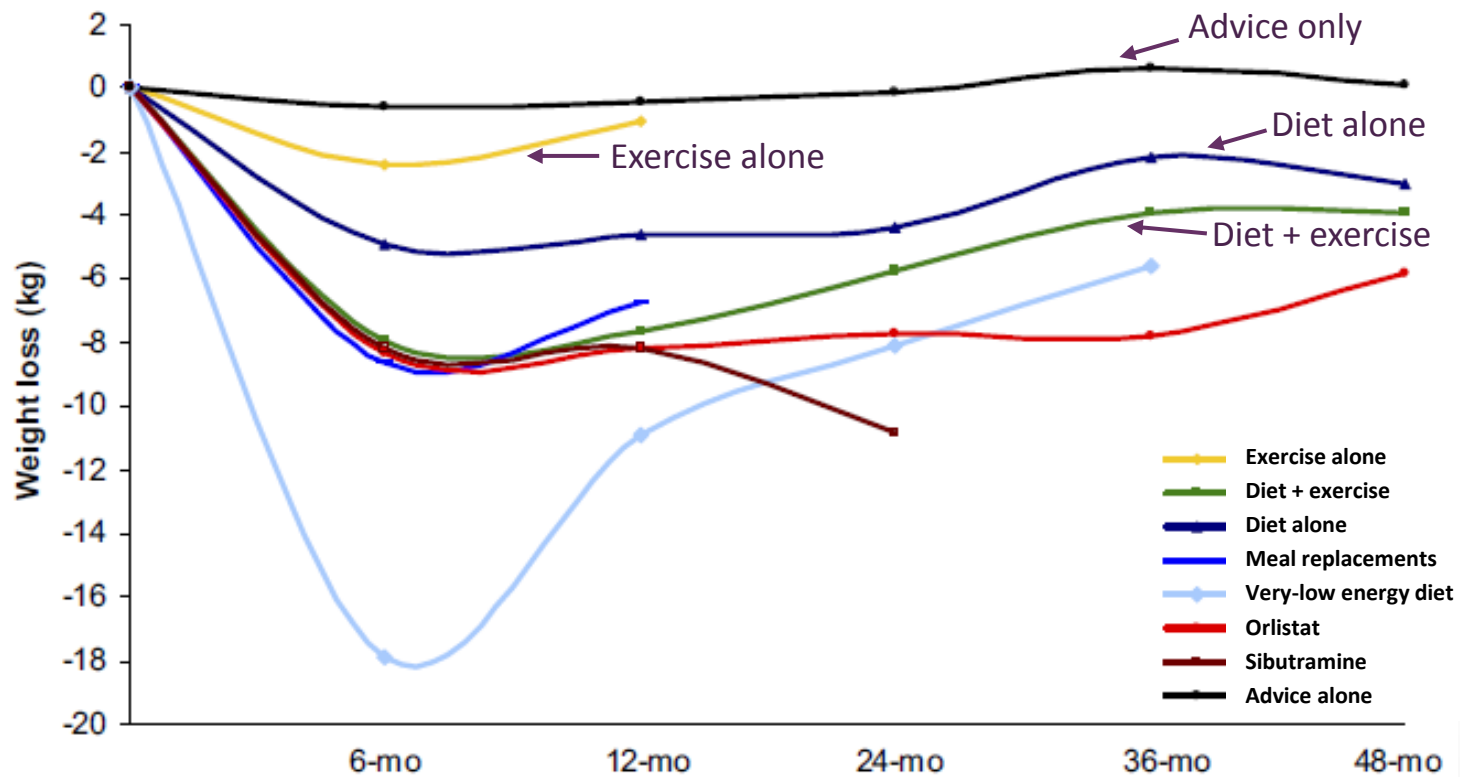
Prevention of Chronic Disease

- A healthy weight is the cornerstone to optimal health
- Diet and physical activity play a critical role in preventing weight gain, and achieving and sustaining weight loss



Weight Loss Strategies

- Diet + exercise more effective than either diet or exercise alone

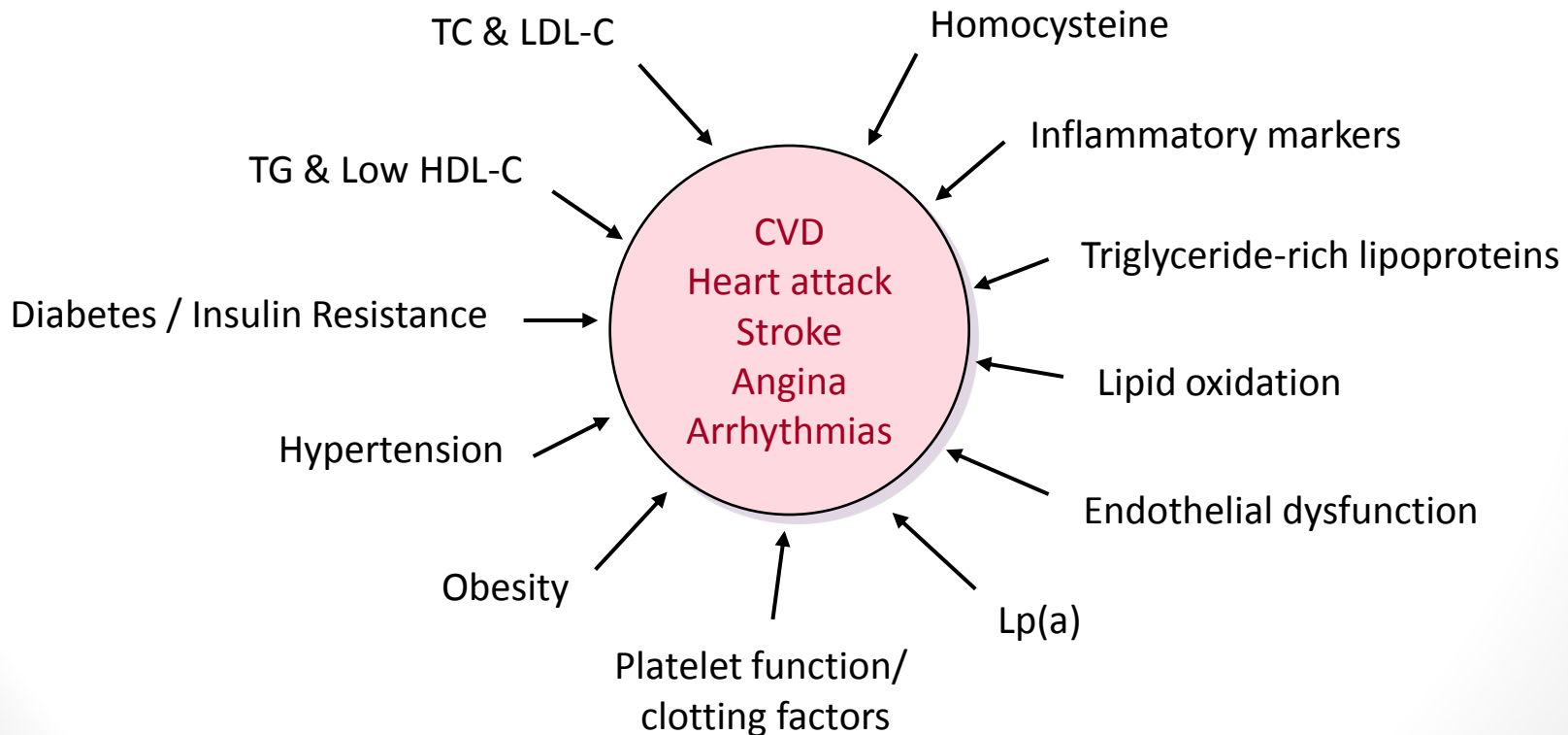


Reducing the Risk for CVD

- Beyond weight, diet can modify several CVD risk factors

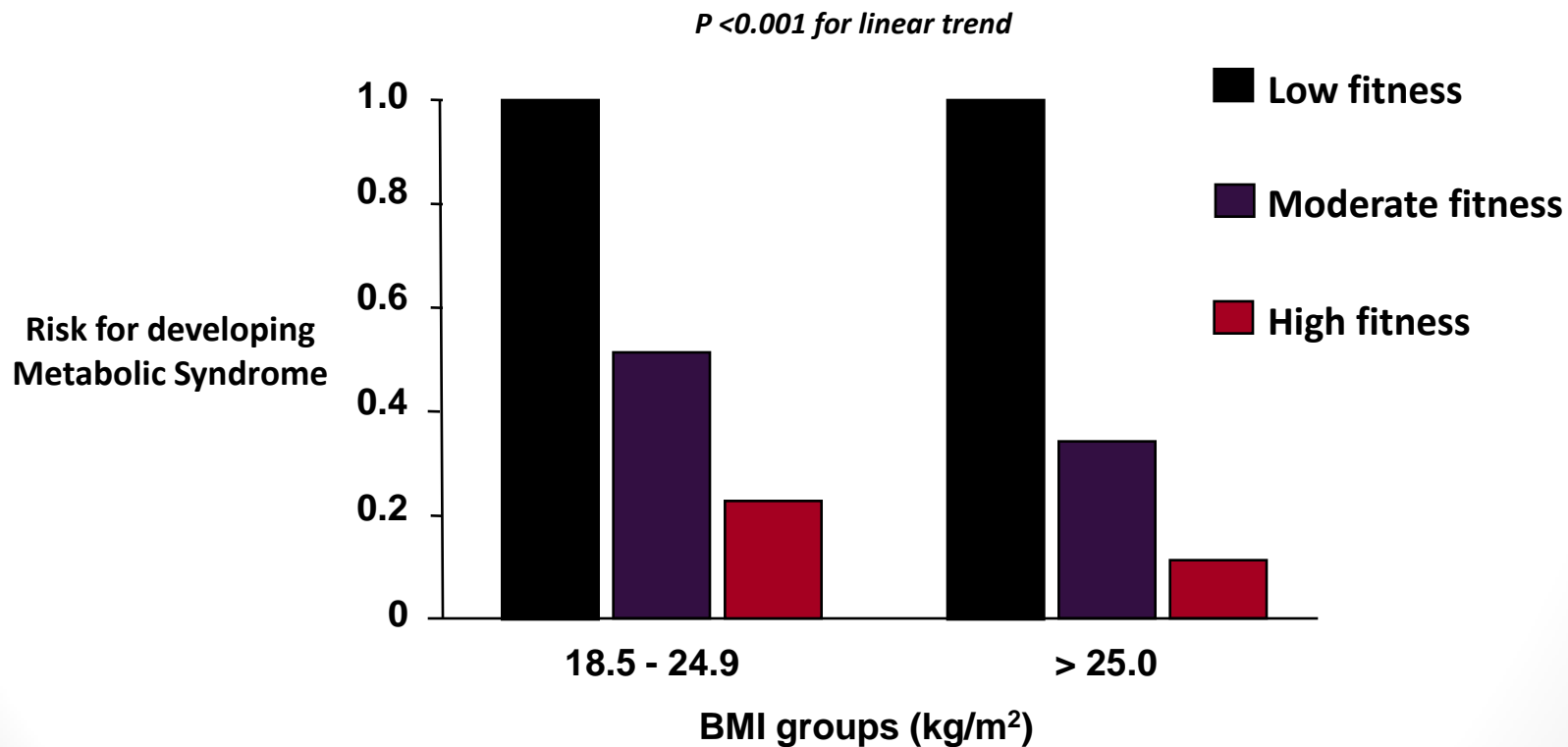
Established Risk Factors

Emerging Risk Factors



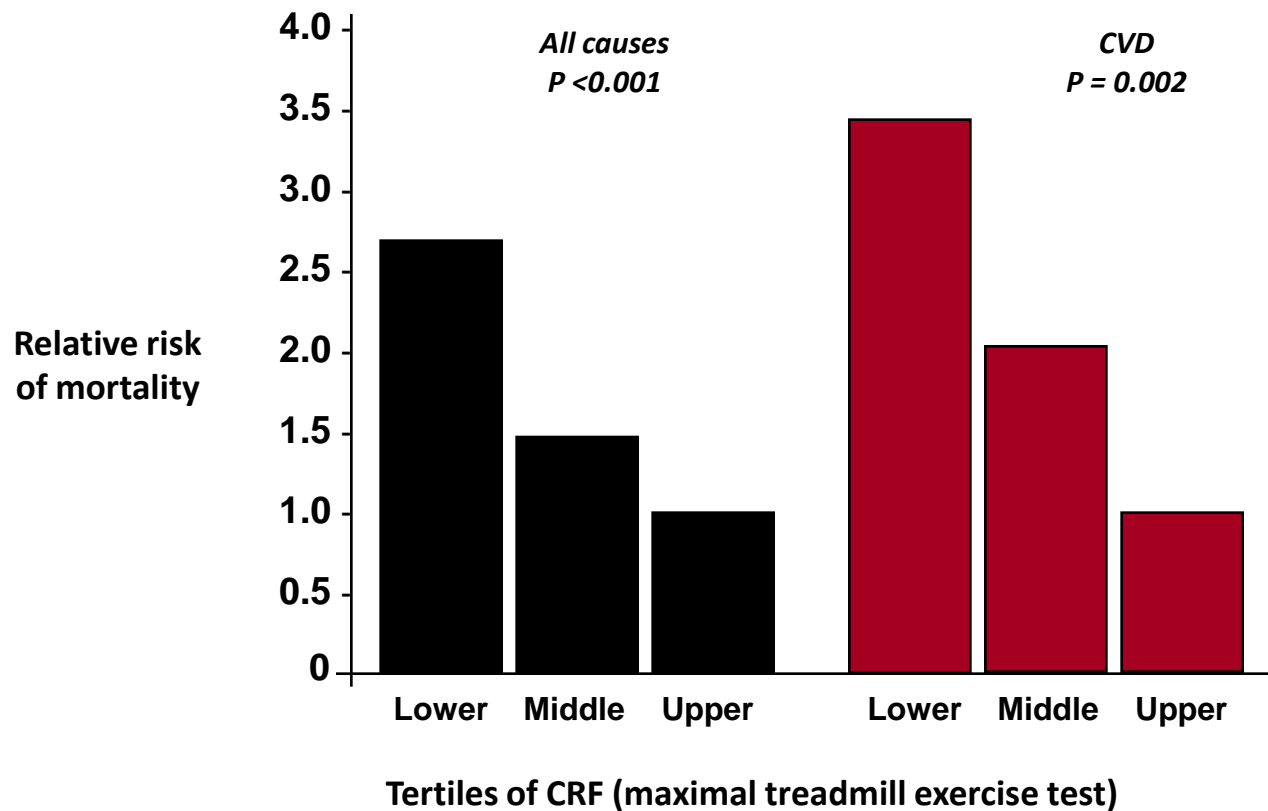
Fitness & Metabolic Syndrome

- Cardiorespiratory fitness reduces risk for Metabolic Syndrome



Fitness & CV Mortality

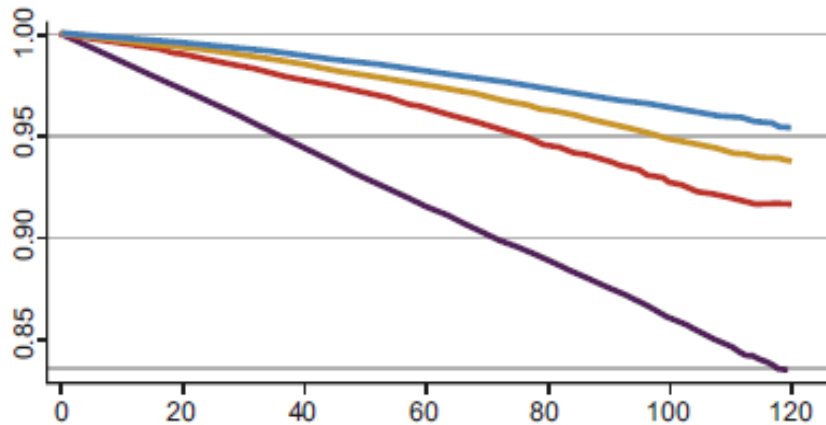
- Cardiorespiratory fitness reduces risk for CV mortality in men with Metabolic Syndrome



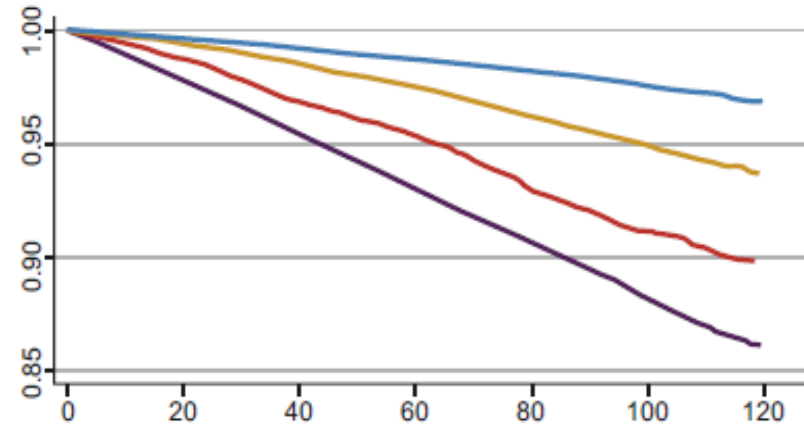
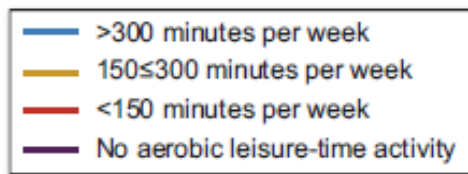
Physical Activity & Mortality

- Physical activity guidelines are appropriate for public prevention

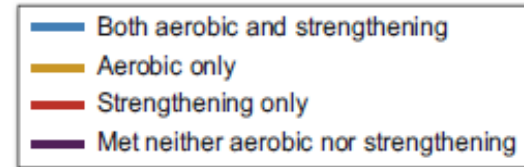
Survival
Probability



Months from assessment until death or follow-up



Months from assessment until death or follow-up



Dietary & Exercise Guidelines

- The relationships between diet, exercise and chronic disease morbidity and mortality are key considerations within current population-based recommendations
- Both Australia and the United States have a history of providing recommendations to the public
- Overall assumption is that they are for a healthy population
- Food guides translate recommendations on nutrient intake into food-based guidance
- Graphic presentations are often used to convey important guidelines about food intake

Dietary Guidelines for Australian Adults

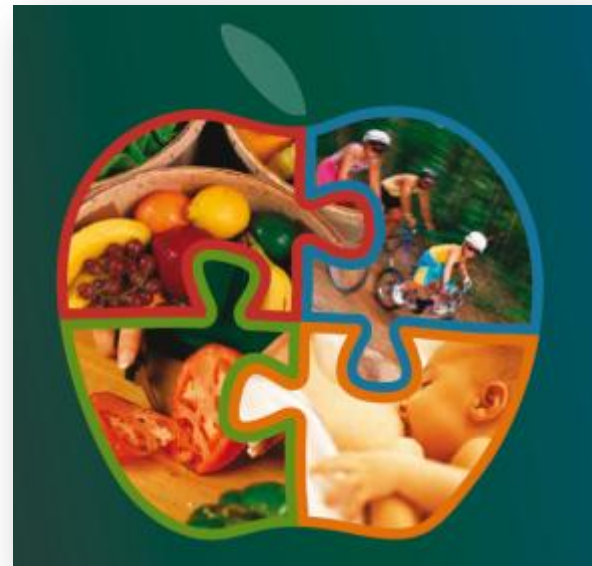
- No one guideline is more important than another

Enjoy a wide variety of nutritious foods

Prevent weight gain: be physically active and eat according to your energy needs

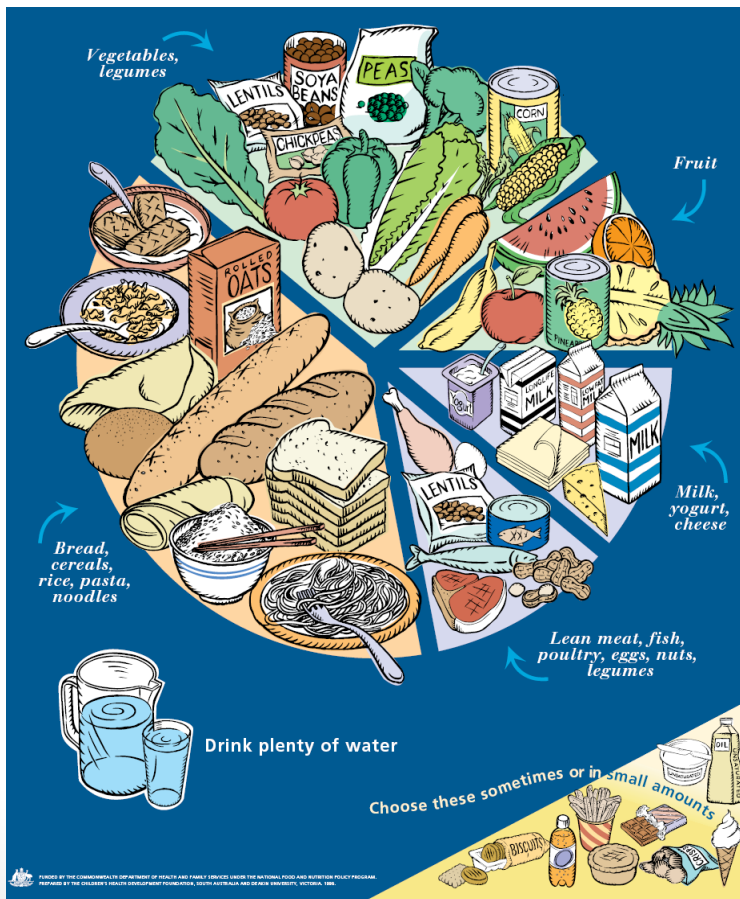
Care for your food: prepare and store it safely

Encourage and support breastfeeding



How is this Translated to the Public?

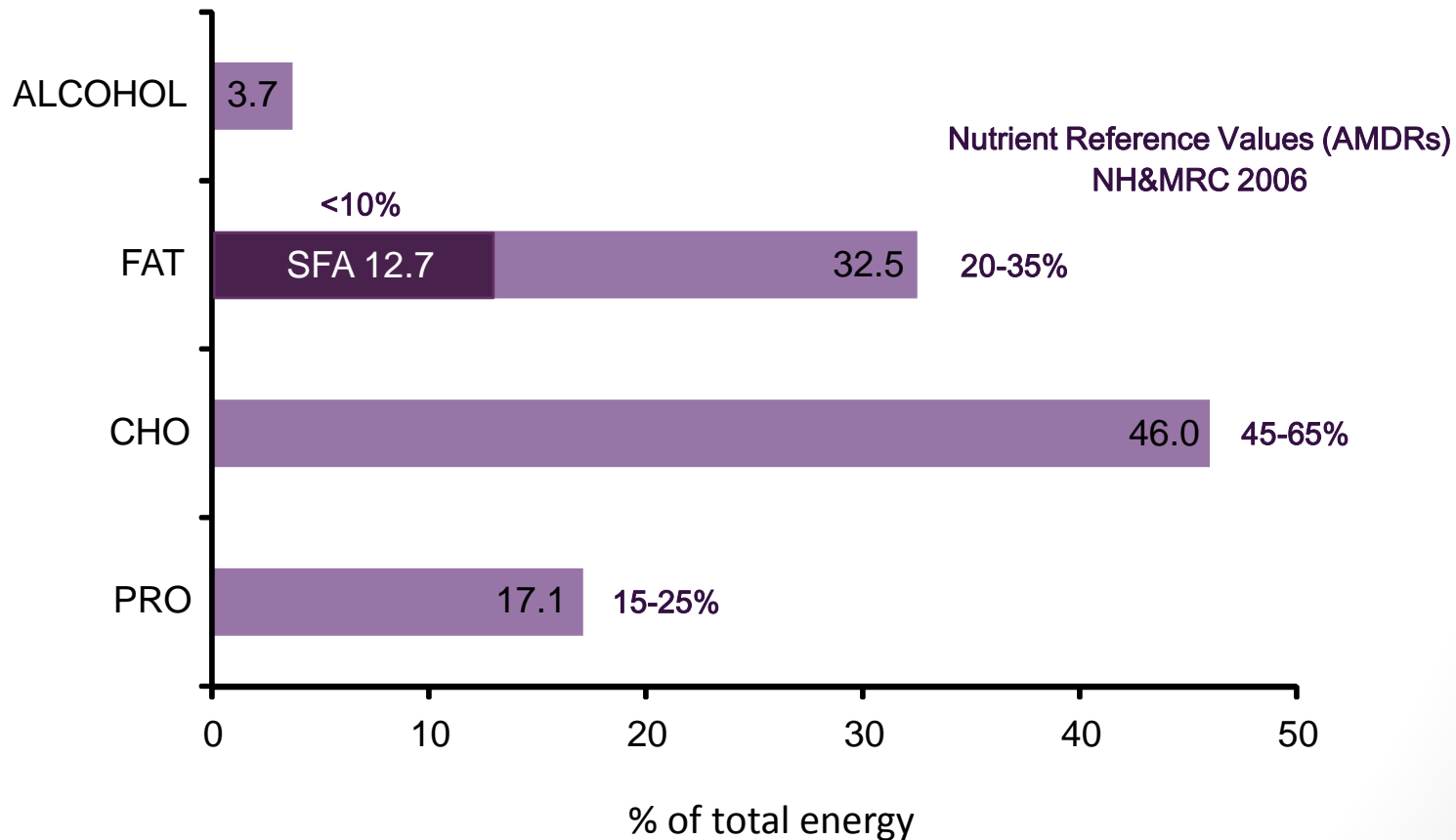
- The Australian Guide to Healthy Eating



- Choose foods from each of the 5 food groups
- Eat plenty of plant foods
- Eat moderate amounts of animal foods
- Eat small amounts of extras
- Choose different foods from within the 5 food groups each day
- Drink plenty of water

Macronutrient Intakes

- National Nutrition Survey, 1995: Australian adults



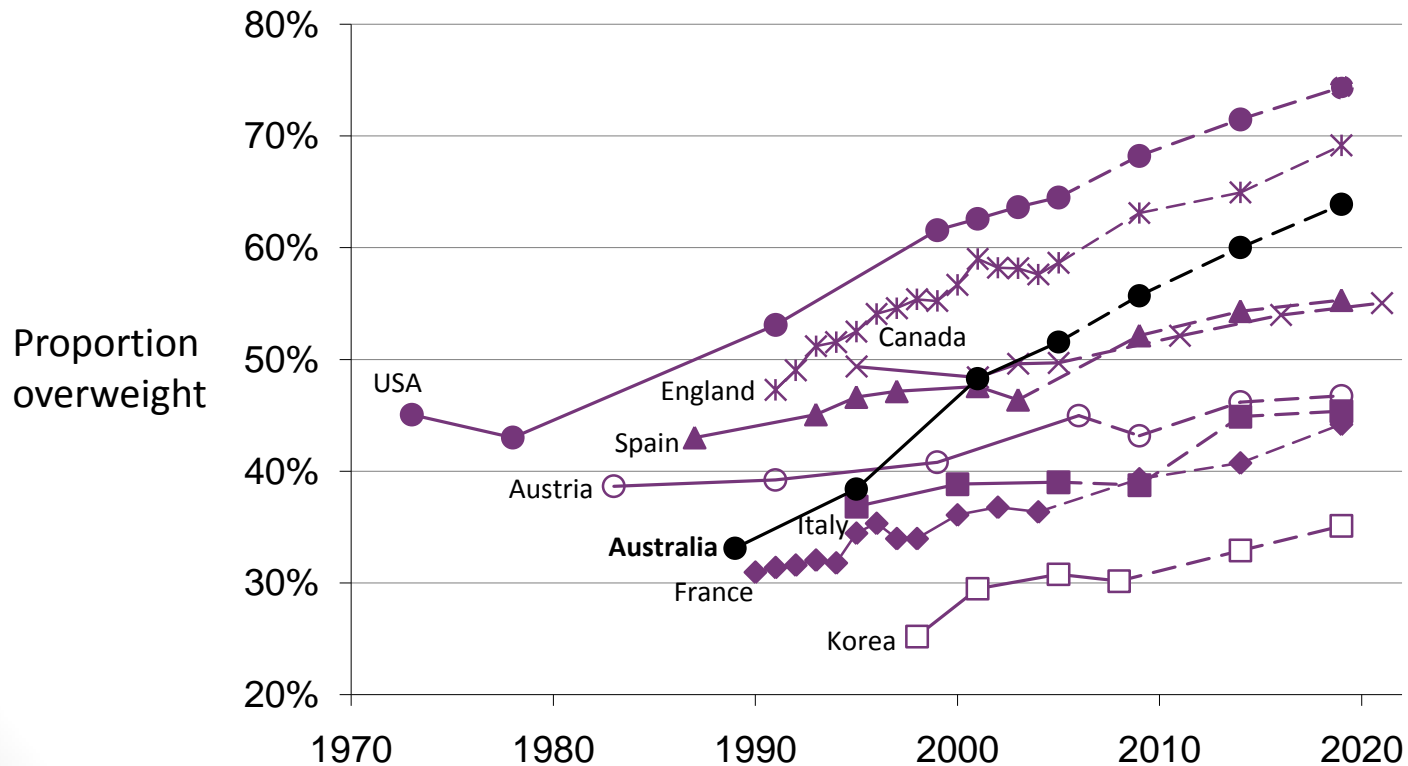
What About Exercise?



- 1** Think of movement as an opportunity, not an inconvenience.
- 2** Be active every day in as many ways as you can.
- 3** Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days.
- 4** If you can, also enjoy some regular, vigorous activity for extra health and fitness.

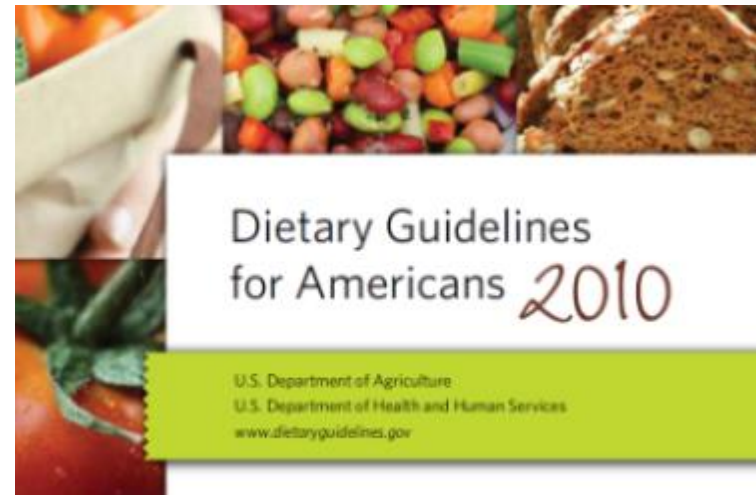
Is it Working?

- Overweight and obesity is increasing in Australia and globally
- 2007-08 National Health Survey (NHS):
 - 61.4% Australians are either overweight or obese.
 - 25.6% of males and 24% of females are obese



Dietary Guidelines for Americans 2010

- Dietary Guidelines for Americans (DGA) 2010 emphasises 3 major goals:
 1. Balance calories with physical activity to manage weight
 2. Consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
 3. Consume fewer foods with sodium (salt), saturated fats, *trans* fats, cholesterol, added sugars, and refined grains
- Includes 23 key recommendations for the general population
- Intended to help people choose an overall healthy diet



MyPyramid



MyPlate

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.

Foods to reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks



Useful Strategies from DGA, 2010

- Acknowledge “The single most sobering aspect of this Report is the recognition that we are addressing an overweight and obese American population .”
- Emphasises the importance of reducing body weight:
 - Clear energy targets
 - Interactive web-based tools for success
 - Dietary patterns that reduce obesity-associated CVD risk factors
 - Integration of PA by “Be Active Your Way”



Clear Targets for Energy Intake

TABLE 2-3. Estimated Calorie Needs per Day by Age, Gender, and Physical Activity Level^a

Estimated amounts of calories needed to maintain calorie balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories. An individual's calorie needs may be higher or lower than these average estimates.

Gender	Age (years)	Physical Activity Level ^b		
		Sedentary	Moderately Active	Active
Child (female and male)	2-3	1,000-1,200 ^c	1,000-1,400 ^c	1,000-1,400 ^c
Female^d	4-8	1,200-1,400	1,400-1,600	1,400-1,800
	9-13	1,400-1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	1,800-2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	4-8	1,200-1,400	1,400-1,600	1,600-2,000
	9-13	1,600-2,000	1,800-2,200	2,000-2,600
	14-18	2,000-2,400	2,400-2,800	2,800-3,200
	19-30	2,400-2,600	2,600-2,800	3,000
	31-50	2,200-2,400	2,400-2,600	2,800-3,000
	51+	2,000-2,200	2,200-2,400	2,400-2,800

DASH Dietary Pattern

Key features of the Dietary Approaches to Stop Hypertension (DASH) diet:

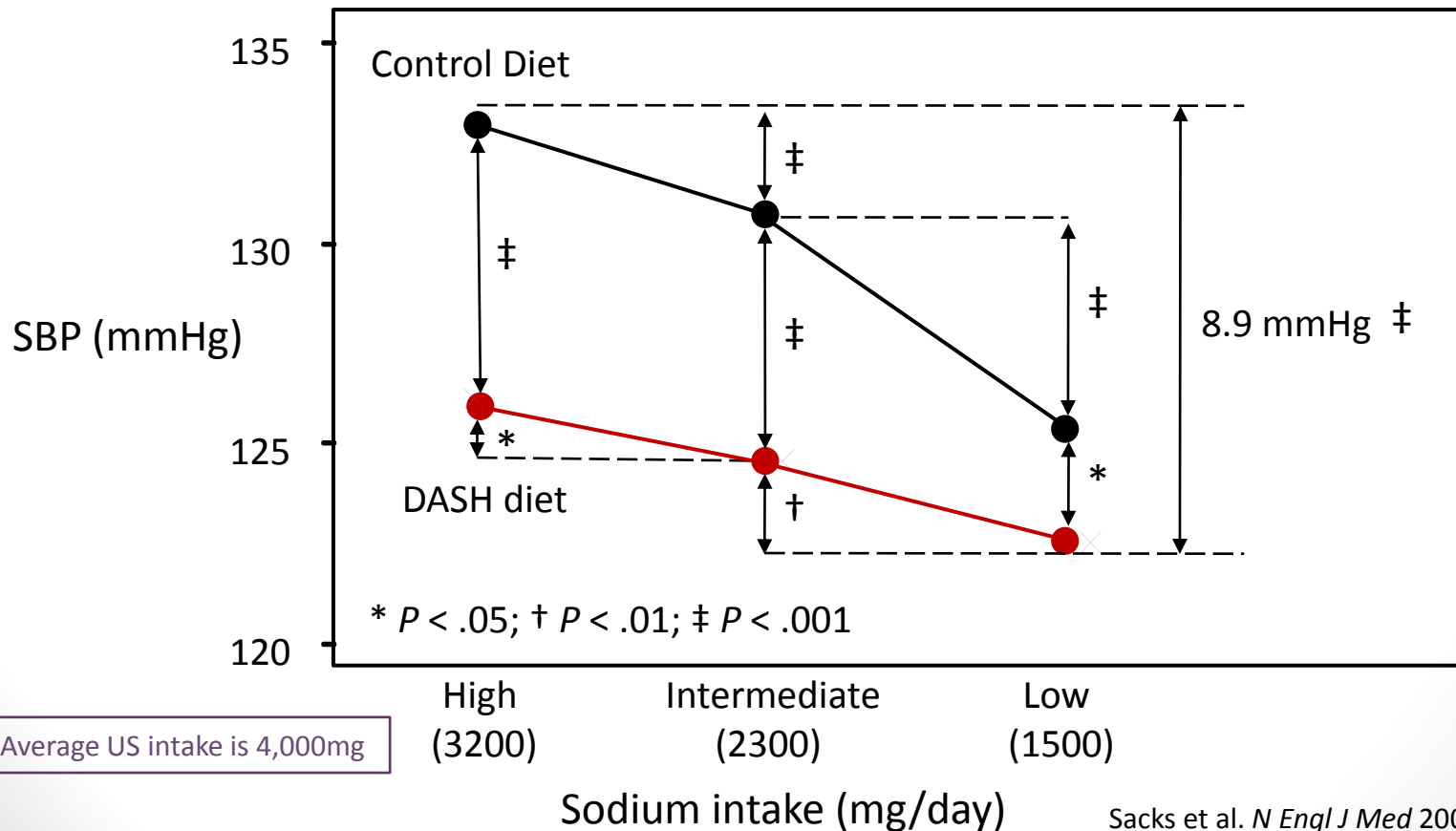
- Rich in fruits and vegetables (8-10 servings/day) and low-fat dairy products (2 or 3 servings/day)
- Includes whole grains, legumes, fish, and poultry
- Limited in added sugars and fats
- High in dietary fibre (~30g/day), potassium, calcium and magnesium
- Low in sodium, total and saturated fats, and cholesterol

Substantial BP and
LDL-C lowering effects



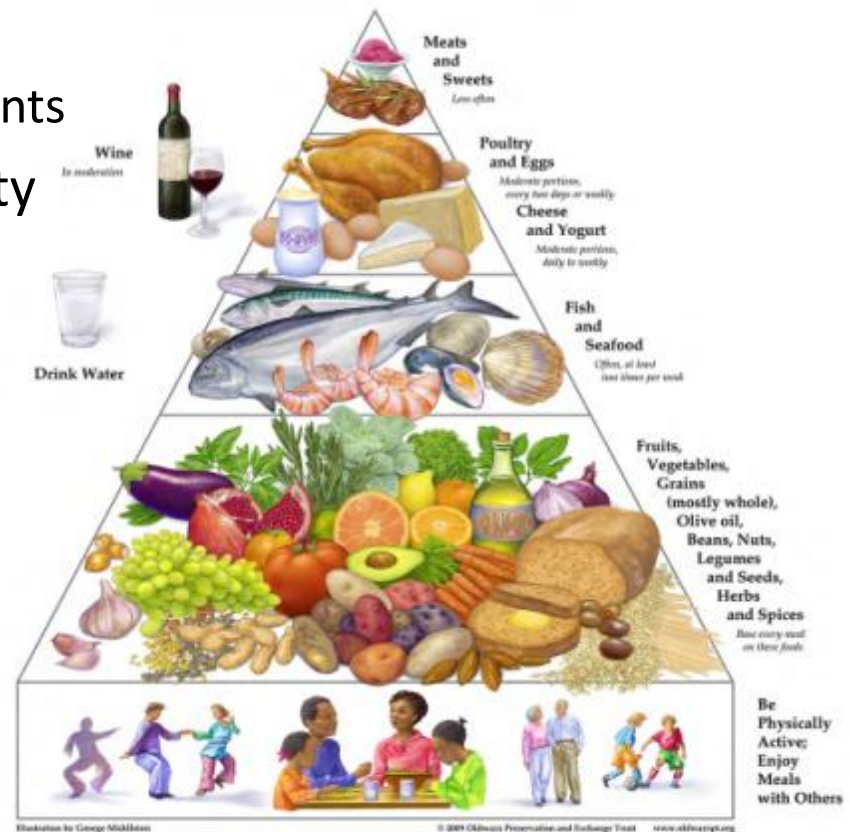
DASH-Sodium Trial

- Additional hypotensive benefits from following a DASH diet with further reductions in sodium



Mediterranean Diet

- Foods consistent with a DASH diet:
 - Abundant plant foods (fruits, vegetables, nuts, grains, cereals)
 - Fish and shellfish
 - Dairy in low-moderate amounts
- Foundation of physical activity
- Integration of social support with shared meals
- Sustainable option for the Australian population?



Summary

- Important to develop a sustainable dietary pattern that addresses current overweight and obesity, and integrates physical activity

From this....



playfully produced by Scott "Q" Marcus at www.ThisTimeIMeanIt.com

to this....

