



PRESENTATION: THE HEALTH & DIET RATIONALE FOR A NUTRITION POLICY



Center for
Weight &
Health

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Photo credit: Alameda County Community Food Bank



DO YOU KNOW CLIENTS WITH...

DIABETES

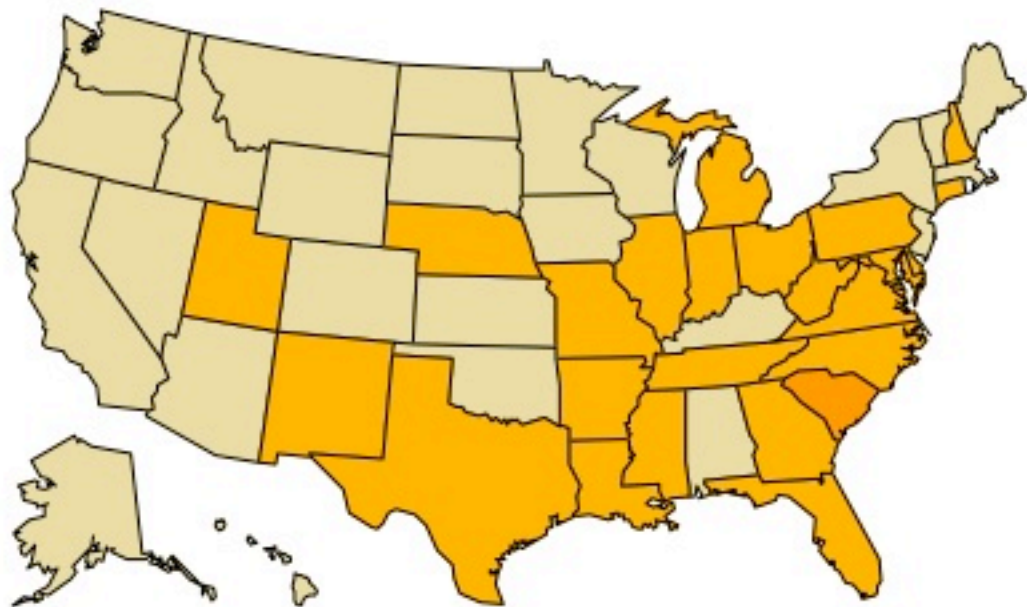
HIGH BLOOD PRESSURE

HEART DISEASE

CANCER

DIAGNOSED DIABETES WAS UNCOMMON BEFORE 1994

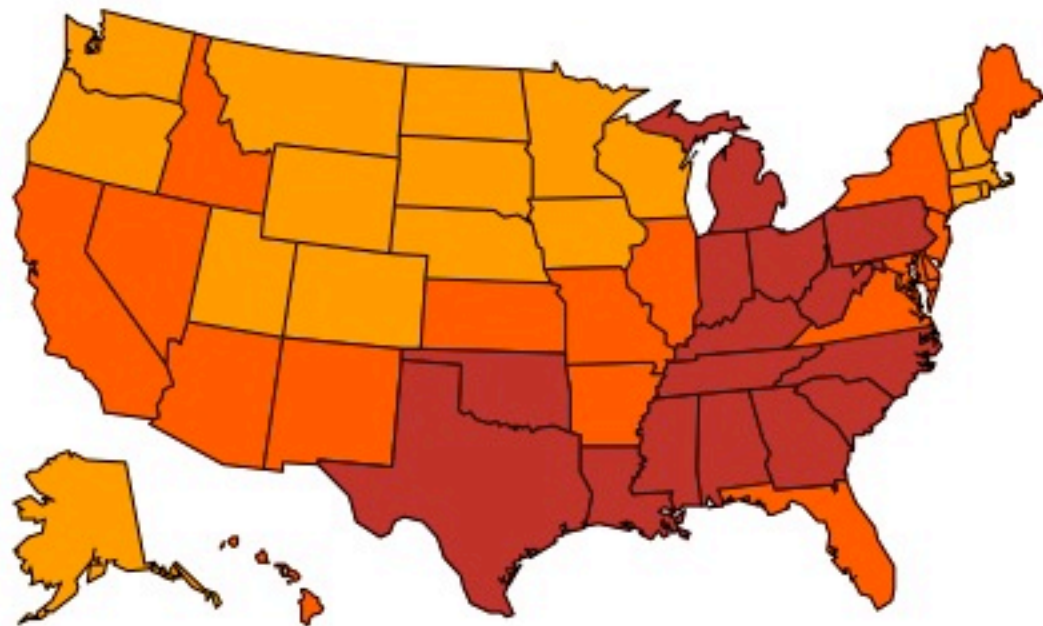
Age-Adjusted Prevalence of Diagnosed Diabetes Among U.S. Adults Aged 18 Years or older 1994



RECENTLY, DIAGNOSED DIABETES HAS INCREASED

(Directly linked to increase in obesity)

Age-Adjusted Prevalence of
Diagnosed Diabetes Among
U.S. Adults Aged 18 Years or
older 2010




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DIAGNOSED DIABETES IS JUST THE 'TIP OF THE ICEBERG'

An infographic featuring a large iceberg floating in the ocean. The tip of the iceberg is above the water line, while the vast majority of the iceberg is submerged below. Four colored arrows point towards the waterline: a light blue arrow on the left, a red arrow on the right, a teal arrow on the left, and a lime green arrow on the right. The background is a gradient from red at the top to blue at the bottom.

29 million people
have diabetes

1 in 4 do not know
they have diabetes

86 million people
have pre-diabetes

9 out of 10 do not know
they have pre-diabetes



1 in 3 deaths

in the United States is due
to heart disease

- Leading cause of death for Americans
- Many premature deaths from heart disease are preventable

POOR NUTRITION AFFECTS CHILD HEALTH ESPECIALLY IN LOW INCOME POPULATIONS

- Child overweight and obesity increased in past two decades
- Type 2 diabetes increasing among children, particularly minority populations
- Iron deficiency is common, leads to poor learning performance and fatigue

Source: Ogden, 2014; CDC Childhood Obesity Facts; American Diabetes Association Statistics About Diabetes; CDC National Diabetes Statistic Report, 2014; CDC Nutrition and The Health of Young People



Photo credit: Alameda County Community Food Bank

FOOD INSECURE HOUSEHOLDS ARE AT GREATEST RISK FOR POOREST HEALTH



- Greater risk for overweight and obesity
- 50% greater risk of diabetes
- 20% greater risk of high blood pressure

STUDY FINDS FOOD PANTRY CLIENTS ARE AT GREATER RISK OF CHRONIC DISEASES

- > 50% of households have a member with high blood pressure
- 1/3 of all households have a member with diabetes
- Households with seniors:
 - 50% have diabetes
 - 75% have high blood pressure

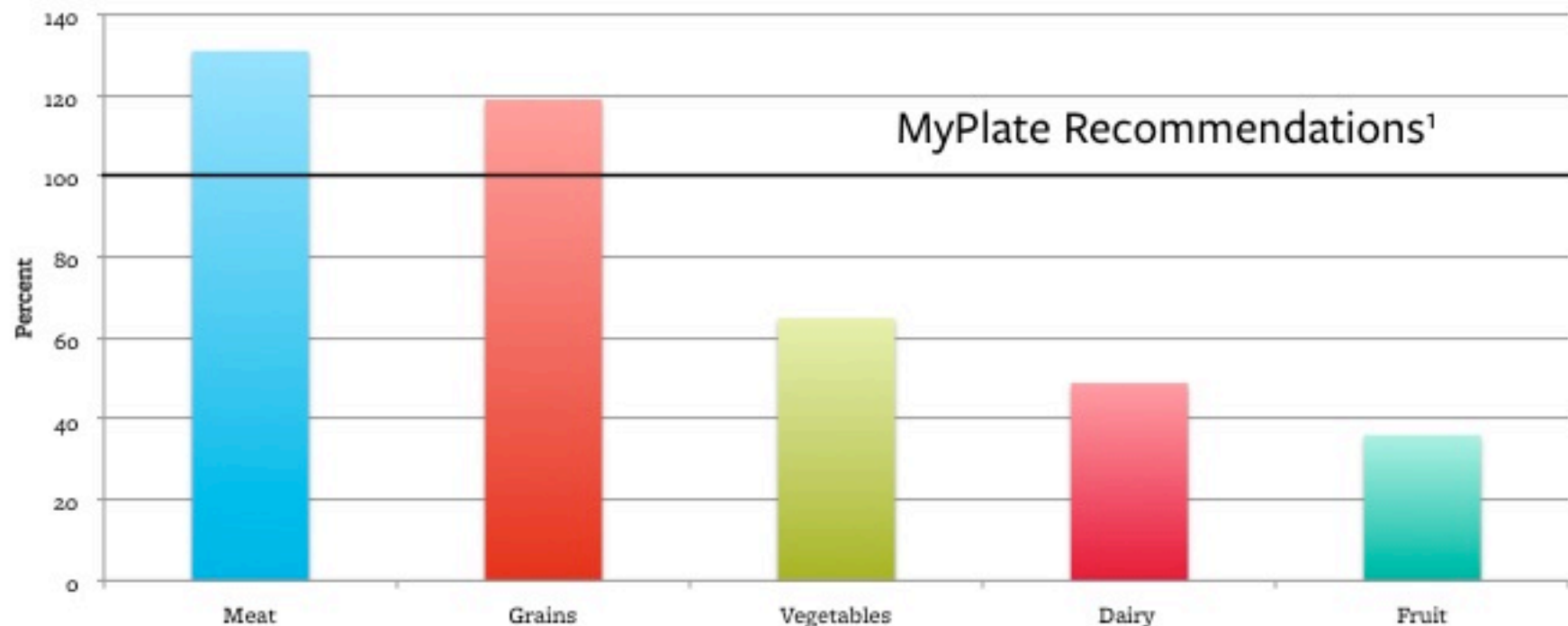


Source: Westat and Urban Institute, Hunger in America, 2014; Photo credit: Alameda County Community Food Bank

A collage of high-calorie fast-food items. The top section shows a bowl of food with green onions, a sesame seed bun, and a fried item. The bottom section shows a large sesame seed bun, a cup of dark coffee, a bag of french fries, and fried chicken strips.

**EXCESS CALORIES, FAT, SUGAR & SALT CONTRIBUTE TO
HEART DISEASE, DIABETES & OBESITY**

AMERICAN DIETS ARE OUT OF BALANCE WITH RECOMMENDED SERVINGS VS DIETARY GUIDELINES, 2012



¹Data based on a 2,000 calorie diet.

Source: ERS/USDA Summary Findings. Food Availability (Per Capita) Data System

STUDIES SHOW FOOD BANK CLIENTS HAVE EVEN LOWER QUALITY DIETS



Too Low in
Whole Grains



Too Low in
Fruits



Too Low in
Green and
Orange
Vegetables



Too Low in
Low Fat Dairy



Too High in
Fat,
Calories,
Salt & Sugar

CLIENTS COPE BY CHOOSING CHEAP, FILLING AND LESS HEALTHFUL FOODS



CLIENTS' FOOD PREFERENCES FOR FOODS FROM PANTRIES





MAKING HEALTHIER CHOICES EASIER FOR CLIENTS



Photo credit: Alameda County Community Food Bank



MOST CLIENTS USE PANTRIES EVERY MONTH





PROVIDING NUTRITIOUS FOODS MAKES SENSE



Photo credit: Alameda County Community Food Bank

ORGANIZATIONAL BENEFITS OF A FOOD BANK NUTRITION POLICY

- Organizational commitment to client health
- Demonstrates good corporate citizenship and models responsible behavior
- Clear written guide for consistent decisions about food inventory
- An official tool for communication with donors & other suppliers



Photo credit: Feeding America San Diego



DEVELOPING A NUTRITION POLICY AT THE FOOD BANK