

Unintended Consequences of Simple Dietary Advice

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Objectives

- RDs attending sessions will be able to
- discuss how simple dietary advice can create unintended consequences
 - explain their role in improving eating behavior outcomes based on their messages during counseling
 - identify a message structure to use with patients/clients to avoid *overly simplified* dietary advice leading to negative consequences

RD Mission

ADA's Mission:

Empower members to be the nation's food and nutrition leaders

ADA's Vision:

Optimize the nation's health through food and nutrition

Aim of Dietetic Practice:

Promote positive health outcomes through optimal nutrition

Nutrition Care Process

NCP consists of four distinct, interrelated steps to guide patient care:

- Assess
- Diagnose
- Intervene
- Monitor and Evaluate

RD Message

Focus on

- | | |
|----------------------|--------------------------|
| • Age | • Meals |
| • Gender | • Snacks |
| • Ethnicity | • Amounts, Portions |
| • Anthropometrics | • Times |
| • Labs | • Preparation |
| • K•A•P | • Condiments |
| • Media, F&F | • Locations |
| • Single nutrients | • home, restaurant, car, |
| • Single food groups | kitchen, TV room, |
| • Certain colors | computer room, |
| | bedroom |

- 1° Prevention → General & Specific
- 2° Dx → Single Messages
- 3° Dx+ → Complex Messages

...What's Taken Home?

...Maybe incorrect or confusing messages

RDA & DRIs

- **RDA (Recommended Dietary Allowances):** the amount of a nutrient needed to meet the requirements of almost all (97-98%) of the healthy population
- **DRI (Dietary Reference Intake):** overall term for four specific types of nutrient recommendations (AI, EAR, RDA, and UL); for nutrient guidance in recommendations for the U.S. and Canada

RDA & DRIs Cont.

Women's Age Groups	Ca ²⁺ (mg/d)		Vit D (µg/d)		Mg ²⁺ (mg/d)	
9-13 y	1,300	2,500	5	50	240	350
14-18 y	1,300	2,500	5	50	360	350
19-30 y	1,000	2,500	5	50	310	350
31-50 y	1,000	2,500	5	50	320	350
51-70 y	1,200	2,500	10	50	320	350
> 70 y	1,200	2,500	10	50	320	350

AI: Adequate Intake
 RDA: Recommended Dietary Allowance
 UL: Upper Limit

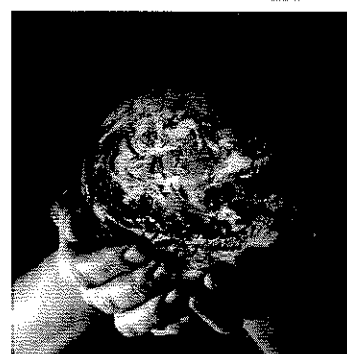
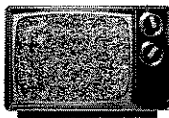
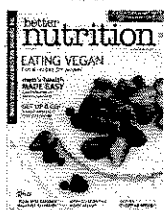
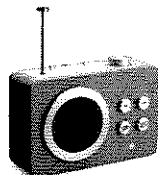
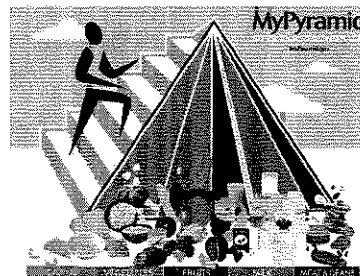
Source: USDA

2005

Dietary Guidelines for Americans

- **Adequate nutrients within calorie needs** – choose a variety of nutrient dense foods and beverages
- **Weight management** – balance intake of calories with expended calories
- **Physical activity** – increase physical activity and reduce sedentary activity
- **Food groups to encourage** – choose fruits, vegetables, whole grains, fat-free or low-fat milk
- **Fats** – choose fats low in saturated and trans fatty acids
- **Carbohydrates** – choose fiber-rich fruits, vegetables, and whole grains often, while reducing sugar intake
- **Sodium and potassium** – reduce sodium intake while consuming potassium-rich foods
- **Alcoholic beverages** – moderate
- **Food safety** – practice food safety to avoid microbial foodborne illness

My Pyramid



Well-Intended Messages \neq Correct Understanding & Behavior

Simple Messages \neq Positive Outcomes

Question

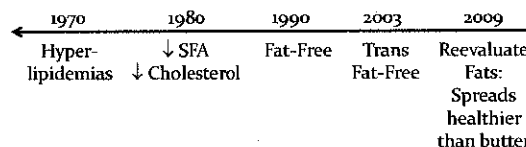
What does this mean for the RD when communicating nutrition messages?

Fall Out

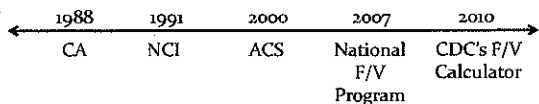
Those who follow simple messages may believe they create a "healthful diet."

Source: ER, L and Frank, GC. "Women's Health" DPG Newsletter, October, 2009.

Mini Case Study 1 Lessons Learned: Fat

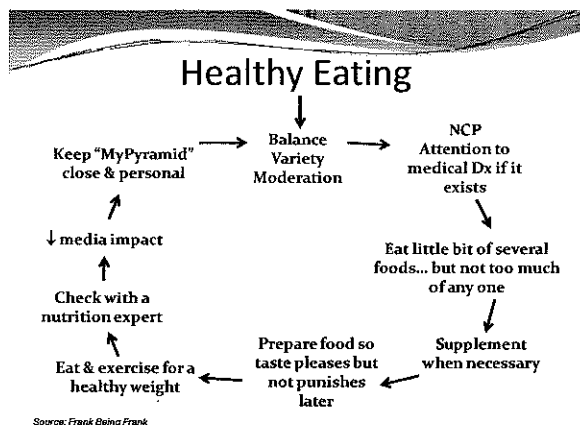


Mini Case Study 2 History of F/V Campaign



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- ### RD Actions
- Establish "healthy eating" as 1st goal of NCP
 - Alert to DGA 2010
 - Create messages not too simple but complete
 - Tailor to individual needs in client's global environment
 - Deliver messages with client-centered techniques
 - Monitor for intended message achievement

- ### RD Approach
1. Tailor the message to the counseling or teaching session
 - Diagnosis: Hyperlipidemia
 - NCP: ↓ sfa, ↓ fat, ↓ kcal

2. Understand national nutrition and health directives
 - Specifics / general
 - for example: ↓ sfa / ↓ lipids

3. Evaluate patient / client "influences"
 - ...global environment
 - ...age...ethnicity...single food groups

4. Use client-centered communication techniques
 - Motivational Interviewing

5. Create comprehensive closing statement to monitor for achievement

- Not too simple
- Not too complex
...when defining eating behavior

Suggested Tailored Message

Thank you for meeting with me today.

What's important to remember is that changes needed in your foods are prescribed by your physician due to your high cholesterol level.

Source: Frank. Apply Epidemiology to Contemporary Practice, 1998 and 2006.

Your health goal is to lower your total blood cholesterol level.

Your food choices (behavior) will mean less saturated or animal fat and more vegetable, especially mono-unsaturated fats.

These changes are needed to lower your blood cholesterol level and to lower your risk for other health problems.

These changes are only one part of your new healthy lifestyle.

To lower your risk for heart disease, healthy eating means having balance, variety and moderation of all foods you eat and beverages you drink throughout the day.

I look forward to seeing you next month.

Summary

Questions?

Thank you!