



Dietary Patterns and Heart Disease Prevention Community Outreach Project

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Conclusion

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GSRMC & SAGH, Cardiac & Pulmonary Rehab

Pre-recorded Presentation viewed by:

• **Phase II Cardiac and Pulmonary rehabilitation patients**

- Number of attendees : 11
- Number of evaluations: 9
- Response rate: #evaluations/#attendees: 81%
- Age range: youngest-oldest: 38-82

Average age: 62

Background

Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.¹

Healthy People 2020 Goal: “Increase the number of physician office visits made by patients ages >65 years old with a diagnosis of cardiovascular disease, diabetes, hyperlipidemia that included **counseling or education related to diet and nutrition counseling.**”²

This presentation introduced the dietary patterns of Mediterranean diet, the DASH (Dietary Approaches to Stopping Hypertension) and the plant-based diet, exploring their benefits along with knowledge on how to read food labels, be able to identify good fats, sodium recommendations and identify hidden sugar in foods.

Objectives:

- Identify **healthy dietary pattern** components supported by **American Heart Association:** increase whole grains, fruit/vegetable, low fat dairy, nuts, legumes, non-tropical vegetable oils; limit sat fat, hydrogenated oils (trans fat), sodium, red meat, sweets/sugar.³
- Identify key components of each dietary pattern discussed:
 - **Mediterranean diet, DASH diet, Plant based diet.**
- Identify health **benefits** of each dietary pattern discussed
- Be able to correctly utilize Picture **MyPlate for portion control**
- **Understand how to read food labels:**

Serving size
Sodium, sugar, fats
Ingredients

Sample Recipes

End of Presentation Quiz & Review

Local resources for Pantry/Meal sites

Picture Your Plate Questionnaire

Heart Healthy Tips for Success

What patients learned...

- More about local resources
- How to read food labels
- Visual guide for portion sizes
- Sodium amounts/to reach labels for sodium
- Olive oil is the best/more about oils
- Peanut butter can be okay
- Canned vs frozen vegetables and sodium content
- Margarine is a no no
- Look for sugar in yogurt
- Learned a lot more about the Mediterranean diet
- What is a balanced healthy diet
- How exercise, sodium control, weight loss and smoking cessation work together
- High fructose corn syrup is not good
- If you can't pronounce what is on the label don't eat it

- Overall, this presentation received positive feedback and appears to have been beneficial to patients in Cardiac and Pulmonary Rehabilitation.
- This presentation was used to supplement the Cardiac and Pulmonary Rehabilitation's Nutrition Education program requirements.
- I hope that after listening to this presentation, the viewer will have better knowledge of how to incorporate heart healthy dietary patterns that can be tailored to their individual needs and health goals.

“I have learned a lot of nutrition information over time. This presentation pulled it all together in a way I can use in planning meals and a day's nutrition. I know how to handle my nutrition going forward which is exactly what I was looking for.”

- Cardiac Rehab Patient

References/Acknowledgements

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Quinn Griffis, CEP, GSRMC/SAGH Cardiac and Pulmonary Rehabilitation Manager
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1. Centers for Disease Control and Prevention. Underlying Cause of Death, 1999–2018. CDC WONDER Online Database. Atlanta, GA: Centers for Disease Control and Prevention; 2018. Accessed March 12, 2020
2. . 2020 HP. NWS-6.1 Increase the proportion of physician office visits made by patients with a diagnosis of cardiovascular disease, diabetes, or hyperlipidemia that include counseling or education related to diet or nutrition. 2020. <https://www.healthypeople.gov/2020/data/Chart/4963?category=1&by=Total&fips=-1>
3. American Heart Association. What is the Mediterranean diet? Last reviewed January 9th,2020. Accessed January 13 2021. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/Mediterranean-diet>

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