# Dietary Lipids:  Who's In Control?

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Foundations of Medicine Y1

Lung, Heart, Kidney Block

2019

# WHAT WE WILL COVER

- QUESTIONS FROM PRE-EVENT SLIDES

- TWO GROUP ACTIVITIES

  1. FDA criteria for food labeling and advertising

  2. Food Environment Atlas to see inter-relationship between economics, geographic location, food access, and health outcomes

# Any questions from pre-event slides?

# Group Work – INTRO 1

- A diet low in saturated fat helps reduce the risk of heart disease. Because much of the food consumed in the United States is processed, government regulations have been enacted to help people know the ingredients and nutritional content of what they are eating.

# Question #1 (5 min)

- Use the FDA – Code of Federal Regulations 101.75 Health Claims: Dietary Saturated Fat and Cholesterol and Risk of Coronary Heart Disease [Subpart c Requirements]: https://www.ecfr.gov/cgi-bin/text-idx?SID=eaf8b05f4c36e7c40fabb0d8c089b05e&mc=true&node=pt21.2.101&rgn=div5#se21.2.101_175

   a) describe criteria for health claims and advertising related to dietary saturated fat and cholesterol;

   b) discuss if you think the criteria for labeling is sufficient for most people to make informed decisions about food purchase.

# Health Claims
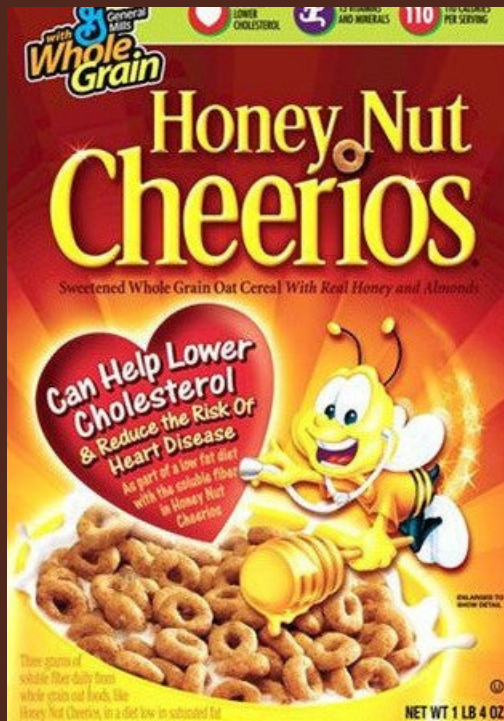
# Group Work – INTRO 2

"Food environment factors—such as store/restaurant proximity, food prices, nutrition assistance programs, and community characteristics—interact to influence food choices and diet quality. Researchers are beginning to document the complexity of these interactions, however, more research is needed to identify causal relationships and effective policy interventions.

The Food Environment Atlas assembles statistics on food environment indicators, and provides a spatial overview of a community's ability to access healthy food and its success in doing so."

# Question #2 (12 min)

- Use the **USDA ERS Food Environment Atlas**:

www.ers.usda.gov/data-products/food-environment-atlas/go-to-the-atlas.aspx

- Extract data and prepare statement as described on next slide.

A. Develop a summary statement about the inter-relationship among economics, geographic location, food access, and health outcomes for a US county of your choice. Please include the following:

- the socioeconomic characteristics of the county's population (include poverty rate; childhood poverty rate; percent population who participate in WIC; percent population who participate in National School Lunch and School Breakfast Programs);

- the population's access to a grocery store (include sub-populations - children, seniors);

- the county's local food availability (farms, farmer's markets, etc.);

- the county's adult obesity rate;

- the adult diabetes rate.

B. As a physician, how might you use these population-level data to improve the health of your patients?

# KEY SUMMARY POINTS

- National Dietary Guidelines for Fats
  - **SFA < 10% of calories**
  - **Replace SFA with PUFA and MUFA (not with sugar or refined grain)**
  - **Trans fats < 1% of calories**

- Criteria for food labeling and advertising (dietary saturated fat and cholesterol)
  - **"may" or "might" reduce risk**
  - **terms "heart disease" or "coronary heart disease"**
  - **terms "saturated fat" and "cholesterol"**
  - **does not attribute any CHD risk reduction to diets low in saturated fat and cholesterol**
  - **states CHD risk depends on many factors**

# KEY SUMMARY POINTS

- How you might use Food Environment Atlas data

  - **Lobby government to assure access to quality food**
  - **Tailor patient nutrition education**
  - **Develop culturally and linguistically appropriate patient ed materials**
  - **Advise school districts**