

The Importance of Maternal and Child Nutrition in the Changing Health Care Landscape

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The Academy of Nutrition and Dietetics

eat right® Academy of Nutrition and Dietetics

- The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) is the world's largest organization of food and nutrition professionals.
- With over 75,000 members, the Academy is a multidimensional organization committed to optimizing the nation's health through food and nutrition.

The screenshot shows the homepage of the Academy of Nutrition and Dietetics. At the top left is the logo "eat right"® Academy of Nutrition and Dietetics, with the tagline "The world's largest organization of food and nutrition professionals." To the right is a search bar with dropdown menus for "SEARCH" and "Site", and a "LOG IN / JOIN" button. Below the search bar are links for "Advanced Search", "View Top Searches", "Home", "About Us", and "Shopping Cart". A "Join the Academy" section includes links for "Join the Academy" and "Member Benefits". Social media icons for Facebook, Twitter, YouTube, and Google+ are also present. A green navigation bar at the bottom has links for "Home", "Public", "Members", "Become an RD/DTR", "Media", "Health Professionals", "Shop", and "FIND A REGISTERED DIETITIAN". The main content area features a large image of a smiling family (a man, a woman, and two children) and the headline "Healthy Children are a Family Affair". Below the headline is a paragraph about parents being role models for their children, followed by a "Learn More »" button.

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Healthy Children are a Family Affair

Parents are children's biggest influences when it comes to healthy behaviors, so provide your kids with opportunities for family fun. You can help your children learn to make healthier food choices and engage in regular physical activity by being a good role model.

[Learn More »](#)



Why do women need good nutrition?

- Link between chronic diseases and intrauterine environment
 - Obesity
 - Metabolic syndrome
 - Hypertension
 - Diabetes
 - Cardiovascular disease
- Link between intrauterine environment and normal physiological growth.
- Link between mother's nutritional status and weight gain status during pregnancy and infant's birth weight and health outcomes.
- Link between gestational diabetes and type 2 diabetes



HEALTH PROMOTION AND CHRONIC DISEASE PREVENTION

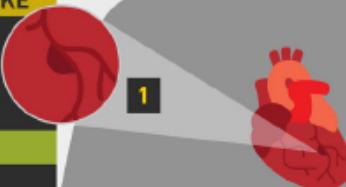
Risk factors for many chronic diseases can begin early in life. But evidence shows that making dietary and lifestyle changes may prevent disease progression and premature death.

CHRONIC CONDITIONS RELATED TO DIET

1. HEART DISEASE & STROKE

HEART DISEASE:
LEADING CAUSE OF DEATH IN THE U.S.
for 100+ years and currently accounts for 1 in 3 deaths.

STROKE: 1 IN 18 DEATHS IN THE U.S.



2. OBESITY

1 IN 3 ADULTS IN THE U.S. IS OBESE
Obesity in all age, ethnic and gender groups within the U.S. has reached epidemic proportions.

16% OF 6-19 YEAR OLDS ARE OBESE
Based on BMI guidelines for children and adolescents.



3. CANCER

CLAIMS MORE LIVES THAN HEART DISEASE
among people younger than 50 years of age.

**CAUSING FACTORS: OBESITY,
POOR DIET & PHYSICAL INACTIVITY**
• Consuming less fat can be effective in reducing risk of breast and ovarian cancers.
• Moderate to vigorous exercise results in 30% reduction of colon cancer risk.



4. OSTEOPOROSIS

**8% OF 20+ YEAR OLD FEMALES
IN THE U.S. ARE AFFECTED**

BONE FRACTURE PREVENTION
is strongly linked to weight-bearing exercise, and vitamin D and calcium intake.



5. DIABETES

**18+ MILLION U.S. ADULTS DIAGNOSED
WITH TYPE 2 DIABETES IN 2008**
Diabetes prevalence is projected to reach 30% by 2050.

**12.7% OF 12-19 YEAR OLDS
HAVE METABOLIC SYNDROME**
which predisposes them to risk of type 2 diabetes in young adulthood and beyond.

PREDICTORS OF TYPE 2:

- Obesity
- Family history
- High triglyceride levels
- High blood pressure
- Low high-density HDL cholesterol



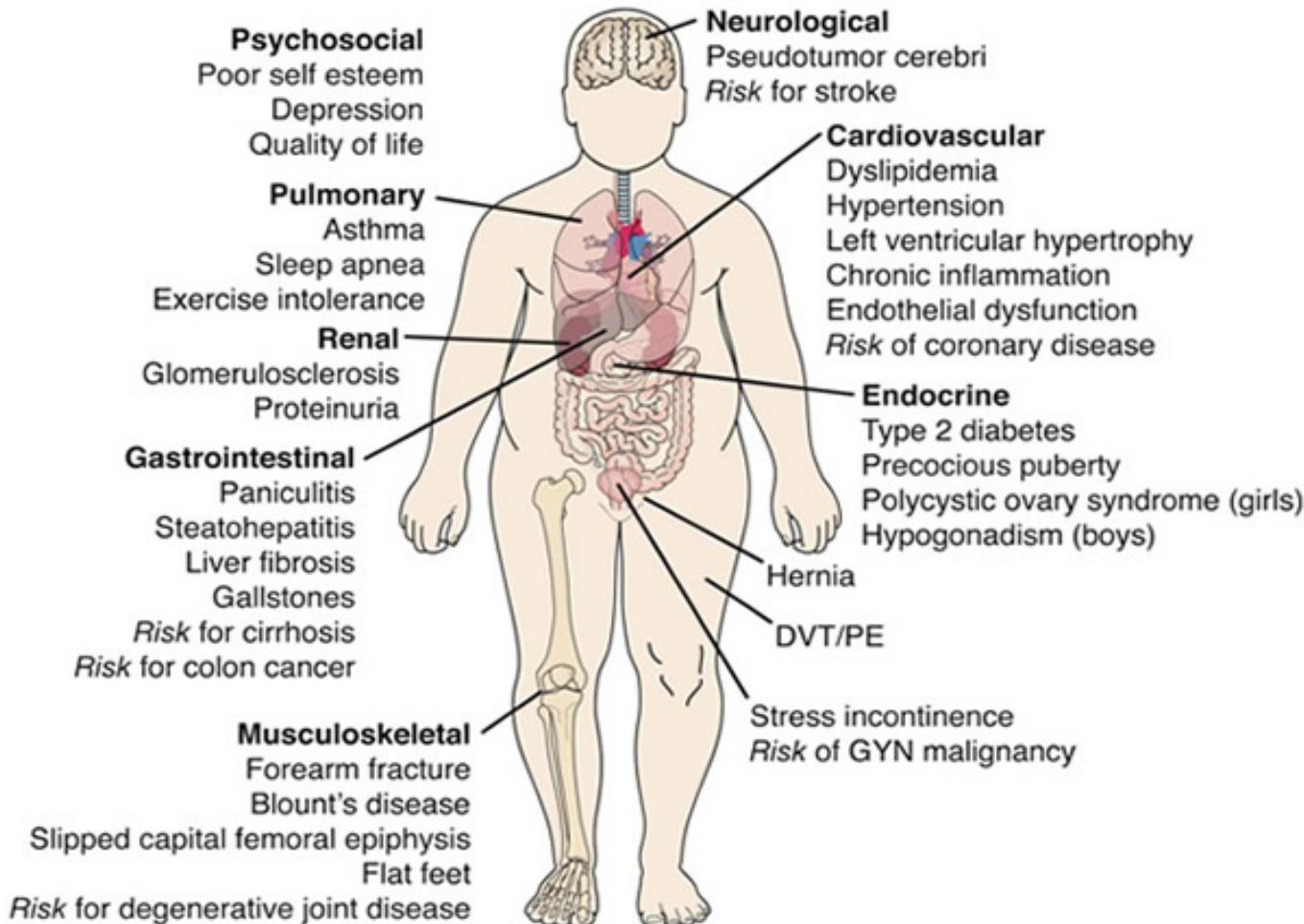
Why do children need good nutrition?

- Physical growth.
- Emotional development.
- Academic performance.
- Behavioral issues.
- Behaviors established in childhood predict health outcomes, longevity and quality of life over the life span.
- Obesity in children predicts obesity in adulthood.
- Cardiovascular risk factors in children predict atherosclerosis in adulthood.



Health Risks of Overweight/Obesity

Complications of Childhood Obesity



The Affordable Care Act

Focus on Prevention



Breastfeeding Benefits in Health Plans

Most insurance plans must provide:

- Comprehensive lactation support and counseling, by a trained provider during pregnancy and/or in the postpartum period
- Costs for renting breastfeeding equipment



Breastfeeding in the Workplace

Section 4207 (amends FLSA):

- Employers must provide a reasonable, non-paid break time for an employee to express milk for one year after the child's birth each time the employee has need to express milk.
- Employers must provide a place shielded from view and free from intrusion, other than a bathroom.
- Some companies with fewer than 50 employees may be granted an exception.



Healthy diet counseling

The USPSTF recommends intensive behavioral dietary counseling for adult patients with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease. Intensive counseling can be delivered by primary care clinicians or by *referral to other specialists, such as nutritionists or dietitians*.

Grade B

Obesity screening and counseling: adults

The USPSTF recommends that clinicians screen all adult patients for obesity and offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults.

Grade B

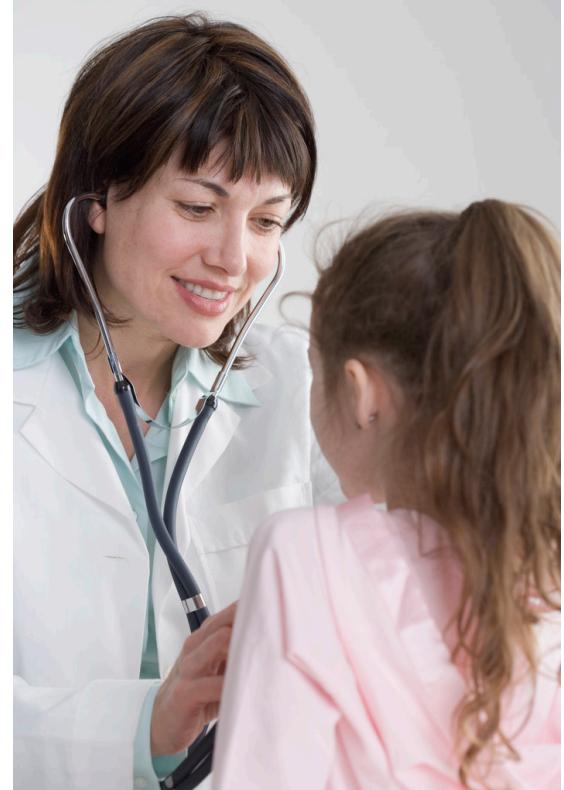
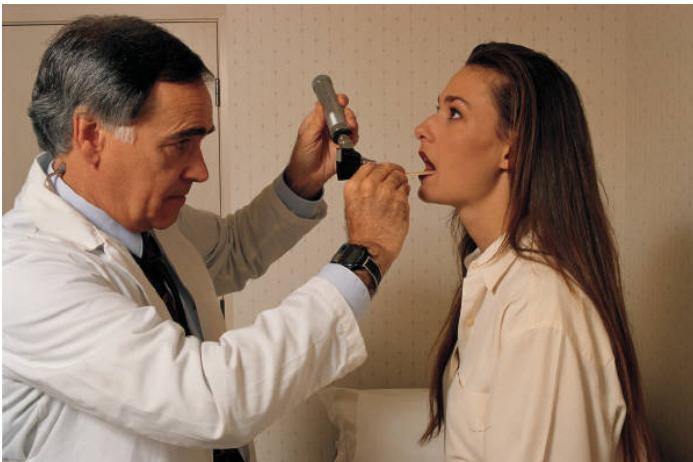
Obesity screening and counseling: children

The USPSTF recommends that clinicians screen children aged 6 years and older for obesity and offer them or refer them to comprehensive, intensive behavioral interventions to promote improvement in weight status.

Grade B

Other Nutrition-Related Preventive Services

- Well-woman visits
- Screening for gestational diabetes
- Counseling and screening for HIV
- Well-child visits



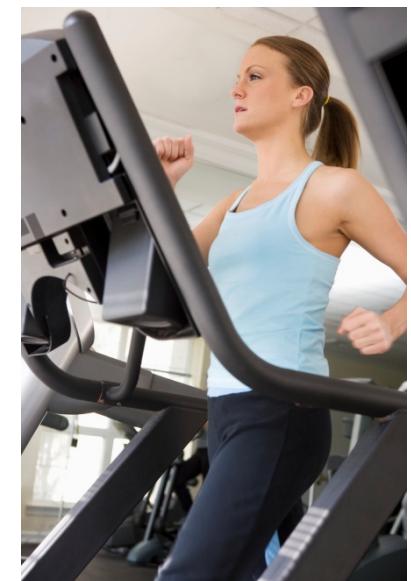
Sec. 4205: Restaurant Menu Labeling

- Chain restaurants with at least 20 outlets must disclose the nutritional content of each item
 - Post calories on menus, menu boards, and food display tags
 - Additional nutrition information available in writing upon request
- Vending machines must affix calorie labeling to machines



Worksite Wellness

- Employers can offer employees rewards of up to 30% of the cost of coverage for participating in a wellness program and meeting certain health-related standards (may be increased to 50%).
- Employers must offer an alternative standard for individuals for whom it is unreasonably difficult or inadvisable to meet the standard.



ACA and Maternal and Child Nutrition

Popular Components of Worksite Wellness Programs

- *Health risk questionnaires*
- *Biometric screening*
- Tobacco cessation programs
- *Weight management and nutrition counseling*
- *Lifestyle or behavioral coaching*
- Gym memberships
- On-site exercise facilities and/or physical fitness challenges
- *Educational materials*
- 24/7 nurse call lines
- *Chronic disease management programs*



The Power of Partnerships

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Why do we need everyone at the table?

- No quick-fix to the obesity epidemic
- Multi-factorial problem with multi-factorial solution
- Need all pieces of the equation
 - IOM Report, “Accelerating Progress in Obesity Prevention”: Expand the role of health care providers, insurers, and employers in obesity prevention
- Help to reduce barriers

