Women’s Health, Physical Activity, and the Dietary Guidelines

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Talk Outline

• Obesity is women’s health
• Physical Activity Guidelines
• Dietary Guidelines
• What we can do to reverse the trend
Physical Activity and Nutrition is Important for all Ages: Children, Adults, Older Adults, Oldest Old
Obesity is Women’s Health

Osteoarthritis  T2 Diabetes

Disability  Mental Health

Cancer  Heart Disease
Contributors

• Food: a global shift in the food environment towards foods that are higher in fat, added sugars, and highly processed

• Physical activity: an increasingly sedentary lifestyle due to the nature of many forms of work, changing modes of transportation, time spent in front of screens, and increasing urbanization

Sources: World Health Organization, February 2011
What about physical activity?
Physical Activity Trends

- Planned exercise: $\leftrightarrow\uparrow$
- Occupation activity: $\downarrow$
- Transportation activity: $\downarrow$
- Household activity: $\downarrow$
- Sedentary activity: $\uparrow$

Result: decrease in energy expenditure
US Girls and Women: Minutes per Day Combined Moderate and Vigorous Activity

Min/D

RP Troiano et al., MSSE, 2008
US Boys and Men: Minutes per Day Combined Moderate and Vigorous Activity

Min/D

RP Troiano et al., MSSE, 2008
US Adolescents, Adults, and Older Adults Meeting the Guidelines

PA Guidelines – Children and Adolescents (ages 6–17)

• 1 hour (60 minutes) or more of daily physical activity that is mixture of moderate and vigorous
  – It is important to encourage young people to participate in physical activities that are age appropriate, enjoyable, and offer variety.
PA Guidelines – Adults (ages 18–64)

• Minimum levels a week
  – 2 hours and 30 minutes moderate-intensity aerobic activity; or
  – 1 hour and 15 minutes vigorous-intensity aerobic activity; or
  – **OR** an equivalent combination of the two

• Muscle-strengthening activities 2 or more days/wk
PA Guidelines – Older Adults (ages 65 years and older)

- Follow adult guidelines
- If at risk for falls, perform balance exercises
- If cannot follow the guidelines for ‘adults,’ be as physically active as abilities and conditions allow
- No need for medical clearance
Key Messages

• Any activity is better than none
• Accumulate activity in small or large bouts
• Walking is a universally accepted mode of activity
• Gain benefits at any body weight
• Pregnant and postpartum women have a lot to gain by being active
• Choose enjoyable activities
What About Nutrition?
Comparison of Consumption to Recommendations

**FIGURE 5-1. How Do Typical American Diets Compare to Recommended Intake Levels or Limits?**

- **Eat more of these:**
  - Whole grains: 15% vs. GOAL 59%
  - Vegetables: 42% vs. 59%
  - Fruits: 52% vs. 59%
  - Dairy: 52% vs. 59%
  - Seafood: 44% vs. 61%
  - Oils: 61% vs. 61%
  - Fiber: 40% vs. 56%
  - Potassium: 56% vs. 56%
  - Vitamin D: 28% vs. 75%
  - Calcium: 75%

- **Eat less of these:**
  - Calories from SfAS: 280% vs. LIMIT
  - Refined grains: 149% vs. LIMIT
  - Sodium: 200% vs. LIMIT
  - Saturated fat: 110% vs. LIMIT
24 Teaspoons of Added Sugars per day
3.6 Tablespoons of Solid Fat per day

758 Calories
35% of total calories
(average 40 year old woman)
Four Key Findings

• Balance calories; eat a little less
• Shift towards a more plant-based diet
• Dramatically reduce added sugars, solid fats, refined grains, and sodium (35% to 15%)
• Meet the 2008 Physical Activity Guidelines
Principles for Promoting Calorie Balance (Chapter 2)

• Monitor food and beverage intake, physical activity, and body weight
• Reduce portion sizes
• When eating out, make better choices
• Limit screen time
What is going on?
Socio-ecological Model

Individual
- Genetics
- Knowledge
- Skills
- Values

Social Network
- Friends
- Family
- Colleagues

Community
- Physical environment
- Support services
- Programs

Society
- Cultural values
- Public policies
- Business
- Media
- Economic conditions
Map 5

Full Generic Map
Thematic Clusters (filled)
What can we do about it?
StrongWomen Healthy Hearts
A National Exercise and Nutrition Program For Women

LIFTING WOMEN TO BETTER HEALTH
Mount Ida, AR
Population 978
Pratt, Kansas
Population 6,400
StrongWomen – Healthy Hearts
Results of Pilot Project

Reduced the risk of heart disease in middle-aged and older women by:

• Increasing physical activity
• Improving nutrition intake
• Weight reduction

Am J Public Health, Folta at al., 2009
Active StrongWomen Programs

33 States with active programs
2,439 program leaders have been trained
www.strongwomen.nutrition.tufts.edu
Seguin et al., 2008 Preventing Chronic Disease
Where do we go from here?
Multi-sector Approach

- Individuals
- Communities
- States
- Public sector
- Private sector
Improve fitness, nutrition status, and change attitudes...