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

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The 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.

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.
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

Nt risks 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 OBSESE
Outlines in all age, ethnic and gender groups
within the U.S., on reached epidemic proportions.
16% OF 4-19 YEAR OLDS ARE OBSESE
Based on BMI guidelines for children and adolescents.

3. CANCER
CLAIMS MORE LIVES THAN HEART DISEASE
among people younger than 65 years of age.
CAUSING FACTORS: OBESITY,
POOR DIET & PHYSICAL INACTIVITY
• Consuming fast food can increase risk of breast and colorectal cancer.
• 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
• Anemia linked to weight-bearing exercise,
and vitamin D and calcium intake.

5. DIABETES
19+ MILLION U.S. ADULTS DIAGNOSED WITH TYPE 2 DIABETES IN 2018
13.7% OF 2-18 YEAR OLDS HAVE METABOLIC SYNDROME
which risk factors have similar to Type 1 diabetes
in youth, adulthood and beyond.
PREDICTORS OF TYPE 2:
• Obesity
• Family history
• High blood pressure
• Low HDL (good 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

- Psychosocial
  - Poor self esteem
  - Depression
  - Quality of life

- Neurological
  - Pseudotumor cerebri
  - Risk for stroke

- Cardiovascular
  - Dyslipidemia
  - Hypertension
  - Left ventricular hypertrophy
  - Chronic inflammation
  - Endothelial dysfunction
  - Risk of coronary disease

- Pulmonary
  - Asthma
  - Sleep apnea
  - Exercise intolerance

- Renal
  - Glomerulosclerosis
  - Proteinuria

- Gastrointestinal
  - Pancreatitis
  - Steatohepatitis
  - Liver fibrosis
  - Gallstones
  - Risk for cirrhosis
  - Risk for colon cancer

- Musculoskeletal
  - Forearm fracture
  - Blount’s disease
  - Slipped capital femoral epiphysis
  - Flat feet
  - Risk for degenerative joint disease

- Endocrine
  - Type 2 diabetes
  - Precocious puberty
  - Polycystic ovary syndrome (girls)
  - Hypogonadism (boys)

- Hernia
- DVT/PE

- Stress incontinence
  - Risk of GYN malignancy
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
ACA and Maternal and Child Nutrition

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
ACM and Maternal and Child Nutrition

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
• 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.
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

Academy of Nutrition and Dietetics

American Academy of Pediatrics

Dedicated to the Health of All Children

Alliance for a Healthier Generation

Insurers

Employers
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