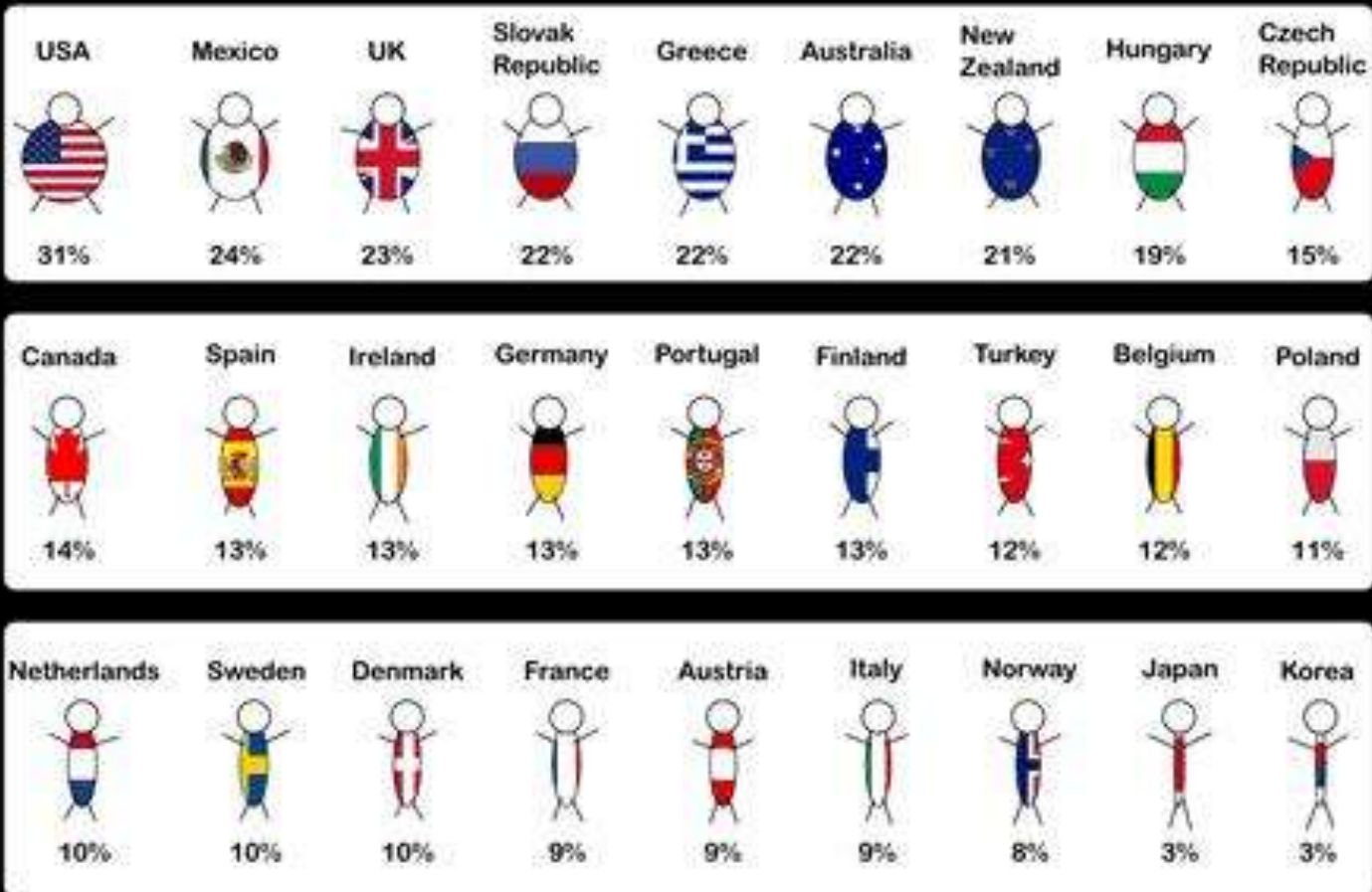


CAROL ZIEGLER, MS,MSN, FNP, RD

PRACTICAL NUTRITION IN PRIMARY CARE

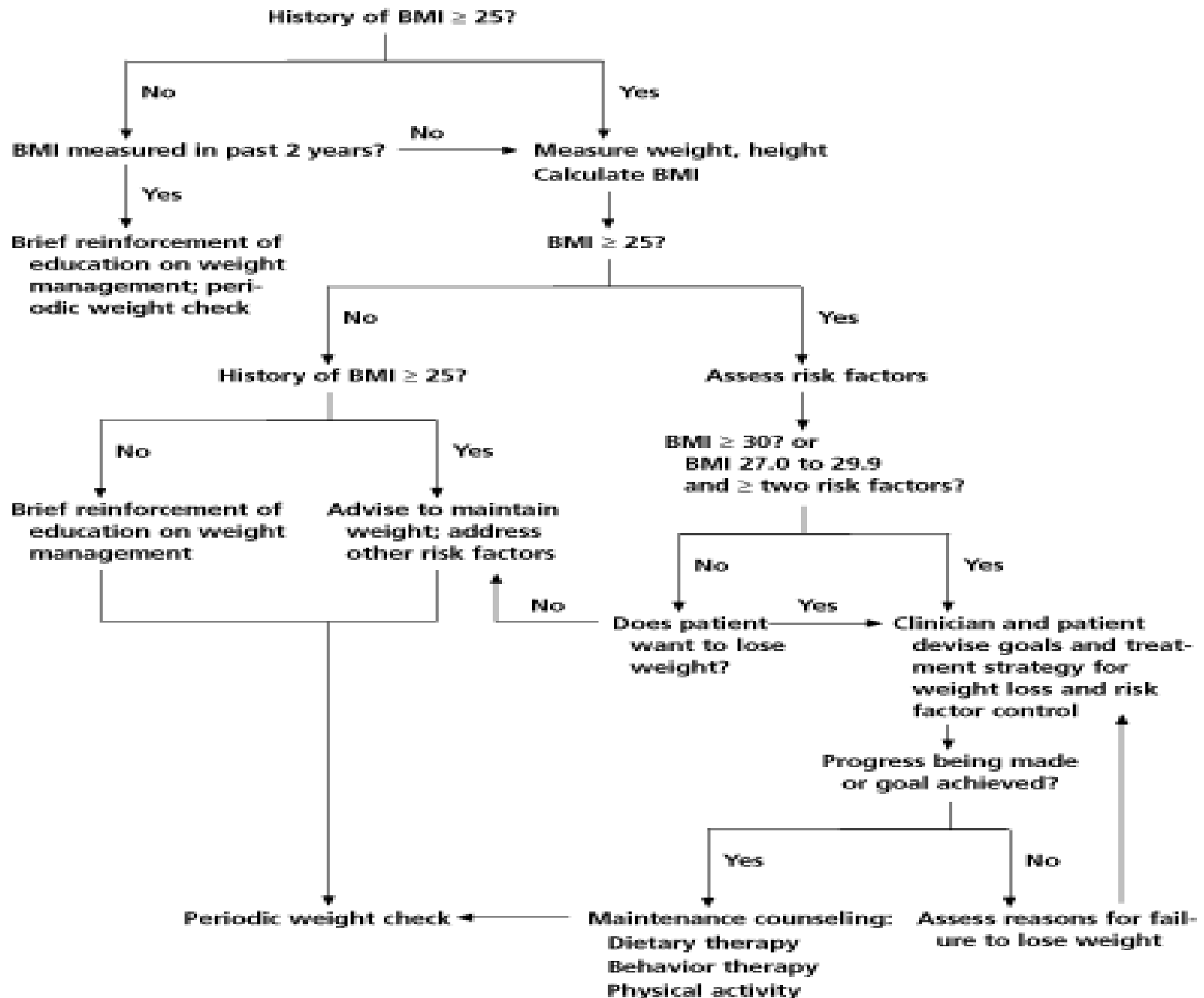
2007: % of global population >15YO with BMI > 30

OBESITY: The percentage of the population older than 15 with a body-mass index greater than 30.

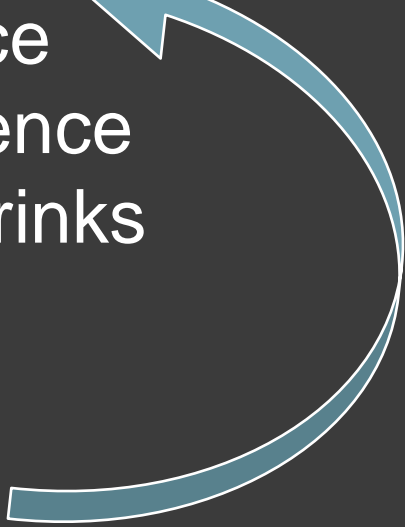


Performance-based Reimbursement???

- Medical school loans? New car?
Mortgage? Baby?
- Outcomes-based pay
- 'Non-compliance': a \$\$ issue.
- Be creative with your patients.
- Take time or have resources to refer them
- Your success will depend on their success



Major Culprits

- Poverty/Convenience
 - Fast Food/Convenience
 - Calorically-dense Drinks
 - Fried Foods
 - Inactivity
 - Stress
 - Historically the poor had shortage of calories
 - Now: Most reliable predictor of obesity is poverty
- 

Drenowski's Experiment: Poverty and Nutrition



- ⦿ When eating on a budget...
- ⦿ 1\$ will buy
 - 1200 calories of cookies or potato chips or...
 - 250 calories of carrots
 - 875 cal of soda
 - 170 cal of OJ

Processed foods: more fat and sugar, less
water and fiber: less filling/more fattening

Major Diet and Health Studies

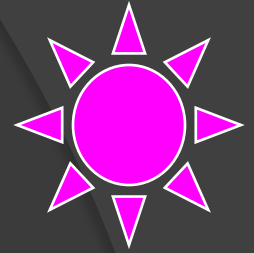
Familiarize yourself with...

- ◎ Lyon Heart Trial
- ◎ Interheart Trial
- ◎ Seven Countries Study
- ◎ NIH-AARP Diet and Health study
- ◎ Cochrane collaboration
- ◎ Lifestyle Heart Trial
- ◎ DASH trial
- ◎ Nurse's Health Study

Mediterranean Diet vs AHA Prudent Diet

- 7 countries study: Effects of diet rival Statins
- Lyon Diet Heart Study
- Subjects: 605 people who had similar CVD risk panels who had survived their first MI
- n: 302 Med diet
- n: 303 AHA prudent diet
- Mediterranean diet decreased CVD risk by 72%, independent of serum lipid levels.
- Trial was stopped after 1 year b/c of effects

Counseling: 10 minute office visit...



- Address the Agenda: Diet in relation to health
- Assess: Motivation, past diet experiences and current diet
- Advise: Focus on one aspect of diet to change at a time
- Assist: Plan w 3 simple goals, address barriers and ways to combat them, give info and refer if needed.
- Arrange follow up: Phone or return visit, review food diary at that time, maintain patient accountability.

Case 3: TF – med refill

- 45YO AA man, works as a truck driver. PMHx DMII, HTN, Hyperlipidemia, Obesity. 140/92 BS 240 LDL 100, HDL 32, TG 300. 5'10, 287#
- BMI 43.6, smokes 1 ppd, social drinker. Patient was asked to keep a food diary at last visit but he did not bring it today.
- Current meds:
- -hctz 25 po qd, metformin 1000 BID
- UA: + glucose, protein, no ketones, nitr, leuks, blood

Work up

- ⦿ Labs: A1C
- ⦿ Lipids
- ⦿ Urine micro

Smoking....

Mood....

Sleep....

Activity...

Literacy...

Food security / access...

Stage of change...

Nutrition Counseling: Practical

- If patient is not ready: maintain weight, address current pressing health issues, titrate meds, refer for behavioral therapy
- If he is ready:
 - Address
 - Assess
 - Advise
 - Assist
 - Arrange follow up

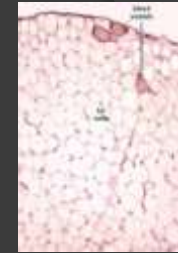
The 'PLATE' Method: Basic Nutrition Education



Carbs:
Carrots, potatoes,
Peas, corn

Keep in mind
Glycemic index

Meds/Surgery



Approved med for weight loss:

- ⦿ Meridia (sibutramine) – anorectic via inhibit reuptake of serotonin, norepinephrine and dopamine.
- ⦿ Orlistat/Xenical/Alli – blocks lipase activity, increases lipid elimination via gut

Not approved...

- ⦿ Trucker Pills

Bariatric Surgery

- ⦿ **Adjustable Gastric Banding and Conventional Therapy for Type 2 Diabetes: A Randomized Controlled Trial**

John B. Dixon; Paul E. O'Brien; Julie Playfair; Leon Chapman; Linda M. Schachter; Stewart Skinner; Joseph Proietto; Michael Bailey; Margaret Anderson

JAMA. 2008;299(3):316-323.

Remember: Lifestyle change must be sustained to prevent regain of weight
Adipocytes and weight loss... shrinkage or elimination??

Sources of Info for providers

- *Circulation*
- *Journal of Nutrition*
- *J of Clinical Nutrition*
- *Nutrition Reviews*
- *Science*
- *Nature*
- http://www.nhlbi.nih.gov/guidelines/obesity/ob_evtbl.htm

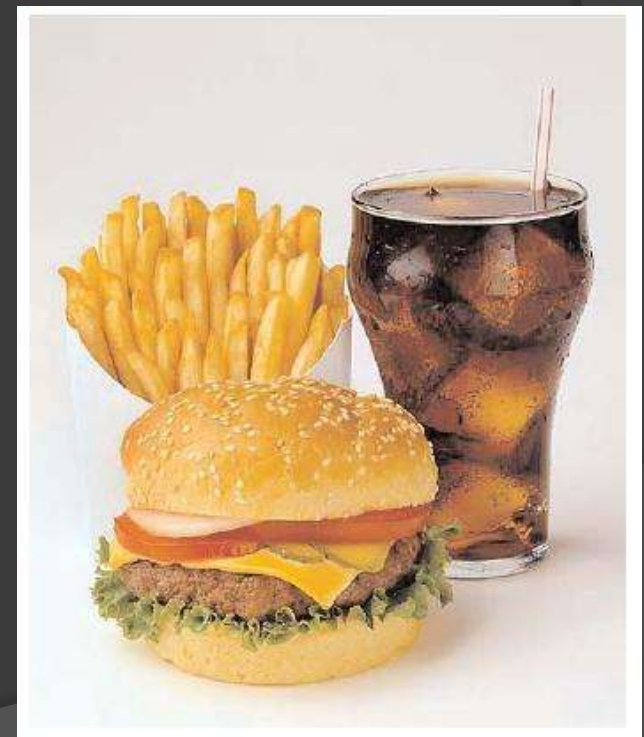
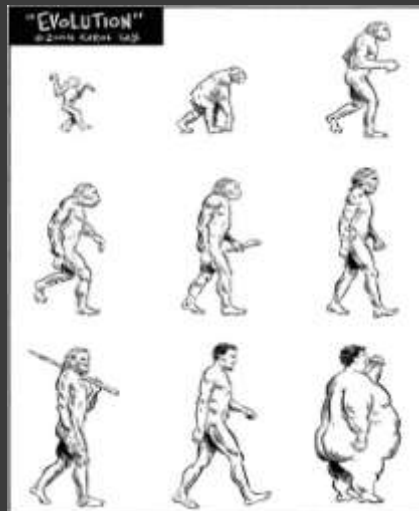
EXCELLENT review article on nutrition and heart disease
😊

Sidani, M., Ziegler, C. Heart Disease: Who needs to be concerned and what to do. Wellness and Prevention; An Issue of Primary Care Clinics in Office Practice. Eds. Zoorob, R., Morelli, V. Saunders Press, 1st ed. 2008.

Effect of Diet on Health: Evidence from Immigrations

The Impact of Migration on the Health of Voluntary Migrants in Western Societies: A Review of the Literature. Lassetter and Callister. *J Transcult Nurs* 2009;20:93-104.

Obesity Among US Immigrant Subgroups by Duration of Residence. Mita Sanghavi Goel, MD, MPH; Ellen P. McCarthy, PhD, MPH; Russell S. Phillips, MD; Christina C. Wee, MD, MPH
JAMA. 2004;292:2860-2867.



A great read: [The Jungle Effect](#)
Daphne Miller, M.D.