



**Program:** Evidence-Based Disease Prevention: Nutrition

**Organization:** Little Havana Activities & Nutrition Centers of Dade County, Inc.,  
("LHANC")

**Project Title:** Preventive Nutrition Cardiovascular Disease Program

**Project Period:** September 30, 2003 TO September 29, 2006

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### **Evidence Base**

The American Heart Association Eating Plan for Healthy Americans is based on these new dietary guidelines, released in October 2000:

- Eat a variety of fruits and vegetables. Choose 5 or more servings per day.
- Eat a variety of grain products, including whole grains. Choose 6 or more servings per day.
- Include fat-free and low-fat milk products, fish, legumes (beans), skinless poultry and lean meats.
- Choose fats and oils with 2 grams or less saturated fat per tablespoon, such as liquid and tub margarines, canola oil and olive oil.
- Balance the number of calories you eat with the number you use each day. (To find that number, multiply the number of pounds you weigh now by 15 calories. This represents the average number of calories used in one day if you're moderately active. If you get very little exercise, multiply your weight by 13 instead of 15. Less-active people burn fewer calories.)
- Maintain a level of physical activity that keeps you fit and matches the number of calories you eat. Walk or do other activities for at least 30 minutes on most days. To lose weight, do enough activity to use up more calories than you eat every day.
- Limit your intake of foods high in calories or low in nutrition, including foods like soft drinks and candy that have a lot of sugars.
- Limit foods high in saturated fat, trans fat and/or cholesterol, such as full-fat milk products, fatty meats, tropical oils, partially hydrogenated vegetable oils and egg yolks. Instead choose foods low in saturated fat, trans fat and cholesterol from the first four points above.
- Eat less than 6 grams of salt (sodium chloride) per day (2,400 milligrams of sodium).

- Have no more than one alcoholic drink per day if you're a woman and no more than two if you're a man. "One drink" means it has no more than 1/2 ounce of pure alcohol. Examples of one drink are 12 oz. of beer, 4 oz. of wine, 1-1/2 oz. of 80-proof spirits or 1 oz. of 100-proof spirits.

### **Original Research Evidence**

- American Heart Association Eating Plan for Healthy Americans (evidence-based dietary guidelines)
- Report of the Expert Panel on Awareness and Behavior Change to the Board of Directors, American Heart Association, 1996
- Nicklas, BJ, Katznel, LI, Bunyard, Dennis, KE, and Goldberg AP. Effects of an American Heart Association diet and weight loss on lipoprotein lipids in obese, postmenopausal women. *American Journal of Clinical Nutrition*, 66: 853-859, 1997.
- American Heart Association Scientific Position on Cholesterol Screening for Adults and Children, 1996.
- Müller H, Lindman AS, Brantsaeter AL, and Pedersen JI. The serum LDL/HDL cholesterol ratio is influenced more favorably by exchanging saturated with unsaturated fat in the diet. *Journal of Nutrition*, 133: 78-83, 2003.
- Corti MC, Guralnik JM, Salive ME, Ferrucci L, Glynn RJ, and Havlik RJ. Clarifying the direct relation between total cholesterol levels and death from coronary heart disease in older persons. *Annals of Internal Medicine*, 126: 753-760, 1997.
- Fox EA, Boylan LM, Shields CE and Wallerich CS. Influence of dietary factors on plasma cholesterol values in free living elderly. *Journal of the American Dietetic Association*, 90 (suppl): A-97, 1990

### **Adaptation of Model**

Model: Dietitian led education/counseling model with group sessions and interactive activities, goal setting and monitoring which will be disseminated through LHANC's fourteen (14) senior centers to its Hispanic participants.

### **Project's Overall Design**

The goals of this project are a) to increase knowledge of nutrition among Hispanic elders who are at risk for cardiovascular disease and obesity; b) to foster behavior change through group sessions and interactive activities; and c) to test whether the American Heart Association guidelines and materials can be utilized in a dietitian led model targeted to Hispanic elders. Nutrition education sessions will be offered to seniors attending Little Havana's senior centers. Participants will be screened for cholesterol and weight, and 100-125 seniors at risk for cardiovascular disease will be included in an intensive nutrition education and counseling program.

### **Target Population**

The target population is Hispanic elders, a group at high risk for cardiovascular disease and obesity. Specifically, this program will target the Hispanic elderly participants of LHANC's fourteen (14) senior centers – approximately 1,800 elderly.

### **Anticipated Outcomes**

- Reduce dietary fat consumption, saturated fat and cholesterol, using the American Heart Association Eating Plan for Healthy Americans.
- Reduce body weight by 5% and/or BMI to 27 or less.
- Lower total cholesterol by 6%.

### **Evaluation Design**

To be developed

### **Partnerships**

- Miami-Dade County Public Health Department will serve as an advisor in the development/selection of the curriculum for the nutrition workshops and nutrition education intensive sessions with sub-group. They will assure that the appropriate information on cardiovascular disease is included in the lesson plans. The health department will also provide staff to develop and implement the evaluation.
- The National Alliance for Hispanic Health will provide research-based data to the project, including data on current disparities in healthcare among Hispanics; help in the development of the evaluation; and help with the interpretation of final outcomes.
- The Alliance for Aging, the Area Agency on Aging (AAA) for Miami-Dade and Monroe Counties, will help in the promotion of this program beyond Little Havana's Activities and Nutrition Centers (LHANC) senior centers. The Alliance will serve as a link to other elderly service providers in the community when the program is expanded beyond Little Havana.
- The American Heart Association will provide technical assistance related to the implementation of the dietary guidelines, provide guidance related to selection of the curriculum, and provide materials in Spanish for the program.