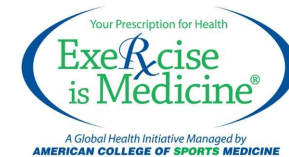


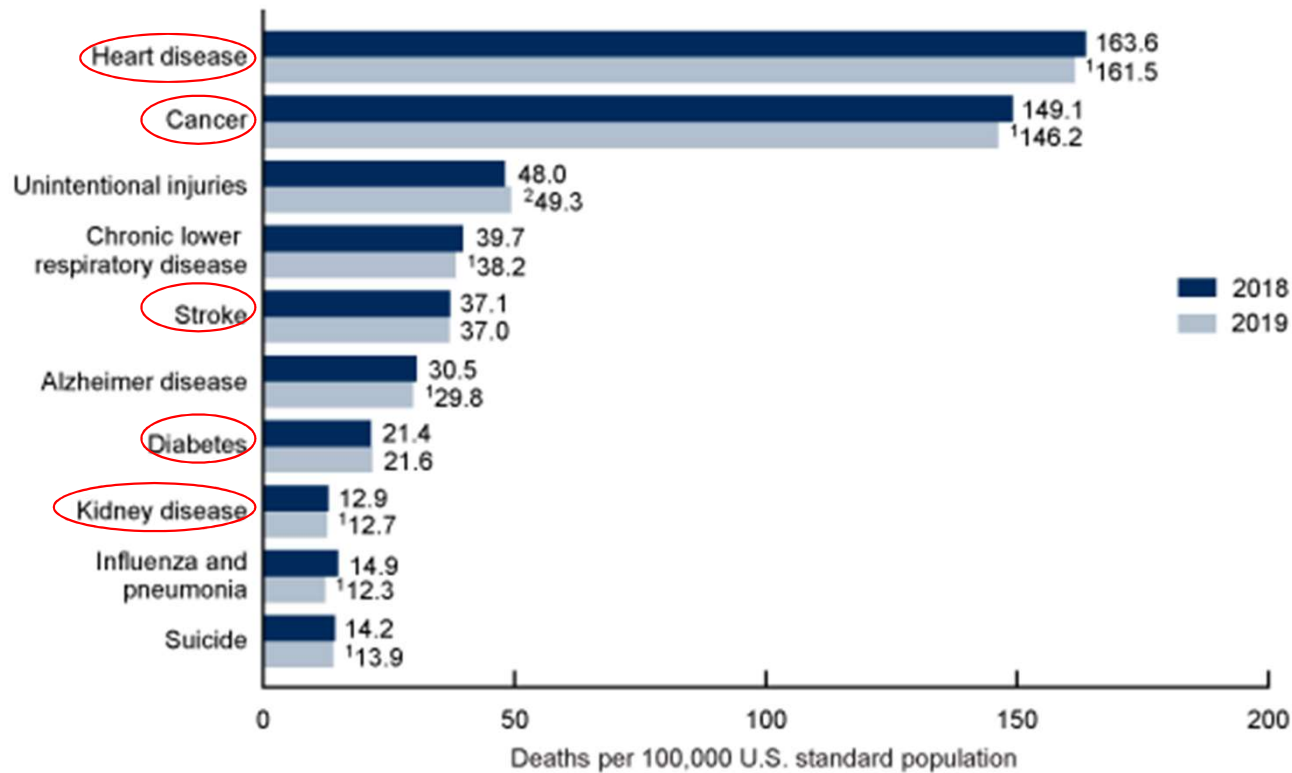
Food Quality and Food Accessibility



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Leading Causes of Death?



Five of the ten leading causes of death are symptoms resulting from:

1. Poor Nutrition
2. Physical Inactivity

OBESITY - Education, Age, Race/Ethnicity

EDUCATION

Obesity – <High School	39.3%
Obesity – High School Grad	38.7%
Obesity – Some College	36.6%
Obesity – College Grad	31.1%

AGE

Obesity – Ages 18-44	30.0%
Obesity – Ages 45-64	39.3%
Obesity – Ages 65+	29.6%

RACE/ETHNICITY

Obesity – Black	40.9
Obesity – Hispanic	41.3%
Obesity – Multiracial	21.5%
Obesity – White	29.8%

INDIVIDUAL STATES

Mississippi	40.8% (1)
Georgia	33.1% (23)
Colorado	23.8% (50)

U.S. adults that are overweight or obese = 73.1%

<https://www.americashealthrankings.org/explore/annual/measure/Obesity/state/GA>

<https://www.medpagetoday.com/primarycare/obesity/90142>

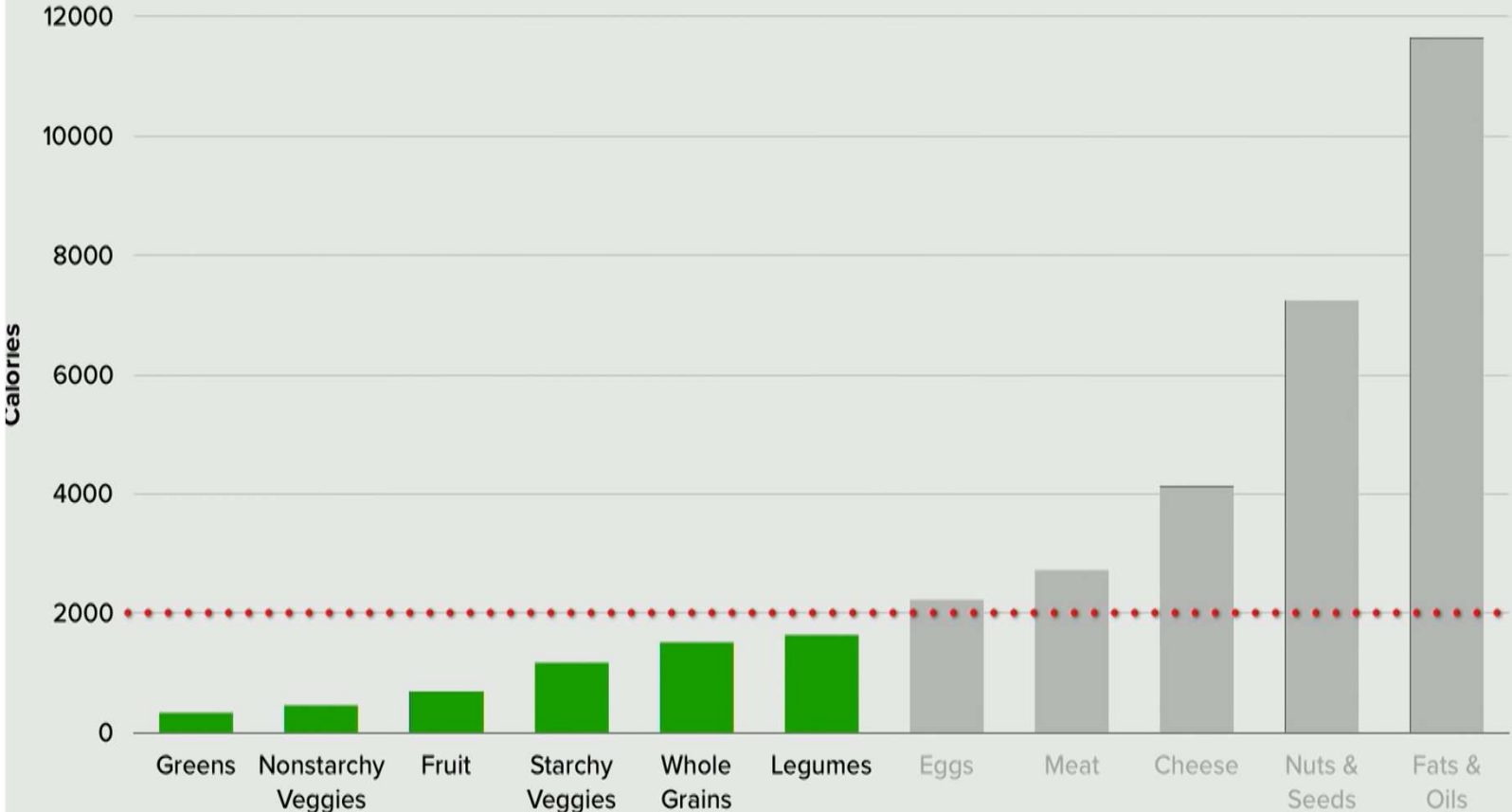
Food **Quality** and Accessibility

- Since this is a life and death issue, to whom should we turn to address the issue?
 - According to the 2007 Physicians Health Study, 40% of the 19,000 doctors were overweight and 23% were obese.
 - Nutrition education during 4 years of medical school – averaged 14 h

<http://online.wsj.com/articles/SB10001424052748704113504575264364125574500>

<https://www.aamc.org/system/files/c/2/449566-stateofnutrition.pdf>

Calories in Three Pounds of Food



NUTRIENT DENSITY vs. CALORIE DENSITY

Vitamins, Minerals, Flavanols, Fiber



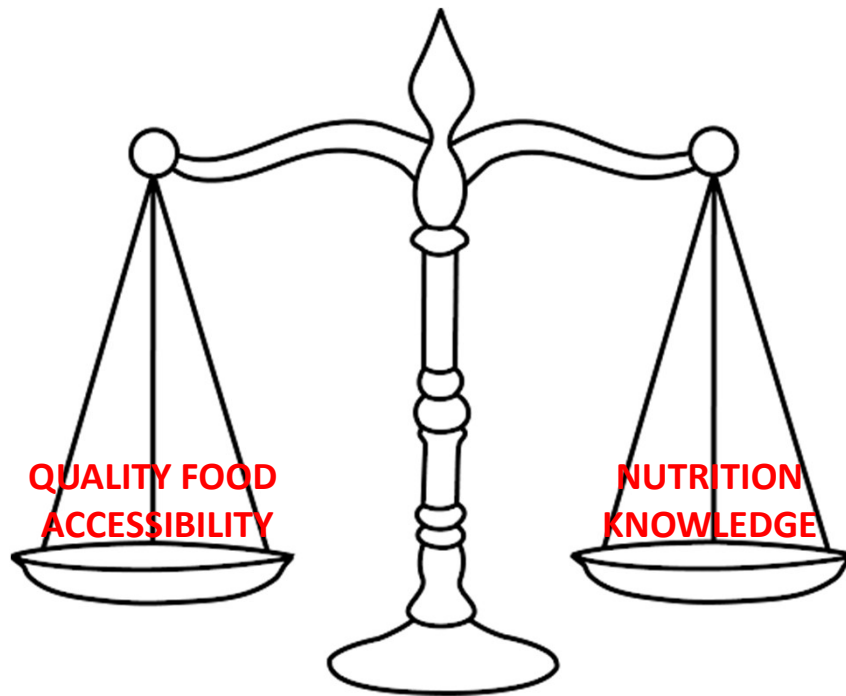
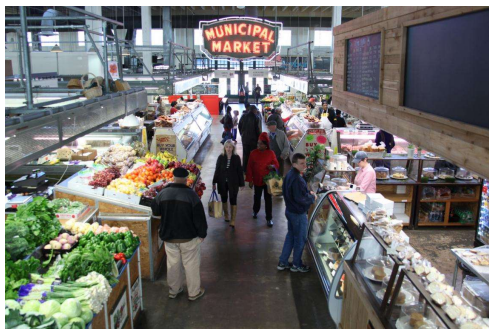
[Hall KD, Ayuketah A, Brychta R, et al. Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain: An Inpatient Randomized Controlled Trial of Ad Libitum Food Intake. Cell Metab. 2019](#)

Low-Fat Plant-Based Diet (eat until you are full)

- NZ - Poorest region of the country with the highest obesity rate
- **12-week**, twice weekly classes teaching them how to eat low-fat, plant-based
- Eat until you are full. No Calorie counting.



[Wright N, Wilson L, Smith M, Duncan B, McHugh P. The BROAD study: a randomised controlled trial using a whole food plant-based diet in the community for obesity, ischaemic heart disease or diabetes. Nutr Diabetes. 2017;7\(3\):e256.](#)



**Focus MUST be directed toward
Whole Food, Plant-Based Nutrition**

THANK YOU

