

Nutritional Practices of a Low Income Population

Purpose

- To provide nutritional information and education to a low income population
- To provide a learning experience to better understand the needs & attitudes of a primary care population
- To gain a better understanding of working with other health/social agencies and meeting the needs of defined population

Background:

Statement of Need

- According to Healthy People 2010 during 1988-94 11% of children and adolescents aged 6-19 were overweight or obese (based on CDC growth chart defined as @ or above the sex & age specific 95% BMI)
- Healthy People 2010 found that the proportion of adolescents from poor households that are overweight or obese is twice that of adolescents from middle to high income households
- Recent reports indicate that nutrition education can lead to improved diets when behavior change is the focus and interventions are scientifically based

Goals

- To collect information on nutritional practices of targeted population
- To provide information on healthy eating practices & availability of services to target population
- To provide an opportunity for collaboration between medical and social service/community health sectors

Methods

- Identify target population: Residents of Lee County Housing Authority
- Development of survey instrument: Survey instrument designed to obtain nutritional information from target population
- Survey administered by U of I Extension, Family Nutrition Program: Surveys administered door to door

Demographics of Target Population

- Units occupied in LCHA: 53/100
- Single Parent Households: 32/53
- Ethnic Background
 - African American 10
 - Asian 2
 - Caucasian 41
- Annual Income:
 - Average = \$14,145
 - Lowest = \$980.00
 - Highest = \$35,755

Results/Outcome

- Information will be used to better provide services for target population
- Information will also be used to demonstrate efficacy of Family Nutrition Program
- Information can be used by & will be shared with other agencies to better understand the needs of target population (i.e. FNP Newsletter, after school nutrition programs)

Discussion

- It is important to document the needs of a low income population related to nutritional practices
- This project provides an opportunity for home visits to better understand the living situations of target population
- More collaborative/interdisciplinary interventions are needed to meet this important health care need

Food Guide Pyramid

Fats, Oils, & Sweets
USE SPARINGLY

A Guide to Daily Food Choices

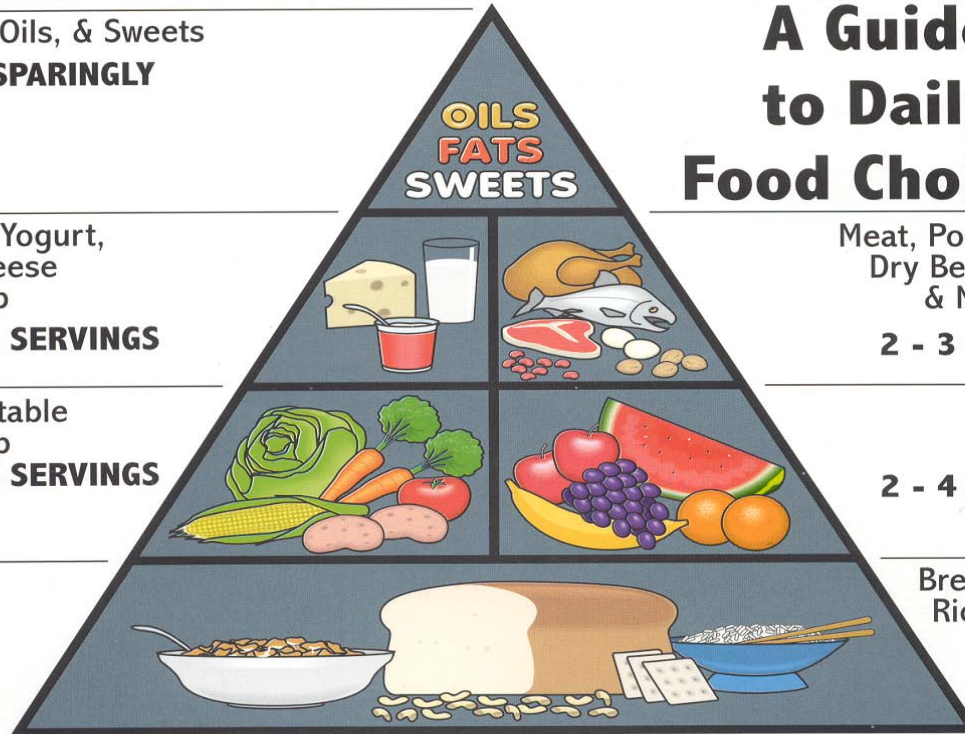
Milk, Yogurt,
& Cheese
Group
2 - 3 SERVINGS

Vegetable
Group
3 - 5 SERVINGS

Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2 - 3 SERVINGS

Fruit
Group
2 - 4 SERVINGS

Bread, Cereal,
Rice, & Pasta
Group
**6-11
SERVINGS**



2000 Dietary Guidelines for Americans

AIM FOR FITNESS . . .

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.

BUILD A HEALTHY BASE . . .

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

CHOOSE SENSIBLY . . .

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.



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