

THIRD EDITION

# Community Nutrition

Planning Health Promotion  
and Disease Prevention

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## **Dedication**

*This book is dedicated to God, who makes all things feasible.*

*To my beloved, vivacious sister Beatrice: You were a blessing to everyone you met, and your beautiful smile and caring nature will be greatly missed.*

*To my brother in-law Titus: You were an invisible Angel who loved unconditionally.*

*May both of you who departed in 2016 rest in divine, perfect peace.*

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# Preface

**C**ommunity Nutrition: Planning Health Promotion and Disease Prevention, Third Edition provides nutrition students, community nurses, and health educators with the knowledge, skills, tools, and evidence-based approaches they need to promote health and prevent diseases. This *Third Edition* continues to reinforce core nutrition concepts and presents the tools and skills needed to enter the health professions. It takes a public health and community-based care approach rather than the business and hospital-based care perspective used by most other books in this area. This text considers the increased comprehensive approach of practitioners providing community-based services that emphasize primary, secondary, and tertiary prevention, and it reflects the latest direction in public health and community nutrition.

## ► Organization of This Text

This book is divided into three parts.

Part I provides an overview of community and public health nutrition landscapes and lays the foundation for primary, secondary, and tertiary prevention. Chapter 1 begins with a discussion of various community approaches to health promotion and disease prevention, and it details the Nutrition Care Process and Model (NCPM), a tool nutritionists use to communicate nutrition activities within the profession and among a variety of other healthcare professions. Chapter 2 discusses nutrition screening and assessment methods, including diet assessment methods, and contains comprehensive information and tools students can use to assess their clients. Chapter 3 describes the nuts and bolts of nutritional epidemiology and research methods and provides community and public health nutritionists with a step-by-step method of implementing different stages of the research process. Chapter 4 provides students with the most current information on the U.S. nutrition monitoring and food assistance programs for at-risk populations. It also provides a detailed description of the “working poor” and explains how to evaluate food insecurity. Chapter 5 addresses cultural influences and public health nutrition, providing community nutritionists with multiple ways of acquiring cultural competency and identifying barriers

to effective multicultural health promotion and disease prevention programs. This chapter highlights dietary patterns of different cultural groups in the United States, including current nutrition practices and health-related issues. Chapter 6 provides strategies that can be used to develop public policy and discusses how dietitians can become involved in the policy process. Chapter 7 provides an overview of world hunger and food insecurity and discusses the role of women in the prevention of food insecurity and current nutrition issues. It also discusses chronic health conditions in developing and developed countries and equips nutritionists with the tools to provide nutrition intervention during emergency relief periods. In addition, it includes nutrition education and counseling for those with HIV/AIDS.

Part II focuses on the knowledge and intervention skills needed to promote health and prevent disease throughout the life cycle. Chapter 8 discusses nutrition during pregnancy and infancy and provides community nutritionists with information regarding nutrition care during these stages of life. It also covers important changes that must occur during the period of lactogenesis. Chapter 9 describes current nutrition trends and factors that contribute to overweight and obesity in childhood and adolescence. Screening and diagnosis tools for eating disorders are included in this edition. Chapter 10 focuses on special health issues in adulthood and challenges community and public health nutritionists to integrate evidence-based intervention strategies into their nutrition programs. It also equips community nutritionists with the knowledge and tools to address such chronic health conditions as cardiovascular disease, obesity, cancer, and osteoporosis. Chapter 11 discusses health promotion and disease prevention in older persons and provides multiple nutrition screening initiative tools for community and public health nutritionists to use in the nutrition care process.

Part III focuses on the skills, knowledge, and tools community nutritionists need to design effective nutrition and health promotion programs. This section applies the information presented in Parts I and II while discussing the principles of planning successful community nutrition programs. Chapter 12 focuses on program planning and the tools for planning an effective nutrition program.

Chapter 13 presents several research-based theoretical frameworks to guide nutrition education. It discusses steps for translating theory into research-oriented educational strategies and presents practical activities that nutritionists can use to conduct nutrition education. Chapter 14 addresses the process of grantsmanship and lays the foundation for writing and implementing grant proposals. Chapter 15 focuses on ethics and nutrition practices. It includes a code of ethics for the profession of dietetics. Chapter 16 discusses the principles of nutrition education. It presents the procedural model for designing research-based educational programs and strategies that provide valuable nutrition education throughout the life span. Chapter 17 focuses on marketing nutrition programs and the role of the food industry in food choice, including how advertising affects childhood obesity. Chapter 18 discusses the U.S. healthcare system.

The comprehensive coverage in *Community Nutrition: Planning Health Promotion and Disease Prevention, Third Edition* makes it an essential resource for community nutrition courses and a useful reference tool. It provides pertinent statistics on national health objectives and discusses both traditional concepts and current and emerging nutrition issues. Real-world examples throughout the text explain nutritional concepts and present the reader with an application of these important topics. The book presents concise information and provides helpful activities so the reader can consider important issues without receiving a great deal of unnecessary information.

## ► Key Features of This Text

This text includes a variety of features that help students and other healthcare professionals prepare and provide effective nutrition intervention to different groups in the community:

- **Learning Objectives** emphasize key concepts to help students focus on what they need to learn.
- **Boxes** highlight important points in each chapter.
- **Successful Community Strategies** discuss effective intervention programs and provide examples of research-based best practices for each chapter.
- **Chapter Summaries** highlight important concepts for each chapter.
- **Critical Thinking Activities** incorporate a variety of cognitive skills such as synthesizing, analyzing, applying, and evaluating information. The activities help students develop expertise and provide them with the opportunity to understand and evaluate health information and then apply the concepts in community settings.

- **Case Studies** provide students the opportunity to apply what they have learned in each chapter.
- **Think About It** questions and scenarios in each chapter emphasize active learning and content integration and keep students engaged. Answers to the Think About It questions are provided at the end of each chapter.

## ► New to the *Third Edition*

The *Third Edition* has been thoroughly updated to reflect the latest research in the fields of community and public health nutrition. Highlights include the following:

### Chapter 1

- Presents *Healthy People 2020* focus areas
- Updates content relating to the Healthy People Progress Report
- Incorporates the most recent Millennium Development Goals Progress Report

### Chapter 2

- Incorporates an introduction to program planning
- Adds emphasis on using a collaborative approach for conducting a needs assessment
- Discusses steps for identifying target populations

### Chapter 3

- Incorporates discussion of community audits and “ground truthing”
- Includes general rules for writing survey questions, including nine steps for the development of a questionnaire
- Features a new “Successful Community Strategies” box focused on a NHANES study describing perceptions of child weight status among American children

### Chapter 4

- Features revised table presenting the different costs of USDA food plans
- Includes updated statistics on poverty food insecurity in the United States
- Incorporates updated DHHS poverty guidelines

### Chapter 5

- Includes new section discussing Caucasian American food patterns, nutrition practices, and health-related issues

## Chapter 6

- Includes new information about the ability of RDNs to order diets in hospitals
- Incorporates discussion of the 2014 Farm Bill, whose initiatives contribute to improving the nation's health

## Chapter 7

- Features updated statistics regarding urbanization and maternal mortality rates in the developing world, as well as HIV/AIDS prevalence in women and children
- Updates discussion of global rehydration projects
- Features a new “Successful Community Strategies” box focused on efforts to fight malnutrition in Senegal and Madagascar

## Chapter 8

- Documents the Healthy People 2020 Maternal and Infant Health Objectives

## Chapter 9

- Documents the Healthy People 2020 Objectives Related to Children and Adolescents
- Includes updated annual eligibility guidelines for federal child nutrition programs, as well as current basic cash reimbursement rates for school lunches
- Features the Healthy Eating Index components and standards for scoring

## Chapter 10

- Incorporates updated statistics for chronic health conditions
- Documents Healthy People 2020 Objectives for Adults
- Includes discussion of the World Heart Federation's nine antiobesity initiatives
- Features a new “Successful Community Strategies” box focused on a Healthy Heart Program conducted in New York

## Chapter 11

- Includes updated longevity statistics
- Features a new “Successful Community Strategies” box focused on the Eat Better and Move More program

## Chapter 12

- Describes the “A to E” method of writing objectives, also noting words to use and avoid when writing objectives

## Chapter 13

- Features an additional example of a nutrition program utilizing the Social Learning Theory
- Includes an enhanced discussion of how behavioral models can provide positive nutrition messages

## Chapter 16

- Incorporates updated communication guidelines for educational interactions

## Chapter 18

- Includes updated statistics regarding healthcare coverage, Social Security spending, and Medicare spending

## ► Supplemental Resources

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### For Instructors

Comprehensive online teaching resources are available to instructors adopting this *Third Edition*, including the following:

- Test Bank
- Slides in PowerPoint format
- Instructor's Manual, including annotated lecture outlines
- Answer Key for Case Study questions

### For Students

Robust study tools are available online for students, including the following:

- An Interactive eBook that contains Knowledge Check questions tied to every major heading in the text
- Interactive Flashcards that allow students to test their knowledge of key terms
- Slides in PowerPoint format that empower the student to review key chapter content

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