

Maine Nutrition Council

Newsletter

Spring 2008

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*Terms begin at annual Board of Directors meeting in April of each year.

Message from the Chair

Hungry for Answers, this year's MNC/MDA conference held 3/20/08, was hugely successful. The Conference Planning Committee, chaired by Mary Ann Bennett, secured national and local speakers who were able to share a variety of perspectives on the issue of hunger in our state and nation. I would like to express gratitude to all of the planning committee members for efforts made this past year, which culminated in a well-attended, high quality conference, as well as motivation for all of us to continue in the work we do.

The Council is pleased to be able to provide three \$500 scholarships each year. We congratulate this year's scholarship recipients:

- 4-year Nutrition Program: Mahala Reta Patrick, University of Maine, Orono
- 2-year Dietetic Technician Program: Amelia Giles, Southern Maine Community College
- Culinary Arts Program: Sherry Eileen Johnson, Washington County Community College

The MNC accepts donations to the scholarship fund from members and non-members alike. If you would like to contribute to the fund for next year scholarship recipients, please send your tax-deductible donation to the above address.

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Chair's Message continued:

The MNC accepts donations to the scholarship fund from members and non-members alike. If you would like to contribute to the fund for next year scholarship recipients, please send your tax-deductible donation to MNC, PO Box 246, Augusta, Maine 04330.

The Council is pleased to present the Katherine O. Musgrave award each spring in recognition of an individual, organization or institution for outstanding work in nutrition policy, education or research. This year's recipient has dedicated herself to advocate for the nutrition needs of school children for almost 50 years. Since retiring two years ago, she has remained active, working closely with Senator Libby Mitchell on legislation to fully fund school breakfast in schools across the state. We congratulate Helen Rankin for her outstanding work and tireless efforts in advocacy and public policy.

I am pleased to announce a new look for the MNC. Work was done this year to change our logo and improve our website. The new look is very inviting, and newsletters and presentations from conferences may be posted easily for sharing on the website. Thank you to Alan Majka for work done with the contractor on this project. Take time to visit the new site at www.mainenutritioncouncil.org, and let us know what you think.

Enjoy the spring weather, now that it's finally here!

Karen Gallagher, MS, RD, LD

Mission

The Maine Nutrition Council contributes to the health and well being of Maine's citizens through education, research and advocacy.

The Council uses its resources to:

- Promote healthful nutrition practices
- Support education in the areas of food and nutrition
- Stimulate research in nutrition and physical activity
- Promote changes in public attitudes and policies

Save the Date:



May 1, 2008

MNC Quarterly Educational Event and Board of Directors Annual Meeting
Topic, location and time to be announced
FMI: mbennett@usm.maine.edu

May 7, 2008

Maine Physical Activity and Nutrition Training Series: The Built Environment and Physical Activity
Eastland Park Hotel, Portland
FMI:
<http://www.healthymainepartnerships.org/p/andp/documents/MayAgenda.pdf>
or MaryEllen.Doyle@maine.gov

May 9, 2008

Maine State Breastfeeding Coalition Conference
Lucerne Inn, Dedham
FMI: www.melcaonline.org

May 14, 2008

Nutrition, Food and Physical Activity Symposium
University of Maine Cooperative Extension
UMaine Campus, Orono
FMI:
<http://www.umext.maine.edu/NutriSymp/default.htm#abstracts>
or ksavoie@umext.maine.edu

AUGUSTA: Efforts to eradicate hunger called lacking

BY GARY REMAL

03/21/2008

KENNEBEC JOURNAL *Morning Sentinel*

AUGUSTA -- The director of the National Center on Hunger and Poverty says that charity and advocacy for the poor are failing to meet the nation's hunger crisis, and that it'll take a major federal effort to end hunger.

"We are spending over \$90 billion each year to pay for a problem that could be ended by about \$12 billion more in federal spending," Dr. J. Larry Brown told about 200 people at the "Hungry for Answers" conference Thursday in Augusta.

"But my efforts, and those of my colleagues, have had precious little impact on politicians or public policy."

The policy chief, who serves on the faculty of the Harvard School of Public health, said that charities feeding the poor should attempt to spark quick action by announcing that they'll close in four years, and take on the role of tough advocates demanding action, by throwing the problem squarely into the lap of government.

Brown was one of several speakers at the one-day conference, which was sponsored by the Maine Nutrition Council and the Maine Dietetic Association.

"Our job is not going well," warned Brown, who had chaired the national Physician Task Force on Hunger in America in the 1980s.

"Those whose nutritional well-being we care about, the children and adults for whom we advocate, are not getting our best efforts, and certainly not what they deserve," Brown said.

"Hunger is no longer considered intolerable," he said. "Actually ending hunger is a goal that can be, and usually is, ignored. We have so few teeth that political leaders need to do little about the pervasive hunger problem that now is endemic rather than epidemic in nature. Hunger is acceptable in our nation, and we are in no danger of getting our political leaders to end it."

It's the youngest among us who are likely to need food most, pediatrician Michele Rock told conference-goers.

Of Maine's 1.3 million residents, 12.9 percent live in households categorized by federal officials as "food-insecure" said Rock, of Boston Medical Center's Growth and Nutrition Clinic.

But 19.3 percent of Maine children live in homes short of food, she told listeners.

Rock, who treats many low-income and malnourished children in a Boston clinic, said the numbers from the survey are likely to worsen because the economy has declined since the data was collected from 2003-06.

"This does not reflect what we are going through with the cost of living and the high fuel prices affecting everyone," she said.

Nationwide, she said, 35 million, or 12.1 percent of the population, live in "food-insecure" households. Of them, 12.4 million of them are children.

Maine Senate Majority Leader Elizabeth Mitchell, D-Vassalboro, who also spoke at the conference, said she is pushing for legislation in Maine to provide free school breakfasts to any student who qualifies for subsidized school lunches.

Mitchell proposes to spend \$214,000 a year from the Fund for a Healthy Maine, comprised of money from the state's settlement with tobacco companies.

"Feeding hungry children is worthy of this fund's resources," the Vassalboro Democrat said.

Studies show that children who suffer from malnutrition also experience higher rates of infection, decreased resistance to illness, and gastrointestinal and respiratory problems, Rock said.

Such children also experience learning and behavioral difficulties at higher rates, and these are problems that can set them back at school and later in life, Rock said.

With the average pediatric-hospital stay costing more than \$11,000, she said, feeding families is the better alternative.

"We shouldn't justify feeding children to save money, but there is economic analysis and it is economic to feed them," Rock told her audience. The \$11,000 cost for even a relatively simple hospitalization "would pay about five years of the average family (food) benefit."

Dr. Edward Cooney, executive director of the non-profit Congressional Hunger Center in Washington, D.C., also told conference participants that hunger can be successfully addressed if the nation applied sufficient political will.

He criticized the government's recent \$3 billion bailout of commercial lender Bear Stearns rather than plowing those funds into anti-hunger efforts.

Unlike more complicated problems of hunger and health care, Cooney said, feeding everyone in the nation is an achievable goal.

"You could certainly end hunger in the United States," he said.

Naomi Schalit, opinion page editor for the Kennebec Journal and Morning Sentinel, sparked the topic for this year's conference with her 2007 newspaper series on hunger in Maine, said Mary Ann Bennett, planning chairwoman for the conference.

Schalit's series was one of eight winners this year of the New England Newspaper Association's "Public Occurrences Award."

"When we started running our series, I can't tell you how many people told us that they had no idea how much hunger was around them," Schalit told the group. "And while it will take years and decades to adequately address hunger in Maine and across this country, we have to start somewhere."

"What we at the newspapers hoped, more than anything else, was to get people talking about this problem, to bring hunger out of the shadows."

Expanded Breakfast and Cool Milk Net Three Maine Schools Top Nutrition Honors

Alternative Breakfast Programs are Cool School Fuel

The Maine Dairy and Nutrition Council is pleased to recognize three Maine Schools for their innovative work in the area of school foodservice.

Many call breakfast the most important meal of the day. The benefits children receive from eating a nutritious breakfast are numerous and well-documented. Eating breakfast yields better student test scores, increases concentration and attendance, decreases disciplinary problems and more. Yet, while 90% of Maine Schools recognize the importance of breakfast and offer it to their students, only 40% of children who eat school lunch take advantage of the breakfast program. The Expanding Breakfast program aims to change that.

Expanding Breakfast is an innovative concept where breakfast is served in non-traditional ways...in the classroom, with grab & go bags in the hallway, or even on the bus. These creative ways of serving breakfast help to increase participation, especially by those children who don't eat breakfast because they may prefer socializing more than eating, or because they aren't hungry when they first arrive at school. Offering breakfast outside of the classroom also helps to remove the potential social stigma that the program is meant for low-income students.

Because of their original programming, the Charles C. Knowlton School in Ellsworth has received the 2007 Expanding Breakfast Award in the amount of \$500 for their creative approach to ensuring all school children receive a healthy breakfast.

Another way schools are helping to ensure kids get the nutrients they need at breakfast, and lunch as well, is by providing milk when, where and how kids like it. Research shows kids drink more milk at school when it's offered cold, in plastic re-sealable bottles and in various flavors. Today, more than 70 schools across Maine have begun serving milk in plastic, re-sealable containers. This initiative, known as the "New Look of School Milk," helps children and adolescents get the important nutrients they need for bone health and overall growth.

Two new schools, Scarborough Middle School and Mt. Ararat Middle School in Topsham, can be added to the list of schools with new and exciting milk programs. Each school received \$1,000 to \$2,000 awards for implementing the program during the 2007-2008 calendar year. Both schools report a fantastic response to the New Look of School Milk, with average daily participation numbers up for breakfast and lunch. This means more children are getting more nutrients throughout the day, setting the stage for improved student learning, academic performance and health.

The Community Nutrition Mapping Project (CNMap)

The Community Nutrition Mapping Project (CNMap) of the USDA Agricultural Research Service is an application that combines and aggregates food and nutrition indicators at geographic levels. CNMap was created to provide a snapshot of these indicators at the state and national level. CNMap is divided into five major categories: nutrient intakes, healthy eating patterns, physical activity and body weight indicators, food security indicators, and demographics. Data for Maine may be found at: <http://www.ars.usda.gov/Services/docs.htm?docid=15740>



Project M.O.M.

Mothers & Others & MyPyramid

MyPyramid.gov

USDA Center for Nutrition Policy and Promotion (CNPP)

1 MyPyramid Menu Planner

For release March 11, 2008



Finally, a menu planner that's fast, fun, great for the family, and easy to use! Go to MyPyramid.gov and check out the new MyPyramid Menu Planner. It can help you plan food choices to meet your personal MyPyramid recommendations. Using the Menu Planner, you can:

- Make food choices for a day, or up to a week, and get immediate visual feedback that compares these choices to MyPyramid goals and limits.
- Add up to 6 additional family members and create up to 7 days of menus for each person.
- Copy food choices for a meal from day to day or from person to person, to make entry more efficient.
- Select and print daily, weekly, or family reports that summarize how your food choices compare to your goals.
- Use the My Next Steps report to plan and track changes you select to improve your food choices.

"The MyPyramid Menu Planner helps put sensible and realistic nutrition advice into practice," says Dr. Brian Wansink, Executive Director of USDA's Center for Nutrition Policy and Promotion, whose staff designed this new tool.

2 MyPyramid for Pregnancy and Breastfeeding

For release May 6, 2008



Baby on board? "Eating well is especially important when you are pregnant or breastfeeding. New interactive tools and information on the MyPyramid.gov website can help you choose the right foods and make better decisions for your own health and your baby's," according to Dr. Brian Wansink, Executive Director of USDA's Center for Nutrition Policy and Promotion.

On this website, you can create a personalized "MyPyramid Plan for Moms" that shows what and how much to eat from each food group during each trimester of pregnancy or breastfeeding stage. The personalized plan can be viewed on-screen or downloaded as a full-color printout.

Plans are based on information entered by users, including age, height, pre-pregnancy weight, physical activity level, and due date for pregnant users. A breastfeeding woman enters similar information and the baby's birth date. Breastfeeding women will also select if they are feeding their baby breast milk only or are supplementing with formula. The site also provides additional information on:

- Nutritional needs during pregnancy and breastfeeding
- Weight gain during pregnancy and weight loss during breastfeeding
- Dietary supplements
- Food safety
- Special health needs
- Links to reliable information on HHS and USDA websites



Project M.O.M.

Mothers & Others & MyPyramid

3 MyPyramid for Preschoolers

For release September 23, 2008



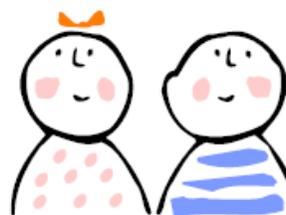
Feeding a preschooler? It's a challenge to know what to do when faced with eating jags, picky eaters, and conflicting advice from well-meaning relatives. Now, a new section of MyPyramid.gov can help sort it all out. The information provided is based on advice from leading experts in nutrition for preschoolers, written in parent-friendly terms. Topics covered include:

- MyPyramid food intake patterns for preschool-aged children (ages 2 to 5).
- Growth patterns of preschoolers—normal rates of growth, issues of over- and underweight, and what to do if concerned.
- Setting reasonable expectations for food-related behavior at each age (2 through 5) and behavioral eating issues.
- Food safety concerns for preschoolers.
- Sources for more information on these and related topics.

“With two young children of my own, I know how important this advice can be for parents, and I’m so pleased that USDA has developed this important resource,” said Dr. Brian Wansink, Executive Director of USDA’s Center for Nutrition Policy and Promotion, whose staff designed this new site.

4 Cost of Raising a Child Calculator

For release January 13, 2009

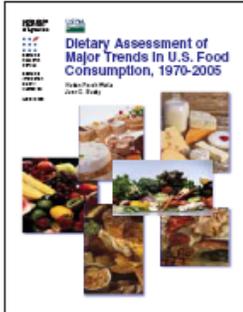


Yes, kids can be expensive...but how much does raising a child really cost? Since 1960, USDA has been providing estimates of how much it costs to raise children from birth through age 17. These estimates include each major part of the budget—housing, food, transportation, clothing, health care, child care/education, and miscellaneous expenses. Now, USDA’s Center for Nutrition Policy and Promotion is developing an interactive tool on its website to bring this information directly to parents.

The new tool, the “Child Cost Calculator,” will let parents estimate how much a child will cost them, based on the age of the child, their household income, and the region of the country where they live. It will also let parents estimate expected college costs. “Using this new tool, parents will be able to plan for their future child-rearing costs, and also see how their expenses compare to the average,” noted Dr. Brian Wansink, Executive Director of USDA’s Center for Nutrition Policy and Promotion, whose staff is designing this new site. Go to www.cnpp.usda.gov to check it out.

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This is a summary
of an ERS report.

Find the full report at
[www.ers.usda.gov/
publications/eib33](http://www.ers.usda.gov/publications/eib33)

ERS is the main source
of economic research and
analysis from the U.S.
Department of
Agriculture, providing
timely information on
economic and policy issues
related to agriculture,
food, the environment,
and rural America.

Dietary Assessment of Major Trends in U.S. Food Consumption, 1970-2005

Hodan Farah Wells and Jean C. Buzby

The U.S. obesity rate among adults has more than doubled since 1970. The extent of obesity in this country has focused attention on what Americans have been eating. Americans are eating more from all of the major food groups—even fruits and vegetables. However, many are not meeting the Federal dietary recommendations. For Americans to meet these recommendations, they would need to substantially lower their intake of added fats, refined grains, and added sugars and sweeteners and increase their consumption of fruits, vegetables, whole grains, and low-fat milk and milk products.

What Is the Issue?

According to the National Center for Health Statistics, about two-thirds of U.S. adults in 2003-04 are either overweight or obese, compared with 47 percent in 1976-80. During the same period, the obesity rate among adult Americans has more than doubled, from 15 percent to 32 percent. This raises questions about what and how much Americans are consuming each year.

What Did the Study Find?

ERS's food availability data suggest that the food available for consumption increased since 1970 for all major food groups. Although availability continued to rise in the last three decades, many Americans still fall short of Federal dietary recommendations for certain food groups. According to ERS's loss-adjusted food availability data, Americans are consuming too many foods and beverages high in fats and carbohydrates and too few nutrient-dense foods and beverages, such as lower fat milk and milk products, fruits, and vegetables.

Grains. Total grain availability (wheat flour, rice, corn products, oat products, and barley products) increased 41 percent, from 137 pounds per person in 1970 to 192 pounds per person in 2005. For Americans on a 2,000-calorie-per-day diet, the 2005 *Dietary Guidelines for Americans* recommend consumption of 6 ounce-equivalents (oz-eq) of grains per day with whole grains accounting for at least half of this amount. Using ERS's loss-adjusted food availability data, the researchers estimated that Americans on a 2,000-calorie-per day diet consumed 8.1 oz-eq of grains per person per day in 2005 of which 7.2 oz-eq were refined grains and 0.9 oz-eq were whole grains. This suggests that Americans, on average, over-consume refined grains yet fall short on whole-grain intake.

Fruits and Vegetables. In 2005, the amount of fruits and vegetables available per person for consumption reached 687 pounds (fresh weight equivalent), 19 percent above the 1970 level. The *Dietary Guidelines* recommend that Americans eat 2 cups of fruits and 2.5 cups of vegetables per person per day as part of a 2,000-calorie-per-day diet. The loss-adjusted food availability data suggest that Americans on a 2,000-calorie-per-day diet consumed 0.9 cup of fruits and

www.ers.usda.gov

1.7 cups of vegetables per person per day in 2005. Thus, Americans, on average, are eating less than the recommended amounts.

Milk and Milk Products. The availability of all milk and milk products increased 6 percent, from 564 pounds per person (milk equivalent) in 1970 to about 601 pounds per person in 2005. The 2005 *Dietary Guidelines* recommend that Americans consume 3 cups of milk and milk products per person per day as part of a 2,000-calorie-per-day diet. Using the loss-adjusted food availability data, the researchers estimated that Americans on a 2,000-calorie-per-day diet consumed 1.8 cups of milk and milk products per person per day in 2005, suggesting that Americans, on average, are consuming too little.

Added Fats and Oils. The Dietary Guidelines recommend that Americans keep total fat consumption between 20 and 35 percent of daily energy intake. In 2005, total added fats and oils available for consumption reached 86 pounds per person compared with 53 pounds per person in 1970. This 2005 estimate translates into 71.6 grams of added fats and oils per person per day after adjusting for plate waste and other losses. This estimate does not include dietary fats that occur naturally in foods, such as in dairy products and meats. Added fats and oils account for about 32 percent of total calories for a 2,000-calorie-per-day diet. In short, the findings suggest that Americans, on average, need to cut back on added fats and oils because, while the 32-percent figure is within the *Guidelines'* range, it includes only added fats and oils and excludes fats and oils naturally present in some foods.

Meat, Eggs, and Nuts. The total amount of meat, eggs, and nuts available for consumption grew from 225 pounds per person in 1970 to about 242 pounds per person in 2005. The Dietary Guidelines recommend 5.5 oz-eq from the meat and beans group per person per day as part of a 2,000-calorie-per-day diet. According to the loss-adjusted food availability data, Americans on a 2,000-calorie-per-day diet consumed an estimated 6.5 oz-eq of meat, poultry, fish, eggs, and nuts per person per day in 2005. This suggests that Americans, on average, eat more than the recommended amount from this food group.

Added Sugars and Sweeteners. In 2005, added sugars and sweeteners available for consumption totaled 142 pounds per person, up 19 percent since 1970. The *Dietary Guidelines* do not provide quantitative recommendations for added sugars but rather advise Americans to choose and prepare foods and beverages with little added sugars or caloric sweeteners. The *Guidelines* do, however, suggest that Americans on a 2,000-calorie-per-day diet, who divide their discretionary calorie allowance equally between solid fats and added sugars, limit consumption of added sugars and sweeteners to 8 teaspoons per day. According to the loss-adjusted food availability data, Americans consumed 30 teaspoons per person per day of added sugars and sweeteners in 2005. This finding suggests that Americans, on average, need to scale back on added sugars and sweeteners.

How Was the Study Conducted?

The analysis used the three data series that comprise ERS's Food Availability (Per Capita) Data System to analyze the amount of food available for consumption and the dietary status of Americans. The first series, the core Food Availability data, is the only source of time series data on the food available for human consumption in the United States. This series measures supplies moving through production and trade channels for domestic consumption. It is not a direct measure of actual consumption but is useful to understand trends over time. The analysis used this series to examine the amount of food available for consumption per capita.

The second series, the Loss-Adjusted Food Availability data, adjusts the Food Availability data for spoilage and other losses and converts the data to daily per capita amounts for comparison with Federal dietary recommendations. This series is useful in approximating the amount of food Americans, on average, consume on a daily basis and in estimating whether Americans are meeting the Federal dietary recommendations for each food group and for oils.

The third series, the Nutrient Availability data, calculated by USDA's Center for Nutrition Policy and Promotion, uses the Food Availability data to calculate the amounts per capita per day of food energy (calories) and 27 nutrients and dietary components (i.e., protein, carbohydrates, fats, vitamins, and minerals) in the Nation's food supply. The analysis used the nutrient availability data to estimate the percent of calories contributed by fat and saturated fat in the average American's diet.

Notice to Members

If you have received the MNC Newsletter in the mail, we don't have a current working email address for you. In order to save postage and provide you with announcements and newsletters in a timely manner, we would like to have your current email address. It will not be shared with anyone outside of MNC. If you have an email address, please send it to Alan Majka, Public and Member Relations Committee Chairman, amajka@umext.maine.edu .



Maine Nutrition Council

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ADDRESS CORRECTION REQUESTED