Nutrition is NOT “One Size Fits All”

Nick Brown, Doug Geist, Julia MacLeod, Brigitte Perera
Advisors: Dr. Kristin Wobbe & Dr. Robert Traver

Problem
• Malnutrition among Native Americans
• Inappropriate dietary direction

Background
• Native Americans have different biological & nutritional needs than mainstream Americans
  ➢ Due to culture, tradition, and geographical origin
• Colonization (Introduction of dairy)
• Carbohydrate sensitivity
• ChooseMyPlate is a government website that provides nutrition guidelines to Americans

Approach
• Redesign ChooseMyPlate
• Create nutritional guidelines

Mainstream vs. Native American Nutrition

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Average Mainstream Male</th>
<th>Average Native American Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
<td>5'10&quot;</td>
<td>5'5&quot;</td>
</tr>
<tr>
<td>Weight</td>
<td>179 lbs</td>
<td>154 lbs</td>
</tr>
</tbody>
</table>

Recommended Daily Allowances

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Dairy</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>American</td>
<td>1.75</td>
<td>3.75</td>
<td>1.5</td>
<td>0.5</td>
<td>2.75</td>
</tr>
<tr>
<td>Native American</td>
<td>2.0</td>
<td>1.75</td>
<td>0.75</td>
<td>0.8</td>
<td>0.8</td>
</tr>
</tbody>
</table>

Benefits
• Educated Native Americans
• Healthier Communities
• Knowledgeable constituents
  ➢ leads to reforming ChooseMyPlate

Costs
• Money
• Time
• Interference with culture and religion

Assessment Plan

Initial
• Collect baseline census data on nutrition related health issues
• 5 nutrition experts close to community

5 Years
• Collect data on same health issues
• Meet with experts
• Evaluate effectiveness of new guidelines

10 Years
• Repeat 5 year study
• Determine long term effectiveness

References


