



HEALTHY EATING

STRATEGY BRIEF 2022 - 2025

A healthy eating pattern contributes to children's growth and development and reduces the risk of obesity and other chronic diseases, such as type 2 diabetes, heart disease, and certain cancers. Adults who eat a healthy diet also reduce their risk for chronic diseases. Establishing healthy eating behavior can help those with chronic diseases manage their conditions and prevent further complications. Evidence suggests that although individuals understand eating well is important for health most do not adhere to a healthy eating pattern. In the US, 60% of adults have a diet-related disease. In Mexico, 12% of all deaths are attributed to dietary factors.

Fruits and vegetables are important components of a healthy diet. However, as of 2018, only 1 in 10 U.S. adults ate the recommended 2 servings of fruits and 3 servings of vegetables per day; only 9% of youth meet the fruit recommendation and only 2% meet the vegetable recommendation of 4 each per day. A diet that includes mostly fruits and vegetables, as well as other nutrient-dense foods, and minimal amounts of food with added sugars, sodium, and saturated fats helps individuals maintain a healthy weight.



The Paso del Norte Health Foundation's Board of Directors approved the following strategies to address **healthy eating** for 2022-2025

APPROACHES

STRATEGIES

NUTRITION EDUCATION

- Offer nutrition, cooking, and gardening skills programs
- Scale promising programs by leveraging partnerships and increasing organizational capacity
- Issue RFPs to solicit new ideas for promoting healthy eating

EVALUATION AND TECHNICAL ASSISTANCE

- Monitor programs with attention to outputs and successes and challenges
- Conduct program evaluations of two long-term grantees
- Provide funding for technical support for scaling or sustaining successful programs
- Provide technical support to schools to improve wellness policies

NUTRITION ADVISORY TEAM

- Convene a team of nutrition and food experts for long-range priority setting and strategy discussions
- Organize regional nutrition and food systems data to inform next steps
- Benchmark healthy eating strategies from five communities
- Recommend regional priorities



• GRANTEE PROGRAMS
• ADVISORY NUTRITION TEAM



- Nutrition, cooking, and gardening education programs
- Evaluation
- Technical assistance
- Data collection and benchmarking



• INCREASED KNOWLEDGE AND SKILLS
• SCHOOL GARDENS
• NEW IDEAS FOR REGIONAL SOLUTIONS