



North Jersey Health Collaborative

health matters

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Cross-Collaboration Nutrition Work Group

Last Meeting's Agenda

- National Nutrition Month – March
- Happy RDN Day – Today, March 10th
- Food Security = Social Justice

Today's Agenda

- COVID-19 And Obesity: What's Lifestyle Behavior Got To Do With It?
- How To Tie Into The CHIP
- Grant Funding Opportunities

Increasing Obesity Rate Remains A Major Public Health Priority



IN THE U.S.

Pre-Pandemic: ~ 42 % of Americans with obesity (defined as a BMI > 30 kg/m²), of which 9 % suffer from severe obesity (BMI > 40 kg/m²)

Obesity is a strong risk factor for severe complications, hospitalization and death from COVID-19

In NYC, compared with adults (aged < 60 years) with a BMI < 30 kg/m², those with a BMI 30–34 kg/m² and those with a BMI > 35 kg/m² were nearly 2 X and over 3.5 X more likely to be admitted to acute and critical care

MORE REASONS FOR THE RISE

Does metabolically healthy obesity (or MHO) exist?

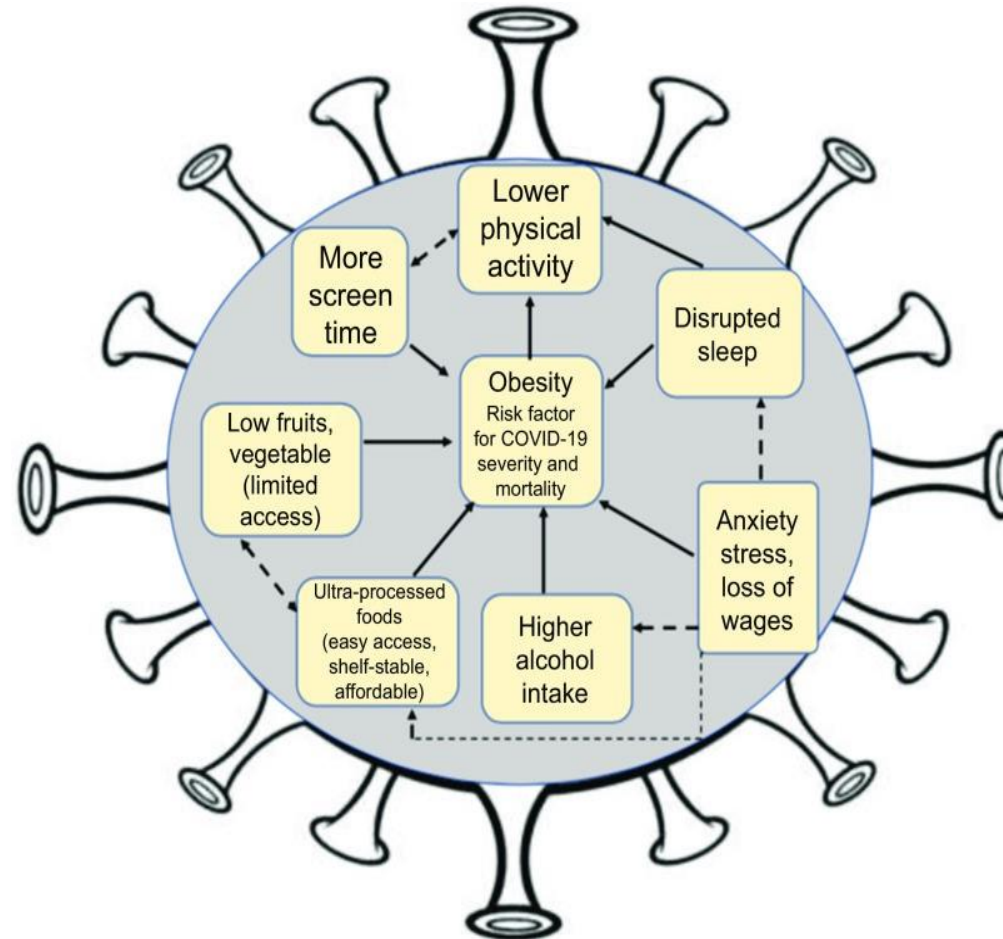
Excess adiposity associated with high blood sugar, high blood pressure, inflammation and impaired lung function

The social distancing measures that are crucial to control the pandemic have unintentional consequences that may worsen the obesity epidemic and its related comorbidities

Parekh & Deierlein, 2020

Nadolsky, Hurley & Garvey, 2020

COVID-19 And Obesity: What's Lifestyle Behaviors Got To Do With It?



Interrelationship of behavioral risk factors for weight gain during COVID-19 and their impact on obesity and threat for disease severity and mortality in U.S.
– Parekh & Deierlein, 2020

Choose 2 Or 3 Focus Areas From: 10 Things You Can Do Starting NOW

Be thankful for the body that's got you through this pandemic

Aim for 30 min/d or 150 min/week of moderate physical activity within your home or in socially distanced outdoor activities such as walking, jogging or biking

Take movement breaks during sedentary work periods or during extended periods of screen time

Limit late-night snacking and avoid eating in the absence of hunger

Limit consumption of packaged salty and sweet foods and sugar-sweetened beverages

Enjoy more plant-based foods, specifically whole grains, vegetables, fruits, lean proteins and dairy. Substitute with low-sugar, low-salt frozen or canned items if fresh produce is unavailable

Cook healthy meals at home

Keep good sleep hygiene practices by aiming for at least 7 h of sleep every night, avoid screens, bright lights, and caffeinated and alcoholic drinks before bed

Enjoy alcohol in moderation or choose not to drink at all

Cope with stress by doing breathing exercises, yoga, meditation, engaging in regular activity and ensuring sufficient sleep

So, What Can We, The NJHC, Do?

1. What are some ways that you're currently advocating for intervention strategies and policy changes?
2. How can we tie nutrition into chronic disease within the CHIP?
3. What can we do more of ~ Together?

Interactive Conversation: Grant Funding Resources



Shane with a fan of American one hundred dollar bills.

Photo by [Shane](#) on [Unsplash](#)

References

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7522472/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7832117/>