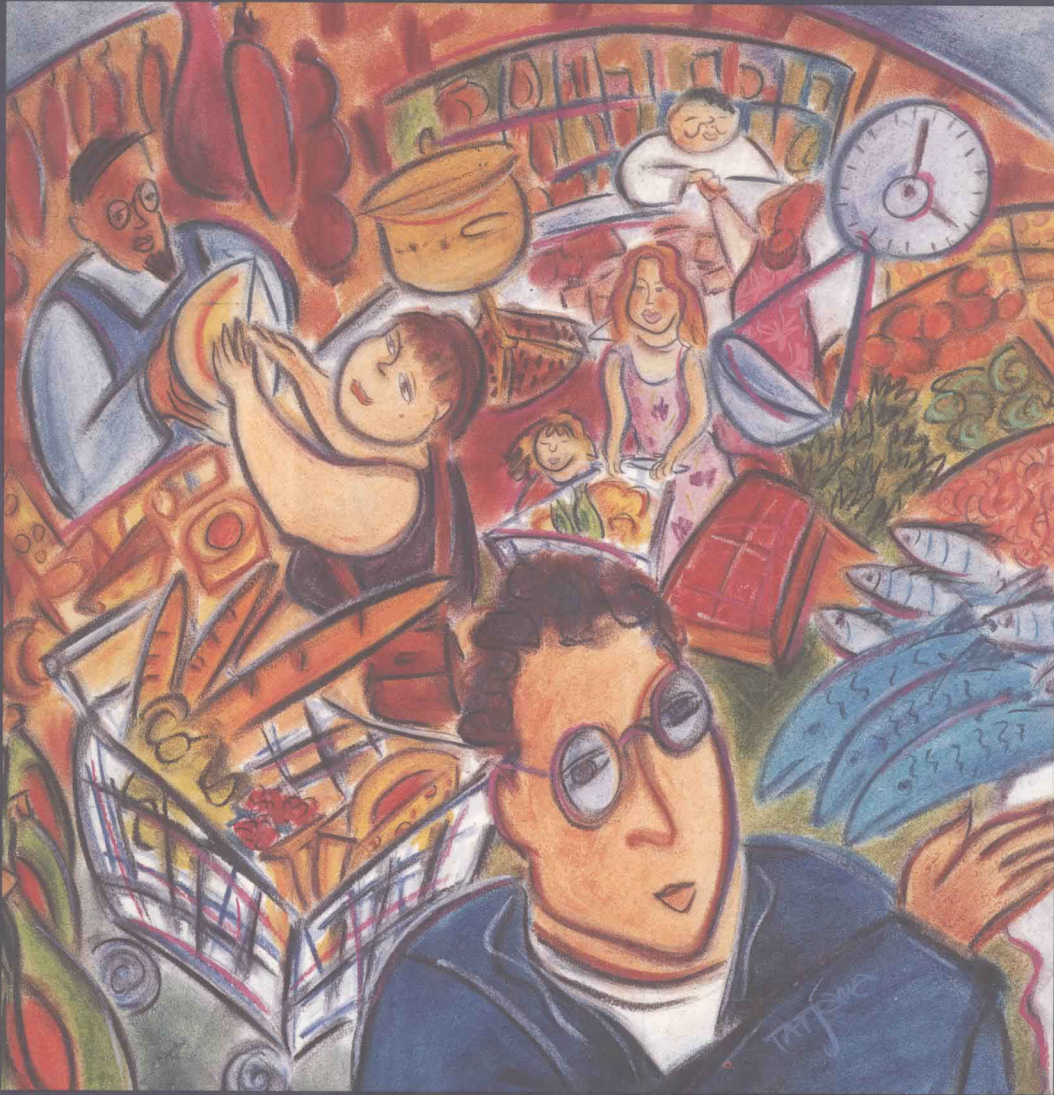


NUTRITION IN THE COMMUNITY



The Art and Science of Delivering Services

FOURTH EDITION

OWEN / SPLETT / OWEN

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Bangkok Bogotá Caracas Lisbon London Madrid
Mexico City Milan New Delhi Seoul Singapore Sydney Taipei Toronto

WCB/McGraw-Hill

A Division of The McGraw-Hill Companies

NUTRITION IN THE COMMUNITY: THE ART AND SCIENCE OF DELIVERING SERVICES, FOURTH EDITION

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This book is printed on acid-free paper.

1 2 3 4 5 6 7 8 9 0 KGP/KGP 9 3 2 1 0 9 8

ISBN 0-8151-3311-1

Vice president and editorial director: *Kevin T. Kane*

Publisher: *Colin H. Wheatley*

Senior developmental editor: *Kassi Radomski*

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Designer: *Kiera M. Cunningham*

Compositor: *Shepherd, Inc.*

Typeface: *10/12 Times Roman*

Printer: *Quebecor Printing Book Group/Kingsport*

Cover image: *Tatjana Krizmanic*

The cover was inspired by an actual market in New York City located on the far-west side of Manhattan in Harlem. The artist found herself mesmerized by the market, and the lively neighborhood around it. The Fairway Market has foods from all over the world, as well as locally grown produce. As you can see, it also has bulk bins, a deli, and butcher counters. The Fairway Market does not sell alcohol, but it does roast its own coffee in the store.

Library of Congress Cataloging-in-Publication Data

Owen, Anita Yanochik, 1937-.

Nutrition in the community : the art and science of delivering
services / Anita L. Owen, Patricia L. Splett, George M. Owen.—4th ed.
p. cm.

Third ed. / Reva T. Frankle. St. Louis: Mosby, © 1993.

Includes index.

ISBN 0-8151-3311-1

I. Nutrition policy. 2. Community health services. I. Splett,
Patricia L. II. Owen, George M. III. Frankle, Reva T. Nutrition
in the community. IV. Title.

TX359.F7 1999

363.8'56—dc21

98-5962

CIP

To

*Reva T. Frankle, MS, PhD, RD
Whose foresight and futuristic thinking
led to the idea of a text for community
nutrition professionals. Her idea became
a reality in 1978 with publication of the
1st edition of Nutrition in the Community:
The Art of Delivering Services.*

and

*Our families who patiently supported and
provided the inspiration to complete this edition.*

Anita and George Owen

Greg, Charlene,

and our mother Evelyn Vangarelli

Patricia Splett

Phil, Jim, and Mike

and parents

Robert and Louise Butler

Emil and Helen Splett

PREFACE

The fourth edition arrives at a time when we are inundated with change of every kind in demographics, technology, health care, economics, and society. All of these changes are combined with a tidal wave of information. In this edition, we address the central issue in meeting the challenge of the future, while providing the guidelines for successful navigation on the sea of change around us. This text helps give context to the future. It can be an invaluable tool to those seeking to move forward and to embrace change and explore tomorrow. The fourth edition isn't just a formula for survival in a bewildering changing world, it is a blueprint for the community nutrition professional to thrive in it.

For any agent of change to be effective, it is necessary to understand the past and the present. During the 1970s when the first edition was published (1978), the traditional health care concerns of regulation, cost containment, accessibility, quality, and continuity were emphasized. When the second edition was published in 1986, the focus shifted from legislative and technological issues to methods of disease prevention and health promotion. The pursuit of health, as reflected by an individual's personal awareness in nutrition, physical activity, stress management, and overall individual lifestyle were often major items of the public health agenda, as emphasis moved from illness to wellness. In 1993, when the third edition was published, the issues of resource allocation, inequalities and inequities in health care, and the new economics of health care were being discussed. These issues centered around the creation of incentives for keeping people well by emphasizing prevention and health promotion practices. In the twenty-first century the issues that must be addressed to

keep people healthy include services that are adequately constituted and financed to meet community needs, access to affordable quality health care, essential health information, and healthy and safe environments.

AUDIENCE

This book is designed for undergraduate and graduate students; practitioners such as dietitians, nutritionists, nurses, physicians, physicians assistants, health educators, social workers, physical therapists, and community workers; and others interested in community nutrition. The fourth edition will assist students to understand the complexities of developing effective programs and services to improve the health and nutrition for all segments of society.

THE CONTEXT OF HEALTH

To prepare community nutrition professionals to shape their future, the authors of this text developed a model describing what constitutes health. The model is called *the Context of Health*. The basic assumption of the model is that health with its many dimensions, has four fundamental attributes. These attributes include human biology such as genetics, growth, and development; behavior and lifestyle include food selection and consumption patterns, physical activity, and coping skills; the environment addresses social and physical attributes such as family income and employment, and the food supply; and the health care system involves issues such as availability, access, and quality. Thus, health results from the interaction of biology, behavior (lifestyle), the environment, and health care. Each of the four factors provides

different types of opportunities for interventions to prevent disease and promote health. The model is carried throughout the text, visually demonstrating how each chapter contributes to the context of health.

ORGANIZATION OF THE TEXT

To lay the cornerstone for *Nutrition in the Community, the Art and Science of Delivery Services*, we begin with the driving forces that shape community nutrition practice (Section I). We first address the most important societal and health trends that play a major role in health and nutritional well-being of the community. These trends are similar to the top of a funnel—they address the broad perspectives of issues facing Americans today and act as a gateway to the twenty-first century. The vital role that community nutrition professionals play in protecting the health of the public is described. This section is a primer for the community nutrition professional because it defines the roles and responsibilities required to function effectively in the nutrition arena.

The application of nutrition science to dietary recommendations for people is covered. In addition, dietary guidance, which is the information used by the community nutrition professional to foster healthful food choices, is described as the “blueprint for action” for practitioners.

Section II covers the nutrition interventions required to keep people healthy across the life cycle. Guidelines are presented for each age group to assist the community nutrition professional to deliver quality nutrition services.

Section III demonstrates how managing strategically can make a difference in the quality and quantity of nutrition services and programs provided. In addition to the planning and implementation phases, evaluating nutrition services and managing and obtaining resources are deliberated.

Section IV address the question—What is Needed to achieve effective community nutrition programs? This section provides practitioners with a set of tools to refine their practice. Communicating effectively is a skill required at all levels of practice. Working in cross-cultural and multicultural settings offers sage advice for the practitioner. To practice effectively in the next century, ethics will become a very important issue. No text would be complete without discussing nutrition around the world, because we truly are a global village with instant communication to any part of the world. Thinking in the fu-

ture tense will assist community nutrition professionals to identify how much we need to resolve, how much we need to accomplish, and how we can help form a healthy future for our communities.

NEW TO THIS EDITION

The fourth edition of *Nutrition in the Community, The Art and Science of Delivering Services*, incorporates several new features designed to enhance student learning and understanding.

Context of Health Model

This unique model, presented as the first figure in each chapter, addresses the four attributes of health and nutritional well-being, which include human biology, lifestyles, environment, and health care. Adjacent to the model is a visual depicting how the content of each chapter contributes to the context of health. The context of health provides continuity throughout the text to enhance the community nutrition professionals understanding of the issues.

Case Studies and the Expert Speaks

Each chapter has a case study or an expert speaks commentary that highlights the objectives of individual chapters and offers practical application of the material covered in the chapter.

New Chapters and Expanded Coverage

To meet the needs of the expanding role of the community nutrition professional, four new chapters have been included in the fourth edition: Effective Communications, Ethics in Community Nutrition, The Global Village: Nutrition Around the World, and Entering an Era of Dynamic Change in Health and Nutrition.

Several chapters have expanded coverage of timely topics. These include the following:

- In the community assessment (chapter 3), an epidemiologic approach is used to address nutritional status.
- Product innovation and food safety are included in the chapter on the Changing and Dynamic Food Supply (chapter 6).
- Women’s health is covered in chapter 10, Nutrition in Adult Years, and in chapter 20, The Global Village: Nutrition Around the World.
- Grantsmanship is included in the chapter on budgeting (chapter 16).

PEDAGOGY

The following pedagogical features are employed to enhance the usefulness of this text by students and faculty:

Core Concepts: Each chapter begins with an opening paragraph that provides an overview of the chapter.

Objectives: The major learning objectives for each chapter are stated to reinforce their significance for students.

Key Words (new): To learn the terminology of community nutrition professionals, key words are cited with a page number on which they appear or are defined in the chapter.

Context of Health Model (new): Continuity of the learning process for students is facilitated by use of the model as figure 1 in each chapter.

Implications for Community Nutrition Professionals (new): This section acts as a summary of the chapter and also discusses application to community nutrition professionals.

Case Studies and the Expert Speaks (new): Case studies are based on issues, programs, and services. The Expert Speaks sections offer advice and counsel from professionals in their respective fields. Each chapter has either a Case Study or an Expert Speaks section.

Community Nutrition Professionals in Action (new): Study questions and projects are provided in each chapter for undergraduate students.

Going One Step Further (new): This section in each chapter includes advanced projects for graduate students.

Additional Information (new): Professionals societies develop statements, scientific status summaries, and position papers to clarify an issue in which the particular society has expertise. The topics of these papers and references are included in relevant chapters.

Quotes (new): Each chapter opens with a quote that captures the content of the chapter.

References: Each chapter contains up-to-date references, many published in the middle or late 1990s.

ACKNOWLEDGMENTS

Numerous individuals have made significant contributions to this edition. Without their experience, guidance, and advice, this book would not have been completed. Receiving continual feedback from colleagues, practitioners, and students helped us develop a truly teachable textbook.

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A special thanks and public acknowledgment is made to the contributing authors who provided chapters, materials, consultation, and their precious time.

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CASE STUDIES AND THE EXPERT SPEAKS

A unique feature of this book is the collection of insightful Case Studies and expert opinion commentaries entitled the Expert Speaks. We thank the experts whose outstanding and substantive articles highlight this text:

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McGraw-Hill selected an experienced group of professors to review the third and fourth editions. We appreciated their many excellent suggestions, which had an influence on various aspects of the fourth edition. Our special thanks to the following persons:

Nancy Cotugna, Dr.P.H.
University of Delaware

Mary Darling, PhD, MPH, RD
University of Minnesota

Jeanette Endres, PhD, MPH, RD
Southern Illinois University

Hazel Forsythe, PhD
University of Kentucky

Diana Spillman, PhD, LD, RD
Miami University of Ohio

OTHER CONTRIBUTORS

A work of this kind involves the assistance and expertise of many individuals and organizations who contributed in various ways to its completion. Our heartfelt thanks to the following:

The American Dietetic Association, Chicago, IL
*Harold Holler, RD, Governance Team,
 Association Management Group*

Association of Public Health State & Territorial
 Nutrition Directors, Washington, DC
Executive Director

Institute of Food Technologist, Chicago, IL
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 Ellen S. Sullivan, Science Communications Manager*

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Assistance with Chapter 10 (Nutrition in the Adult Years) was provided by Valerie Fishell, MS, research associate; Julie Haines, MS, RD, research associate; Kristin Moriarity, MS, research associate; Mary C. Naglak, PhD, RD, (Case Study); Brenda Nestor, MS, RD, graduate student (Nutrition Professional In action)

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Kristen Tomey
Research Assistant, Department of Human Nutrition & Dietetics, University of Illinois at Chicago (assistance with Chapter 18)

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The authors of the fourth edition have been practitioners of the art and science of nutrition for a combined total of over a 100 years. They have practiced in public health, hospitals, long-term care, industry, academe, research and development, and government. This experience provides a rich mix of expertise from being on the “firing line” in most areas of nutrition, medicine, and the community.

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