

MED instead of MEDS for BETTER HEALTH

Promoting Healthy Lifestyles in NC

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Why Healthy Lifestyles Matter

Chronic diseases and conditions – such as heart disease, stroke, cancer, type II diabetes, and obesity – are among the **most common, costly, and preventable** of all health problems.

- **Most chronic disease burden is attributable to these common modifiable risk factors:**
 - Unhealthy eating patterns
 - Physical inactivity
 - Overweight & Obesity
 - High blood pressure
 - Tobacco use and exposure
 - Excess alcohol use

Most US adults have more than one of these risk factors

(CDC 2015)

A healthy eating pattern includes:



A healthy eating pattern limits:



- Shift to healthier foods & beverages



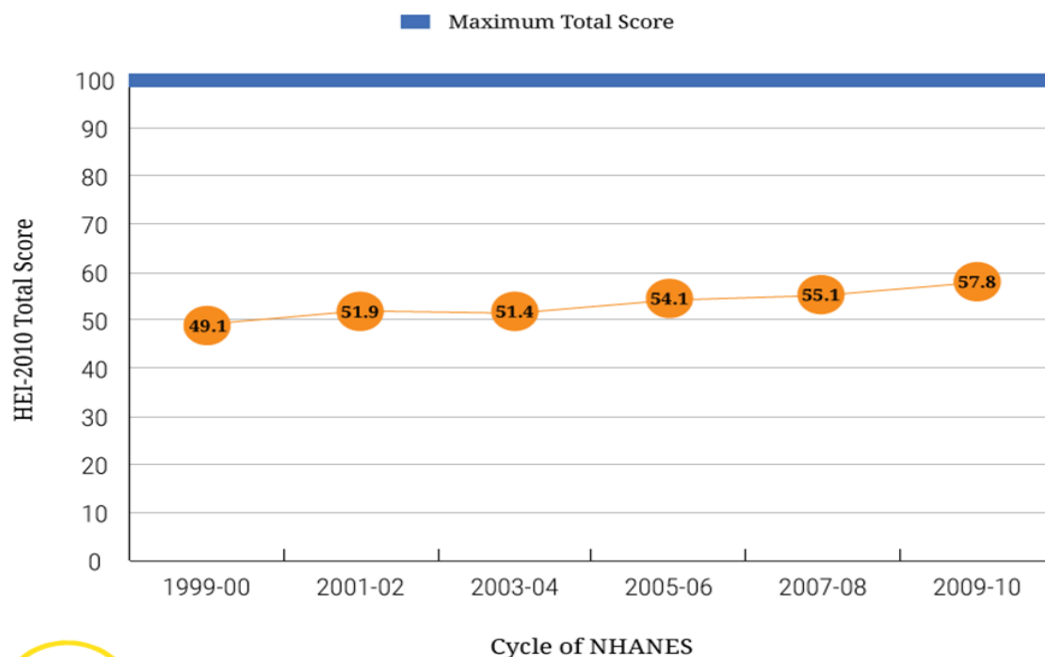
- Support healthy eating patterns for all



(USDHHS USDA 2015)

Adherence to the *2010 Dietary Guidelines*

Measured by Average Total Healthy Eating Index-2010 (HEI-2010) Scores of the U.S. Population Ages 2 Years and Older (Figure I-1)



Data Source:

Analyses of What We Eat in America, National Health and Nutrition Examination Survey (NHANES) data from 1999-2000 through 2009-2010.

Note: HEI-2010 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.



A top-down view of a white baking tray filled with a variety of roasted vegetables. On the left side, there are large, irregular chunks of orange sweet potatoes. In the center, there are several pieces of white cauliflower with some browned edges. To the right of the cauliflower is a cluster of green broccoli florets, some of which are dark brown from roasting. On the far right, there are sliced orange carrots and pale green zucchini rounds. The vegetables are arranged in a somewhat organized but natural way, typical of a meal prep or a healthy snack tray.

Why should
you GO MED?



The Med Way

- Those on a higher fat diet (42%) did not increase weight

Better than a
low-fat diet for
weight loss in
overweight and
obese individuals



Yang, et. al. Plos ONE. 2014;9(2):e87539.

Mancini, et. al. American Journal of Medicine. 2016;129:407-415.

Alvarez-Perez, et.a. Journal of the American College of Nutrition. 2016;17:1-13

Shai, et al. New England Journal of Medicine. 2008;359:229-241

Eating the Med Way
can help manage
blood pressure.

Toledo, et. Al. BMC Medicine. 2013;11:207.

Psaltopoulou, et. Al. American Journal of Clinical Nutrition.
2004;80(4):1012-1018.

Nunez-Cordoba, et. Al. American Journal of Epidemiology.
2009;169(3):339-346.



Estruch, et. al. New England Journal of Medicine. 2013;368(14):1279-1290.
Estruch, et. al. Annals of Internal Medicine. 2006;145(1):1-11.
Kris-Etherton, et. al. Circulation. 2001;103(13):1823-1825.
Georgousopoulou, et. al. Journal of the American College of Cardiology. 2015;53(10_S).
Martinez-Gonzalez, et. al. Current Opinion in Lipidology. 2014;25(1):20-26.
deLorgeril, et. al. Current Atherosclerosis Reports. 2013;15(12):1-5.
Ros, et. al. Advances in Nutrition: An International Review Journal. 2014;5(3):330S-33S.
Kastorini, et. al. Atherosclerosis. 2016;246:87-93.
Delgado-Lista, et. al. American Heart Journal. 2016;177:42-50.
Buil-Cosiales, et. al. British Journal of Nutrition. 2016;116:534-546.
Panagiotakos, et. al. Nutrition, Metabolism and Cardiovascular Disease. 2015;25:327-335.
Delgado-Lista, et. al. Critical Reviews in Food Science and Nutrition. 2016;56:788-801.



The Med Way can
reduce the risk of
cardiovascular
disease as much
as 30%-60%.

Buil-Cosiales, et. al. British Journal of Nutrition. 2016;116:534-546.



Consuming 9 or more servings of fruits and vegetables resulted in a 60% reduction in CVD.

deLorgeril, et. al. Current Atherosclerosis Reports. 2013;15(12):1-5.



“...in terms of evidence-based medicine, the full adoption of a modern version of the Mediterranean diet pattern can be considered one of the most effective approaches for the prevention of fatal and nonfatal CVD complications.”



The Med Way
decreases the
risk of type 2
diabetes.

The Med Way protects
against **COGNITIVE
DECLINE** by protecting
the small blood vessels in
the brain.

40% lower risk of
developing
Alzheimer's when
you Go Med.

Balls-Pedret, et. al., JAMA Internal Medicine. 2015;175(7):1094-1103.
VandeRest, et. al., Advances in Nutrition. 2015;6:154-168.
Feart, et. al. JAMA. 2009;302(6):638-648.
Gardener et. Al. Archives in Neurology. 2012;69(2):251-256.



Eating the Med Way decreases
the risk of some forms of cancer.



Trichopoulou et. al. European Journal of Epidemiology. 2001;22(12):871-881.

Trichopoulou et. al. New England Journal of Medicine. 2003;348(26):2599-2608

Toledo et. al. JAMA. 2015;175(11):1752-1760

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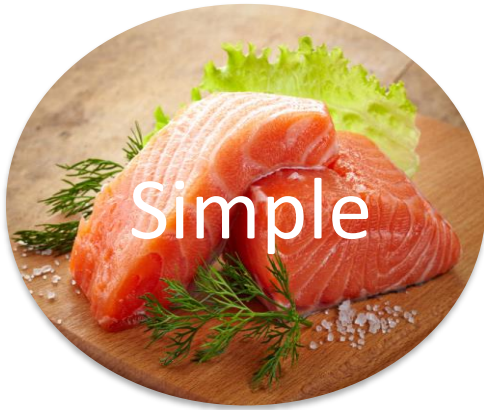
Eating the Mediterranean way is not only healthy, it is delicious and satisfying. Foods that you once thought of as too high in fat or unhealthy, including nuts, olive oil, olives, and whole grains, become an everyday part of your diet.

medinsteadofmeds.com



**NC STATE
UNIVERSITY**

What sets the Med Way apart from other diet patterns?



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WATCH THE 7 SIMPLE STEPS TO MED VIDEOS

Eating the Mediterranean way is delicious and satisfying.



Get at least five servings of **fruits and vegetables** per day. Choose a variety of colors and eat more of the dark green, leafy vegetables such as collards, kale, spinach, and turnip greens.

◀ 2 of 12 ▶

EATING THE MED WAY — VIEW ALL

7 Simple Steps Videos

Explore 7 simple steps to eating the Med way everyday by making easy changes to the foods you eat.



1

Change
Your
Protein

2

Swap
Your
Fats

3

Eat
More
Vegetables

4

Eat
More
Fruit

5

Snack on
Nuts and
Seeds

6

Make Your
Grains
Whole

7

Rethink
Your
Sweets

MED Flips



Included in each video
to help you GO MED.



MED Tips

Eat More Vegetables



Get at least three servings (cups) of vegetables per day. Choose a variety of colors and eat more of the dark green, leafy vegetables such as collards, kale, spinach, and turnip greens.

RECIPES FEATURED IN THIS VIDEO

-  Avocado Salad
-  Cucumber Avocado Salad
-  Lentil Sliders
-  Lunch Salad
-  Mediterranean Tuna Salad
-  Mushroom Almond Burger
-  Mushroom Beef Burgers
-  Oven-Roasted Vegetables

Recipes

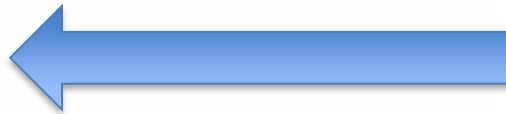
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7 Simple Steps to Med Videos and Recipes

- [Change Your Protein](#)
- [Swap Your Fats](#)
- [Eat More Vegetables](#)
- [Eat More Fruit](#)
- [Snack on Nuts and Seeds](#)
- [Make Your Grains Whole](#)
- [Rethink Your Sweets](#)

Search for:

Easy access
to all the
recipes
featured in
the video.



▶ WATCH THE 7 SIMPLE STEPS TO MED VIDEOS

Tips and Tools



Eating the Med Way Handout –
Low-Res version for viewing on-screen – (PDF)

Eating the Med Way Handout –
Low-Ink version for in-house printing – (PDF)

Access the
Med
Instead of
Meds
brochure.

Additional tools
coming soon!

Recipes

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Steps to Eating the Med Way: Webinar Mini-series

Presented by Dr. Carolyn Dunn, Professor and Nutrition Specialist at NC State University

This webinar mini-series will demonstrate simple steps to eating the Med way by making easy changes to the foods you eat.

December 9, 2016 @ 12pm

Steps to Eating the Med Way: *Change Your Protein*

January 2017

Steps to Eating the Med Way: *Swap Your Fats and Snacking on Nuts*

February 2017

Steps to Eating the Med Way: *Eat More Fruits, Vegetables, and Whole Grains*

March 2017

Steps to Eating the Med Way: *Rethink Your Sweets*

The webinars are free and available to anyone - <https://esmmweighless.com/newsletter-webinars/>

Nutrition Decisions

A Webinar Series Presented by esmmweighless.com and esmmpreventdiabetes.com



Coming
Soon!

Community Education

NC Cooperative Extension

1

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7 Steps to Eating the Med Way

- Med Tips & Tools
- Cooking & Food tastings
- Hands-on learning activities

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