NUTRITION: AN OPPORTUNITY TO ADVANCE HEALTH EQUITY

Some Americans face greater barriers to better health than others. We can take action to elevate nutrition as a pathway for improving health for all people. Specifically, we can help close nutrient gaps and promote a preventive approach to building health equity.

MINORITY POPULATIONS ARE AT *HIGHER* RISK FOR:

% OF POPULATION WITH CONDITION

	BMI GREATER THAN 25[1] OVERWEIGHT AND OBESE	LACTOSE MALDIGESTION[2]	HIGH BLOOD PRESSURE[3]
AFRICAN AMERICAN	72.6%	75.0%	33.4%
HISPANIC	69.8%	60.0%	22.2%
WHITE	61.8%	20.0%	23.3%

MINORITY POPULATIONS HAVE A *LOWER* INTAKE OF KEY NUTRIENTS:

INTAKES OF NUTRIENTS AS A % OF RECOMMENDED DAILY INTAKE (RDA)[4,5]

	CALCIUM[5] (1,000MG/DAY RDA) AGES 19-50	VITAMIN D[5] (15MCG/DAY RDA) AGES 1-70	POTASSIUM[5] (4.7G/DAY AI) AGES 14-70+
WHITE	102.9%	32.0%	61.1%
HISPANIC	99.9%	30.7%	59.1%
AFRICAN AMERICAN	85.8%	26.7%	52.4%

The Surprising Power of Yogurt

1 yogurt EVERY DAY™

Lowfat yogurt consumption is associated with less weight gain over time.[6]

Yogurt offers a more easily digestible dairy option because it contains lactase-producing cultures and, on average, has less lactose per serving than milk.[7,8]

Yogurt consumption is associated with healthy levels of systolic blood pressure within the normal range.[9]

Vitamin D, Calcium Ca, Potassium K

Yogurt can help provide three of the four nutrients of concern in the American diet: calcium, vitamin D and potassium.[10]

1. Schiller JS, Lucas JW, Ponsonby JR. Summary health statistics for U.S. adults: National Health Interview Survey, 2011. National Center for Health Statistics. Vital Health Stat 10(256). 2012. Page 126, Table 31.
2. Jackson CA, BS, Bonnette DS. Lactose malabsorption, calcium intake and osteoporosis in African - Asian - and Hispanic-Americans. Journal of the American College of Nutrition 20(5): 1997-2010, 2001.
3. Schiller JS, Lucas JW, Ponsonby JR. Summary health statistics for U.S. adults: National Health Interview Survey, 2011. National Center for Health Statistics. Vital Health Stat 10(256). 2012. Page 15, Table 2.
4. U.S. Department of Agriculture, Agricultural Research Service. 2014. Nutrient Intakes from Food and Nonfoods: Mean amounts consumed per individual, 2-year average, NHANES 2011-2012.
5. Institute of Medicine. Dietary Reference Intakes: The essential guide to nutrient requirements. Washington, DC: The National Academies Press; 2006.
6. Mozaffarian D, Hao T, Rimm EB, Willett WC, Hu FB. Changes in diet and lifestyle and long-term weight gain in women and men. The New England Journal of Medicine. June 2011;364:2392-404.
7. Bailey RK, Elam LM, Kudsk J, Tessier Grieg S, Price W, Wilson Gilley SD. Lactose intolerance and health disparities among African Americans and Hispanic Americans: An updated consensus statement. J Natl Med Assoc. 2012 Summer;104(3-4):81-87.
8. Lomer MCE, Parkes GC, Sanderson JD. Review article: lactose intolerance in clinical practice—myths and realities. Aliment Pharmacol Ther. 2008;27:93-103.
9. Ralls M, Appel LJ, Guallar E, Miller ER, Lawrence F, Jacobs DR, Fernandez ML, Laditka SB, Blumberg JB. Diet and blood pressure in African-American and Caucasian adults. Hypertension. 2000;36:1-7.
10. Weick G, Ferguson DR, and Klaubert DH. The role of yogurt in improving the quality of the American diet and meeting dietary guidelines. Nutrition Reviews 2015; 73:189–195.

POWERED BY DANNON®