Nutrition: Study guide

- Nutritional Assessment:
  - Health history questions: ex. Dietary recall
  - Biochemical analysis: hemoglobin, urinalysis, etc.
  - Anthropometric measurements: BMI, height, weight, etc.

- Healthy People 2020, MyPlate
  - a set of goals and objectives w/ 10 year targets designed to guide national health promotion and disease prevention efforts to improve the health of all people in the US
  - nutrition monitoring through the NHANES (national health and nutrition examination survey) and NFCS (national food consumption surveys)

- Health Literacy - importance, patient education
  - the degree to which individuals have the capacity to obtain, process, understand basic health info and services needed to make appropriate health decisions
    - refer to health literacy diagram*
  - Health literacy actualization (ability to utilize health knowledge and skills)
    - Social factors: create settings to receive support for health promoting behaviors
    - Cultural factors: encompass ethnic, religious and racial health traditions
    - Individual factors: choices persons make to acquire and then apply health knowledge
    - Supportive health system

- Criteria for future recommendations:
  - Consider the source of nutrition advice
  - Assess the comprehensiveness of recommendations
  - Evaluate the basis of recommendations
  - Estimate the ease of applications

- U.S. dietary deficits & overconsumption

- Dimensions of health and wellness, health promotion
  - Health: merging/balancing of 5 physical and physiological dimensions of health: physical, emotional, spiritual, social, intellectual
  - Wellness: lifestyle that enhances our level of health
  - Health promotion: strategies used to increase the level of health of individuals, families, groups, communities