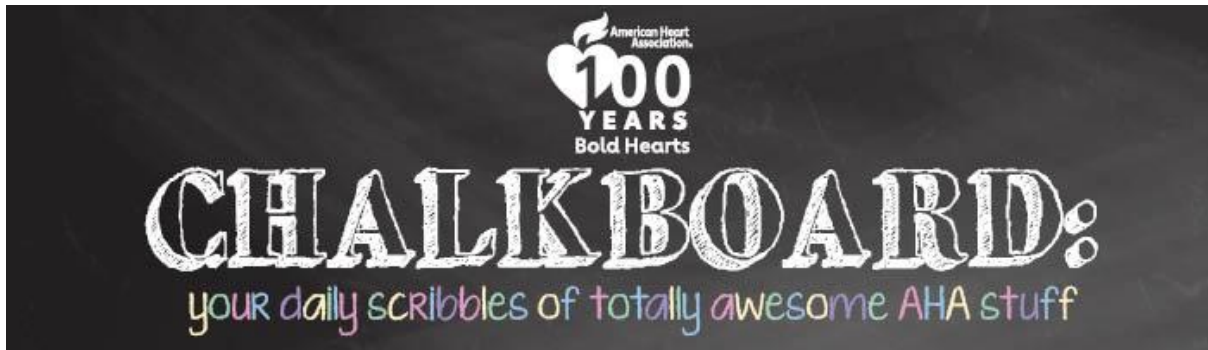


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**Tuesday, June 18, 2024**

**TL;DR – In this issue of *Chalkboard***

- A new public opinion poll details troubling trends on food, nutrition and health. Learn what we're doing about them.
- Get the 411 on:
  - Our commitment to addressing health and alarming nutrition concerns in our Second Century.
  - Our work in nutrition security with a visual and comprehensive infographic.
- Try to spot a familiar face or two in our Centennial celebration photos!

 **quote of the day**

"Efforts led by the American Heart Association have cut death rates from heart disease by half in the past 100 years, but as we look to our second century of existence, the trends are ominous. We are committed to averting a crisis of unparalleled health and economic burdens due to cardiovascular disease and obesity in the coming decades."

**-- Nancy Brown, Chief Executive Officer of the American Heart Association**

 **inside the chalk**

**When the party's over...**

Last week, we were decked out in our red AHA gear celebrating our 100th birthday, but in the midst of celebrating you might've missed the important results of a public opinion poll reflecting attitudes of Americans on food, nutrition and health. These findings along with the [U.S. Health and the Future of Food](#) report were announced at The Drake Hotel in Chicago where the AHA was founded, and identify food and nutrition insecurity—the inability to attain adequate calories and nutrients to support health—as an urgent challenge.

While more than 3 in 4 poll respondents said they would like to eat a healthier diet, they reported significant barriers to achieving such, including:

- **The cost of healthy food** (60%): Many find it challenging to afford nutritious options.
- **Stress eating** (42%): Emotional factors play a role in dietary choices.
- **Lack of preparation time** (33%): Busy schedules hinder meal preparation.
- **Lack of knowledge** (32%): Understanding what foods are healthy and how to prepare them remains a challenge.

[Projections](#) published in *Circulation* indicate that, if left unaddressed, obesity will drive sharp increases in cardiovascular disease that are anticipated by 2050:

- 61% of U.S. adults are projected to have some form of cardiovascular disease by 2050 – up from about half of all adults currently.
- Obesity rates will increase by nearly 40% in adults and by more than 60% in children by 2050.
- The highest growth of obesity prevalence is expected to be among adults 20-44 and 45-64 years old. In children, a steep growth of obesity is projected in all age groups.
- More than 150 million people (close to half of the nation's population) will have a poor diet – the most prevalent factor affecting health conditions such as hypertension, obesity and diabetes.

We are making bold moves to address nutrition insecurity and the trajectory of cardiovascular disease and obesity with three approaches:

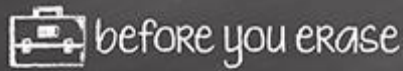
1. [Our Health Care by Food™](#) initiative is investing in research, advocacy and education to integrate cost-effective food is medicine approaches into the health care system.
2. We are driving a greater understanding of the components of specific foods and their role in human health in collaboration with the [Periodic Table of Food Initiative](#) (PTFI).
3. We are working in communities to ensure healthy foods and adequate health care are accessible to all.

## resource of the day



### Nutrition Security Infographic

Looking for a way to show volunteers and supporters how our work in nutrition security makes a difference? This [infographic](#) demonstrates what we're doing to provide equitable access to nutritious foods in our communities.



### Spot Any Familiar Faces?

The 100th birthday parties may be over, but our Second Century celebration is just getting started! [Click here](#) to check out how our staff spent their June 10th in this folder filled with selfies, office parties, lots of red and visions of advancing health and hope for everyone, everywhere.

With heart,

The [AHA Resource Center](#) Team



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