Title:

Hypertension, and Fruits and Vegetables in Nepal: An Evidence Based Review

Timothy M. Davies, SN

School of Nursing, Saginaw Valley State University, University Center, MI, USA

Session Title:

Rising Stars of Nursing Invited Posters - Group 1

Slot (superslotted):

RSG STR 1: Thursday, September 25, 2014: 9:45 AM-10:30 AM

Slot (superslotted):

RSG STR 1: Thursday, September 25, 2014: 2:30 PM-3:15 PM

Keywords:

Fruit and Vegetables and Hypertension

References:

Appe I, L., Moore, T., Obarzanek, E., Vollmer, W., Svetkey, L., Sacks, F., & ... Karanja, N. (1997). A clinical trial of the effects of dietary patterns on blood pressure. New England Journal Of Medicine, 336(16), 1117-1124. Conlin, P., Chow, D., Miller, E., Svetkey, L., Lin, P., Harsha, D., Moore, T., Sacks, F., Appel, L. The effect of dietary patterns on blood pressure control in hypertensive patients: results from the Dietary Approaches to Stop Hypertension (DASH) trial. American Journal of Hypertension, 2000, 13(9):949-955. Lock, K., Pomerleau, J., Causer, L., Altmann, D. R., & McKee, M. (2005). The global burden of disease attributable to low consumption of fruit and vegetables: implications for the global strategy on diet. Bulletin of the World Health Organization, 83(2), 100-108. Pomerleau, J., Lock, K., Knai, C., & McKee, M. (2005). Effectiveness of interventions and programmes promoting fruit and vegetable intake (pp. 1-133). WHO.

http://cdrwww.who.int/dietphysicalactivity/publications/f&v_promotion_effectiveness.pdf Talukder, A. (2004). Homestead food production program in central and far-western Nepal increases food and nutrition security: An overview of program achievements. Nepal Nutrition Bulletin, 2(1) Talukder, A. (2001). Home gardening in hilly and Terai areas in Nepal: Impact on food production and consumption. Nepal Nutrition Bulletin, 1(1). Talukder, A. (2004). Homestead food production in Nepal for improving micronutrient status of women and children, poverty reduction and promotion of gender equality. Nepal Nutrition Bulletin, 2(2). Writing Group of the PREMIER Collaborative Research Group. Effects of Comprehensive Lifestyle Modification on Blood Pressure Control: Main Results of the PREMIER Clinical Trial. JAMA. 2003;289(16):2083-2093.doi:10.1001/jama.289. 16.2083. The Dash Diet (2014) Accessed at http://dashdiet.org/what_is_the_dash_diet.asp The Harvard Healthy Eating Pyramid (2014) Accessed at http://www.hsph.harvard.edu/nutritionsource/

Learning Activity:

LEARNI NG OBJECTI VES	EXPAN DED CONTE NT OUTLIN E	TIME ALLOT TED	FACULTY/SPE AKER	TEACHING/LEA RNING METHOD	EVALUATION/FE EDBACK
Example	Example	Example	Example	Example	Example

Critique selected definition of the term, "curriculu m"	Definitio ns of "curricul um" Course of study Arrange ments of instructio nal materials The subject matter that is taught Cultural "training" Planned engagem ent of learners	20 minutes	Name, Credentials	Lecture PowerPoint presentation Participant feedback	Group discussion: What does cultural training mean to you?
Hypertensi on	Diets for lowering blood pressure	5 minutes	Tim Davies, Nursing student	PowerPoint presentation	Questions for presenter
Fruit and vegetable consumpti on programs	Home gardening and homestea d food productio n for an increase fruit and vegetable consumpt ion	5 minutes	Tim Davies, Nursing student	PowerPoint presentation	Questions for presenter

Abstract Text:

This project looks into the population of adults in Nepal with hypertension or high blood pressure, and what can be done to combat their high blood pressure. Specifically, nutrition was looked at as the best

option to lower blood pressure. The background and significance of the amount of fruit and vegetables consumed by people in Nepal was researched by the Nepal Health Research Counsel, and some pertinent data is included. The DASH Diet was researched, along with the Harvard Healthy Eating Pyramid, and USDA MyPlate for their blood pressure lowering abilities. The research showed that all three diets looked at are effective in lowering blood pressure in individuals with hypertension, but the DASH Diet lowered blood pressure more than the other diets. If the DASH Diet could be encouraged and implemented in Nepal, then it would be expected to see a reduction in the number of hypertensive cases. Fruit and vegetable production and consumption programs were also researched and it was found that there are small scale programs already in effect in Nepal. Home gardening and homestead food production experimental programs are being tested in different hilly and Terai regions in Nepal. After being in place for multiple years, it is shown that the programs have increased production and consumption of home-grown fruit, vegetables and small livestock. The programs have been successful because they are focused on people growing their own food for consumption and for selling at the local market. This system gives the people food to eat and extra money to afford essentials for their home. The program would boost the economy and quality of living in the area that it is implemented in. The evidence shows that it would be beneficial to incorporate these types of programs all over the country of Nepal where crops can be grown.