

7-13-2021

DASHing to a Healthier Detroit

Omar Ahmed

Wayne State University School of Medicine, fw9505@wayne.edu

Ann-Cathrin Guertler

Wayne State University School of Medicine, hf2738@wayne.edu

Kendall Johnson

Wayne State University School of Medicine, hf7380@wayne.edu

Katelyn Kerr

Wayne State University School of Medicine, gn3056@wayne.edu

Griffin Murray

Wayne State University School of Medicine, hf8973@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj

 Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

Recommended Citation

Ahmed, Omar; Guertler, Ann-Cathrin; Johnson, Kendall; Kerr, Katelyn; Murray, Griffin; Weingarten, Aron; and Asebiode, David, "DASHing to a Healthier Detroit" (2021). *Patient Education Projects*. 16.
https://digitalcommons.wayne.edu/pat_edu_proj/16

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

Authors

Omar Ahmed, Ann-Cathrin Guertler, Kendall Johnson, Katelyn Kerr, Griffin Murray, Aron Weingarten, and David Asebiode

DASHing to a Healthier Detroit

Obesity Information and Resource Guide

Presented by Omar Ahmed, Ann-Cathrin Guertler, Kendall Johnson, Katie Kerr, Griffin Murray, Aron Weingarten, and David Asebiode

Wayne State University School of Medicine

44.6%

of **Michigan adults ages 45-64** were reported to have **hypertension** as of 2019, compared to the **national average of 40.4%** (America's Health Rankings).



37%

of **Detroit adults** are considered **obese**, according to the 2018 Detroit Community Health Assessment.

DASH PYRAMID

Based on a 2,000 calorie diet

DASH DIET

The DASH diet has been shown to both lower blood pressure and addresses obesity in adults. The DASH diet aims to lower sodium (salt) intake while also promoting a diet full of whole, nutrient-dense foods.

DASH GUIDELINES

- Grains 6-8 Servings daily
- Vegetables 4 -5 servings daily
- Fruits 4-5 servings daily
- Dairy 2-3 servings daily
- Lean meat 6 oz or less daily
- Fats/oils 2-3 servings daily
- Sweets 5 servings per week

SUPPLEMENT THE DASH DIET WITH EXERCISE

- DASH diet is about healthy eating not specifically intended for weight loss
- To optimize health and to encourage weight loss, it is recommended to supplement the DASH diet with exercise
- In addition, adjusting the overall calorie intake when using the DASH diet can be an option for those trying to lose weight
- Exercise has the added benefit of reducing blood pressure, giving you more energy, improving mood and sleep quality, reduce stress and relieve symptoms of depression and anxiety
- Start with low intensity exercises like walking and gradually build up the duration, intensity and frequency

MERGING THE DASH DIET WITH YOUR CURRENT LIFESTYLE

Make **small** changes

- Add a serving vegetables to one meal per day at a time
- Switch out for whole grains in one meal a day

Try sample DASH diet **meal plans** for inspiration

- Mayo Clinic 3-day plan: <https://tinyurl.com/f7mj4bbp>

Celebrate accomplishments with non-food items

- Spend time with family and friends
- Get yourself a congratulatory gift

DASH with a **friend** or **family** member for support

Check in with your **doctor** regularly



RESOURCES

There are many food assistance offerings in the Detroit area if you are struggling with food insecurity.

- **SNAP**
- **Wayne Metropolitan Community Action Agency** has "Food Distribution Fridays" (<https://www.waynemetro.org/food/>)
- **Food Pantries** (e.g. Focus Hope, Gabriel Richard Center, New Life Food Pantry, etc.)
- **United Way**
- **National Diabetes Prevention Program**

