

PROMOTING CARDIOVASCULAR
HEALTH:

ADDRESSING BARRIERS TO
IMPLEMENTING THE
MEDITERRANEAN DIET

By: Ali Michelle Berumen





SYMPOSIUM DISCUSSION



Define the MedDiet



How the MedDiet can be used to transform illness



Create a solution to implementation barriers



DEFINING THE MEDITERRANEAN DIET

Terms refers to the Mediterranean Region

First coined by Ancel Keys in 1951

Harvard School of Public Health created pyramid in 1993

MedDiet is a lifestyle!

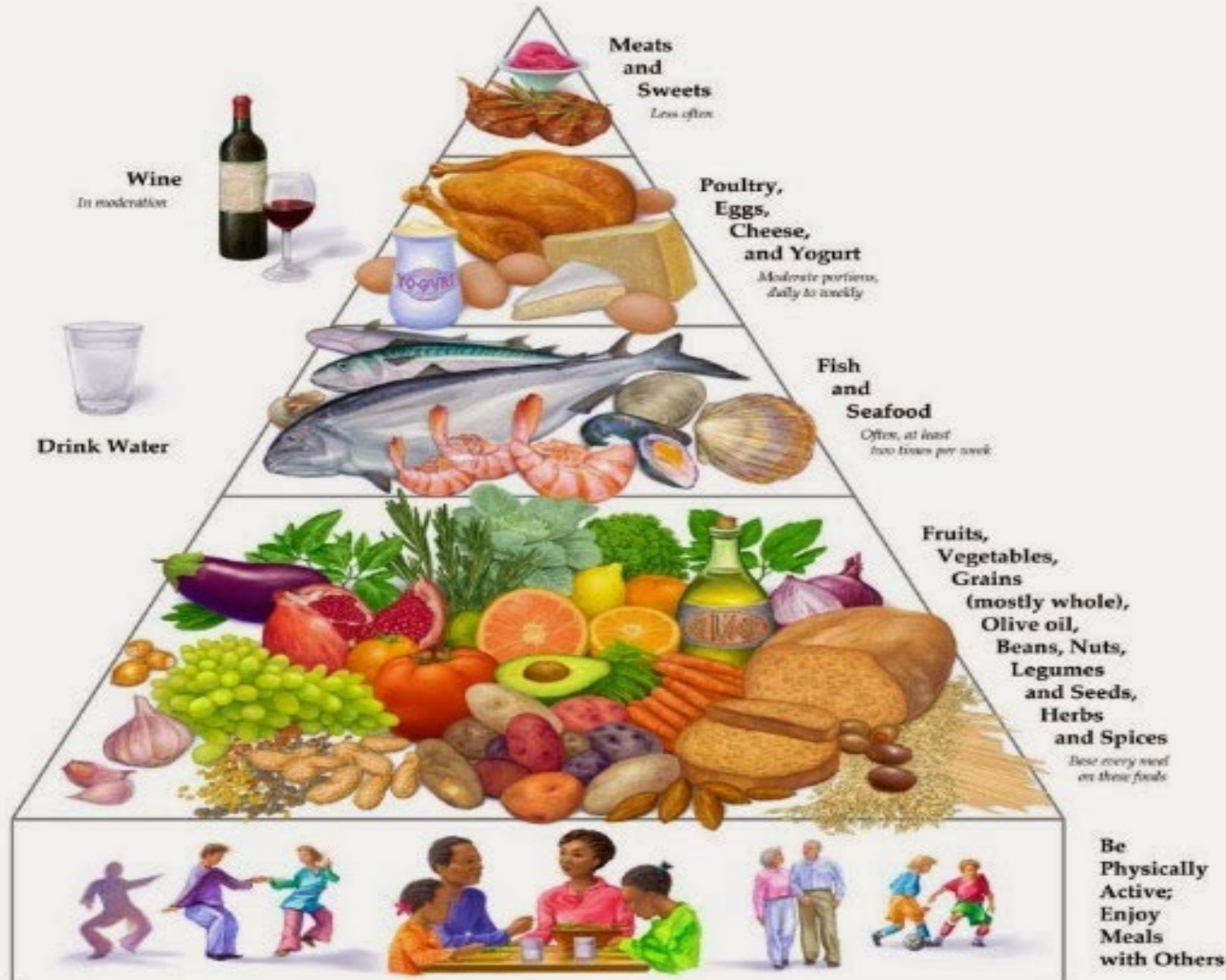
"Choose who you will eat with before you choose what you will eat"

Stay active

Whole foods



MEDITERRANEAN DIET PYRAMID



"LET FOOD BE
THY MEDICINE
AND
MEDICINE BE
THY FOOD"

-HIPPOCRATES





ILLNESS IMPROVED BY THE MED DIET

- **47% less likely to develop heart disease!**
- **Reverses the symptoms of:**
 - **DM**
 - **HTN**
 - **ADHD**
 - **OBESITY**
- **Reduces risk of death from heart disease**





Eugenia Gianos, MD

Preventive Cardiologist



THE GAP

**EDUCATIONAL
TOOL CAN
HELP**

**NURSING CAN
BRIDGE THE
GAP**

**LET'S GET
STARTED!**





APPLIED PROJECT

Keeping within AHA guidelines

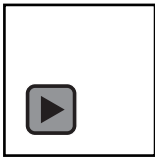
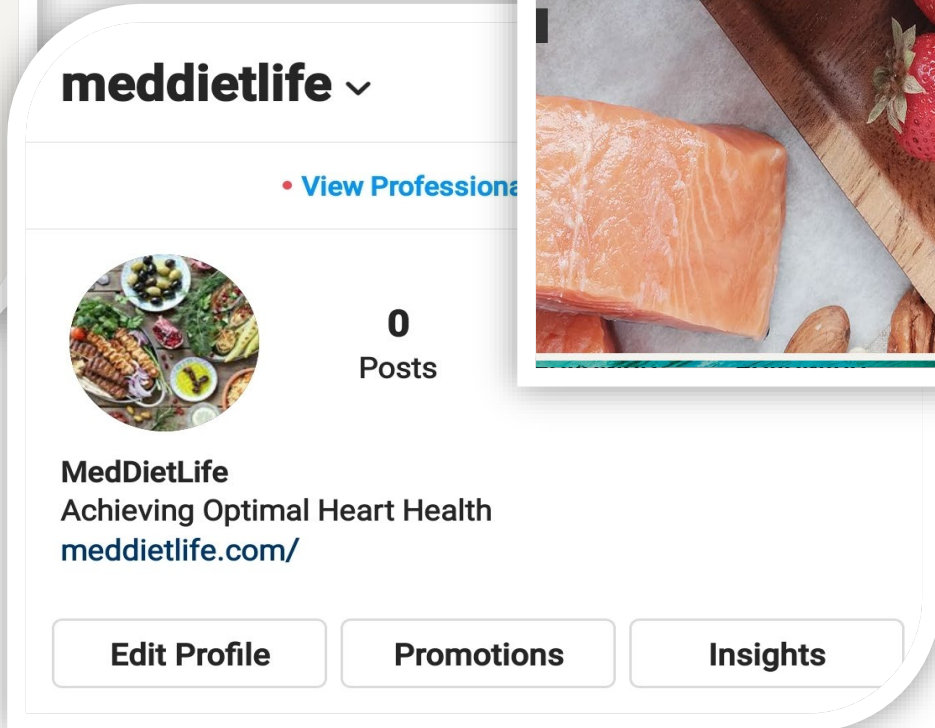
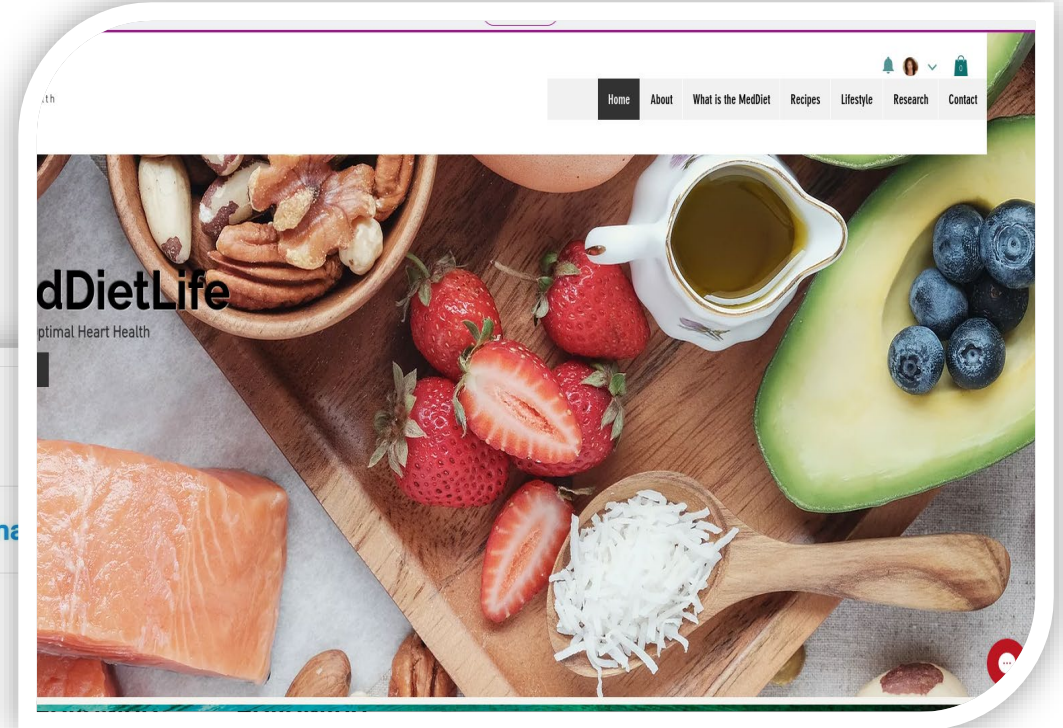
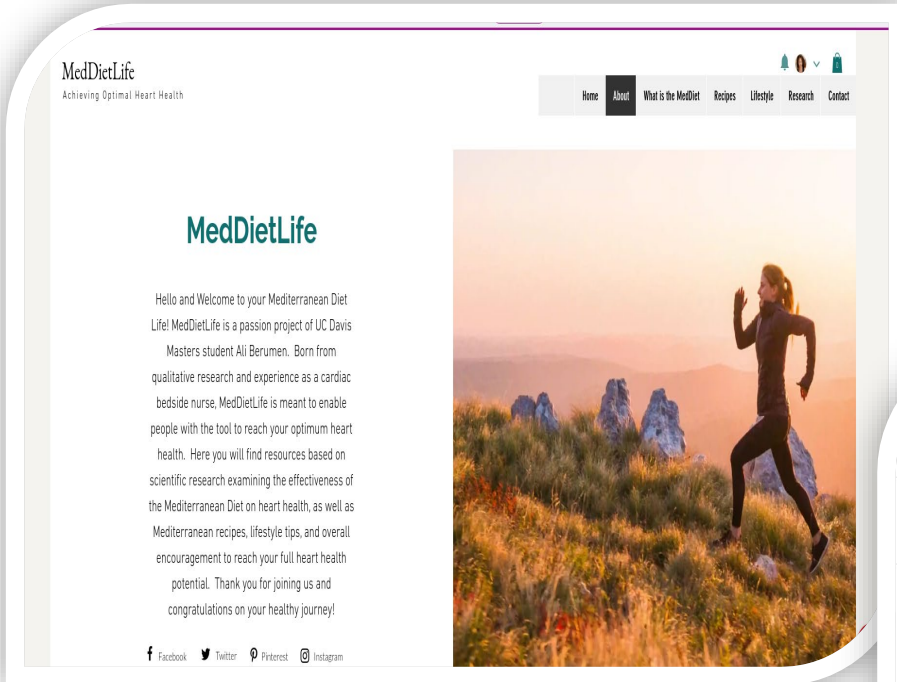
- Introductory and Educational Cooking Video for 2 Quick and Easy MedDiet Recipes!
- Can be given at PCP Visit!
- With links provided for continued resources and support



WHAT ELSE YOU GOT?!

www.MedDietLife.com

[#MedDietLife](https://www.instagram.com/MedDietLife)



An hourglass with green sand, set against a dark, textured background. The hourglass is positioned on the right side of the frame, with the sand flowing from the top bulb to the bottom bulb.

- **IMPLEMENTATION:**

- **REVIEW OF INTERVENTION BY CLINICAL PROFESSIONALS AND CVD PATIENTS**

- **5 POINT QUESTIONNAIRE/SURVEY POST INTERVENTION**

- **RESULTS**





THANK YOU

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