



Dentistry as Primary Care

Nutrition and Chronic Disease: How to Have These Conversations in Dental Settings

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Objective

- **Nutrition Guidelines**
- **Food Groups & Impact on Disease Prevention**
- **Motivating Behavior Change**
- **Case Study**

Well-being

Much of our physical well-being is based on our lifestyle choices



3

Rethinking Nutrition and Hydration Genetics

- Make a list of chronic diseases that are in your family history
- Focus on prevention with your doctor or dietitian

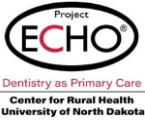
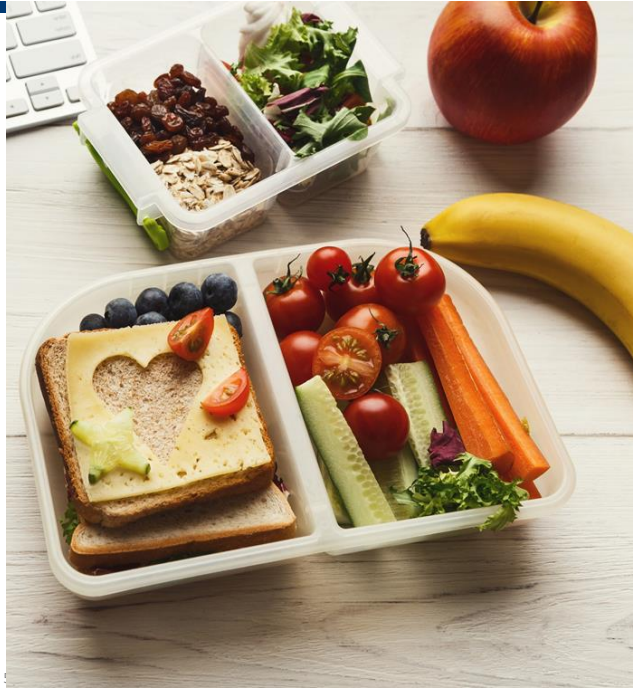


4

MyPlate

Start simple, small changes matter

- National guidelines and recommendations for nutrition may not be the most exciting diet.
- MyPlate is a comprehensive guide to preventing nutrient deficiency.



Perfection is the Enemy of Health

What is your diet doing for you?

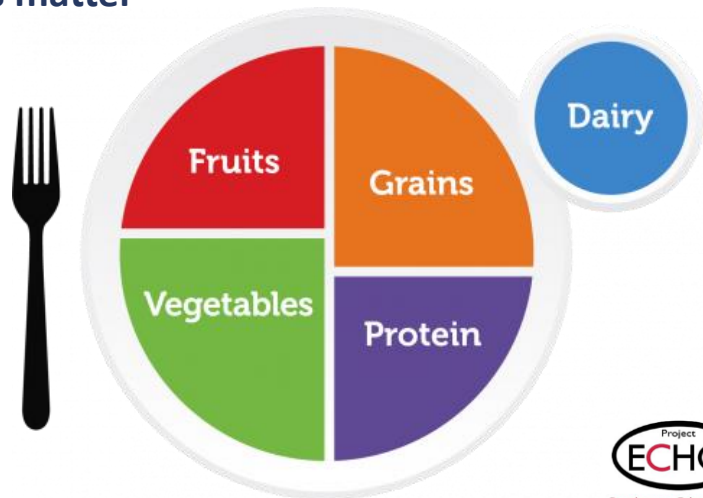
Many fad diets on the market today have very specific rules and are too restrictive.



MyPlate

Start simple, small changes matter

- Protein
- Grains
- Fruit
- Veggies
- Dairy



Protein

Nutrient Benefits

- Muscle retention/growth
- Immune function support
- Satiety and satisfaction
- Soft tissues and cell turnover



Grains

Nutrient Benefits

- Fiber
- Vitamin and mineral fortification
 - Folate and iodine
- Lower cholesterol
- Energy



9

Vegetables

Nutrient Benefits

- Fiber
- Vitamins & minerals
- Hydration
- Antioxidants



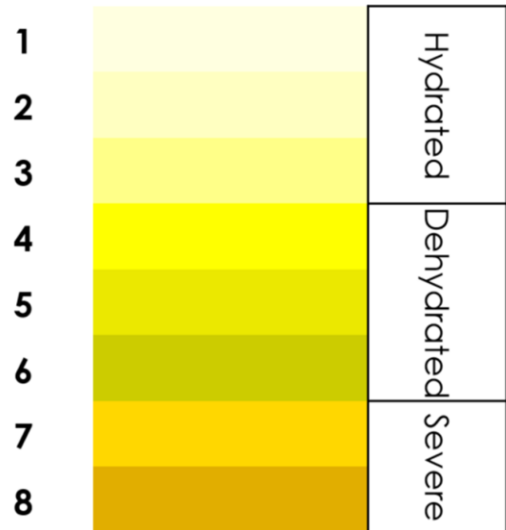


Remember, your diet doesn't have to be perfect to be successful.



Hydration

- ½ your weight in oz
- 8-8 oz glasses daily



Sugar Sweetened Beverages

Men

9 teaspoons / 36 grams /
150 calories OR LESS

Women and kids ages 2+

6 teaspoons / 25 grams /
100 calories OR LESS

Side effects

Cavities
Heart disease
Diabetes



15

What are you currently doing to support your health and well-being?

How do we have conversations about healthy change?



16

What are you currently doing to support your health and well-being?

Start with Positives

Make Referrals

Encourage, Encourage, Encourage!



17

What are you currently doing to support your health and well-being?

Do not focus on weight

Do not force the conversation

Do not do what you think the patient should be doing



18

What are you currently doing to support your health and well-being?

When goals match values patients have more success



19

What are you currently doing to support your health and well-being?

Human Needs

Which two needs drive much of what you do every day?

- **Certainty:** safety & security
- **Variety:** new & exciting experiences
- **Significance:** importance & meaning
- **Growth:** stretching our limits
- **Love & Connection:** acceptance
- **Contribution:** serving & giving back



20

Healthy Changes Must be Motivated by the Patient

Set up for lasting change to your patient's well-being

- Identify needs
- Benefits of making a habit change
- Pull from past success
- Identify challenges and strengths
- Strategies to make your goal stick



21



What strengths can you draw on to help you realize your goal?



Strategies Reach your goal

- Environment
- Support system
- Resources
- Trigger
- Schedule
- Needs
- Make it fun



What strengths can you draw on to help you realize your goal?



Environment Reach your goal

- Physical space
 - Home and work
- Driving
- Reminders



What strengths can you draw on to help you realize your goal?



Support System Reach your goal

- Identify who will support you in your health and wellness pursuit
- Temptation
- Negativity or those that may try to bring you down



What strengths can you draw on to help you realize your goal?



Resources

Reach your goal

- Knowledge
- Equipment or tools
- Access or membership



What strengths can you draw on to help you realize your goal?



Triggers

Reach your goal

- Link your new habit to something you are already doing



What strengths can you draw on to help you realize your goal?



Needs

Reach your vision

- Top two needs fulfilled by your new activity
- Re-write to meet your needs



27

What strengths can you draw on to help you realize your goal?



Make it Fun!

Reach your goal

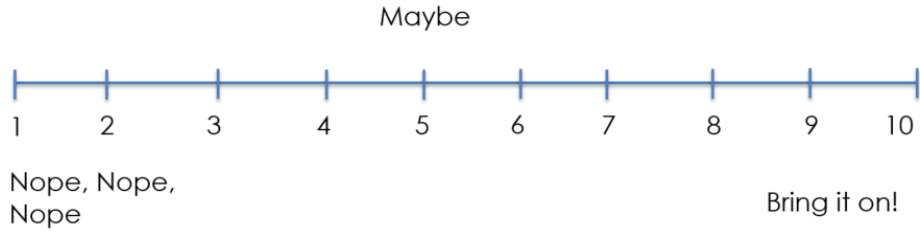
- Find a way to enjoy the process in reaching your goal
- Make your goal something you will look forward to
- Reward



28

What strengths can you draw on to help you realize your goal?

How confident are you?



29

Case Study: Dave

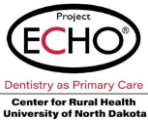
53, male
 BMI 46
 DM II
 HgA1C 13
 Works Grounds Keeping 20-30 hours per week

24 Hour Recall
 Breakfast: coffee
 Lunch: Arby's Roast Beef with root beer float
 Snack: Snicker
 Dinner: pork chop baked potato



Case Study: Dave

What would you recommend?



Which dimension of well-being does the patient want to pursue when making a change?



- What does Dave want to work on?
- Does he value making a change?
- What would making a change do for him?



Case Study: Dave

- Balanced meals CHO & PRO
- Adding in produce
- Enjoyable movement
- Balancing desserts



Case Study: Dave

After 10 months of small weekly goals

BMI 46 → 40

HgA1C 13 → 7



Wrap Up:

1. Only discuss change if the patient is interested.
2. Focus on government guidelines.
3. Refer if possible.
4. Focus on inclusion and positivity.
5. Align goals with the patient's values.
6. Sustainable progress is more important than perfection.



35

Questions?

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36

