

THE PROBLEM

8 in 10
believe a healthy diet can decrease heart disease risk

YET

9 in 10
do not eat a diet that will promote cardiovascular health

WHY?

Taste, price and convenience compete with health in food choices.

AND

1 in 10
experience food insecurity and poor nutrition is more common for these households.

The cost of an unhealthy diet is estimated to be **\$50B** nationally in healthcare annual costs.

Compared to the general population, cardiovascular health is worse and food security lower for Black and Hispanic people, and diet quality is worse for Black people.

THE GOAL

Nutrition security means having equitable and stable availability, access, affordability and utilization of foods and beverages that promote well-being and prevent and treat disease.

HOW

Putting affordability, or affordable nutrition, within reach of all people and communities requires both unique and coordinated actions by:



Affordable nutrition is created through multiple approaches. Concepts generated at the Affordable Nutrition Roundtable include:

provide federal nutrition assistance

integrate nutrition security interventions into healthcare

incentivize healthy food purchase

implement agricultural subsidies for healthy foods

address transportation barriers



In all approaches, respect food culture

prioritize healthy food marketing

educate on healthy shopping, cooking, and eating

adopt nutrition policies at food pantries

fortify affordable foods with shortfall nutrients

process & package to protect nutrition

CROSS-CUTTING CONSIDERATIONS FOR AFFORDABLE NUTRITION SOLUTIONS



Food System Transformation

Transform the food system to meet modern needs, prioritizing the health of people and planet.



Measurement & Context

Advance research to validate tools for measuring nutrition security and evaluating impact.



Individual/Cross-Sector Contributions

Take action both independently and in collaboration across sectors



Dynamic Communication

Listen to and engage with those with lived experience and differing approaches and perspectives.

The American Heart Association Industry Nutrition Forum engages in a collaborative process to create Stepping Stones for Food System Transformation. Learn more at heart.org/steppingstones