Optimizing the 8 Dimensions of Wellness through Plant-based Nutrition

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Description

• There has been a growing awareness of the importance of food production and consumption. In the United States, meat consumption is decreasing, and there has been an increase in those following plant-based diets. However, few experts discuss the ways in which our food choices affect all eight Dimensions of Wellness. Food is one way individuals seek pleasure and it is an important component of identity. Food is also the centerpiece of many important social gatherings, and one’s choice of diet can have important social implications.

• Regardless of one’s personal diet, wellness professionals will encounter individuals or groups with an interest in consuming a whole food, plant-based diet.

• This breakout will empower attendees to be knowledgeable, sensitive, and helpful.

Outcomes

• Participants will be able to describe how food production and consumption impacts the 8 Dimensions of Wellness

• Participants will be able to evaluate diets based how well they support each of the 8 Dimensions of Wellness

• Participants will be able to design a diet that optimizes wellness in each 8 Dimensions of Wellness
This session contains information that might cause you to question your ideas about nutrition and how you’ve been raised to eat.
Compassion: a Built-in Tendency of Children

Compassion:

a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.

dictionary.reference.com

Luiz won’t eat octopus

http://www.youtube.com/watch?v=sJNntUXyWvw

Emotional

- Food and hedonic and eudemonic well-being
  - Pleasure seeking through food, food as addiction
  - How to foster eudemonic well-being through diet without sacrificing hedonic pleasure
  - Learning to cook
  - Happycow.com
  - Vegan potlucks
- Disgust
Carnism

• The psychology of carnism
  • Cognitive consonance/dissonance
  • Psychic numbing

Absent Referent
Dr. Carol Adams

• Behind every meal of meat is an absence: the death of the animal whose place the meat takes.
• The "absent referent" is that which separates the meat eater from the animal and the animal from the end product.
• The function of the absent referent is to keep our "meat" separated from any idea that she or he was once an animal, to keep something from being seen as having been someone.
• http://www.caroljadams.com/interconnectedoppressions.html

Animal is present even when absent
Animal is absent even when present
Three Ns of Justification

Eating animals is:
1) normal
2) natural
3) necessary

• Would not eating animals cause you to feel (emotionally) better about the food you eat?
• Do you engage in psychic numbing when eating animals?

Describe [the slaughterhouse] for me. People really don’t know what it’s like in there.

Bill Haw (CEO of Kansas City’s National Farms which operates one of the largest cattle outfits in the country):

“Well, the slaughterhouse is not a pretty thing. I mean, it’s a necessary process. It’s a highly efficient process. But it’s not now, nor never will be, a very pretty thing. Animals come there to die, to be eviscerated, to be decapitated, to be de-hided – and all of those are violent, bloody, and difficult things to watch. So your first and foremost impression of at least the initial stages of the packing house are a very violent, very dehumanizing sort of thing.”

http://www.pbs.org/wgbh/pages/frontline/shows/meat/interviews/haw.html
Former farmers/slaughterhouse employees
- now vegan -

Financial

- Cost of meat: Mariposa jails go vegetarian: Save $100,000
- Direct health care costs attributable to meat consumption
  (Estimate in billions):
  - Hypertension: 2.8 - 8.5
  - Cancer: +0.0 - 16.5
  - Gallbladder disease: +0.2 - 2.4
  - Obesity: +1.9
- Total direct medical costs attributable to meat consumption
  estimated at +28.6 - 61.4 billion (1992)


A Week Of Cheap Eating

- Dry Foods:
  - Brown rice & potatoes
  - Navy & black beans
  - Lentils
  - Split green peas
  - walnuts & pine nuts
- Frozen Foods:
  - Corn & Broccoli
  - Green Beans
  - Squash (any variety)

- Fresh Foods, In Season
  - Apples
  - Carrots, tomatoes, zucchini
  - Cabbage, kale, spinach
  - Squash, any variety
  - Onions & garlic

- Beverages:
  - Water
  - Herb tea
  - Cider, in season
  - Grape juice, or other
  - 100% juice of any kind (optional)

http://www.doctoryourself.com/eatwellcheap.html (modified)
Social
The positive and negative social impacts of plant-based diets

“What Pushed Me over the Edge Was a Deer Hunter”: Being Vegan in North America

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Social
Strategies for living among meat eaters:
• “Show them, don’t tell them”
• Plan ahead
• Avoid meal-time conversations about food

Diversity:
• Diets as another form of diversity
• Sensitivity
• Inclusion
• Acceptance —> Support/encouragement

Discussion
• Discussion of experiences and concerns related to the social dimensions of wellness and food
• What has been your experience when you’ve eaten with vegetarians, vegans, and omnivores?
• How do you think adopting a plant-based diet would impact you in the social dimension of wellness?
Spiritual

- “For vegans, a meal is much more than a meal; each meal is a symbolic and practical step on an experiential journey that lessens suffering and brings one closer to all living beings.” – Hirschler (2011)
- “A common theme in nearly every interview was the psychological comfort associated with the synchronization of values and actions, and being vegan allowed them to be proactive in this realm.” – Hirschler (2011)
- Ethics in the first person
- Review of animal rights activism as a functional religion

The moral footprint of animal products

- Eating chicken can be 163 times morally worse than eating beef.
- Drinking milk can be 58 times morally better than eating eggs.
- Eating some types of fish can be 501 times worse than eating beef.

The argument

- It is morally wrong to kill sentient animals without important justification.
- Breeding animals for food (meat, eggs, milk) causes them to be brought into existence and to be killed.
- Bringing an animal into the world is not morally better than not bringing an animal into the world.
- It is N times morally worse to kill n times more sentient animals (if everything else remains the same).
- The death of every farmed animal is equally bad.
- Eating chicken in aggregate kills 163 times more animals than eating beef.
Occupational
Physically, psychologically, and spiritually damaging work

Physical

- Cardiovascular disease, cancer, dementia and diet
- Heartattackproof.com
- Sexual Health
  - The CVD/ED relationship

Health Implications of a Vegetarian Diet: A Review

- 190 references
• Overweight & obesity
  • Vegans lowest
  • Plant-based: lower in fat, higher fiber, lower energy density

• CVD
  • 5 studies
  • L-O vegetarians 34% reduced risk
  • Vegans 26% reduced risk
  • Mediterranean diet (plant-based, low meat)

Hypertension

Compared with non-vegetarians:
• Vegans 75% less likely to be treated for hypertension
• Lacto-ovo vegetarians 65% less likely
• Pesco-vegetarians 38% less likely
• Semi-vegetarians 23% less likely
Adventist Health Study-2 (2009)

Diabetes

• “Vegetarian and vegan diets offer significant benefits for the prevention and management of diabetes.” (p. 259)
• Adventist Health Study-2 (2009);
• 60,000+ men and women
• Diabetes prevalence:
  • Non-vegetarians: 7.6%
  • Semi-vegetarians 6.1%
  • Pesco-vegetarians: 4.8%
  • Lacto-ovo vegetarians: 3.2%
  • Vegans: 2.9%
Reported reason for diet choice

- Health: 47%
- Animal welfare: 40%
- Religious/other motives: 9%

Chronic disease diagnoses reported:

- Health: 27%
- Animal welfare: 11%
- Religious/other motive categories: 15%

Bud Burdick
When a Model of Health Develops Cancer

Dioxin in human breast milk

- Dioxin persists in the environment for decades and “tend to bioaccumulate as one moves up the food chain” (Harrison, 2001, p.39).

- Humans are at the top of the food chain and “humans receive most of their exposure through consumption of animal products – meat, fish, chicken, eggs, and dairy products – and from human breast milk” (Harrison, 2001, p.39).

- “Consumption of animal fats account for as much as 95% of the human background exposure to compounds with dioxin-like activity” (Lorber, et al., 2000, p. 534).

SAD diet
Standard American Diet

• Greg, a 52-year-old physician, understands and accepts that as a vegan he is a minority, but he expressed frustration at people’s tendency to make sweeping generalizations. He called the parents who infamously fed their child an inadequate vegan diet (Planck, 2007) “insane” and expressed resentment that “everyone who eats a vegan diet got tarred with the same brush.” About always being “under scrutiny,” Greg said:

You’re under this little magnifying glass because you’re different from the mainstream. You know? But it’s just as easy to turn it around and say, “Do you happen to know any meat eaters with diabetes who aren’t thriving?”

Physical

• Lactose intolerance
  • Only 25% of the world’s adults can fully digest milk
  • 50% of Hispanic Americans, 75% of African Americans, and more than 90% of Asian Americans can’t tolerate a lot of lactose (bloating, nausea, cramps, diarrhea).

• Prostate cancer
  • In “the Health professionals Follow-up Study, men who drank two or more glasses of milk a day were almost twice as likely to develop advanced metastatic (spreading) prostate cancer as those who didn’t drink milk at all.”

• Ovarian cancer
  • “I believe that a positive link between galactose and ovarian cancer shows up too often to ignore the possibility that it may be harmful.”

Intellectual

• “Where do you get your protein?”
• Knowledge as self-defense
• Economics, agriculture, psychology, health, environment, sociology, etc.
Environmental Impact of animal agriculture

- Foodborne illness & death
- Antibiotic resistance - PBS modern meat
- Climate change
- Water pollution & manure lagoons

http://www.pbs.org/wgbh/pages/frontline/shows/meat/

CDC Estimates of Foodborne Illness in the United States

- 1 in 6 Americans (or 48 million people) get sick
- 128,000 are hospitalized
- 3,000 die
- Antibiotic resistance:
  - 80 percent of antibacterial drugs (about 29 million pounds) are sold for use in livestock in the United States and the vast majority are used on animals that are not sick.
  - In 2010, almost 52 percent of retail chicken breasts tested by FDA were contaminated with antibiotic-resistant E. coli.

• “If everyone in New York state followed a low-fat vegetarian diet, the state could directly support almost 50 percent more people.”
• Land requirements per person per year:
  - Low-fat vegetarian diet: .44 acres
  - High-fat diet with a lot of meat: 2.11 acres


World Population

7,170,026,000 (6/2/2014)

United States: 318,156,000
PBS: Modern Meat


Brainstorming!

- Group Work (10 minutes)
- Questions to Discuss:
  - What issues, questions, or strategies from this presentation resonated with you?
  - How will you apply this information to your personal diet or your professional practice?
  - What questions, concerns, or ideas do you have?
- Share with the Large Group

Pulling it All Together

- Key Ideas – What to take back with you?
- Action Items
  - What is your homework when you return to work?
Resources
Starter Kits

- http://vegankit.com/
- http://www.vegetariantimes.com/vegetarian-starter-kit/
- http://www.veganhealth.org/
- https://www.facebook.com/MonmouthAreaVegSociety

Thank you!

Please feel free to connect with me:
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