

California

Suzanne Haydu, MPH, RD

Nutrition and Physical Activity Coordinator

Maternal, Child & Adolescent Health Division, Center for Family Health

California Department of Public Health

Title: California *MyPlate for Moms*

People Involved: Suzanne Haydu, Sangi Rajbhandari (previous MPH intern with Suzanne, now employed as a contract worker for MCAH), Helen Brown (previous job-share and now a consultant to our Comprehensive Perinatal Services Program), state MCAH staff, local MCAH program staff-mainly RDs

Background/Introduction: The California Diabetes and Pregnancy Program (CDAPP) was revising the Food Pyramid for gestational diabetes (GDM) for their Guidelines for Care and use by the Comprehensive Perinatal Services Program (CPSP). The CDAPP regional registered dietitians (RD)s and staff from the CDAPP Resource Center were not agreeable to using MyPlate which was released by the United States Department of Agriculture (USDA) in June 2011. MCAH suggested that CDAPP use a table format, such as the USDA My Pyramid: What should I Eat? For Moms Poster. The CDAPP staff thought it was too high literacy in the table format so that concept was abandoned.

Project Goals:

- To develop 1) MyPlate for non GDM pregnant and postpartum (including breastfeeding) women and 2) a similar piece for GDM.
- To incorporate messaging from the California Women, Infant and Children (WIC) Program educational materials, the USDA MyPlate website and the USDA My Pyramid: What should I Eat? For Moms poster, and the California Perinatal Food Group Recall.

Methods

We used photos and feedback from WIC. Modelled GDM version after this draft. The MyPlate for Moms and the MyPlate for Gestational Diabetes were field tested by staff and clients by the local CDAPP and CPSP staff. The *My Nutrition Plan for Gestational Diabetes* on the backside of *MyPlate for Gestational Diabetes* was developed to address diabetes in pregnancy, thus different from *My Nutrition Plan for Moms* which is on the backside of *MyPlate for Moms*.

Results: *MyPlate for Moms/Nutrition Plan for Moms* is now posted on the MCAH nutrition and physical activity web site

<http://www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-MyPlateforMoms.pdf> . It will be translated into Spanish and used in multiple MCAH program guidelines. *My Plate for Gestational Diabetes/ My Nutrition Plan for Gestational Diabetes* will be used in new guidelines for pregnant women with diabetes and other MCAH programs.

Summary/Discussion: Working on statewide consistent messaging is challenging, but worth the effort to get broad input and review. Examples of controversial issues that arose:

- 1) Should women with diabetes have fruit on their MyPlate message since they should limit servings to two per day?
- 2) Should line drawings or photos be used? How many samples of food groups should be included? Should pictures be a serving size or not?
- 3) How technical can a GDM handout be before the client discusses with an RD?
- 4) What should the recommendation for fruit juice be?
- 5) Should you mention that a mom might drink alcohol and breastfeed?