

Calli Nguyen

Hello!



Director of C.A.D.E.N., Inc.

**Bachelor of Science Degree in
Biology, Kinesiology, and
Psychology**

Welcome and Thank You



Partnering with:
Mayor of New Orleans
LaToya Cantrell



Celebrity Endorsement:
Ellen Degeneres



Decision Maker:
LSU Healthcare Network
President, LSUHSC Dean of
Admissions
Steven Nelson



Decision Maker:
Medical Director of The
Urgent Care, LLC.
Douglas Mehaffie

Countering

Active

Disease-causing

Entities in

Nutrition

A program to prevent foodborne related illnesses in pregnant women residing in New Orleans, Louisiana



Est. 2020

Death of 6 m/o cousin due to Leukemia and COVID-19



Prevalence

Children under 5, elderly, and the immunocompromised are at higher risk





Rationale

- 48 million cases annually
- Each year, foodborne diseases cause:
 - Illnesses in 17% of Americans (48 million)
 - Hospitalization of 128,000
 - Deaths of 3,000

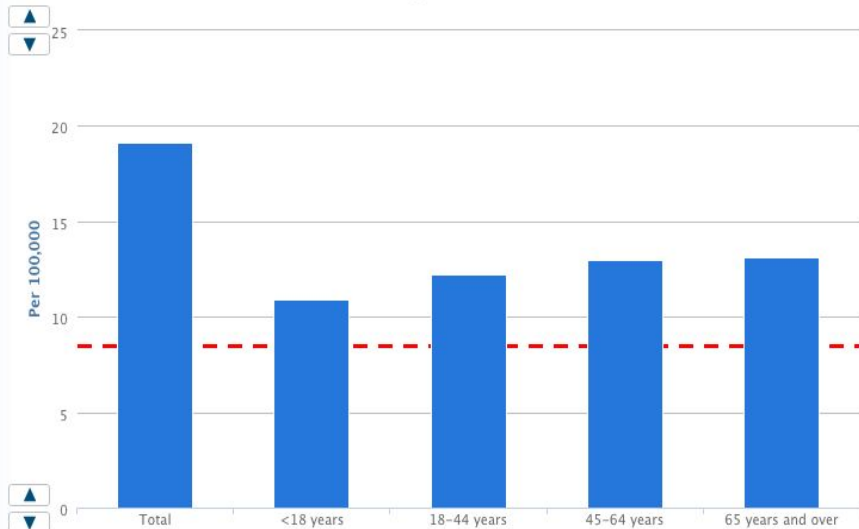
Estimated annual number of illnesses, hospitalizations, and deaths due to 31 pathogens and the unspecified agents, United States

Foodborne agents	Estimated annual number of illnesses		Estimated annual number of hospitalizations		Estimated annual number of deaths	
	Number (90% credible interval)	%	Number (90% credible interval)	%	Number (90% credible interval)	%
31 known pathogens	37.2 million (28.4–47.6 million)	21	228,744 (188,326–275,601)	47	2,612 (1,723–3,819)	42
Unspecified agents	141.8 million	79	258,033	53	3,574	58
Total	179 million	100	486,777	100	6,186	100

**FS-1.1 *Campylobacter* species infections transmitted commonly through food (per 100,000 population)
By Age group**

Year: 2017

2020 Target = 8.5



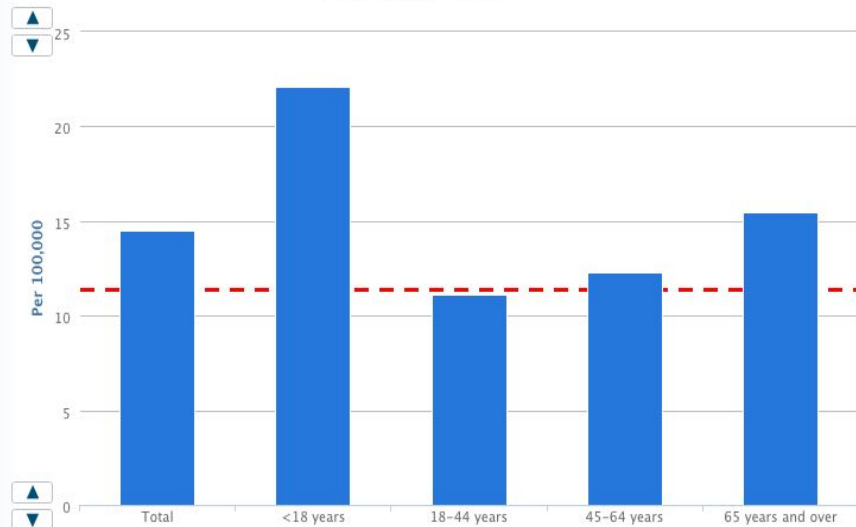
At baseline, 12.7 cases on average of laboratory-confirmed *Campylobacter* species infections per 100,000 population per year were reported in 2006–08. The target is 8.5 cases, based on a target-setting method of Projection/trend analysis. [Find evidence-based resources related to this objective.](#)

Data Source: Foodborne Diseases Active Surveillance Network (FoodNet), CDC/NCEZID

**FS-1.4 *Salmonella* species infections commonly transmitted through food (per 100,000 population)
By Age group**

Year: 2017

2020 Target = 11.4



At baseline, 15.0 cases on average of laboratory-confirmed *Salmonella* species infections per 100,000 population per year were reported in 2006–08. The target is 11.4 cases, based on a target-setting method of Projection/trend analysis. [Find evidence-based resources related to this objective.](#)

Data Source: Foodborne Diseases Active Surveillance Network (FoodNet), CDC/NCEZID


Mission Statement



The C.A.D.E.N. Program is a health campaign geared towards educating pregnant women in New Orleans, Louisiana on the effects and risks of foodborne-related illnesses and providing a wide variety of prevention activities and other supplemental resources to promote better healthy living.



Goals

- To reduce the prevalence of foodborne-related illnesses in pregnant women
 - To increase the number of pregnant women who receive the proper intervention for foodborne-related illnesses
 - To increase food safety education and resources for pregnant women and their families
- 



Quarterly reports will show that the planning committee prevented and/or reduced the amount of foodborne-related illnesses in pregnant women by 35% with the implementation of new food safety programs and other supplemental resources.

Objective 1:
Environmental





LSU Healthcare Network in New Orleans

Intervention
Strategy 1:
Health-Related
Community
Service

Screenings every weekend at established C.A.D.E.N. Clinic and expand to other health clinics in New Orleans

- Includes tests, treatments, classes, and other resources for food safety reduction and prevention
- Little to no cost
- Free transportation with accompaniment of medical professional
- Flexible clinic hours
 - Availabilities after work (5:00PM-9:00PM)
 - After-Hours Emergency Service
 - Service provided by medical personnel in comfort of home
 - Based on insurance and provider's discretion
- Ellen Degeneres



Objective 2: Administrative

Prior to starting the intervention, all staff members of C.A.D.E.N., Inc. will be required to attend at least 3 training sessions about food safety screening techniques and related strategies.



















Intervention Strategy 2: Health Education

- Mandatory seminars - new employees
- 12 hours of CEC's
 - Every 3 months
- Educate allied health professionals
 - Referral procedures to clinics
- Raise awareness
 - Info to local community centers
 - Flyers to expecting mothers

FOOD SAFETY for Baby and Me

Learn the food safety steps that will keep expecting moms safe from foodborne illness.

FOODS TO AVOID WHILE PREGNANT			SAFE INTERNAL COOKING TEMPERATURES
 Raw seafood	Here's Why May contain parasites or bacteria	 Fish cooked to 145°F	145 °F Beef, pork, veal and lamb steaks, roasts and chops with a 3 min rest time Fish
 Unpasteurized juice, cider and milk	May contain <i>E. coli</i> or <i>Listeria</i>	 Pasteurized versions are safer alternatives.	
 Soft cheese and cheese made from unpasteurized milk	May contain <i>E. coli</i> or <i>Listeria</i>	 Hard cheese & cheese made with pasteurized milk	
 Undercooked eggs	May contain <i>Salmonella</i>	 Eggs with firm yolks	160 °F Egg dishes Ground beef, pork, veal and lamb
 Premade deli salads (egg, pasta, chicken, etc.)	May contain <i>Listeria</i>	 Make these dishes at home	
 Raw sprouts	May contain <i>E. coli</i> or <i>Salmonella</i>	 Cook thoroughly	165 °F Whole, ground, or pieces of chicken, turkey and duck
 Cold hot dogs and luncheon meats	May contain <i>Listeria</i>	 Reheat to steaming hot or 165°F	
 Undercooked meat and poultry	May contain <i>E. coli</i> , <i>Salmonella</i> , <i>Campylobacter</i> , <i>Toxoplasma gondii</i>	 Meat and poultry at or above the USDA recommended internal temperature	

DANGERS OF LISTERIA AND TOXOPLASMA GONDII

Listeria monocytogenes

Pregnant women are **10 times more likely** to get Listeriosis.

These foodborne illnesses can infect your baby even if you do not feel sick.

Listeriosis can cause:

- Miscarriages
- Premature labor
- Low-birth weight
- Infant death

Toxoplasma gondii

50% of Toxoplasmosis infections in the U.S. are acquired from food.

Toxoplasmosis can cause babies to develop:

- Hearing loss
- Blindness
- Intellectual disability
- Brain or eye problems later in life

REMEMBER

Clean: Wash hands and surfaces often.

Separate: Keep raw meat and poultry separate from ready-to-eat foods.

















Cook: Cook foods to the proper internal temperature.

Chill: Get leftovers to the fridge within 2 hours of being cooked.

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SAFE INTERNAL COOKING TEMPERATURES

145 °F

Beef, pork, veal and lamb steaks, roasts and chops with a 3 min rest time

Fish

160 °F

Egg dishes

Ground beef, pork, veal and lamb

165 °F

Whole, ground, or pieces of chicken, turkey and duck

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For more food safety tips, go to FoodSafety.gov

ADDITIONAL SOURCE: CDC

Values and Benefits

Consumers vs. Decision Makers

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graph TD; A[Consumers vs. Decision Makers] --> B[Healthier Lifestyle]; A --> C[More $$$]; B --> D[Increase in food safety standards/Decrease in disease]; B --> E[More cost-effective]; C --> F[Increase in employee attendance]; C --> G[Enhanced image of business];
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Healthier Lifestyle

More \$\$\$

Increase in food safety standards/Decrease in disease

More cost-effective

Increase in employee attendance

Enhanced image of business



THANK YOU!

QUESTIONS, COMMENTS, CONCERNS, COMPLIMENTS?