2015 DIETARY GUIDELINES ADVISORY REPORT - SUMMARY

Kelly A. Dumke, MS
Assistant Project Director
Choose Health LA Kids
<table>
<thead>
<tr>
<th>Guidance</th>
<th>Foundation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Guidance</strong> for making food and physical activity choices that promote good health, healthy weight, and help prevent disease for Americans ages 2 and over</td>
<td><strong>Foundation</strong> for all Federal nutrition policy, education, outreach, and food assistance programs used by consumers, industry, nutrition educators, and health professionals</td>
</tr>
</tbody>
</table>
What programs are impacted?

- Centers for Disease Control and Prevention
- Food and Drug Administration
- National Institutes of Health
- Office of Disease Prevention and Health Promotion
- Other

Health and Human Services

- Food and Nutrition Service
  - WIC
  - SNAP
  - School Breakfast
  - School Lunch
  - Child and Adult Care Food Program
  - Food Safety and Inspection Services
  - Center for Nutrition Policy and Promotion
  - Economic Research Service
  - Agricultural Research service
  - Other

U.S. Department of Agriculture
Why does it only address Americans ages 2 and older?

Beginning in 2020, the Dietary guidelines will address Americans of all ages starting at birth.
Dietary Guidelines Process

- **2015 Dietary Guidelines Advisory Committee**
  - Establish by U.S. Department of Health and Human Services and U.S. Department of Agriculture

- **Charge**: Examine new evidence with primary emphasis on development of food-based recommendations.
  - **New**:
    - Focus on sustainability
    - Focus on foods and less nutrient-specific
2015 *Dietary Guidelines Advisory Report* was guided by two realities…

**Prevalence of preventable, chronic conditions and disease**
- ½ all U.S. adults (117 million individuals) have one or more preventable, chronic diseases
- 2/3 of all U.S. adults (115 million individuals) are overweight or obese
- Direct Contributors:
  - Poor dietary patterns
  - Overconsumption of calories
  - Physical inactivity

**Social-ecological Influencers**
- Personal
- Social
- Organizational
- Environmental
- Systems
Diet and Physical Activity, Health Promotion and Disease Prevention at Individual and Population Levels across the Lifespan
Report Organization

- Food & Nutrient Intakes
- Dietary Patterns & Health Outcomes
- Individual Lifestyle & Behavior Change
- Food Environment and Settings
- Food Sustainability and Safety
- Cross-cutting Topics of Public Health Importance
- Physical Activity
Chapter 1

Food & Nutrient Intakes
# Food & Nutrient Intakes

## Nutrient Perspective

<table>
<thead>
<tr>
<th>Shortfall Nutrients</th>
<th>Overconsumed Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>Sodium</td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Vitamin E</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
</tr>
<tr>
<td>Folate</td>
<td></td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td></td>
</tr>
<tr>
<td>Magnesium</td>
<td></td>
</tr>
<tr>
<td><strong>Fiber</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
<td></td>
</tr>
<tr>
<td>Iron (adolescents and premenopausal females only)</td>
<td></td>
</tr>
</tbody>
</table>

**NEW!**

- **FIBER**: Emphasis on increased consumption
- **CHOLESTEROL**: No longer a nutrient of concern
# Food & Nutrient Intakes

## Food Perspective

<table>
<thead>
<tr>
<th>Food Group Perspective</th>
<th>Food Category Perspective (Composition Change)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Too Low</td>
<td>Increase</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Food groups: Vegetables</td>
</tr>
<tr>
<td>Fruits</td>
<td>Fruits</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>Whole Grains</td>
</tr>
<tr>
<td>Dairy</td>
<td>Refined Grains</td>
</tr>
<tr>
<td></td>
<td>Added Sugars</td>
</tr>
<tr>
<td>Too High</td>
<td>Decrease</td>
</tr>
<tr>
<td>Refined Grains</td>
<td>Food group: Refined Grains</td>
</tr>
<tr>
<td>Added Sugars</td>
<td></td>
</tr>
</tbody>
</table>

**NEW!**
- Emphasis on food groups and food categories.
Chapter 2

Dietary Patterns & Health Outcomes
Dietary Patterns & Health Outcomes

Overall dietary patterns should be…

Higher in…
- Fruits
- Vegetables
- Whole grains
- Seafood
- Legumes
- Nuts

Moderate in…
- Alcohol
- Non/low-fat dairy

Lower in…
- Red and processed meats
- Refined grains
- Sugar-sweetened foods and beverages
Chapter 3

Individual Lifestyle & Behavior Change
Individual Diet & Physical Activity Behavior Change

- Access to healthy foods
- Affordability of health foods
- Incorporate cultural preferences
- Food Labels & Literacy
- Household food insecurity
- Immigrant status
Individual Diet and Physical Activity
Behavior Change

Food Insecurity Prevention
- Stronger Federal policies to help prevent food insecurity

Immigrant/Minority Considerations
- Food and nutrition assistance programs to take into account the risk that immigrants have of giving up healthier dietary habits.

Social-ecological Change
- Efforts to provide all individuals living in the U.S. with the environments, knowledge, and tools needed to implement effective individual- or family-level behavior change strategies to improve diet and reduce sedentary behaviors.

NEW!
- Emphasis on the environment
- Call for stronger Federal policies
Chapter 4

Food Environment and Settings
Food Environment and Settings

- Examined Four Settings:
  - Community Food Access
  - Child Care
  - Schools
  - Worksites

- Found: Multi-component Interventions Key
  - For Obesity Prevention
    - Environmental policies to address availability of healthy foods and beverages
    - Increased parent engagement
    - Education approaches
  - For Dietary Interventions
    - Nutrition education
    - Parent engagement
    - Environmental modifications

NEW!
- Emphasis on multi-component obesity prevention approaches
Chapter 5

Food Sustainability and Safety
Diets higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds and lower in calories and animal-based foods is associated with less environmental impact than the current U.S. diet.
Food Safety

Coffee

High Caffeine Drinks

Sugar Substitutes

NEW!
- New synthesis of data on coffee, high caffeine drinks, and sugar substitutes
Chapter 6

Cross-cutting Topics of Public Health Importance
Cross-cutting Topics of Public Health Importance

• Goals for general population:
  • Less than 2,300 mg dietary sodium/day (or age-appropriate Dietary Reference Intake)
  • Less than 10% calories from saturated fat per day
  • Less than 10% calories from added sugars per day

• Emphasis on healthy dietary patterns over isolated reductions

• Policies and programs
  • Local, state, national
  • Private and public sectors

NEW!
• Emphasis on shifting dietary pattern – not reducing in isolation
• Emphasis on various levels of influence
Physical Activity

- *Physical Activity Guidelines for Americans 2008* (review in 2013)
- Physical activity throughout the lifecycle

NEW!
- Moving towards a life course perspective
Integrating the Evidence

Culture of Health

- Individuals
- Government
- Families
- Industry
- Communities
Implications for ECOPI

- Call for multi-component obesity prevention effort
- Emphasis on all levels of the socio ecologic model
- Focus on policy
- Encourage public & private sector approaches
- Inform early childhood evidence base
Next Steps

DIETARY GUIDELINES PROCESS

ADVISORY COMMITTEE REVIEWS SCIENCE AND PRODUCES ADVISORY REPORT

- Identifies topic areas and reviews current scientific evidence
- Receives and considers public comments and holds public meetings
- Drafts advisory report

SPRING 2013 — FALL 2014

HHS/USDA JOINTLY DEVELOP AND RELEASE DIETARY GUIDELINES FOR AMERICANS, 2015 POLICY DOCUMENT

- Publishes Committee’s advisory report
- Solicits public and Federal agency comments

WINTER 2015

- Begin writing Guidelines
- Submit Guidelines for scientific and policy review

SPRING — FALL 2015

- Release Dietary Guidelines for Americans, 2015

END OF 2015

POLICY IS PUT INTO PRACTICE

2016 AND BEYOND

The 2015 Dietary Guidelines Advisory Committee

- Identifies topic areas and reviews current scientific evidence
- Receives and considers public comments and holds public meetings
- Drafts advisory report

HHS/USDA

- Publishes Committee’s advisory report
- Solicits public and Federal agency comments

Government, nutrition, and health professionals

- Translate Dietary Guidelines into policies, programs, and materials to reach the public

*The advisory report contains the Committee’s scientific review and findings for HHS/USDA. It is not the Dietary Guidelines for Americans, 2015 or a draft of the Guidelines.

Note: Timing is subject to change.
More Information


• Public Comment Hearing: March 24, 2015