Draft Outline
DGAC Conceptual Model
Diet, Health Promotion, and Disease Prevention at Individual and Population Levels
Purpose of Conceptual Model

• Characterize the multiple interrelated determinants of
  – Wide-ranging nutrition and lifestyle behaviors
  – Health outcomes
  – Individual and population levels

• **Highlight** areas within this large system addressed by the 2015 DGAC review of the evidence
Purpose of Conceptual Model

• Provide organizing framework in DGAC report
  – Interrelationships of the science base chapters
  – Larger environments and systems in US: food and agriculture, nutrition, physical activity, and health
  – Encompass most life stages (ages 2 years and older)
  – Considers population groups at particular risk
Purpose of Conceptual Model

• Show a large number of factors, *highlighting* those addressed by DGAC evidence reviews
  – Some components outside DGAC scope but acknowledged as related to/influencing determinants and outcomes of interest
  – Other components within DGAC scope but not specifically addressed in DGAC evidence review
Diet, Health Promotion, and Disease Prevention at Individual and Population Levels: a Conceptual Model (draft)

Outline of Draft Model Content

**Determinants** of Diet, Physical Activity, and Health

Nutrition, Physical Activity, and Related Health **Outcomes**

DGAC Draft Conceptual Model and Next Steps
Determinants of Diet, Physical Activity, and Health

1) Intrapersonal Factors (Individual)
2) Interpersonal Factors (Individual and Community)
3) Environments (Individual and Population)
4) Public and Private Sectors and Systems (Local to National)
Nutrition, Physical Activity, and Related Health Outcomes

1) Diet
2) Physical Activity
3) Other Health-related Lifestyle Factors
4) Nutrition-related Health Outcomes through the Lifespan
Determinants of Diet, Physical Activity, and Health

Intrapersonal Factors (Individual)

- Demographics
- Psychological factors
- Nutrition, physical activity, and health-related factors
- Biological

Italicized components addressed by DGAC evidence reviews
Determinants of Diet, Physical Activity, and Health

Interpersonal Factors (Individual and Community)

- Family/household
- Social/cultural/religious
- Peer and Social Networks

Italicized components addressed by DGAC evidence reviews
**Determinants of Diet, Physical Activity, and Health**

**Environments** (Individual and Population)

- **Natural**
- Physical/built
- **Society and culture**
- **Food and physical activity**
- **Home**
- **Community**
- **Business/workplace**
- **Education and social services across the lifespan**
- **Healthcare and public health**

Italicized components addressed by DGAC evidence reviews
Determinants of Diet, Physical Activity, and Health

Public and Private Sectors and Systems (Local to National)

- Food, Beverage and Agriculture
- Consumer
- Producer/provider
- Retail and Service
- Economy
- Government
- Ecosystems
- Other

Italicized components addressed by DGAC evidence reviews
Nutrition, Physical Activity, and Related Health Outcomes

1) Diet
2) Physical Activity
3) Other Health-related Lifestyle Factors
4) Nutrition-related Health Outcomes through the Lifespan

DGAC Draft Conceptual Model and Next Steps
Nutrition, Physical Activity, and Related Health Outcomes

Diet

• Dietary patterns
• Food, beverage and nutrient intake
• Dietary product and nutrient supplements
• Food/nutrition knowledge, attitudes and skills
• Food security
• Food safety

Italicized components addressed by DGAC evidence reviews
Nutrition, Physical Activity, and Related Health Outcomes

Physical Activity

- Physical activity patterns
- Sedentary behaviors
- Sleep patterns
- Physical activity knowledge, awareness and skills

Italicized components addressed by DGAC evidence reviews

DGAC Draft Conceptual Model and Next Steps
Nutrition, Physical Activity, and Related Health Outcomes

Other Health-related Lifestyle Factors

- Tobacco status and use
- Stress
- Medical management and adherence
- Others
Nutrition, Physical Activity, and Related Health Outcomes

Nutrition-related Health Outcomes through the Lifespan

- **Weight and body composition**
- **Risk factors and clinical indicators**
  - Blood lipids and glucose, blood pressure, urinary sodium
  - Bone density, protein/calorie malnutrition, micronutrient status
- **Health outcomes**
  - Fertility-, peri- and post-menopause-, pregnancy-related outcomes
  - Cardiovascular diseases (coronary heart disease, heart attack, hypertension and stroke)
  - Overweight and obesity, type 2 diabetes, etc.
  - Diet-related cancers (breast, colorectal, prostate, lung)
  - Neurological and psychological conditions (depression, cognitive function, dementia, Alzheimer’s Disease)

Italicized components addressed by DGAC evidence reviews

DGAC Draft Conceptual Model and Next Steps
Diet, Health Promotion, and Disease Prevention at Individual and Population Levels: a Conceptual Model (draft)

Outline of Draft Model Content

**Determinants** of Diet, Physical Activity, and Health

Nutrition, Physical Activity, and Related Health *Outcomes*
Diet, Health Promotion, and Disease Prevention at Individual and Population Levels: a Conceptual Model (draft)

Goals for Visual of Conceptual Model

- Capturing bi-directionality
- Keeping the complex framework as simple and direct as possible
Draft Outline

DGAC Conceptual Model

Diet, Health Promotion, and Disease Prevention at Individual and Population Levels

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DGAC Chair
DGAC

Next Steps

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DGAC and DGA Timeline

2013
- DGAC Meeting 1: June 13–14, 2013

2014
- DGAC Meeting 2: January 13-14, 2014 (included public oral testimony)
- DGAC Meeting 3: March 14, 2014
- DGAC Meeting 4: July 17-18, 2014
- DGAC Meeting 5: September 16-17, 2014 (*tentative date*)
- DGAC Meeting 6: TBD
- End of CY2014: DGAC issues report to Secretaries (HHS and USDA)

2015
- HHS and USDA hold public comment meeting on the DGAC report
- Departments prepare the *Dietary Guidelines for Americans* policy document
- End of CY2015: HHS and USDA jointly publish and release the 8th edition of the *Dietary Guidelines for Americans*
DGAC
Next Steps

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DGAC Chair