Integration of Findings

Barbara Millen
DGAC Chair
2015 Dietary Guidelines Advisory Committee

- Provides science-based recommendations to the Federal government on
  - How food, nutrition, and physical activity
    - Can promote the health of the U.S. population
    - Help reduce the burden from major chronic diseases and other lifestyle-related health problems
  - How best to accomplish these goals at individual and population levels

- Scientific report informs the *Dietary Guidelines for Americans, 2015* policy document
2015 DGAC Themes

Core to the DGAC
• Food, nutrient, and health-related recommendations

Themes
• Focus on dietary patterns related to
  – Meeting nutrient recommendations
  – Health outcomes
  – Sustainability
• “What works” to meet recommendations at individual and population levels (best model practices)
• “Systems” approach: research driven, inspiring, collaborative, paradigm-shifting, collaborative and culture-transforming

Integration and Next Steps
2015 DGAC Conceptual Model

Purpose

• Characterize the multiple interrelated determinants of
  – Wide-ranging nutrition and lifestyle behaviors
  – Health outcomes
  – At individual and population levels
  – Across the lifespan

• Highlight areas within this large system addressed by the 2015 DGAC review of the evidence

• Integrate research across the DGAC SCs
Diet, Health Promotion, and Disease Prevention at Individual and Population Levels Across the Life Course: a Conceptual Model (draft)

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

Nutrition, Physical Activity, and Related Health **Outcomes**
Cross-cutting Topics

- Added Sugars
- Sodium
- Saturated Fat
- Physical Activity

Overarching: “What Works”
- Health impact of and modes/methods/settings for helping Americans meet diet and physical activity recommendations to promote health
Integration of Findings

Discussion

Reminder: DGAC members, please state your name before speaking.
Next Steps

Barbara Millen
DGAC Chair
DGAC Next Steps

1. DGAC completes writing and cross-review of Report
2. Final DGAC Meeting, December 2014
3. DGAC Report submitted
   - Submitted to Secretaries of HHS and USDA
   - *DGAC disbands*
5. Federal government begins developing the *Dietary Guidelines for Americans, 2015* policy
Remember as we take our Next Steps

- Major, preventable diet- and lifestyle-related health problems and health disparities
- Epidemics of overweight and obesity
- Most advanced health care and public health system
- Most advanced and abundant agriculture
- Advanced technologically across sectors
- Bold action and collaborative, systems-wide approaches are needed to reach individuals and populations
Meeting Adjourned