

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

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

2015 DGAC Subcommittees

Science Review Subcommittee

SC 1

Food and Nutrient Intakes, and Health: Current Status and Trends

- Nutrients of concern
- Food group intakes
- Food sources
- Eating behaviors
- Dietary patterns
- Health concerns
- Food pattern modeling

SC 2

Dietary Patterns, Foods and Nutrients, and Health Outcomes

- Dietary patterns and health outcomes
- Foods and nutrients and health outcomes

SC 3

Diet and Physical Activity Behavior Change

- Self-monitoring
- Eating out
- Household food insecurity
- Food/menu label use
- Mobile health
- Acculturation
- Screen time/sedentary behavior
- Sleep patterns

SC 4

Food and Physical Activity Environments

- Settings:
- Schools/afterschool
- Childcare
- Post-secondary
- Worksites
- Other Topics:
- Food access
- Food marketing

SC 5

Food Sustainability and Safety

- Food safety:
- Preventing foodborne illness
- Caffeine
- Aspartame
- Other Topics
- Dietary patterns and sustainability

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

Subcommittee Chairs and Working/Writing Group Leads



Marian
Neuhouser

SC 1 Chair



Anna Maria
Siega-Riz

SC 2 Chair



Rafael Pérez-
Escamilla

SC 3 Chair



Mary
Story

SC 4 Chair



Miriam
Nelson

SC 5 Chair



Cheryl
Anderson

Sodium WG
Lead



Frank
Hu

Saturated Fat
WG Lead

Added Sugars
WG Co-Lead

Added Sugars
WG Co-Lead

Physical Activity
Writing Group
Lead

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*
4. Federal government accepts public comments on DGAC Report (available online at www.DietaryGuidelines.gov)
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



2015 Dietary Guidelines Advisory Committee

Meeting 6
Friday, November 7, 2014

Meeting Adjourned