

Integration of Findings

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Chair, 2015 *DGAC*

Key Themes

- **The problem:** high rates of *preventable* chronic diseases and overweight/obesity
 - Focus in the United States has generally been on disease treatment rather than prevention
- **The gap:** suboptimal dietary intake
 - Low in vegetables, fruit, whole grains
 - High in sodium, saturated fat, refined grains, added sugars, and calories

Healthy Dietary Patterns

- 2015 DGAC identified a healthy dietary pattern as:
 - High in vegetables, fruits, whole grains, low-fat dairy, seafood, legumes, and nuts
 - Moderate in alcohol
 - Lower in red and processed meats
 - Low in added sugars (not more than 10 percent of total energy)
 - Low in refined grains
- The DGAC also recommends that, as part of a healthy dietary pattern,
 - saturated fat not exceed 10% of total energy (emphasizing substitution of polyunsaturated fats for saturated fats)
 - limiting sodium intake to not more than 2300 mg per day
 - Calories to meet energy needs and to achieve and maintain ideal body weight
- Associated with more favorable environmental outcomes

Healthy Lifestyle Approach

- The dietary pattern should be flexible (not prescriptive) and tailored and personalized to meet the individual's or communities:
 - Health needs
 - Dietary preferences
 - Cultural traditions
- Regular physical activity
- *Individual level changes* – self-monitoring, family shared meals, decreasing sedentary behavior and screen time, interventions implemented by nutrition professionals and individual or small group comprehensive lifestyle interventions conducted by nutritionists and trained health professionals
- *Population level changes* – targeted environmental and policy changes and standards, collaboration across systems and sectors, engagement of parents and families

Creating a Culture of Health

Key Components for a Culture of Health

- Population health is a national priority
- Healthy lifestyle approaches are easy, accessible, affordable, and normative
- Health care and public health professionals have a leadership role in prevention
- Collaboration across societal sectors to promote population health
- Incentives to encourage initiatives, environmental changes, policy changes, food and beverage standards, and preventive services

Actions for Individuals, Families, and Households

- Take action to promote personal and household/family health
- Know and understand how to modify your diet and physical activity to reduce personal and family member health risks
- Achieve a healthy dietary pattern through healthy foods and beverages rather than nutrient or dietary supplements
- Use available Dietary Guidelines for Americans tools and other sound resources to initiate positive personal lifestyle changes to improve dietary and physical activity behaviors, including goal setting and self-monitoring

Actions for Communities and Populations

- Aim to make healthy lifestyles and prevention a national and local priority and reality
- Seek a paradigm shift in health care and public health toward a greater focus on prevention and integration with food systems
- Establish healthy food environments (schools, worksites, early child care settings, etc.)

Actions for Communities and Populations

- Support and expand access to healthy built environments and advocate wide community use
- Maintain strong support for Federal food and nutrition programs
- Recognize and place priority on moving toward a more sustainable diet consistent with the healthy dietary pattern options. Access to sufficient, nutritious, and safe food is an essential element of food security for the U.S. population. A sustainable diet helps ensure this access for both the current population and future generations.

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Discussion