

2015 DGAC: MEETING 7
December 15, 2014

Introduction to the DGAC Report



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

- Prevalent Nutrient and related Health Problems of Americans
 - Nutrition and Health Disparities
- Overall Dietary Patterns and Health Outcomes
- Strategies to improve dietary quality and health outcomes, especially overweight and obesity and chronic diseases
 - Individual and population levels
- Food Safety, Security and Sustainability now and for future generations
- Systems Approach

Conceptual Model

Diet and Physical Activity, Health
Promotion and Disease Prevention at
Individual and Population Levels
across the Lifespan

Diet and Physical Activity, Health Promotion and Disease Prevention at Individual and Population Levels across the Lifespan





Influences/
Determinants

Individual &
Biological
Factors

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

Influences/
Determinants

Household,
Social &
Cultural
Factors

- Family, household, and home
- Social, cultural, religious, and peer networks

Influences/
Determinants

Community &
Environmental
Factors

- Food and physical activity
- Community
- Business and workplace
- Healthcare and public health
- Ecosystems (national to global)

Influences/
Determinants

Public &
Private
Policies

- Government
- Business and workplace
- Education and social services across the lifespan

Influences/
Determinants

Systems &
Sectors

- Food, beverage, and agriculture
- Economy
- Other



Health
Outcomes

Healthy
Nutritional
Status

- Dietary patterns
- Food, beverage and nutrition intake
- Dietary product and nutrient supplement use
- Food and nutrition knowledge, attitudes, and skills
- Food security and safety
- Risk factors and clinical indicators

Health
Outcomes

Physical
Fitness &
Function

- Physical activity and function patterns and behaviors
- Sedentary behaviors and sleep patterns



Health
Outcomes



Chronic
Disease
Prevention

- Health outcomes

Health
Outcomes

Healthy
Weight

- Weight and body composition



Health
Outcomes



Health
Across the
Lifespan

- Health outcomes across the lifespan

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

SC 5

Food Sustainability and Safety

Food safety:
Preventing foodborne illness
Caffeine
Aspartame

Other Topics
Dietary patterns and sustainability

Cross-cutting Topics of Public Health Importance

- Added Sugars
- Sodium
- Saturated Fat
- Physical Activity

Invited Experts and Consultants

Invited Experts

- Individuals invited by the SC, usually on a one time basis, to provide their expertise to inform the SC's work. Invited experts do not participate in decisions at the SC level.

Consultant SC Members

- Individuals sought by the SC to participate in SC discussions and decisions on an ongoing basis but are not members of the full DGAC. Like DGAC members, consultants complete training and have been reviewed and cleared through a formal process within the Federal government.

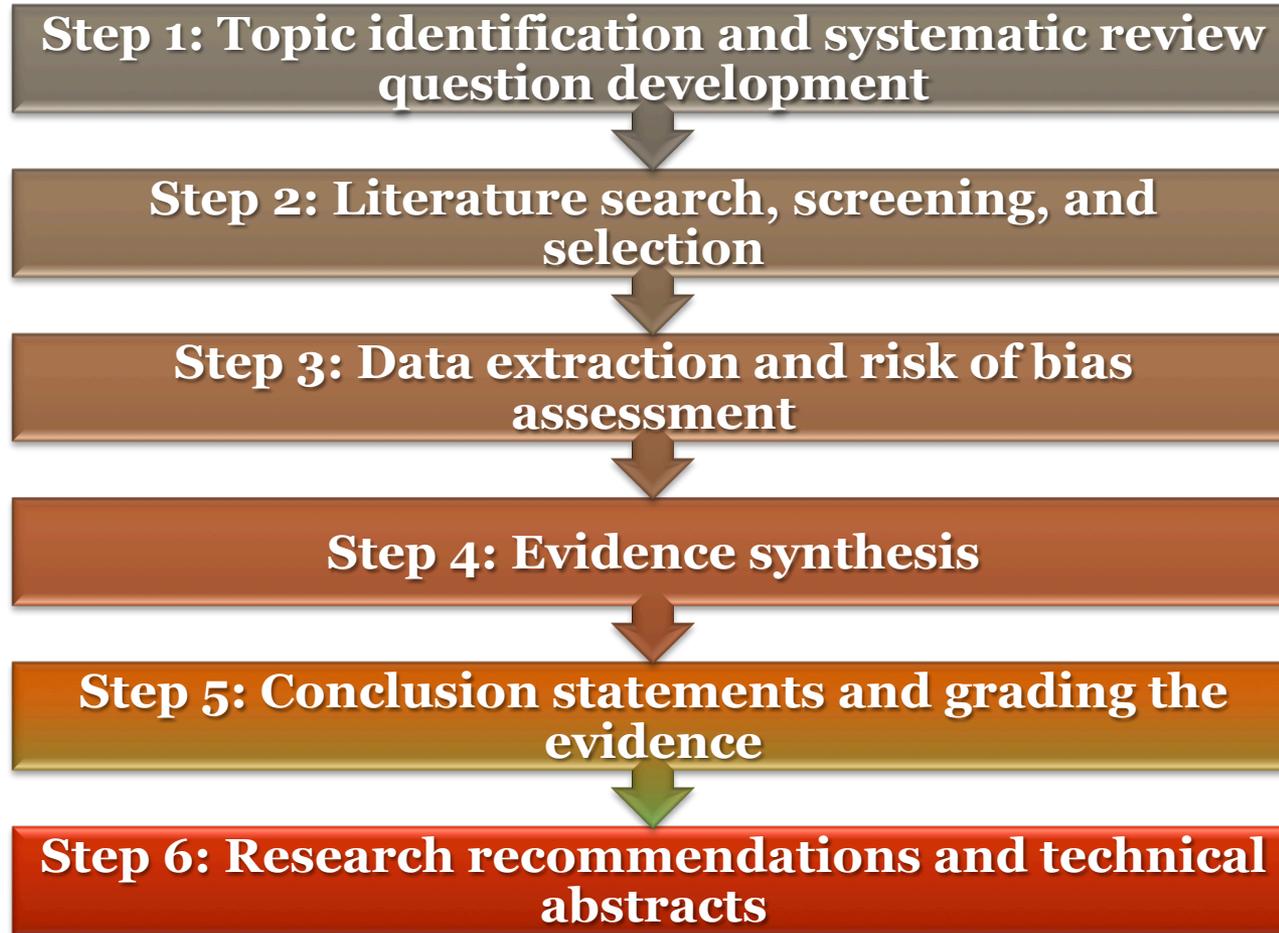
Examining the Evidence

- NEL systematic reviews
- Existing reports
 - Existing high-quality evidence-based reports
 - Existing systematic reviews
 - Existing meta-analyses
- Data analyses
- Food pattern modeling analyses
- Public comments

www.DietaryGuidelines.gov

*Go to “Resources”
and select “Data Analyses”*

USDA NEL Process



Conclusion Statements and Grading the Evidence

- **Conclusion statements:** Overall summary statement worded as an answer to the question; tightly associated with the evidence
- **Grading the evidence:** Considers risk of bias, quantity, consistency, impact, and generalizability of the body of evidence

Grading the Evidence

Strong	The conclusion statement is substantiated by a large, high quality, and/or consistent body of evidence that directly addresses the question. There is a high level of certainty that the conclusion is generalizable to the population of interest, and it is unlikely to change if new evidence emerges.
Moderate	The conclusion statement is substantiated by sufficient evidence, but the level of certainty is restricted by limitations in the evidence, such as the amount of evidence available, inconsistencies in findings, or methodological or generalizability concerns. If new evidence emerges, there could be modifications to the conclusion statement.
Limited	The conclusion statement is substantiated by insufficient evidence, and the level of certainty is seriously restricted by limitations in the evidence, such as the amount of evidence available, inconsistencies in findings, or methodological or generalizability concerns. If new evidence emerges, there could likely be modifications to the conclusion statement.
Grade not assignable	A conclusion statement cannot be drawn due to a lack of evidence, or the availability of evidence that has serious methodological concerns.

Implication Statements

- Builds on the conclusion statement to provide needed context
- Makes conclusion statement (the answer to the question) actionable
- Describes what the Committee advises the government to recommend

2015 DGAC *Draft* Recommendations

- Themes of each science base chapter
 - Strongest evidence
 - Articulating consistency across conclusions
 - Implications for what conclusions mean for choices in the United States

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