2015 Dietary Guidelines Advisory Committee

Introduction to Subcommittees

Dr. Barbara Millen, Chair
2015 Dietary Guidelines Advisory Committee
2015 DGAC

- Appointed by the Secretary of Health and Human Services and the Secretary of Agriculture

- Provides independent, science-based recommendations to the Federal government

- Informs development of the *Dietary Guidelines for Americans, 2015*
Federal Charge to 2015 DGAC

- Determine where sufficient new research evidence exists to inform revisions to the Dietary Guidelines for Americans, 2010 or future Federal policy

- Focus on
  - systematic review and analysis of the evidence published since the 2010 DGAC deliberations
  - foods and beverages, including overall dietary patterns
  - nutrition issues of public health concern

- Author and submit report to HHS and USDA Secretaries
# Dietary Guidelines for Americans: Potential Areas of Public Policy Impact

**U.S. Department of Health and Human Services**

- Healthcare systems
  - Implementation of the Affordable Care Act
  - Medicaid and Medicare

- National Prevention strategy

- Grant funding for public health research and infrastructure

**U.S. Department of Agriculture**

- Food, agriculture and farm policies, resources, and products

- Federal Food Assistance Programs:
  - National School Lunch Program
  - Child and Adult Care Food Program Nutrition
  - Supplemental Nutrition Assistance Program (SNAP)
  - Commodity Supplemental Food Program
  - Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
US Agricultural System

• Benefits
  – One of the most productive, industrialized systems in the world
  – Among the world’s most abundant, affordable and safest food supplies

• Challenges
  – Feeding growing population
  – Rising production costs
  – Finite natural resources
US Healthcare System

• Benefits
  – Largest single sector of US economy
  – More healthcare research and innovations
  – Better access to chronic disease treatments and medical technologies
  – Leader in cancer treatment and survival

• Challenges
  – Variable access to quality healthcare
  – Shifting focus from treatment to prevention

2015 Dietary Guidelines Advisory Committee
State of Americans’ Health

• High infant mortality rates

• Wide health disparities exist across communities and socioeconomic, race, and ethnicity groups

• Preventable disease morbidity and chronic disabilities also now account for half of the nation’s “health burden”
Major Nutrition & Food Related Public Health Issues

Food insecurity

Overweight and obesity

Poor quality dietary patterns

Preventable chronic diseases

Foodborne illness
Reducing Population Disease Burden

- Improve diet and physical activity patterns and other health-related lifestyle behaviors
- Reduce overweight and obesity rates
- Lower dietary risks
- Reduce/prevent tobacco use/exposure
- Moderate alcohol use
- Lower metabolic risk factors
- Increase access to quality medical care
- Individualize lifestyle interventions
2015 DGAC
Science Review Subcommittee

Barbara Millen, DGAC Chair

Alice H. Lichtenstein, DGAC Vice Chair

Miriam Nelson, 2010 DGAC member

Rafael Pérez-Escamilla, 2010 DGAC member
2015 DGAC
Guiding Principles and Themes

1. Systems approach

2. Sustainability

3. Dietary patterns

4. Best practices or “what works”
Dietary Guidelines for Americans, 2010

Social Ecological Framework

FIGURE 6 1: A Social Ecological Framework for Nutrition and Physical Activity Decisions

Adapted from Story M et al., Annu Rev Public Health 2008;29:253-272

Meeting 2: January 13 - 14, 2014
Ecological Framework of Influences on Lifestyle Behavior and Health

Influences/Barriers
- **Demographic**
  - Age, sex, race/ethnicity, SES, etc.
- **Biological**
  - Physical and cognitive function, appetite, taste and smell acuity, genetic profile, sleep, etc.
- **Psychological**
  - Beliefs, preferences, intentions, motivations, self-efficacy, body image, stress, etc.
- **Social/Cultural**
  - Social support, modeling, family factors, social/cultural norms, acculturation, etc.
- **Organizational/Community**
  - Products, services, practices, programs, norms & policies
- **Physical Environment**
  - Access to safe, affordable, and secure healthy foods; sustainable agricultural systems; recreational facilities, healthcare services; urban/rural and industrial design; information environment, etc.
- **Policy/Regulation/Incentives**
  - Agriculture, healthcare, insurance, worksite, schools, cities and towns, etc.

DGA-Related Lifestyle Behaviors
- **Eating**
  - Dietary Patterns
  - Food and Nutrient Intake
  - Composite ‘Score’/ Dietary Quality Index
- **Physical Activity**
  - Patterns and practices

Health Outcomes
- **Nutritional Status Indicators**
  - Body Weight & Anthropometry
- **Reproductive & Birth Outcomes**
  - Growth & Development
  - Healthy Aging
  - (Clustered) Risk Factor Profile
- **CVDs**
- **Diabetes**
- **Certain Cancers**
- **Bone Health**
- **Mental Health**
  - etc.

2015 DGAC New Directions

• Diet and physical activity patterns

• Safe, secure, and sustainable food supplies

• Public health model to reach individuals and populations through a more prevention-oriented healthcare and other systems

• Ecological perspective

2015 Dietary Guidelines Advisory Committee
2015 DGAC Workgroups

1. Environmental Determinants of Food, Diet, and Health

2. Dietary Patterns, Dietary Quality and Optimization through Lifestyle Behavior Change

3. Food, Beverages, and Nutrients and their Impact on Health Outcomes

2015 Dietary Guidelines Advisory Committee
2015 DGAC Subcommittees

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

2. Dietary Patterns, Foods and Nutrients, and Health Outcomes

3. Diet and Physical Activity Behavior Change

4. Food and Physical Activity Environment

5. Food Sustainability and Safety
2015 Dietary Guidelines Advisory Committee

Next Steps

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