Supporting and Implementing the 2015-2020 *Dietary Guidelines for Americans* in State Public Health Agencies
Importance of Healthy Eating

• Good nutrition is important across the lifespan
  • Includes children, adults, women who are pregnant or postpartum, and older adults

• Healthy eating patterns, along with regular physical activity, are key in:
  • Attaining and maintaining a healthy body weight
  • Reducing the risk of chronic disease
  • Stages of human growth and development
  • Improving health, well-being, and quality of life
Health Impact of Poor Diet and Physical Inactivity

• Despite the well-known benefits, many Americans are not meeting national, Federal guidelines for healthy eating or physical activity.

• Poor diets and physical inactivity are contributing to an epidemic of overweight and obesity.
  • From 2009-2012, about 73% of men and 65% of women are overweight or obese.
  • In addition, nearly one in three youths, ages 2-19 years, were overweight or obese.

• Also leads to increased risk of cardiovascular disease, hypertension, type 2 diabetes, poor bone health, and some types of cancer.
Addressing Poor Diet and Physical Inactivity

• A multitude of choices, messages, individual resources, and other factors affect the food and physical activity choices an individual makes, and these decisions are rarely made in isolation.

• Everyone has a role in helping to create and support healthy eating and physical activity patterns in multiple settings nationwide, from home to school to work to communities.
  • Comprehensive and coordinated strategies are needed to reverse current trends.
Addressing Poor Diet and Physical Inactivity (cont.)

• Strategies must be tailored to effectively impact:
  • Individual factors (e.g., age, gender, socioeconomic status, race/ethnicity, etc.);
  • Settings (e.g., homes, early care and education, worksites, food retail, community); and,
  • A broad range of sectors (e.g., systems, organizations, and businesses and industry).
The *Dietary Guidelines for Americans*: What It Is, What It Is Not

- Provide evidence-based recommendations about the components of a healthy and nutritionally adequate diet
- Focus on disease *prevention* rather than disease *treatment*
- Inform Federal food, nutrition, and health policies and programs

Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.
Dietary Guidelines for Americans (DGA)

- First edition released in 1980
- Updated every 5 years
- Based on systematic review of the scientific literature
- Jointly published by
  - U.S. Department of Health and Human Services (HHS)
  - U.S. Department of Agriculture (USDA)
- Food-based guidance for Americans ages 2 and older
  - Five Overarching “Guidelines”
  - 13 “Key Recommendations” to support meeting the Guidelines
  - Three examples of Healthy Eating Patterns
Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.
Developing the *Dietary Guidelines for Americans* (Figure I-3)

First, an external Advisory Committee creates the Advisory Report and submits it to the Secretaries of HHS and USDA. This report is informed by:

- Original systematic reviews
- Review of existing systematic reviews, meta-analyses, and reports by Federal agencies or leading scientific organizations
- Data analyses
- Food pattern modeling analyses

Using the previous edition of the *Dietary Guidelines*, the Advisory Report, and consideration of public and Federal agency comments, HHS and USDA develop a new edition of the *Dietary Guidelines*. The 2015-2020 *Dietary Guidelines for Americans* includes:

**5 Guidelines**

**Key Recommendations that support the Guidelines**

Science-based nutrition guidance for both professionals and organizations working to improve our nation’s health.

Federal programs apply the *Dietary Guidelines* to meet the needs of Americans through food, nutrition, and health policies and programs—and in nutrition education materials for the public.

Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.
1. **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

2. **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

3. **Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

5. **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.
Key Elements of Healthy Eating Patterns:

Key Recommendations

consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:

• A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
• Fruits, especially whole fruits
• Grains, at least half of which are whole grains
• Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
• A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
• Oils

A healthy eating pattern limits:

• Saturated fats and trans fats, added sugars, and sodium

Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.
Key Elements of Healthy Eating Patterns:

Key Recommendations (cont.)

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than 10 percent of calories per day from added sugars
- Consume less than 10 percent of calories per day from saturated fats
- Consume less than 2,300 milligrams (mg) per day of sodium
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age
- Meet the *Physical Activity Guidelines for Americans*

Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.
Healthy Eating Patterns: Multiple Approaches

“There are many ways to consume a healthy eating pattern, and the evidence to support multiple approaches has expanded over time."

• Examples of healthy eating patterns in the Dietary Guidelines include:
  – Healthy U.S.-Style Eating Pattern
  – Healthy Mediterranean-Style Eating Pattern
  – Healthy Vegetarian Eating Pattern
Shifts to Align with Healthy Eating Patterns: Examples

- Increasing **vegetables** in mixed dishes while decreasing the amounts of refined grains or meats high in saturated fat and/or sodium.

- Incorporating **seafood** in meals twice per week in place of meat, poultry, or eggs.

- Using vegetable **oil** in place of solid fats when cooking, and using oil-based dressings and spreads on foods instead of those made from solid fats.

- Choosing beverages with no **added sugars**, such as water.

- Using the Nutrition Facts label to compare **sodium** content of foods and choosing the product with less sodium.
The Social Ecological Model
(Figure 3-1)


Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.
Strategies To Align Settings With the 2015-2020 Dietary Guidelines for Americans (Figure 3-3)

Example:

Healthy meals and snacks

Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.
States Promoting DGA

• To help support the implementation and uptake of DGA in state health agencies, ASTHO identified states who are currently integrating the recommendations into their programs.

• State case studies and an issue brief were developed to highlight these efforts in order to educate and mobilize state health leadership to utilize and support the recommendations.

State examples:

- Arkansas
- Massachusetts
- Minnesota
- Rhode Island
- Utah
- Washington

The issue brief and case studies can be accessed on ASTHO’s webpage: http://www.astho.org/Programs/Prevention/Promoting-the-Dietary-Guidelines-for-Americans/
Take Home Messages

• A healthy and balanced diet is crucial for maintaining a healthy body weight and reducing the risk of chronic disease.

• The core messages of the 2015-2020 Dietary Guidelines highlight the importance of:
  • consuming overall healthy eating patterns, including vegetables, fruits, grains, dairy, protein foods, and oils,
  • eaten within an appropriate calorie level, and
  • in forms with limited amounts of saturated and trans fats, added sugars, and sodium.

• Professionals, including state health officials, have an important role in leading these disease-prevention efforts.

• Concerted and collaborative efforts among all segments of society are needed to support healthy lifestyle choices that can have a meaningful impact on the health of current and future generations.
Additional Resources

• ASTHO’s DGA website:
  • [http://www.astho.org/Programs/Prevention/Promoting-the-Dietary-Guidelines-for-Americans/](http://www.astho.org/Programs/Prevention/Promoting-the-Dietary-Guidelines-for-Americans/)

• 2015-2020 Dietary Guidelines for Americans:

• 2015-2020 Dietary Guidelines for Americans Tools & Resources:

• Publishing Guidelines for Incorporating Health Criteria into School Curriculum:

• ASTHO’s National Prevention Strategy Implementation Toolkit:

• ASTHO’s Healthy, Hunger Free Kids Issue Brief
Dietary Guidelines at a Glance

Figure ES-1.
2015-2020 Dietary Guidelines for Americans at a Glance

The 2015-2020 Dietary Guidelines focuses on the big picture with recommendations to help Americans make choices that add up to an overall healthy eating pattern. To build a healthy eating pattern, combine healthy choices from across all food groups—while paying attention to calorie limits, too. Check out the 5 Guidelines that encourage healthy eating patterns.

1. Follow a healthy eating pattern across the lifespan. All food and beverage choices matter. Choose a healthy eating pattern at all ages to help you meet nutrient needs, maintain a healthy body weight, support healthy body weight, support daily physical activity, and reduce the risk of chronic disease.

2. Focus on variety, nutrient density, and amounts. Choose a variety of nutrient-dense foods from within all food groups to meet your calorie and nutrient needs. A variety of nutrient-dense foods across and within all food groups in recommended amounts.

3. Limit calories from added sugars and saturated fats and meet sodium recommendations. Consume an eating pattern low in added sugars, saturated fats, and sodium. Consume an eating pattern low in added sugars and saturated fats and sodium.

4. Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups and limit foods and beverages high in added sugars, saturated fats, and sodium. Consider cultural and personal preferences to make these shifts easier to maintain and enjoy.

5. Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns at all life stages nationwide, from home to school to work to community.
Empower People to Make Healthy Shifts

Figure 2-2.
Empower People To Make Healthy Shifts

Making changes to eating patterns can be overwhelming. That's why it's important to emphasize that every food choice is an opportunity to move toward a healthy eating pattern. Small shifts in food choices—over the course of a week, a day, or even a meal—can make a big difference. Here are some ideas for realistic, small shifts that can help people adopt healthy eating patterns.

- High Calorie Snacks ➔ Nutrient Dense Snacks
- Fruit Products with Added Sugars ➔ Fruit
- Refined Grains ➔ Whole Grains
- Snacks with Added Sugars ➔ Unsalted Snacks
- Solid Fats ➔ Oils
- Beverages with Added Sugars ➔ No-Sugar-Added Beverages

Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.
Strategies to Align Settings with the 2015-2020 Dietary Guidelines for Americans

Figure 3-3.
Strategies To Align Settings With the 2015-2020 Dietary Guidelines

Worksite
- Health & Wellness Programs
- Active Breaks
- Office Healthy Meals & Snacks

Home
- Meal Planning
- Family Physical Activity

School
- Healthy Meals & Snacks
- More Learning in Classrooms
- Parental Involvement
- Active Play

Community
- Farmers Markets
- Community Gardens

Food Retail
- Produce Access
- Access to Healthy Foods

Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.