

**Work Group 1:**  
 Environmental Determinants of  
 Food, Diet, and Health

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Meeting 1: June 13-14, 2013



**2010 Dietary Guidelines  
 for Americans**

- **Chapter 6:** Helping Americans Make Healthy Choices
- **Call to Action**
  1. Ensure that all Americans have access to nutritious foods and opportunities for physical activity.
  2. Facilitate individual behavior change through environmental strategies.
  3. Set the stage for lifelong healthy eating, physical activity, and weight management behaviors.

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**Conclusions from  
 2010 Dietary Guidelines  
 Advisory Committee Report**

- Moderately strong evidence now indicates that the food environment is associated with dietary intake, especially less consumption of vegetables and fruits and higher body weight. The presence of supermarkets in local neighborhoods and other sources of vegetables and fruits are associated with lower body mass index, especially for low-income Americans, while lack of supermarkets and long distances to supermarkets are associated with higher body mass index.
- Limited, but consistent evidence suggests that increased geographic density of fast food restaurants and convenience stores is also related to increased body mass index.

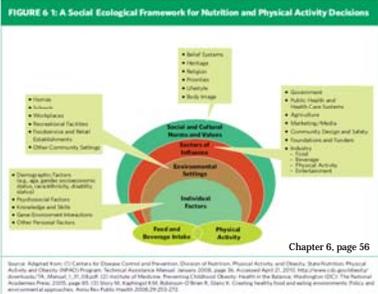
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**2010 Dietary Guidelines  
 for Americans**

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



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**Work Group Scope**

**Primary Topic Areas:**

- Food environment
- Physical activity environment
- Agriculture/aquaculture sustainability
- Food systems
- Food safety

**Overarching Themes:**

- Social-ecological model
- Health equity and food access

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**Work Group Report**

**Food Environment:**

- Physical settings
- Media/marketing environment
- Policy environment

**Physical Activity Environment:**

- Physical settings
- Built environment
- Media/marketing environment
- Policy environment

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\*View webcast archive, meeting minutes, and transcript for the full discussion that accompanied this presentation ([www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov)).

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## Work Group Report

**Agriculture/Aquaculture Sustainability:**

- How/what/where foods are grown and their relationship with long-term health of humans and the planet

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## Work Group Report

**Food Systems:**

- Policy influence on what foods are grown and cost
- Local/regional food and markets/systems
- Grown and produced
- Processed
- Distribution
- Marketed

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## Work Group Report

**Food Safety:**

- Move forward work done by 2010 DGAC (consumer food handling)
- Toxic components in the food supply
- Food production/distribution and microbiological hazards
- Focal area: Fetal effects in pregnancy/lactation

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## Work Group Report

**Overarching Themes Across the DGAC:**

- Nutrition/media literacy
- Health disparities
- Lifespan transitions
- Systems approach

**Note:** Coordination/integration between the Work Groups/Subcommittees

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## Work Group 1:

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### QUESTIONS & DISCUSSION

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