

Meeting 1: June 13-14, 2013

Work Group 2:
*Dietary Patterns and Quality and
Optimization through Lifestyle Behavior
Change*

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Presentation Outline

- 2010 Dietary Guidelines recommendations relevant to Work Group 2
- Work Group 2 initial scope of work
- Report from brainstorming session on topic areas
- Questions and discussion

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**2010 Dietary Guidelines
for Americans**

- Select an eating pattern that meets nutrient needs over time at an appropriate calorie level.
- Account for all foods and beverages consumed and assess how they fit within a total healthy eating pattern.
- (Also included in WG 3) If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age.

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**2010 Dietary Guidelines
for Americans**

- Maintain appropriate calorie balance during each stage of life—childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.

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**2010 Dietary Guidelines
for Americans**

- Control total calorie intake to manage body weight. For people who are overweight or obese, this will mean consuming fewer calories from foods and beverages.
- Prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors.
- Increase physical activity and reduce time spent in sedentary behaviors.

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**2010 Dietary Guidelines
for Americans**

- Eating patterns that are low in calorie density improve weight loss and weight maintenance, and also may be associated with a lower risk of type 2 diabetes in adults.

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2010 Dietary Guidelines for Americans

Behaviors and practices to help...manage body weight:

- Focus on the total number of calories consumed.
- Monitor food intake.
- When eating out, choose smaller portions or lower-calorie options
- Prepare, serve, and consume smaller portions of foods and beverages, especially those high in calories.
- Eat a nutrient-dense breakfast.
- Limit screen time.

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Work Group Scope

Primary Topic Areas:

- Total diet/dietary patterns, nutrition-related lifestyle factors (physical activity, alcohol, etc.) and disease risk and health outcomes
- Clustering of dietary patterns and lifestyle risk factors; statistical optimization techniques

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Work Group Scope

Primary Topic Areas, cont'd.:

- Assessment of dietary quality indices and dietary patterns (a priori and a posteriori); rates, trends, and variations by population subgroup and health outcomes of interest
- Total calories, physical activity, and energy balance

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Work Group Scope

Primary Topic Areas, cont'd :

- Impact of dietary interventions delivered through different behavioral methods, systems (e.g. healthcare providers, etc.), and modes (in-person, telephone, web/mobile, etc.) on diet and lifestyle behavior change (efficacy and effectiveness in RCTs and translational research)

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Work Group Scope

Other Potential Topic Areas to Explore:

- Multi-level systems that may influence behavior change, including health policy and healthcare, and public health systems
- Dietary patterns and the microbiome profile

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Work Group Report

- What, where, how people are eating and drinking (i.e., Dietary Patterns)
 - Descriptive—epidemiology
- Dietary patterns, metabolic and health outcomes
 - Microbiome
 - Screen time
 - Alcohol

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Work Group Report

- What works for individuals to adhere to healthy dietary patterns
 - Innovative technologies for behavior change
 - Primary health care
- Physical activity
 - Rely on 2008 PA guidelines, midcourse review
 - Screen time--important both for sedentary behavior and dietary choices

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QUESTIONS & DISCUSSION

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