

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

# **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

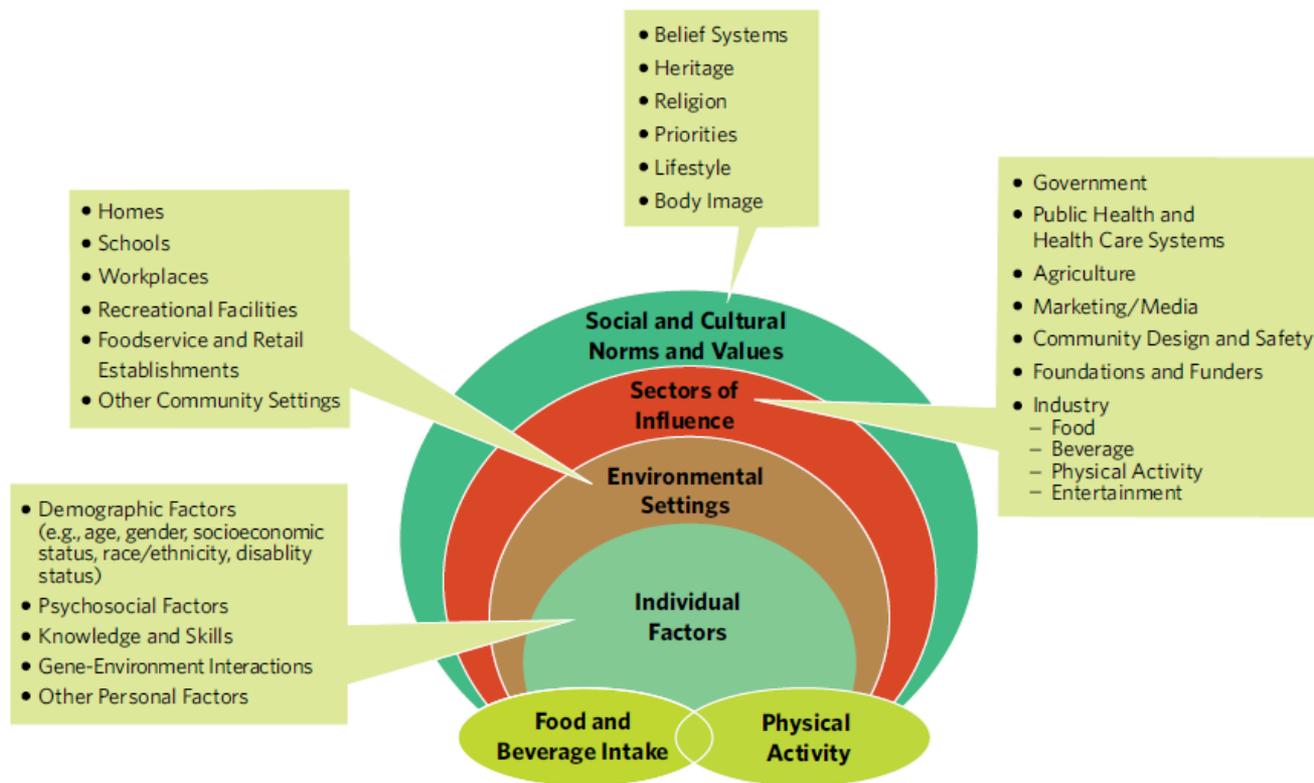
# **2015 DGAC Guiding Principles and Themes**

1. Systems approach
2. Sustainability
3. Dietary patterns
4. Best practices or “what works”

# *Dietary Guidelines for Americans, 2010*

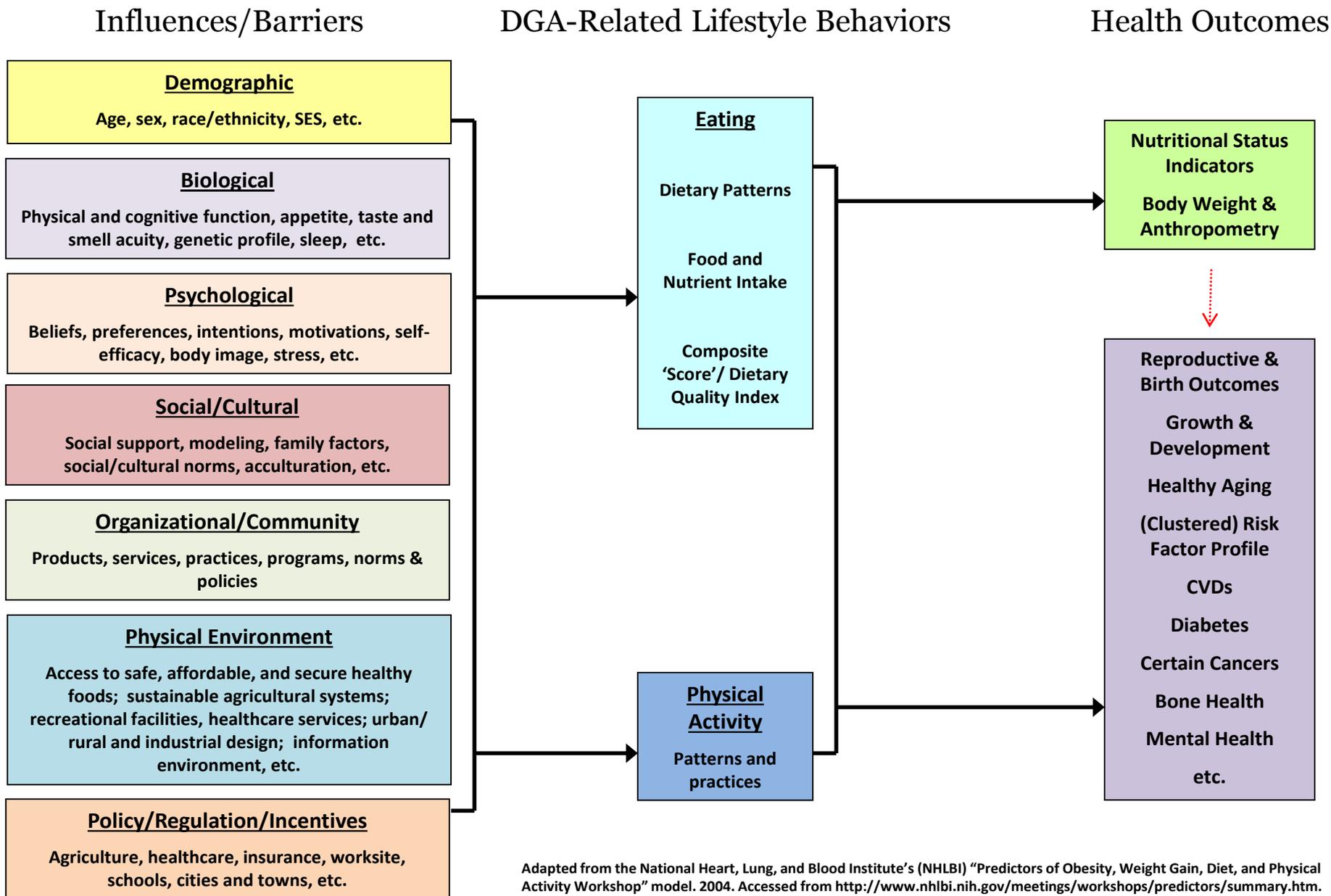
## **Social Ecological Framework**

**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

# Ecological Framework of Influences on Lifestyle Behavior and Health



Adapted from the National Heart, Lung, and Blood Institute's (NHLBI) "Predictors of Obesity, Weight Gain, Diet, and Physical Activity Workshop" model. 2004. Accessed from <http://www.nhlbi.nih.gov/meetings/workshops/predictors/summary.htm>.

# **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 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 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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