

Introduction to Subcommittee Reports

Barbara Millen
Chair, 2015 DGAC

2015

Dietary Guidelines Advisory Committee

- Provides science-based recommendations to the Federal government on
 - How food, nutrition, and physical activity
 - Can promote the health of the U.S. population
 - Help reduce the burden from major chronic diseases and other *lifestyle-related* health problems
 - How best to accomplish these goals at individual and population levels
- Scientific report informs the Dietary Guidelines for Americans, 2015 policy document

2015 DGAC Themes

Core to the DGAC

Food, nutrient, and health-related recommendations

Themes

- Focus on **dietary patterns** related to
 - Meeting nutrient recommendations
 - Health outcomes
 - Sustainability
- “**What works**” to meet recommendations (best practices)
- “**Systems**” approach

DGAC Conceptual Model

Purpose

- Characterize the multiple interrelated determinants of
 - Wide-ranging nutrition and lifestyle behaviors
 - Health outcomes
 - At individual and population levels
- *Highlight* areas within this large system addressed by the 2015 DGAC review of the evidence
- Integrate research across the DGAC SCs

Diet, Health Promotion, and Disease Prevention at Individual and Population Levels: a Conceptual Model (*draft*)

Outline of Draft Model Content

Determinants of
Diet, Physical Activity,
and Health

Nutrition,
Physical Activity, and
Related Health ***Outcomes***

Determinants of Diet, Physical Activity, and Health

- 1) **Intrapersonal Factors** (Individual)
- 2) **Interpersonal Factors** (Individual and Community)
- 3) **Environments** (Individual and Population)
- 4) **Public and Private Sectors and Systems**
(Local to National)

Nutrition, Physical Activity, and Related Health *Outcomes*

- 1) Diet
- 2) Physical Activity
- 3) Other Health-related Lifestyle Behaviors and Characteristics
- 4) Nutrition-related Health Outcomes through the Lifespan

2015 DGAC Subcommittees

Science Review Subcommittee

SC 1

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

Nutrients of concern
Food group intakes
Food sources
Eating behaviors
Dietary patterns
Health concerns
Food pattern modeling

SC 2

Dietary Patterns, Foods and Nutrients, and Health Outcomes

Dietary patterns and health outcomes

Foods and nutrients and health outcomes

SC 3

Diet and Physical Activity Behavior Change

Self-monitoring
Eating out
Household food insecurity
Food/menu label use
Mobile health
Acculturation
Screen time/sedentary behavior
Sleep patterns

SC 4

Food and Physical Activity Environments

Settings:
Schools/after-school
Childcare
Post-secondary
Worksites

Food access
Food marketing

SC 5

Food Sustainability and Safety

Food safety:
Preventing foodborne illness
Caffeine
Non-caloric sweeteners

Dietary patterns and sustainability

Cross-cutting Topics

Examples

- Sodium
- Added Sugars
- “What works”
 - Health impact of and modes/methods/settings for helping Americans meet diet and physical activity recommendations to promote health
- Physical Activity

Invited Experts and Consultants

Invited Experts

Individuals invited by the SC, usually on a one time basis, to provide their expertise to inform the SC's work. Invited experts do not participate in decisions at the SC level.

Consultant SC Members

Individuals sought by the SC to participate in SC discussions and decisions on an ongoing basis but are not members of the full DGAC. Like DGAC members, consultants complete training and have been reviewed and cleared through a formal process within the Federal government.

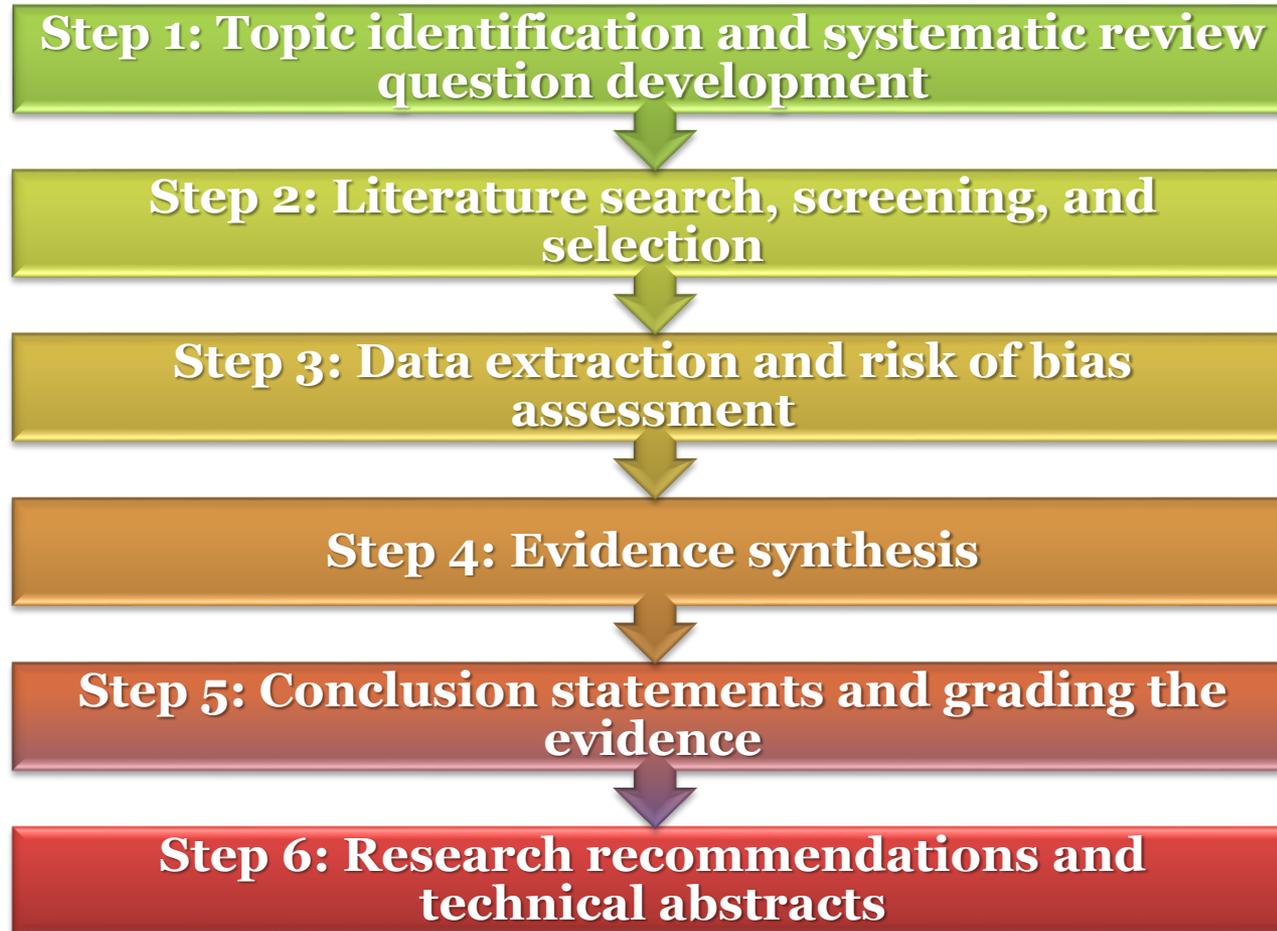
Examining the Evidence

- NEL systematic reviews
- Existing reports
 - Existing high-quality evidence-based reports
 - Existing systematic reviews
 - Existing meta-analyses
- Data analyses
- Food pattern modeling analyses
- Public comments

New at
www.DietaryGuidelines.gov
Go to “Resources”
and select “Data Analyses”

USDA NEL Process

www.NEL.gov



2015 DGAC Systematic Reviews

- Materials presented today may include:
 - Analytical framework for the systematic review(s)
 - Inclusion/exclusion criteria
 - Literature search results
 - Description of the evidence reviewed, key findings
 - Conclusion statements, grades, implications statements with recommendations (*Draft*)
 - Research recommendations (*Draft*)

Conclusion Statements and Grading the Evidence

- **Conclusion statements:** Brief overall summary statement worded as an answer to the question; tightly associated with the evidence
- **Grading the evidence:** Considers risk of bias, quantity, consistency, impact, and generalizability of the body of evidence

Grading the Evidence

Strong	The conclusion statement is substantiated by a large, high quality, and/or consistent body of evidence that directly addresses the question. There is a high level of certainty that the conclusion is generalizable to the population of interest, and it is unlikely to change if new evidence emerges.
Moderate	The conclusion statement is substantiated by sufficient evidence, but the level of certainty is restricted by limitations in the evidence, such as the amount of evidence available, inconsistencies in findings, or methodological or generalizability concerns. If new evidence emerges, there could be modifications to the conclusion statement.
Limited	The conclusion statement is substantiated by insufficient evidence, and the level of certainty is seriously restricted by limitations in the evidence, such as the amount of evidence available, inconsistencies in findings, or methodological or generalizability concerns. If new evidence emerges, there could likely be modifications to the conclusion statement.
Grade not assignable	A conclusion statement cannot be drawn due to a lack of evidence, or the availability of evidence that has serious methodological concerns.

Implications Statements

- Builds on the conclusion statement to provide needed context
- Makes conclusion statement (*the answer to the question*) actionable
- Describes what the Committee advises the government to recommend

Introduction to Subcommittee Reports

Barbara Millen
Chair, DGAC