


The History of the Dietary Guidelines for Americans

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What are the Dietary Guidelines?

- Federal nutrition policy established jointly by USDA & HHS
- For use in Federal nutrition programs, nutrition education materials, and a basis for research
- Updated every 5 years
- Provide science-based advice for ages 2 and over to help promote health & prevent chronic disease
- Ensure that messages and materials are consistent through-out the Federal government and that government speaks with "one voice"




Overview of the History

Prior to the 1970s, public health nutrition was primarily concerned with preventing **nutrient deficiencies**.

-- As deficiencies became less common, there was a growing recognition of diseases related to **dietary excesses**.


In 1977, U.S. Senate Select Committee on Nutrition and Human Needs issued **Dietary Goals for the United States**.

-- Goals were the focus of controversy among some nutritionists and others concerned with food, nutrition, and health.




Overview of the History


- *Dietary Guidelines* 1st Issued in 1980
- Mandated in 1990 by Public Law 101-445: **National Nutrition Monitoring and Related Research Act of 1990**
- Title III of the law requires the Secretaries of USDA and HHS to publish the *Dietary Guidelines for Americans* at least every 5 years





The Resulting Advisory Report



- Must contain nutritional and dietary information for the general public
- Must be based on the preponderance of current scientific and medical knowledge – evidence-based
- Will be considered in developing the 7th edition of the *Dietary Guidelines for Americans* policy document



Dietary Guidelines for Americans 1980 - 2005

1995 4th Edition

Nutrition and Your Health: Dietary Guidelines for Americans

Fourth Edition, 1995
U.S. Department of Agriculture
U.S. Department of Health and Human Services

First Dietary Guidelines to include --

- USDA Food Guide Pyramid (1992)
- Balance with physical activity
- Nutrition Facts label
- Healthy weight chart

2000 5th Edition

DIETARY GUIDELINES FOR AMERICANS

First Dietary Guidelines to expand to 10 Guidelines in 3 Sections --

Aim – Balance
Build – Enough
Choose – Not too much

New Additions --

- Food Safety
- Physical Activity

2005 6th Edition

Dietary Guidelines for Americans 2005

First Dietary Guidelines to expand to 41 key recommendations

- 23 general
- 18 specific populations

Within 9 focus areas

- Adequate Nutrients Within Calorie Needs
- Weight Management
- Physical Activity
- Food Groups To Encourage
- Fats
- Carbohydrates
- Sodium and Potassium
- Alcoholic Beverages
- Food Safety

Dietary Guidelines 2005

Recommended Food Pattern Changes

<p>More</p> <ul style="list-style-type: none"> ▪ fruits ▪ dark green vegetables ▪ orange vegetables ▪ legumes ▪ whole grains ▪ low-fat milk and milk products ▪ physical activity 	<p>Less</p> <ul style="list-style-type: none"> ▪ saturated fats ▪ trans fats ▪ cholesterol ▪ added sugars ▪ refined grains ▪ sodium
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Dietary Guidelines 2005

- Revision Process lead by HHS
- 13 Member Dietary Guidelines Advisory Committee (DGAC)
- 5 public meetings were held
- 8 Subcommittees evaluated data on scientific questions
- Evidence-based review approach was used

Key Resources for 2005

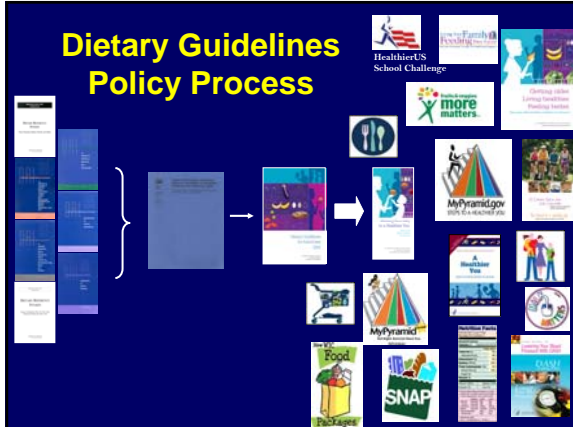
- DRI Reports (2000-2004)
 - Macronutrients
 - Electrolytes
 - Antioxidant Vitamins
 - Micronutrients
- 2003 International Agency for Research on Cancer (IARC) Handbook of Cancer Prevention on Fruits and Vegetables
- Systematic Review of Scientific Evidence

New for 2005

- A Dietary Guidelines **policy guide** and a **separate brochure** to target consumers
- Major effort for using **evidence-based** science
- Use of **2000 calorie** reference diet (Label, Pyramid)
- Use of **servings** changed to cups and ounces
- **Energy balance** was theme and use of BMI
- Formative consumer **research** for messaging was completed (Focus groups and Web survey)



Dietary Guidelines Policy Process



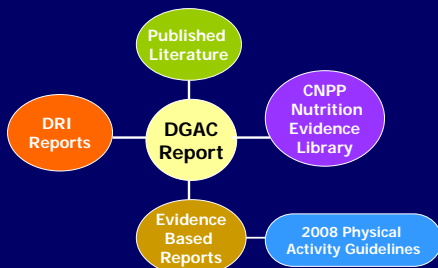
How are Revisions to the Dietary Guidelines Made?

- Appointment of Dietary Guidelines Advisory Committee (DGAC) by USDA and HHS
- Hold 4-5 Public Meetings (open public process)
- Accept Public Comments throughout deliberation period
- Advisory Report of recommendations presented to Secretary's of USDA and HHS
- Joint development of Policy and Consumer materials
- USDA and HHS jointly publish Guidelines and Consumer Brochure

2010 Dietary Guidelines

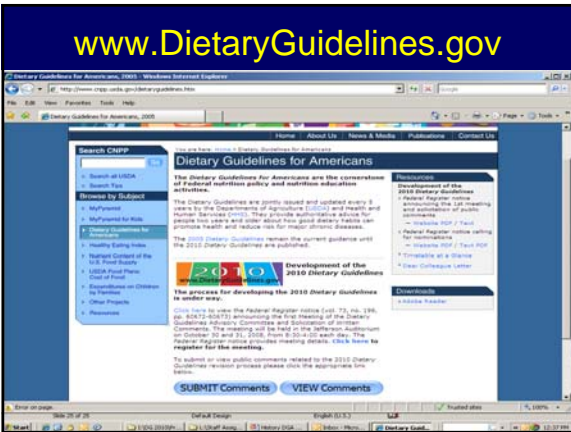
- MOU created between USDA and HHS
- 6/08 Charter to operate the Committee signed
- DGAC nominations and selections made
- 1st Meeting now in progress
- The rest will be **History**.....



Sources of Evidence for Use by 2010 DGAC




How to Promote Dietary Change?

- Support science-based Dietary Guidelines
- Develop effective education/communication strategies
- Test and retest materials with target audience input
- Build strategic alliances
- Make healthier choices available
- Help media & industry to see the win-win



Thank You



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www.DietaryGuidelines.gov
 www.MyPyramid.gov