


Putting the Dietary Guidelines into Action at HHS

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HHS Implementation of the Dietary Guidelines


- Consumer Dietary Guidance
- Food Assistance
- National Health Objectives
- Nutrition Monitoring
- Nutrition Research
- Food Labeling/Fortification

HealthierUS

- Mission:
 - To prevent disease, disability and death and help Americans lead longer, better and healthier lives
- Focus on Four Health Pillars:
 - Be physically active
 - Eat a nutritious diet
 - Get preventive screenings
 - Make healthy choices
- Created by Presidential Executive Order
 - Partnerships within the Federal Government

Dietary Reference Intakes (DRIs)



- Nutrient Reference Values
- Established by IOM
- Supported by HHS, USDA, DOD, and Health Canada
- *Vitamin D and Calcium Review Underway*

HHS Agencies

- Administration on Aging (AoA)
- Administration for Children & Families (ACF)
- Agency for Healthcare Research & Quality (AHRQ)
- Centers for Disease Control & Prevention (CDC)
- Centers for Medicare & Medicaid Services (CMS)
- Food & Drug Administration (FDA)
- Health Resources & Services Administration (HRSA)
- Indian Health Service (IHS)
- National Institutes of Health (NIH)
- Substance Abuse & Mental Health Services Administration (SAMHSA)

Administration on Aging

- Group Menu Planning, Food Preparation, and Service
- Meals on Wheels
- Congregate meals




Centers for Disease Control and Prevention

- Fruits & Veggies More Matters®
- Food Safety
- Weight Management Research to Practice Series





Food and Drug Administration

- Nutrition Facts Label
- Make Your Calories Count
- Food Safety





Health Resources and Services Administration

- Bright Futures Initiative



Indian Health Service

- Strengthen the Family Circle
- Honoring the Gift of Children



National Institutes of Health

- WE CAN! Ways to Enhance Children's Activity & Nutrition
- Portion Distortion
- DASH eating plan

Office on Women's Health

- BodyWorks Program

Office of Disease Prevention and Health Promotion

HEALTHY PEOPLE 2020

Healthy People 2020

Office of Disease Prevention and Health Promotion

The Road to a Healthier Life

- Bilingual brochure for Hispanic and Latino Americans
- Readability, understanding, and graphic elements were consumer tested
- Developed in Spanish and translated into English

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Prevention Health Information www.healthfinder.gov

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Physical Activity Guidelines for Americans

- Collaboration with CDC and PCFPS
- <http://www.health.gov/paguidelines>

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Thank you

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