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Cardi-OH ECHO

*Innovations in Diabetes and  
Cardiovascular Health*

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## Today's Presenters

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# Dietary Guidelines

Chris Taylor, PhD, RD, LD

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# Learning Objectives



- 1) List and describe the main sources of dietary guidelines in the United States and how they are assembled.
- 2) Describe key recent changes in dietary recommendations.
- 3) Describe an approach to incorporating dietary guidelines into routine dietary counseling in primary care.

# Sources of Dietary Guidance



- U.S. Dietary Guidelines
- Professional Associations
  - American Heart Association
  - American Diabetes Association
- Dietary Patterns
  - DASH Diet
  - Mediterranean Diet
- “Other”

# The U.S. Dietary Guidelines



- Represent the latest evidence-based healthy eating recommendations
- Updated every 5 years
  - Latest release, 2020-2025
- Establish the foundation for many federal nutrition programs



**Dietary  
Guidelines  
for Americans**

<https://www.dietaryguidelines.gov>

# The Process for the DGA

- Identify the Scientific Questions
- Submission of Nominations for the Advisory Committee
- Appointment of the Advisory Committee
- Review the scientific evidence
  - Includes systematic reviews, food patterns modeling
- Develop the Scientific Advisory Committee Report
  - [doi.org/10.52570/DGAC2020](https://doi.org/10.52570/DGAC2020)
- Develop the Dietary Guidelines for Americans
  - USDA & HHS



What's the difference between the Dietary Guidelines Advisory Committee Report & the Dietary Guidelines for Americans?

## COMMITTEE REPORT VS DIETARY GUIDELINES



### WHAT IS IT?

An overview of the latest available science on a variety of nutrition topics



Recommendations on what the average American should eat and drink to promote health and prevent chronic disease

### WHO WRITES IT?



The Dietary Guidelines Advisory Committee, a balanced group of nutrition science experts



U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS)

### WHO IS THE AUDIENCE?



U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS)



Nutrition policymakers and health professionals

### HOW IS IT USED?



Informs USDA and HHS as they develop the Dietary Guidelines for Americans



Used as the basis for federal nutrition policy; adapted by medical professionals to meet specific needs; developed into nutrition resources for the general public; and much more

- Separate processes for the same goal
- Identify the evidence
- Translate for the public

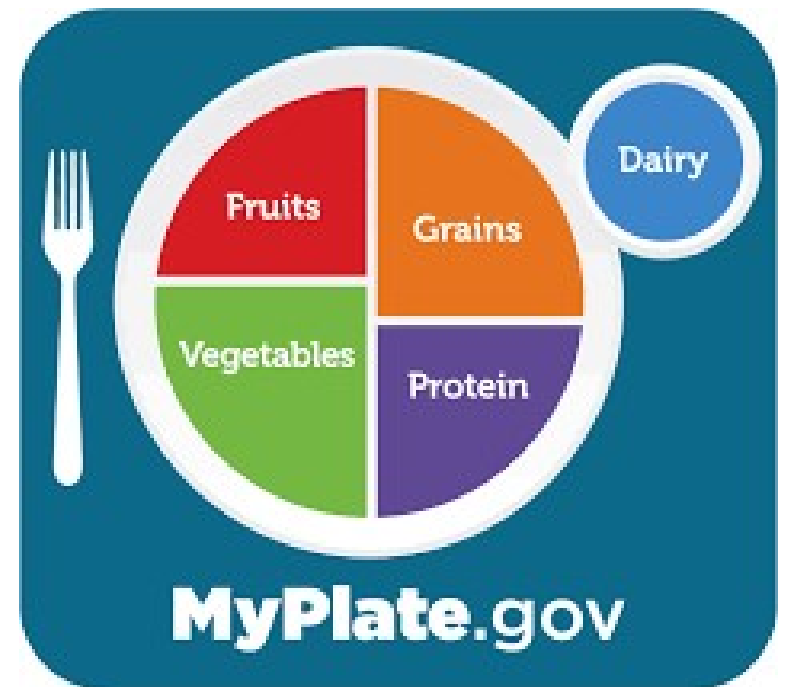
# Make Every Bite Count with the Dietary Guidelines for Americans



- The four overarching guidelines to help make that happen are:
  - Follow a healthy dietary pattern at every life stage.
  - Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
  - Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.
  - Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

# Recent Changes in the DGAs

- Recently shifting to focus more on patterns, less on nutrients
- Messages are translated into educational materials (CNPP)
  - Food Guide Pyramid
  - MyPyramid
  - MyPlate
- Latest release addressed differences and guidance by life cycle



# Establishing a Path to Lifestyle Behaviors



- Guidelines offer a focus on lifestyle behaviors balanced with pharmacologic therapies
- Patients commonly perceive medications to cover for the lack of behavior change
- Lifestyle behavior change perceived to be something they *should do*
  - Not a priority until directly addressed by a primary care provider

# Translating these Guidelines into Food



- U.S. Preventive Service Task Force recommends moderate to high-intensity lifestyle to facilitate behavior change
  - Medium (31-360 minutes) to high-intensity (>360 minutes) lifestyle interventions
  - Consider your opportunities and limitations
  - Stay in your lane (scope of practice and licensure)
- Lifestyle behavior modification requires the application of guidelines to patients' personal situations
  - Personal adaptations require time
- Recommendations are focused on nutrient intakes and overall food intakes (daily or weekly)
  - Individuals eat food and meals and must translate big picture to fork

# Utilize the Team



- Many issues in behavior change are addressing competing demands
  - Referrals to available services
- Referrals for team-based care:
  - Registered Dietitian
  - Mental Health
  - Food assistance or life assistance programs
- Find their *why it matters*.



Thank you!

Questions/Discussion