




Overview and Update of Current USDA-CNPP and HHS-ODPHP Activities



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Today

- 1** CNPP Update: Overview of the *Dietary Guidelines for Americans* & Start Simple with MyPlate!
- 2** ODPHP Update: Update of the *2020-2025 Dietary Guidelines for Americans* & Healthy People 2025

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About CNPP

We work to improve the health of Americans by developing and promoting dietary guidance that links scientific research to the nutrition need of consumers.

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CNPP Initiatives

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About the Dietary Guidelines

- The *Dietary Guidelines for Americans* serves as the cornerstone of federal nutrition programs and policies, providing food-based recommendations to help prevent diet-related chronic diseases and promote overall health.
- The *Dietary Guidelines* is published jointly by USDA and HHS every five years and is written for health care professionals and policy makers – it is not written for the general consumer.
- MyPlate is the current Federal nutrition symbol that serves as a consumer communication tool.



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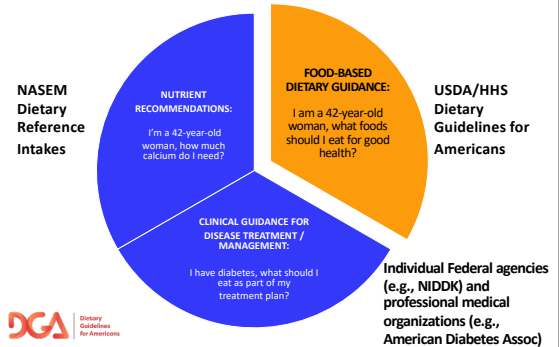
2020-2025 Dietary Guidelines for Americans

USDA and HHS are committed to ensuring that our process to develop the *2020-2025 Dietary Guidelines for Americans* is transparent, inclusive, and science-driven.



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Navigating the Nutrition Landscape



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Importance of the Dietary Guidelines

How Healthy Is the American Diet?



Americans do not follow the Dietary Guidelines.

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Importance of the Dietary Guidelines

Q: Isn't the Dietary Guidelines the reason Americans are unhealthy?

A: The vast majority of people in the U.S. are not eating according to the Dietary Guidelines.

Research indicates that higher HEI scores are associated with lower risk for cardiovascular disease, diabetes, and certain cancers – and better health for those with diet-related diseases.



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The Healthy Eating Index Score
shows that Americans do not align their eating choices with the Dietary Guidelines. (on a scale from 0-100)

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Importance of the Dietary Guidelines

Journal of the Academy of Nutrition and Dietetics

The premier source for the practice and science of food, nutrition, and dietetics



Scientific peer-reviewed paper describing estimated economic impact of the 2015-2020 Dietary Guidelines of Americans with respect to health care costs.

If HEI-2015 score of 71 (20% improvement) → Then Estimated **\$31.5 billion savings annually** from reductions in cardiovascular disease, cancer and type 2 diabetes

HEI-2015 score of 80 → Estimated **\$55.1 billion savings annually** from reductions in cardiovascular disease, cancer and type 2 diabetes

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About the Dietary Guidelines



Current edition:

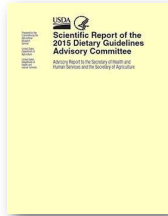
- 2015-2020 Dietary Guidelines for Americans
- Released in January 2016
- Remains the current edition until the 2020-2025 edition is released

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Process to Update the Dietary Guidelines

Step 1: Review of the science by a Federal advisory committee.

- USDA/HHS convene a Dietary Guidelines Advisory Committee.
- The Committee is a group of external scientific experts, jointly agreed upon by the Secretaries of USDA and HHS.
- The Committee conducts an independent review of the current scientific evidence and submits a report of its findings to the Secretaries.
- The scientific report is then posted for public and Federal agency review and comment.



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Process to Update the Dietary Guidelines



Step 2: USDA and HHS write the Dietary Guidelines for Americans.

- Each edition of the *Dietary Guidelines* that USDA and HHS develop builds upon the previous edition, with scientific justification for changes informed by the Committee's scientific report – along with input from Federal agencies and the public.

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Translating the Dietary Guidelines for Consumers



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Start Simple with MyPlate Campaign

- Campaign launched during **National Nutrition Month® 2019**
- The goal of the **Start Simple with MyPlate** campaign is to provide simple tips, ideas, and inspirations from the five MyPlate food that Americans can easily incorporate into their busy lives.

- Resources include:
 - **Start Simple with MyPlate Toolkit for Professionals**
 - **MyPlate Plan**
 - **MyPlate Plan: Action Guide and Menu Template**
 - **Start Simple with MyPlate Tip Sheet**



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Start Simple with MyPlate Campaign

- Starting simple can lead to realistic and positive lifestyle changes to help improve overall well-being and achieve a longer and healthier life.
- For more information, visit: [ChooseMyPlate.gov/StartSimple](https://www.choosemyplate.gov/startsimple)



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Start Simple with MyPlate APP



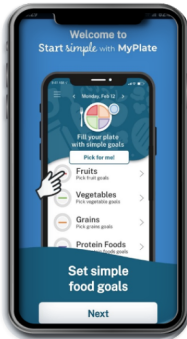
Visit [ChooseMyPlate.gov/StartSimpleApp](https://www.choosemyplate.gov/startsimpleapp) for more information

Download the Start Simple with MyPlate app!



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Overview



PICK YOUR GOALS

- Set goals within food groups
- Choose from a variety of food group goals or use the "Pick for me!" feature if you want ready-made goals and tips
- Sync up to your smartwatch (or do it all on your mobile device)



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Overview



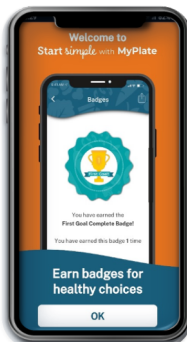
SEE REAL-TIME PROGRESS

- See daily progress in each food group as you meet your goals
- Get simple how-to tips to help you meet your goals
- Select options for notifications and reminders
- Visit the MyPlate 101 section for more information about healthy eating



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Overview



EARN BADGES THAT CELEBRATE YOUR SUCCESS

- Earn badges as food group goals are completed
- Collect a variety of badges such as first goal complete, daily-streaks, food group badges, and the ultimate MyPlate badge
- Post your badges on social media to share your success and encourage others



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Sync with Smartwatch

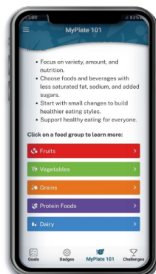


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MyPlate 101



MyPlate 101 Screen

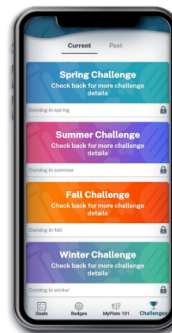


MyPlate 101 Screen



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New: In-App Challenges



TAKE IT TO THE NEXT LEVEL

- Join challenges to stay motivated and try new goals
- Visit the challenges section to view your progress or check for new challenges
- Be on the lookout for periodic pop-up challenges
- Earn unique badges that are only available from completing challenges



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National Nutrition Month®

Be on the lookout for:

- 1st pop-up challenge during National Nutrition Month®
- Quarterly challenges and occasional pop-up challenges throughout the year

New Resources:

- Scavenger Hunt
- Lesson Plans




EAT RIGHT
BITE BY BITE
National Nutrition Month®
March 2020




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Thank you!




Sign up for our GovDelivery on [ChooseMyPlate.gov](https://www.choosemyplate.gov) to stay up-to-date with our new resources



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Janet de Jesus, MS, RD Nutrition Advisor Office of Disease Prevention and Health Promotion



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Process to Update the Dietary Guidelines: Timeline

2020 Dietary Guidelines Advisory Committee Timeline*

Year	Event
2018	February 28-March 30: Call for comments on the topics and supporting scientific questions
2019	September 6-October 9: Call for nominations to the 2020 Dietary Guidelines Advisory Committee
2019	Open public comment period during the Advisory Committee's work†
2020	Summer 2020: Call for comments on Scientific Report†

Learn

Open public comment period

*Timeline illustrative

†Not include opportunity for oral comments

Participate!






















2020-2025 Dietary Guidelines for Americans

[dietaryguidelines.gov](https://www.dietaryguidelines.gov)

DietaryGuidelines.gov

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2020 Dietary Guidelines Advisory Committee


*Members elected January 2020

Announced Thursday, February 21, 2019

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Topics and Scientific Questions

- There are many questions of scientific and public interest in nutrition:
 - Food groups, specific foods, nutrients, food safety, food labeling, menu labeling, food settings, food policies, medical nutrition therapy, and more
- Dietary Guidelines have a specific goal and timeline:
 - To provide food-based dietary guidance to the general public at least every 5 years
- Our partners address other aspects (examples):
 - National Academies' – Nutrient recommendations (Dietary Reference Intakes (DRIs))
 - HHS Food and Drug Administration – Food safety and labeling



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Topics and Scientific Questions: Focus on Diet and Health Across the Lifespan

- The topics USDA and HHS asked the Committee to address build upon topics examined by previous Dietary Guidelines Advisory Committees
 - Dietary patterns, beverages, dietary fats, seafood, added sugars, alcohol, and frequency of eating
 - Current intakes of Americans and food pattern modeling
- The Committee was asked to consider a range of outcomes
 - Body weight, cardiovascular disease, type 2 diabetes, and cancer
 - Neurocognitive health, sarcopenia, bone health, and all-cause mortality
- Each Committee has unique topics they consider. For the 2020 process, these are:
 - Birth to 24 months population
 - Expanded focus on pregnancy and lactation

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Approaches to Examining the Evidence

NESR Systematic Reviews

New, original systematic reviews conducted by Nutrition Evidence Systematic Review (NESR) and the 2020 Dietary Guidelines Advisory Committee, and existing NESR systematic reviews relevant to the topics and questions.

Food Pattern Modeling

Analysis that uses national data to help us understand how changes to dietary recommendations might impact meeting nutrient needs across the U.S. population.

Data Analysis

A collection of analyses that uses national data sets to help us understand the current health and dietary intakes of Americans.



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The Committee's Fourth Meeting

- Draft conclusions for approximately 30 questions presented during the fourth meeting, including NESR systematic reviews and data analysis
- By January 2020, across the subcommittees, NESR had screened over 265,000 articles and extracted data and assessed risk of bias of over 500 articles
- Utilizing nearly 50 different types of data analyses from NHANES What We Eat in America

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There are multiple opportunities for public participation before, throughout, and after the Committee's review of the evidence.

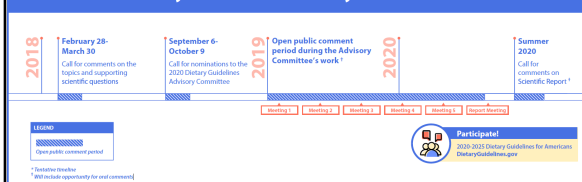
DietaryGuidelines.gov



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Public Comments Accepted Throughout the Committee's Deliberations and On Their Report

2020 Dietary Guidelines Advisory Committee Timeline*



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Advisory Committee Meetings

- March 28-29, 2019
- July 10-11, 2019- oral comments to the Committee
- October 24-25, 2019
- January 23-24, 2020- oral comments to the Committee
- **March 12-13, 2020**
- **NEW! May 11, 2020 – Report Meeting**



The public is encouraged to submit public comments to the Committee throughout the course of its operation into 2020.

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Follow the Committee's work at DietaryGuidelines.gov

- Register for meetings
- See materials from past meetings, including archived webcasts, meeting minutes, and slides
- Link to Regulations.gov to submit and view comments to the Committee
- View progress on the topics and scientific questions
- Get answers to your questions



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DietaryGuidelines.gov: Work Under Way

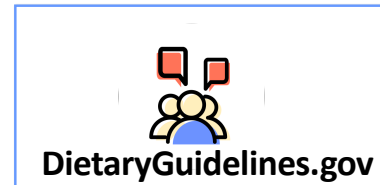
DietaryGuidelines.gov

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DietaryGuidelines.gov: Most Popular Questions



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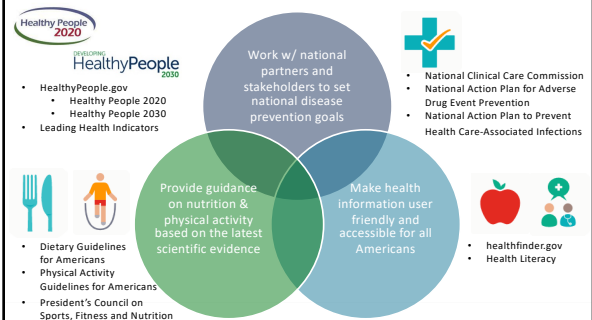


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How We Fulfill Our Mission

DEVELOPING HealthyPeople 2030




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What is Healthy People?

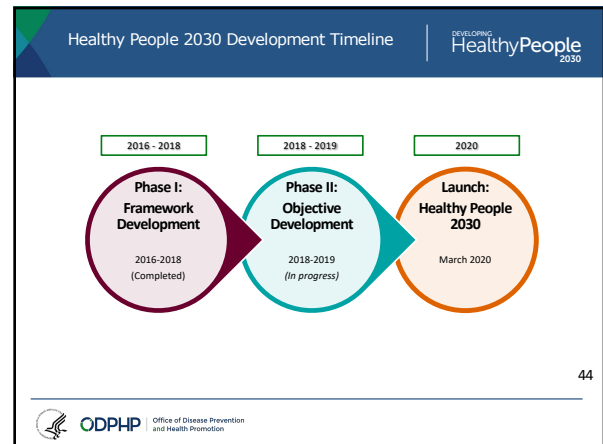
DEVELOPING HealthyPeople 2030

- Provides a strategic framework for a **national prevention agenda** that communicates a vision for improving health and achieving health equity
- Identifies science-based, **measurable objectives with targets** to be achieved by the end of the decade
- Requires tracking of **data-driven outcomes** to monitor progress and to motivate, guide, and focus action
- Offers model for **program planning** international, state, and local



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Healthy People 2030 Key Elements

DEVELOPING HealthyPeople 2030

- New Organizing Framework: Vision, Mission, Overarching Goals**
- Updated Data and Streamlined Objectives**
 - Reduced the number of measurable objectives by half (~400 objectives)
 - Focused set of national actionable priorities
- New objective categories: Core, Developmental, Research**
 - Identifying objectives that address public health issues shown to be high-impact priorities by current national data
- Improved objective organization and website structure**
- Partnerships and Communications**

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Healthy People 2030 Framework

DEVELOPING HealthyPeople 2030

- Vision**
 - A society in which all people can achieve their full potential for health and well-being across the lifespan.
- Mission**
 - To promote, strengthen and evaluate the nation's efforts to improve the health and well-being of all people.
- Overarching Goals**
 - Attain **healthy, thriving lives and well-being**, free of preventable disease, disability, injury and premature death.
 - Eliminate **health disparities**, achieve **health equity**, and attain **health literacy** to improve the health and well-being of all.
 - Create **social, physical, and economic environments** that promote attaining full potential for health and well-being for all.
 - Promote **healthy development, healthy behaviors and well-being** across all life stages.
 - Engage leadership, key constituents, and the public across multiple sectors to **take action and design policies** that improve the health and well-being of all.

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Stakeholder: Multiple Sectors

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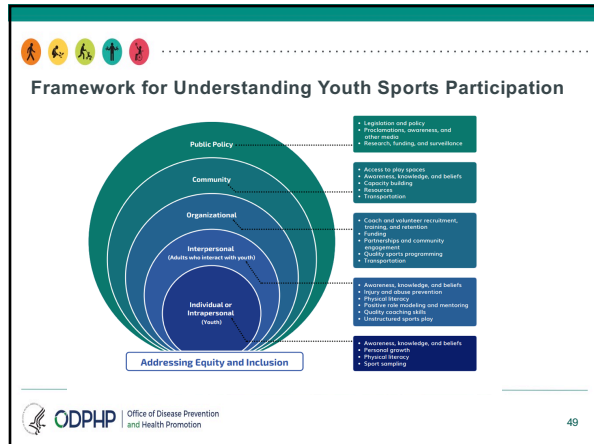
National Youth Sports Strategy Vision

One day, all youth will have the opportunity, motivation, and access to play sports – regardless of their race, ethnicity, sex, ability or ZIP code.



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Move Your Way Campaign

Adults need a mix of physical activity to stay healthy.

- Vision:** Consumer-focused campaign to promote physical activity recommendations in the second edition of the Physical Activity Guidelines
- Purpose:**
 - Raise awareness of recommendations
 - Change behavior among consumers
- Target audiences:** physical activity contemplators, or those who are not yet meeting the recommendations in the Physical Activity Guidelines and health professionals (as conduit to consumers)

Moderate-intensity aerobic activity*
Activities that get your heart beating faster than usual.

Muscle-strengthening activity
Exercises that make your muscles work harder than usual.

150 minutes or more (aerobic activity icon)

2 days or more (muscle-strengthening activity icon)

***If you prefer vigorous-intensity aerobic activity like running, aim for at least 75 minutes a week.**

If that's more than you can do right now, do what you can. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. What's your move?

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