Overview and Update on Current ODPHP Activities

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Food Policy Impact
February 11, 2019

Janet de Jesus, MS, RD
Office of the Assistant Secretary for Heath

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Intro to the Office of Disease Prevention and Health Promotion

Dietary Guidelines for Americans

Office of the Assistant Secretary for Health Organization Chart

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What are the *Dietary Guidelines for Americans?*

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- Food-based recommendations
- Help promote health and prevent chronic disease
- For implementation through Federal nutrition and health programs
- For use by other health professionals and the community
  - To promote healthy food and physical activity choices and settings

Updated every 5 years by USDA and HHS based on current scientific evidence on nutrition and health

DietaryGuidelines.gov

2020 Dietary Guidelines Advisory Committee

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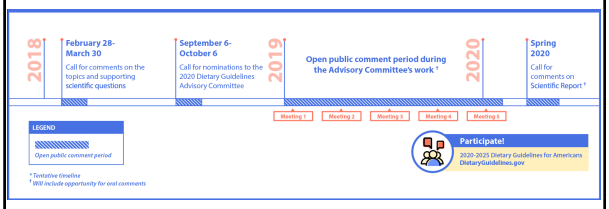
Tentative Timeline



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2020 Dietary Guidelines Advisory Committee

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Revised Topics and Supporting Scientific Questions

- USDA and HHS posted proposed topics and questions for public comment February 28-March 30, 2018 – received over 12,000 public comments.
- In revising the topics and questions, USDA and HHS considered each public and agency comment in relation to the four criteria:

1. Relevance to creating the *Dietary Guidelines for Americans*,
2. Importance to public health,
3. Potential Federal impact on food and nutrition programs, and
4. Avoiding duplication of Federal efforts.

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Topics for the DGAC

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- Dietary and beverage patterns
- Added sugars
- Dietary fats
- Seafood
- Frequency of eating
- Focus on birth-24 months and pregnancy and lactation

www.dietaryguidelines.gov

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Focus on Pregnancy, Infancy, and Toddlerhood

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- Growing demand to address the relationship between early child nutrition and health outcomes
  - 2012: USDA and HHS initiated a B-24 project
  - 2014: Farm Bill mandated Dietary Guidelines include children from birth to age 2 and women who are pregnant
    - Expanded the B-24 project into the P/B-24 project
- Systematic reviews expected to be published soon

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How can you get involved?

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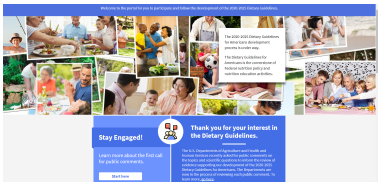
- Submit public comments during public comment periods.
- Visit DietaryGuidelines.gov to stay up-to-date and sign up for notifications.



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Physical Activity Guidelines for Americans

Eat Healthy, Be Active Community Workshops

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What are the *Physical Activity Guidelines for Americans*?

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- First comprehensive federal guidance on physical activity
- Based on an extensive review of the scientific literature on the amount and types of physical activity that lead to health benefits
- First released in 2008 with second edition released in 2018
- HHS product led by the Office of Disease Prevention and Health Promotion (ODPHP) in coordination with Centers for Disease Control and Prevention (CDC), National Institutes of Health (NIH), and President's Council on Sports, Fitness & Nutrition (PCSFN)

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Eat Healthy, Be Active Community Workshops

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- Six, 1-hour workshops
- Designed for use by nutrition and health educators to teach to adults in a wide variety of community settings
- Based on the *2015-2020 Dietary Guidelines for Americans and 2008 Physical Activity Guidelines for Americans*
- Can be delivered as a series or as stand-alone workshops

www.health.gov/dietaryguidelines/workshops

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Eat Healthy, Be Active Community Workshops - Topics

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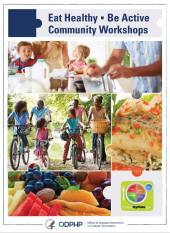
- Workshop 1: Enjoy Healthy Food Choices That Taste Great
- Workshop 2: Quick, Healthy Meals and Snacks
- Workshop 3:Eating Healthy on a Budget
- Workshop 4: Tips for Losing Weight and Keeping It Off
- Workshop 5: Making Healthy Eating Part of Your Lifestyle
- Workshop 6: Physical Activity is Key to Living Well



Note: Spanish versions are coming soon.

Healthy People and other ODPHP Updates

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What is Healthy People?

Healthy People 2020

- 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

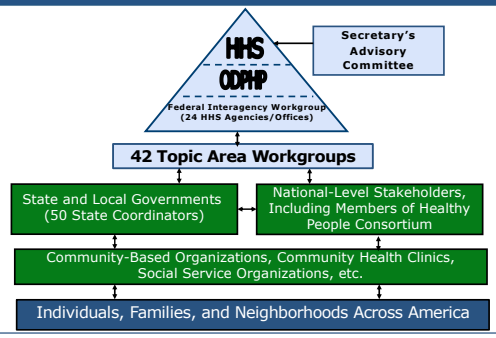
Healthy People 2020 Key Elements

Healthy People 2020

- **42 Topic Areas**
  - Nutrition and Weight Status
  - Maternal, Infant and Child Health
  - Physical Activity
- **>1200 Objectives**
- **Leading Health Indicators**
  - 12 Topics supported by 26 Indicators
  - Includes: Nutrition, Physical Activity, and Obesity
- **Healthypeople.gov**
  - Highlights narratives, resources, tools, data

Federally Led, Stakeholder-Driven

Healthy People 2020

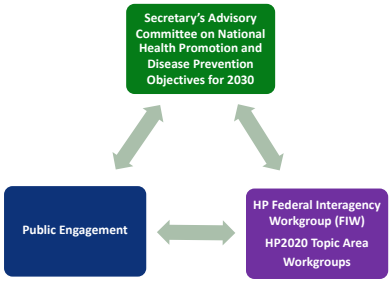


Developing Healthy People 2030

Developing Healthy People 2030

Three Pronged Approach to HP2030 Development

DEVELOPING HealthyPeople 2030



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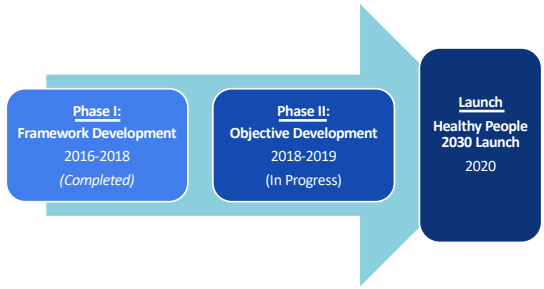
Healthy People 2030 Development Timeline Overview

DEVELOPING HealthyPeople 2030



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HP2030 Framework: Overarching Goals

DEVELOPING HealthyPeople 2030

- 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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Thank you!

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