

Session #212

2010 Dietary Guidelines & Healthy People 2020

by Siew Sun Wong, PhD

Assistant Professor & Extension Specialist

Utah State University

Department of Nutrition, Dietetics, and Food Sciences

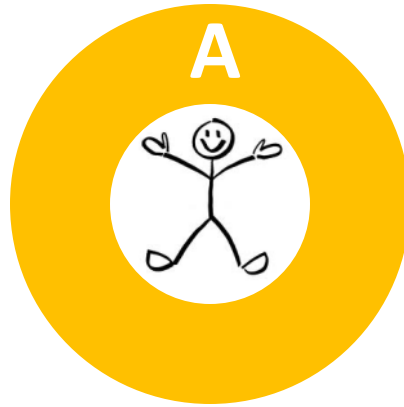
June 16, 2011

Objective

The workshop will provide highlights, teaching resources and applications about the 2010 Dietary Guidelines and Healthy People 2020.

Outline

- A. Healthy People 2020
- B. 2010 Dietary Guidelines + MyPlate
- C. Teaching Resources
- D. Question & Answer



Healthy People 2020

HealthyPeople.gov

Healthy People 2020 - Vision

A society in which all people live long, healthy lives.

Overarching Goals of Healthy People 2020	Foundation Measures Category	Measures of Progress
<p>Attain high quality, longer lives free of preventable disease, disability, injury, and premature death</p> <p>1</p>	General Health Status	<ul style="list-style-type: none"> Life expectancy Healthy life expectancy Physical and mental unhealthy days Self-assessed health status Limitation of activity Chronic disease prevalence International comparisons (where available)
<p>Achieve health equity, eliminate disparities, and improve the health of all groups</p> <p>2</p>	Disparities and Inequity	<p>Disparities/inequity to be assessed by:</p> <ul style="list-style-type: none"> Race/ethnicity Gender Socioeconomic status Disability status Lesbian, gay, bisexual, and transgender status Geography
<p>Create social and physical environments that promote good health for all</p> <p>3</p>	Social Determinants of Health	<p>Determinants can include:</p> <ul style="list-style-type: none"> Social and economic factors Natural and built environments Policies and programs
<p>Promote quality of life, healthy development, and healthy behaviors across all life stages</p> <p>4</p>	Health-Related Quality of Life and Well-Being	<ul style="list-style-type: none"> Well-being/satisfaction Physical, mental, and social health-related quality of life Participation in common activities

42 Topic Areas (13 new)

#29. Nutrition and Weight Status

#33. Physical Activity

#8. Diabetes

#9. Disability and Health

#11. Educational and Community-Based Program

Example 1: PA-8.2.3

Physical Activity

Increase the proportion of children and adolescents who do not exceed recommended limits for screen time.

- 8.2.3 Adolescents in grades 9 through 12
- Target: 73.9%
- Baseline: 67.2% of adolescents in grades 9 through 12 viewed television, videos, or played video games for no more than 2 hours a day in 2009 (YRBSS)
- Target setting method: 10% improvement
- Data source: Youth Risk Behavior Surveillance System (YRBSS)

Example 2: NWS-10.3

Weight Status

Reduce the proportion of children and adolescents who are considered obese.

- 10.3 Adolescents aged 12 to 19 years
- Target: 16.1%
- Baseline: 17.9% of adolescents aged 12 to 19 years were considered obese in 2005-2008.
- Target setting method: 10% improvement
- Data source: NHANES, CDC, NCHS

Nutrition & Weight Status

[Home](#)[About Healthy People](#)[2020 Topics & Objectives](#)[Implementing Healthy People](#)[Consortium & Partners](#)[Stay Connected](#)[Home](#) > [2020 Topics & Objectives](#) > Nutrition and Weight Status

Nutrition and Weight Status

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Goal

Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.

Overview

The Nutrition and Weight Status objectives for Healthy People 2020 reflect strong science supporting the health benefits of eating a healthful diet and maintaining a healthy body weight. The objectives also emphasize that efforts to change diet and weight should address individual behaviors, as well as the policies and environments that support these behaviors in settings such as schools, worksites, health care organizations, and communities.



The goal of promoting healthful diets and healthy weight encompasses increasing household food security and eliminating hunger.

Americans with a healthful diet:

- Consume a variety of nutrient-dense foods within and across the food groups, especially whole grains, fruits, vegetables, low-fat or fat-free milk or milk products, and lean meats and other protein sources.
- Limit the intake of saturated and *trans* fats, cholesterol, added sugars, sodium (salt), and alcohol.
- Limit caloric intake to meet caloric needs.¹

All Americans should avoid unhealthy weight gain, and those whose weight is too high may also need to lose weight.²

Why Are Nutrition and Weight Status Important?

Diet and body weight are related to health status. Good nutrition is important to the growth and development of children. A healthful diet also helps Americans reduce their risks for many health conditions,¹ including:

- Overweight and obesity
- Malnutrition
- Iron-deficiency anemia
- Heart disease
- High blood pressure



Overview

Objectives

Interventions & Resources

Weight Status

NWS-8 Increase the proportion of adults who are at a healthy weight

[View Details ▼](#)

NWS-9 Reduce the proportion of adults who are obese

[View Details ▼](#)

NWS-10 Reduce the proportion of children and adolescents who are considered obese

NWS-10.1 Children aged 2 to 5 years

[View Details ▼](#)

NWS-10.2 Children aged 6 to 11 years

[View Details ▼](#)

NWS-10.3 Adolescents aged 12 to 19 years

[Close Details ▼](#)

Baseline:	17.9 percent of adolescents aged 12 to 19 years were considered obese in 2005–08		
Target:	16.1 percent		
Target-Setting Method:	10 percent improvement		
Data Source:	National Health and Nutrition Examination Survey (NHANES), CDC, NCHS		
More Information:	 Data from the HHS Health Indicators Warehouse		The HP2010 objective with the same definition was 19-3b. View on DATA2010

[Close Details ▲](#)

Nutrition and Weight Status

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Find evidence-based information and recommendations related to nutrition and weight status.

[Clinical Recommendations](#)[Community Interventions](#)[Consumer Information](#)

Clinical Recommendations

The following clinical recommendations come from the [US Preventive Services Task Force \(USPSTF\)](#)



Behavioral Counseling in Primary Care to Promote a Healthy Diet

The U.S. Preventive Services Task Force (USPSTF) recommends intensive behavioral dietary counseling for adult patients with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease. Intensive counseling can be delivered by primary care clinicians or by referral to other specialists, such as nutritionists or dietitians. [Learn more](#)

Screening for Iron Deficiency Anemia—including Iron Supplementation for Children and Pregnant Women

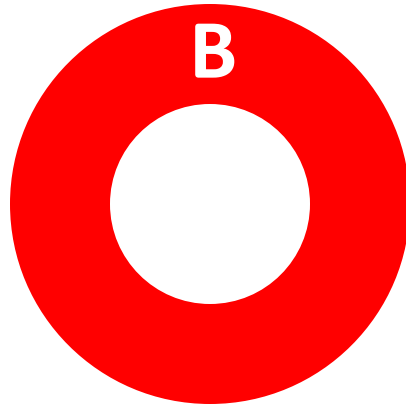
The U.S. Preventive Services Task Force (USPSTF) recommends routine iron supplementation for asymptomatic children aged 6 to 12 months who are at increased risk for iron deficiency anemia. [Learn more](#)

Screening for Obesity in Adults

The U.S. Preventive Services Task Force (USPSTF) recommends that clinicians screen all adult patients for obesity and offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults. [Learn more](#)

Screening for Obesity in Children and Adolescents

The U.S. Preventive Services Task Force (USPSTF) recommends that clinicians screen children aged 6 years and older for obesity and offer them or refer them to comprehensive, intensive behavioral interventions to promote improvement in weight status. [Learn more](#)



2010 Dietary Guidelines & MyPlate

Dietary Guidelines for Americans 1980 – 2010



1980



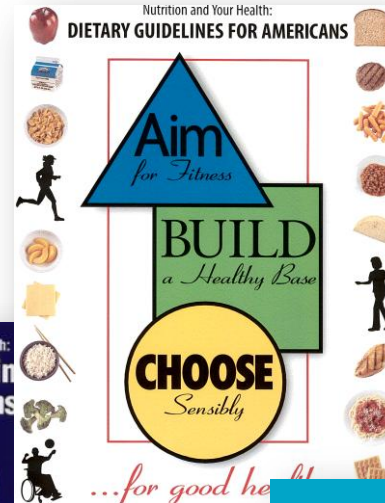
1985



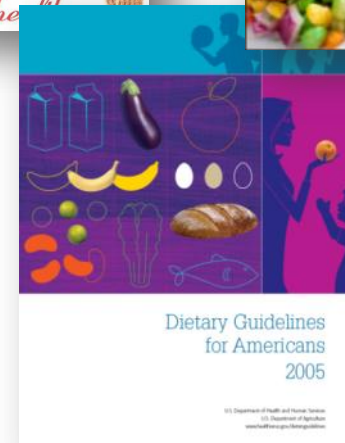
1990



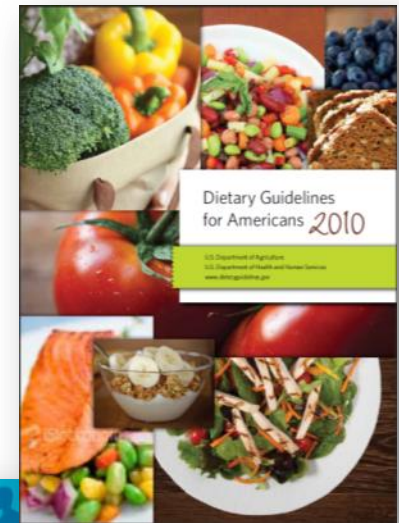
1995



2000



2005



2010

Dietary Guidelines
for Americans 2010

2010 DG Highlight



2 Overarching Concepts

Maintain

calorie balance

*over time to achieve and
sustain a healthy weight*

Focus on consuming

nutrient-dense

foods and beverages

2010 DG Highlight

29 Key Recommendations

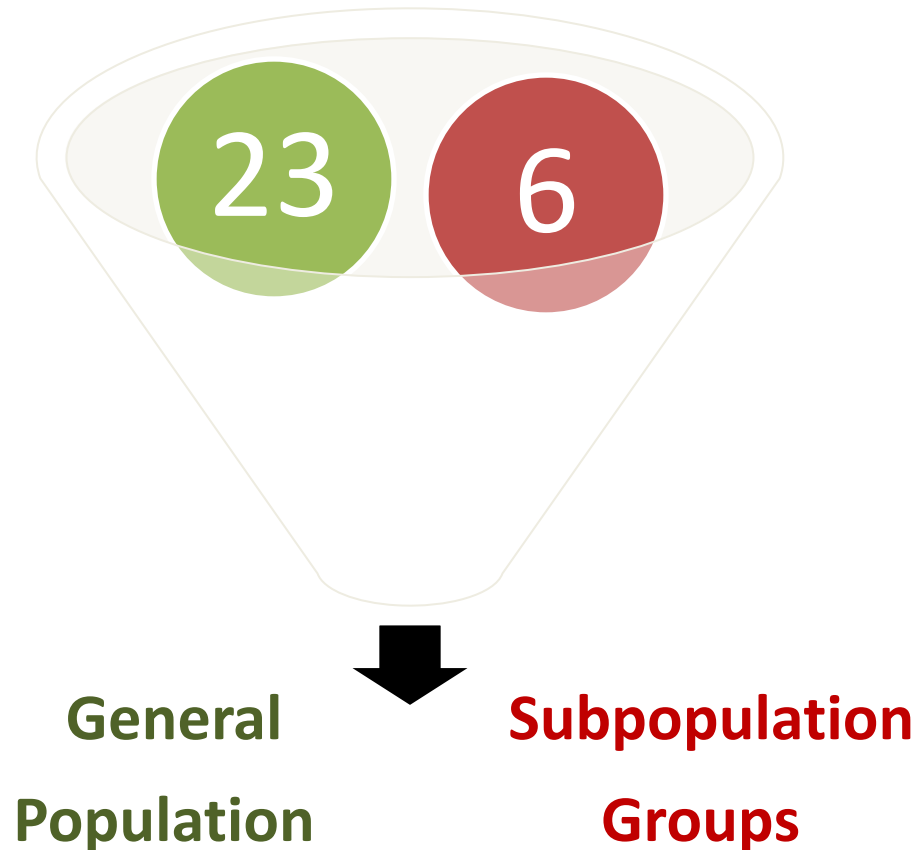
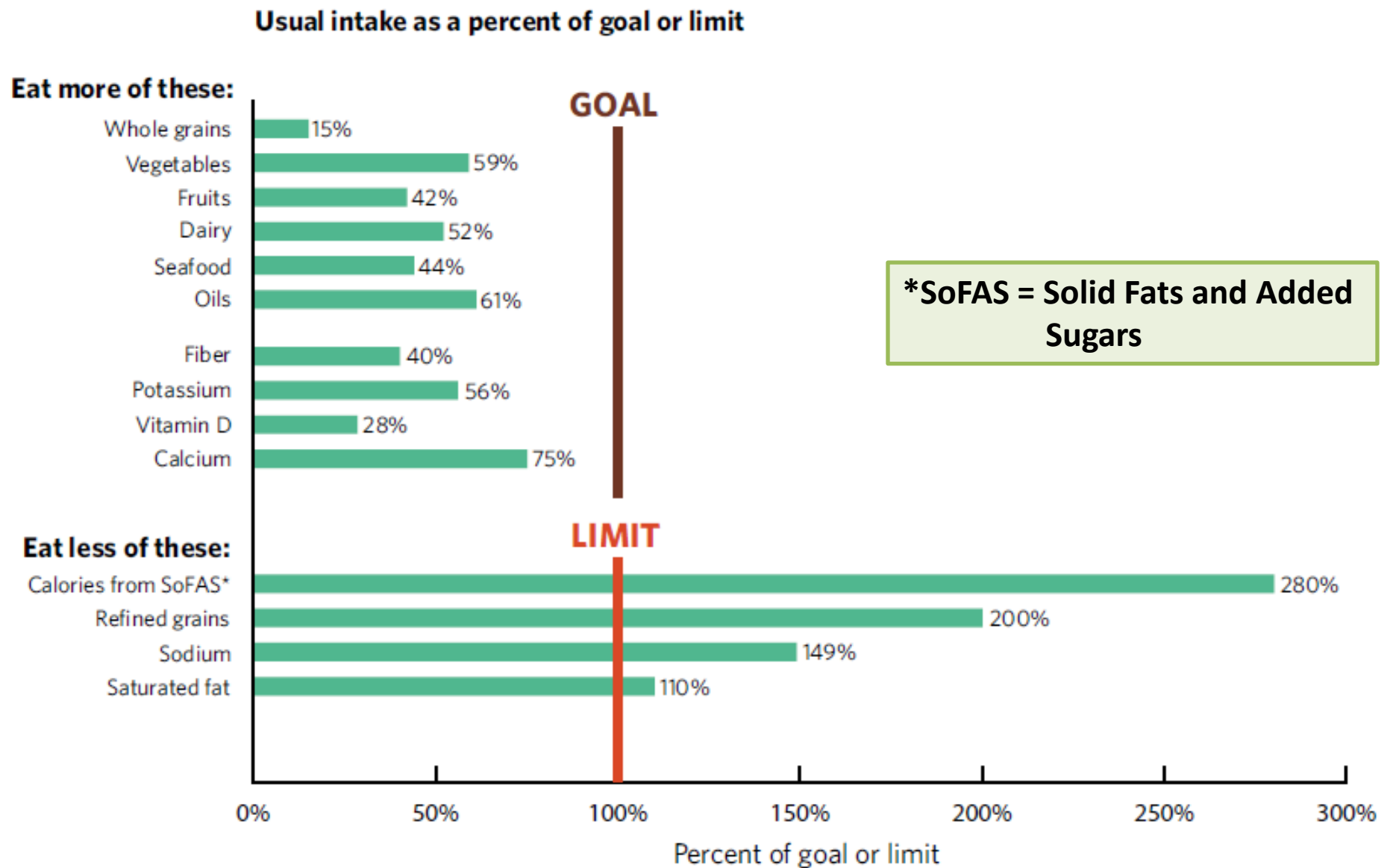


FIGURE 5-1. How Do Typical American Diets Compare to Recommended Intake Levels or Limits?



Food/Nutrient to Improve



- Sodium
- Saturated fat
- Added sugars



- Seafood

Need to consider the food environment as a contributor to obesity and food choices for better or for worse.

Recommended maximum level per day

Adults: 2,300 mg (1 teaspoon salt)

Ages 51+/AA/patients of hypertension, diabetes, or chronic kidney disease: 1,500 mg (slightly less than 2/3 teaspoon salt)

SALT



Sodium – Table Salt



1 cup
(292g)

113,173
mg



1 Tbs
(18g)

6,976
mg



1 tsp
(6g)

2,325
mg



1 dash
(0.4g)

155
mg

Sodium – Soy Sauce (reg. vs. low Na)



1 cup
(255g)

14,374 mg
vs.
8,499 mg



1 Tbs
(16g)

902 mg
vs.
533 mg



1 tsp
(5.3g)

299 mg
vs.
177 mg



1 indiv. pkt
(8.9g)

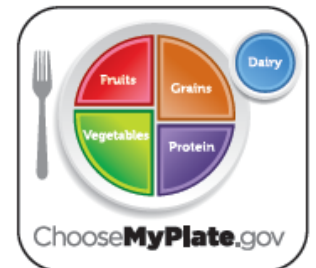
502 mg

Key Behavioral Messages

Balancing Calories



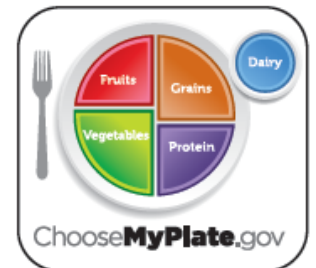
1. Enjoy your food, but eat less.
2. Avoid oversized portions.



Key Behavioral Messages

Foods to 

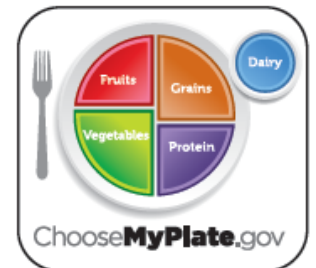
3. Make half your plate fruits and vegetables.
4. Make at least half your grains whole grains.
5. Switch to fat-free or low-fat (1%) milk.

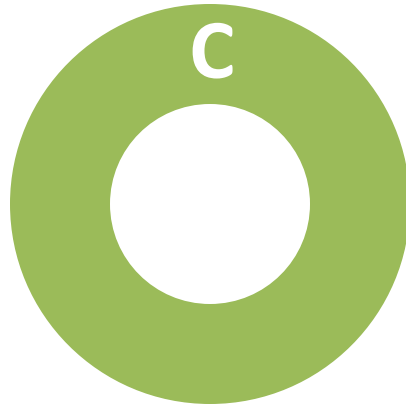


Key Behavioral Messages

Foods to 

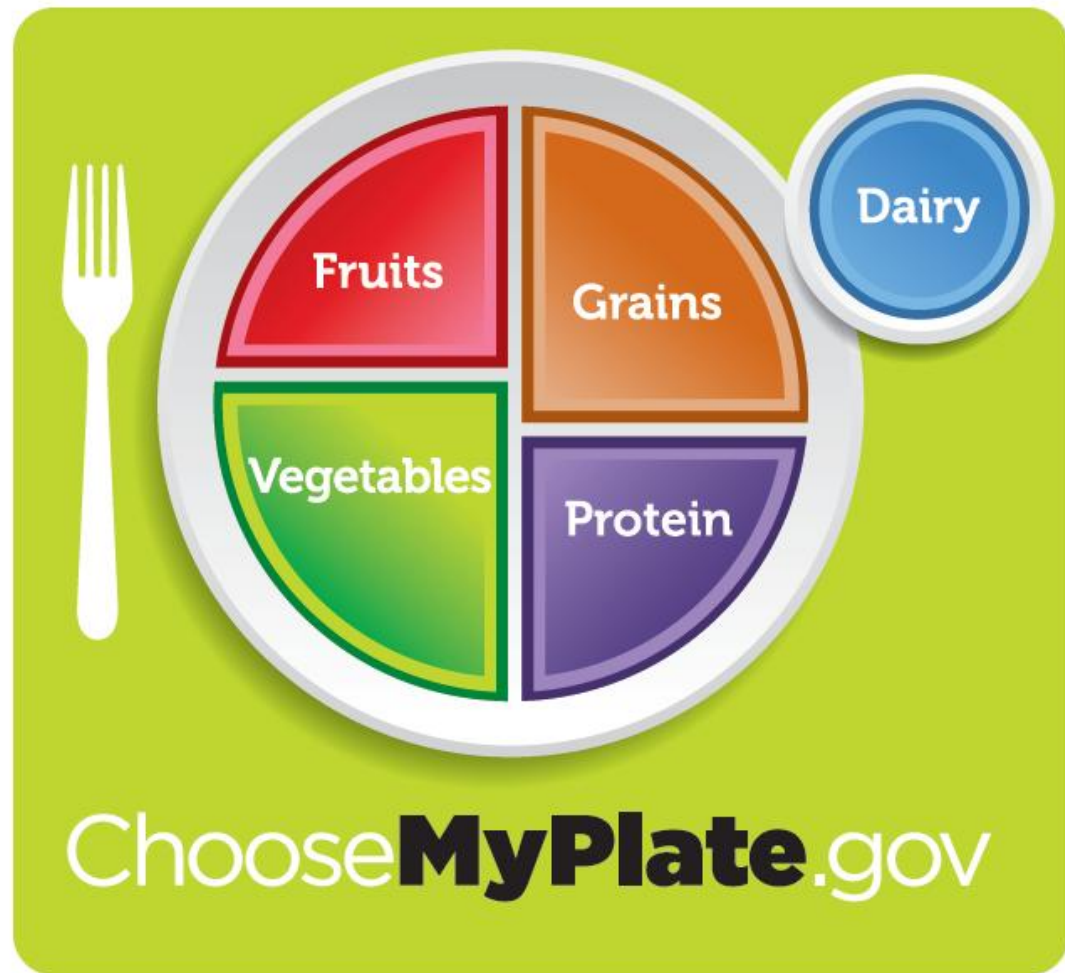
6. Compare sodium in foods like soup, bread, and frozen meals – and choose foods with lower numbers.
7. Drink water instead of sugary drinks.





Teaching Resources

MyPlate





Search website

[Go](#)

Subjects

- The Basics
 - [Food Groups](#)
 - [Tips & Resources](#)
 - [Print Materials](#)
 - [Interactive Tools](#)
- Specific Audiences
 - [General Population](#)
 - [Pregnant & Breastfeeding](#)
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News & Media


Current Graphics



MyPlate

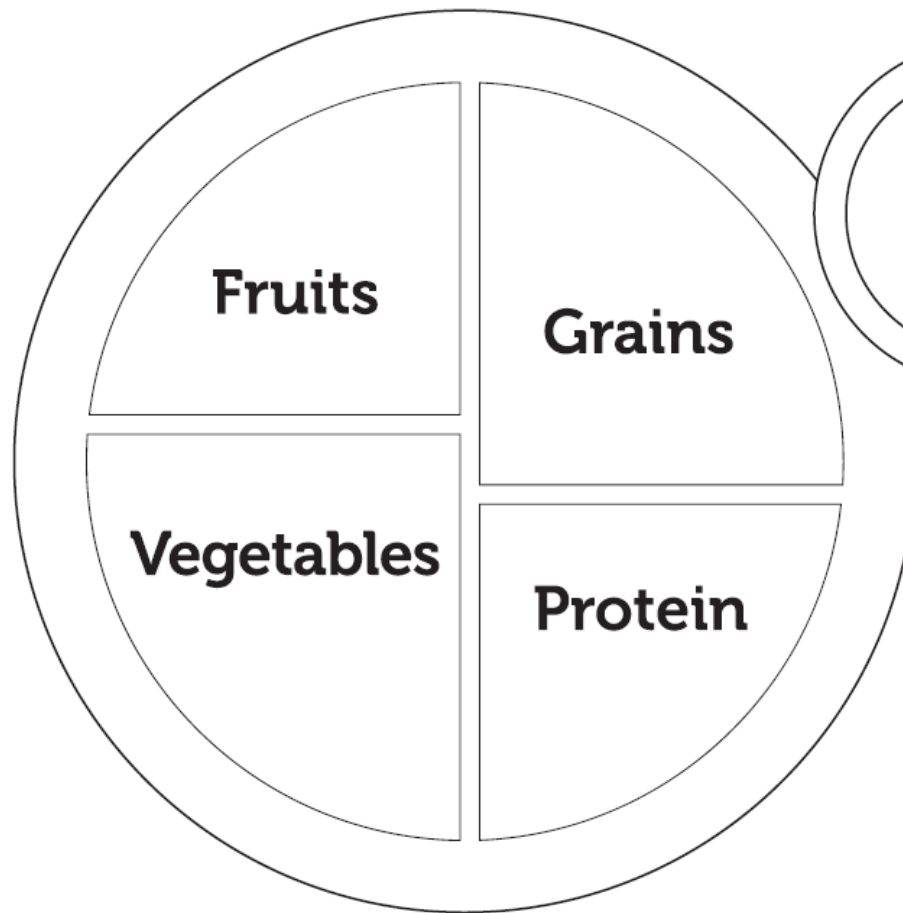
MyPlate Graphics Standards

	Green Placemat			Blue Placemat			Yellow Placemat			Magenta Placemat		
MyPlate (full plate)	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF
• Fruit Group	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF
• Vegetable Group	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF
• Grains Group	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF
• Protein Foods Group	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF
• Dairy Group	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF

	White Placemat									En Español
	Full Color			Gray Scale			Black & White			
MyPlate (full plate)	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF	
● Fruit Group	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF	
● Vegetable Group	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF	
● Grains Group	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF	
● Protein Foods Group	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF	
● Dairy Group	JPG	TIF	PDF	JPG	TIF	PDF	JPG	TIF	PDF	
										PDF JPG

High resolution EPS and Adobe Illustrator (AI) files are also available via email or on a CD. Please contact our [Visual Information Specialist](#) for more information.

Coloring Page



Choose**MyPlate**.gov

MyPlate.gov Menu Planning Tools

Get a personalized plan: Daily Food Plan

In transition

Plan a healthy menu: MyPyramid Menu Planner

Analyze my diet: MyPyramid Tracker



Eat a Variety of Fruits & Vegetables Every Day

Home

Fruit & Vegetable Benefits

Fruit & Vegetable
of the Month

What Counts as a Cup?

Tips

Recipes

Interactive Tools

Q&A

Publications

For Health Professionals

Partner Web Sites



How Many Fruits & Vegetables Do You Need?

Every body is different.
Enter your age, sex and
level of physical activity to
find the amount that's right
for you.

Age:

Sex:

Physical Activity:

Choose the level that you
do above and beyond the
light activity of everyday
life:

Show Me



Fruit and Vegetable of the Month



Mix up your daily choices with
this month's featured fruit or
vegetable. [View Calendar.](#)

Recipes



Find great meals and create
your own cookbook in [our](#)
[Recipes.](#)

Budget Tips



Budget Tips: Learn 30 Ways
in 30 Days to [Stretch your](#)
[Fruit and Vegetable Budget.](#)

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Centers for Disease
Control and Prevention



Department of Health
and Human Services



National Cancer
Institute



www.usa.gov

Fruits and Veggies Matter

Society for Nutrition Education

- SNE.org
- Best Practices for Nutrition Education for Children
(<http://www.sne.org/documents/FINAL-NEforChildrDivBestPract-2006.pdf>)

Seafood

[Home](#) > [Keep Food Safe](#) > [By Types of Food](#) > Seafood

Seafood

Fish and shellfish are an important part of a healthful diet. In fact, a well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's growth and development. But, as with any type of food, it's important to handle seafood safely in order to reduce the risk of foodborne illness.

Fresh and Frozen Seafood: Selecting and Serving it Safely



Keep Food Safe:

Food Recalls and Alerts

The Basics: Clean,
Separate, Cook and Chill

Preparing and Storing Food

Charts: Food Safety at a
Glance

By Types of Food

- Meat
- Turkey
- Chicken and Other Poultry
- Seafood**
- Eggs and Egg Products
- Milk, Cheese, and Dairy

Recalls & Alerts

Staphylococcus Aureus in Queso Fresco...

New York State
Agriculture
Commissioner Darrel
Aubertine...

Jun 15, 2011 - FDA

[More](#)

Indiana Firm Recalls Burgoo Soup Due...

Big B Distributors,
Inc., an Evansville,
Ind., establishment...

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L1-Powerful Bones. Powerful Knowledge

Home › Youth Nutrition Programs › Active Bones and Calcium › L1-Powerful Bones. Powerful Knowledge

Lesson



Powerful Bones. Powerful Knowledge

To download the files, Right Click on the extensions to the right of the form; select Download Linked File as... and choose a location to save.

Complete Lesson

[One PDF \(.pdf\)](#)[Individual Files \(.zip\)](#)

Instructor Materials

[Teaching Outline \(.pdf\)](#)[Evaluation Form \(.pdf\) \(.docx\)](#)[or Survey \(link\)](#)[Tracking Sheet \(.pdf\) \(.xcl\)](#)

Student Materials

[Pre-Test \(.pdf\)](#)[Pre-Test Answers \(.pdf\)](#)[Post-Test \(.pdf\)](#)[Post-Test Answers \(.pdf\)](#)[Parent Consent Form \(.pdf\)](#)[Student Feedback \(.pdf\)](#)

Games

#1 Wizard Mat

[Instructions \(.pdf\)](#)[Cards \(.pdf\)](#)

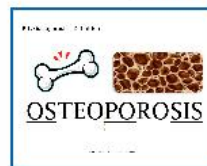
#2 Heavy Duty Words

[Instructions \(.pdf\)](#)[Video \(low\) \(HD\)](#)

#3 Oh My Word

[Instructions \(.pdf\)](#)[Cards \(.pdf\)](#)

Handouts/Posters



Available to order from online retailers:



Free Workshops

Classroom: W3280 (same)

10:15 AM - 12:00 PM

Weigh Healthy? I Can! (WHI-Can)

1:15 - 3:00 PM



Active Bones & Calcium

Class Activity Ideas

1. How to clean a fish?
2. Salmon – Difference between wild-caught/Pacific vs. farm-raised/Atlantic salmons.
3. iPhone/iPod free games download:
AppShopper
e.g., EatThisNotThat

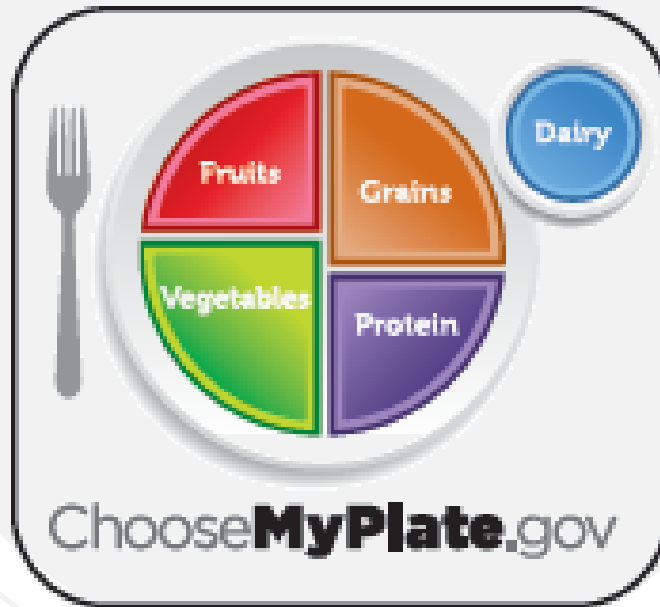
Activity Idea: The Look of Raw vs. Cooked

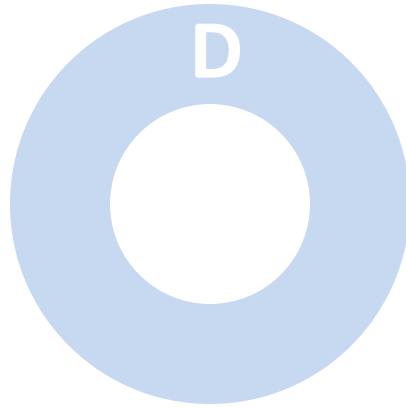
Example 1: How is the food prepared and served by different race/ethnic groups?

Raw	Cooked in the ____ way		
	American	Spanish	Oriental
Salmon			
Potato			

Summary

1. Healthy People 2020 sets objectives.
2. 2010 DG: calorie balance and nutrient-density
3. MyPlate:





Question & Answer

Thank You!