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
A society in which all people live long, healthy lives.
### Overarching Goals of Healthy People 2020

<table>
<thead>
<tr>
<th>Foundation Measures Category</th>
<th>Measures of Progress</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Health Status</td>
<td>- Life expectancy</td>
</tr>
<tr>
<td></td>
<td>- Healthy life expectancy</td>
</tr>
<tr>
<td></td>
<td>- Physical and mental unhealthy days</td>
</tr>
<tr>
<td></td>
<td>- Self-assessed health status</td>
</tr>
<tr>
<td></td>
<td>- Limitation of activity</td>
</tr>
<tr>
<td></td>
<td>- Chronic disease prevalence</td>
</tr>
<tr>
<td></td>
<td>- International comparisons <em>(where available)</em></td>
</tr>
</tbody>
</table>

Achieve health equity, eliminate disparities, and improve the health of all groups

<table>
<thead>
<tr>
<th>Social Determinants of Health</th>
<th>Determinants can include:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Social and economic factors</td>
</tr>
<tr>
<td></td>
<td>- Natural and built environments</td>
</tr>
<tr>
<td></td>
<td>- Policies and programs</td>
</tr>
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</table>

Create social and physical environments that promote good health for all

<table>
<thead>
<tr>
<th>Health-Related Quality of Life and Well-Being</th>
<th>Well-being/satisfaction</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Physical, mental, and social health-related quality of life</td>
</tr>
<tr>
<td></td>
<td>Participation in common activities</td>
</tr>
</tbody>
</table>
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)
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 and Weight Status

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.

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

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, including:

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

Weight Status

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

NWS-9  Reduce the proportion of adults who are obese

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

NWS-10.1 Children aged 2 to 5 years

NWS-10.2 Children aged 6 to 11 years

NWS-10.3 Adolescents aged 12 to 19 years

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
Nutrition and Weight Status

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
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

General Population

Subpopulation Groups

23

6
FIGURE 5-1. How Do Typical American Diets Compare to Recommended Intake Levels or Limits?

Usual intake as a percent of goal or limit

Eat more of these:
- Whole grains: 15%
- Vegetables: 59%
- Fruits: 42%
- Dairy: 52%
- Seafood: 44%
- Oils: 61%
- Fiber: 40%
- Potassium: 56%
- Vitamin D: 28%
- Calcium: 75%

Eat less of these:
- Calories from SoFAS*: 280%
- Refined grains: 200%
- Sodium: 149%
- Saturated fat: 110%

*SoFAS = Solid Fats and Added Sugars
Need to consider the food environment as a contributor to obesity and food choices for better or for worse.

- Sodium
- Saturated fat
- Added sugars
- Seafood
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)
<table>
<thead>
<tr>
<th>Quantity</th>
<th>Amount (g)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>292g</td>
<td>113,173</td>
</tr>
<tr>
<td>1 Tbs</td>
<td>18g</td>
<td>6,976</td>
</tr>
<tr>
<td>1 tsp</td>
<td>6g</td>
<td>2,325</td>
</tr>
<tr>
<td>1 dash</td>
<td>0.4g</td>
<td>155</td>
</tr>
</tbody>
</table>

## Sodium – Soy Sauce (reg. vs. low Na)

<table>
<thead>
<tr>
<th></th>
<th>1 cup (255g)</th>
<th>1 Tbs (16g)</th>
<th>1 tsp (5.3g)</th>
<th>1 indv. pkt (8.9g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>reg</td>
<td>14,374 mg</td>
<td>902 mg</td>
<td>299 mg</td>
<td>502 mg</td>
</tr>
<tr>
<td>low</td>
<td>8,499 mg</td>
<td>533 mg</td>
<td>177 mg</td>
<td></td>
</tr>
</tbody>
</table>

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 ____________________ milk. fat-free or low-fat (1%)
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

Fruits
Grains
Vegetables
Protein
Dairy

ChooseMyPlate.gov
Current Graphics

MyPlate Graphics Standards

MyPlate (full plate) | Green Placemat | Blue Placemat | Yellow Placemat | Magenta Placemat
--- | --- | --- | --- | ---
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

White Placemat

MyPlate (full plate) | Full Color | Gray Scale | Black & White
--- | --- | --- | ---
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

En Español

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.
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
Society for Nutrition Education

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

Fresh and Frozen Seafood: Selecting and Serving...
Lesson 1

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 (.pdf)

Instructor Materials
Teaching Outline (.pdf)
Evaluation Form (.pdf) (.docx)
or Survey (Mrs.(
Tracking Sheet (.pdf) (.xls)

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 (.mp4) (.HD)

#3 Oh My Word
Instructions (.pdf)
Cards (.pdf)

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?

<table>
<thead>
<tr>
<th>Raw</th>
<th>Cooked in the _____ way</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>American</td>
</tr>
<tr>
<td>Salmon</td>
<td></td>
</tr>
<tr>
<td>Potato</td>
<td></td>
</tr>
</tbody>
</table>
Summary

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

Thank You!