Sustainable Dietary Guidance: Learning from the Past, Understanding the Present, Planning for the Future
Sponsored by the Society for Nutrition Education and Behavior, Division of Sustainable Food Systems in partnership with the Academy of Nutrition and Dietetics, Hunger and Environmental Nutrition Dietetic Practice Group

Wednesday, May 31, 2017
1:00 pm – 2:00 pm EDT

Webinar Objectives

• Recognize the importance of sustainability and healthy eating patterns and the role of sustainability in national dietary guidance
• Describe how we can learn from the attempt to integrate sustainability in the 2015-2020 Dietary Guidelines for Americans
• Identify actions that food and nutrition professionals can take to incorporate sustainability into their practice and how to support sustainability in local, state and Federal nutrition policies

Presenters

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**What is Dietary Guidance for Sustainability?**

**DGAC Major Conclusions and Recommendations**

**DIETARY PATTERNS AND SUSTAINABILITY**

A dietary pattern higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in animal-based foods is more health promoting and is associated with lesser environmental impact than is the current average U.S. diet.

**DGAC Framework for Sustainable Diets**

- **Values**
  - Sustainable food systems
  - Environmental stability
  - Economic stability
  - Health stability
  - Cultural stability
  - Environmental quality
  - Economic quality
  - Health quality
  - Cultural quality
- **Supply Chain Participants**
  - Producers
  - Processors
  - Distributors
  - Retailers
  - Consumers
- **Policies**
  - Environmental policies
  - Economic policies
  - Health policies
  - Cultural policies
  - Sustainability policies
- **Sustainable Diets**
  - meeting nutrition and health needs
  - providing economic security
  - maintaining environmental sustainability
  - ensuring economic sustainability
  - ensuring health sustainability
  - ensuring cultural sustainability

Current Eating Patterns in the United States
Percent of the U.S. Population Ages 1 Year and Older Who are Below, At, or Above Each Dietary Goal or Limit (Figure 2-1)

Note: The center (0) line is the goal or limit. For most, those represented by the blue sections of the bars, shifting toward the center line will improve their eating pattern.


Adherence to the 2010 Dietary Guidelines
Measured by Average Total Healthy Eating Index-2010 (HEI-2010) Scores of the U.S. Population Ages 2 Years and Older (Figure I-1)

Data Source: Analyses of What We Eat in America, National Health and Nutrition Examination Survey (NHANES) data from 1999-2000 through 2009-2010. Note: HEI-2010 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet. Adapted from Figure I-1 (page 4), U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015.

SOPP Framework for Sustainable, Resilient and Healthy Food and Water Systems

SOPP is an acronym for Sustainable, Organic, Local, Peaceful. It is a framework for creating food and water systems that are sustainable, resilient, and healthy.
Applying the Spectrum of Prevention to Healthy Eating and Sustainability


Thank You

SNEB Division of Sustainable Food Systems
AND Hunger and Environmental Nutrition Dietetic Practice Group

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1. Strengthen Individual Knowledge and Skills

- Personal
  - Use SOPP to gauge knowledge and skills
  - Establish a CPEU plan
  - Complete CPEUs
  - Apply new knowledge and skills

- Individual/Household
  - Reinforce healthy eating patterns
  - Engage individuals to become change agents
  - Increase consumer demand for more sustainable foods

Enhance personal and individual or household's capability of healthy eating and sustainability
2. Promote Community Education

- Engage the nutrition community to promote consistent messages around healthy eating and sustainability
- Partner with community groups
  - Inform community leaders of benefits of healthy eating and sustainability

3. Educate Providers

- Inform community leaders of benefits of healthy eating and sustainability
- Identify opportunities for intermediaries to educate others
- Commit to research and peer-reviewed publications

4. Foster Coalitions and Networks

- Divisions and practice groups within professional organizations (already in place with AND and SNEB)
- Build partnerships
  - Communication, cooperation, coordination, collaboration
- Engage private and public sectors
- Establish and implement a plan of action

Reach groups of people with information and resources to promote healthy eating and sustainability

Inform providers or intermediaries who will transmit skills and knowledge of healthy eating and sustainability to others

Convene groups and individuals around healthy eating and sustainability to meet broader goals and greater impacts
5. Change Organizational Practices

- Assess current business practices and nutrition environments
- Serve on boards or committees
- Review and revise resolutions, curricula, procedures/protocol, processes, procedures

Adapt regulations and procedures by shaping norms that support healthy eating and sustainability

6. Influence Policy and Legislation

- Local
  - School board (F2S)
  - City council (FM)
  - County board of supervisors
  - Regional soil and water commissioners
- State Policy
  - State government offices
  - State legislature
  - Governor’s office
- Federal Policy
  - Federal agencies
  - Congress
  - White House
  - FACA

Develop strategies to change laws, regulations and policies that influence healthy eating and sustainability

References