


# 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



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## 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



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## Presenters

 <p><b>Pam Koch, EdD, RD</b> Executive Director, Laurie M. Tisch Center for Food, Education &amp; Policy, Teachers College, Columbia University</p>	 <p><b>Miriam Nelson, PhD</b> Director, Sustainability Institute, University of New Hampshire</p>	 <p><b>Angie Tagtow, MS, RD</b> Senior Fellow and Endowed Chair, Minnesota Institute for Sustainable Agriculture, University of Minnesota College of Food, Agricultural and Natural Resource Sciences</p>
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# What is Dietary Guidance for Sustainability?

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## 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.*

Dietary Guidelines Advisory Committee. Scientific Report of the 2015 Dietary Guidelines Advisory Committee. Washington, DC: US Department of Health and Human Services and the US Department of Agriculture, 2015.

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## DGAC Framework for Sustainable Diets

**Values**

- Establish a culture of healthy living
  - Embrace equitable solutions
- Encourage active citizenship to steward natural resources
  - Transparency in the work
- Support universal food security

**Supply-Chain Participants**

- Conserve natural resources
- Use capital and labor responsibly
- Innovate in research and technology
- Enhance biodiversity

**Consumers**

- Link sustainability and healthy diet
- Achieve healthy dietary patterns
- Increase demand for sustainable food
- Minimize waste

**Policies**

- Informed by best evidence
- Engage multiple sector stakeholders
- Implement at local, regional, national, and global levels
- Develop systems for monitoring and accountability
- Align policies to promote both health and sustainability

**Sustainable Diets**

Dietary Guidelines Advisory Committee. Scientific Report of the 2015 Dietary Guidelines Advisory Committee. Washington, DC: US Department of Health and Human Services and the US Department of Agriculture, 2015.

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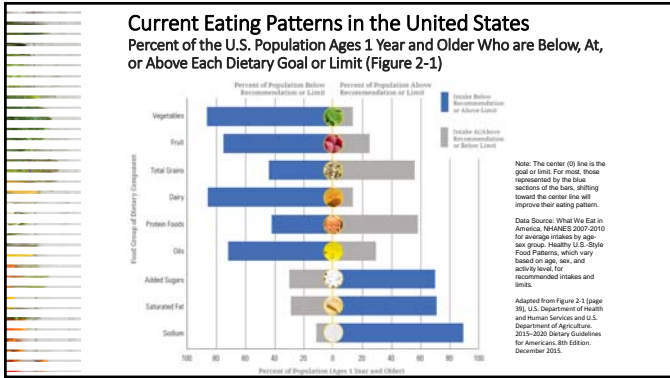
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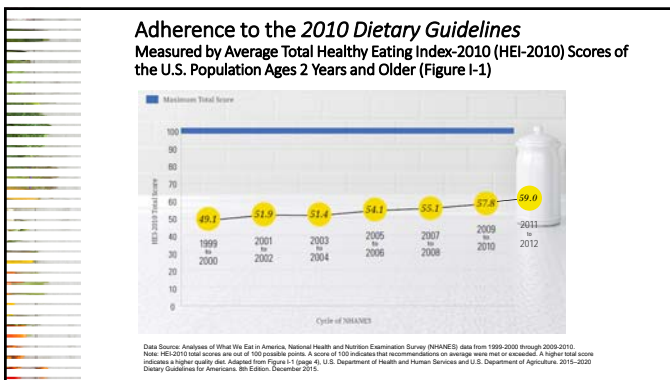
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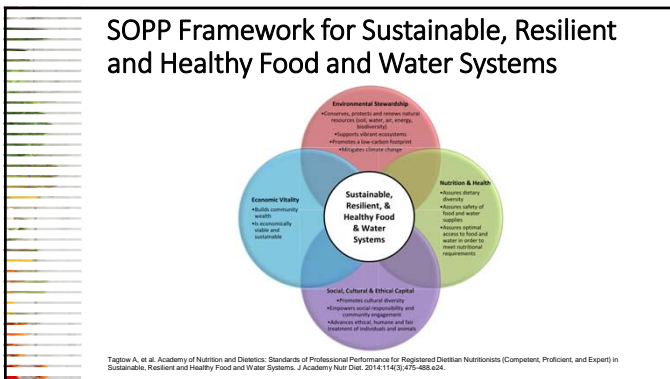
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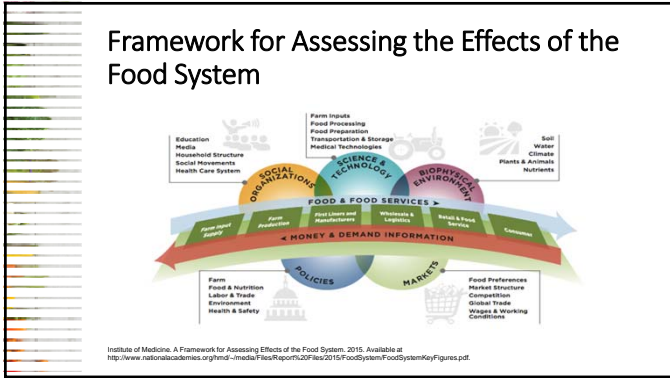
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### Conversation

Pam Koch, EdD, RD      Miriam Nelson, PhD      Angie Tagtow, MS, RD

*To ask questions of the presenters, submit your questions in the chat box*

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Nutrition Professionals Taking Action!

### Taking a Systems Approach to Healthy Eating and Sustainability

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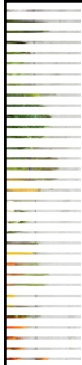

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## Applying the Spectrum of Prevention to Healthy Eating and Sustainability

The Spectrum of Prevention: Developing a Comprehensive Approach to Injury Prevention. The Prevention Institute. Available at <http://www.preventioninstitute.org/component/jlibrary/article/id-106/127.html>

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## 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*




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## 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

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



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## 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

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



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## 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

*Convene groups and individuals around healthy eating and sustainability to meet broader goals and greater impacts*



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### 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




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### 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




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### References

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## Social Ecological Model



**FIGURE 3-1. A Social Ecological Model for Food and Physical Activity Decisions.** (page 48, 2015-2016 Dietary Guidelines for Americans.)

**Data Source:** Adapted from (1) Center for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion, Addressing Obesity Disparities: Social Ecological Model Available at: <http://www.cdc.gov/odpdiv/nutlup/obesity/ecologicalmodel.html>. Accessed October 19, 2015. (2) Institute of Medicine. Preventing Childhood Obesity: Health in the Balance. Washington, DC: The National Academies Press; 2005, page 45. (3) Story M, Kaphingis M, Brubaker C, Blasey R, Gaziano T. Creating healthy food and eating environments: Policy and environmental approaches. *Am J Clin Nutr*. 2008; 29:232-272.

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