Putting the Dietary Guidelines into Action at HHS

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HHS Implementation of the Dietary Guidelines

• Consumer Dietary Guidance
• Food Assistance
• National Health Objectives
• Nutrition Monitoring
• Nutrition Research
• Food Labeling/Fortification

HealthierUS

• Mission:
  – To prevent disease, disability and death and help Americans lead longer, better and healthier lives

• Focus on Four Health Pillars:
  – Be physically active
  – Eat a nutritious diet
  – Get preventive screenings
  – Make healthy choices

• Created by Presidential Executive Order
  – Partnerships within the Federal Government

Dietary Reference Intakes (DRIs)

• Nutrient Reference Values
• Established by IOM
• Supported by HHS, USDA, DOD, and Health Canada
• Vitamin D and Calcium Review Underway

HHS Agencies

• Administration on Aging (AoA)
• Administration for Children & Families (ACF)
• Agency for Healthcare Research & Quality (AHRQ)
• Centers for Disease Control & Prevention (CDC)
• Centers for Medicare & Medicaid Services (CMS)
• Food & Drug Administration (FDA)
• Health Resources & Services Administration (HRSA)
• Indian Health Service (IHS)
• National Institutes of Health (NIH)
• Substance Abuse & Mental Health Services Administration (SAMHSA)

Administration on Aging

• Group Menu Planning, Food Preparation, and Service
• Meals on Wheels
• Congregate meals
Office of Disease Prevention and Health Promotion

The Road to a Healthier Life
- Bilingual brochure for Hispanic and Latino Americans
- Readability, understanding, and graphic elements were consumer tested
- Developed in Spanish and translated into English

Prevention Health Information
www.healthfinder.gov

Physical Activity Guidelines for Americans
- Collaboration with CDC and PCFPS
- http://www.health.gov/paguidelines

Thank you