Utilizing the 2020-2025 Dietary Guidelines for Americans to Tailor and Deliver Type 2 Diabetes Prevention Programs

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• Leads a multidisciplinary team working to eliminate the preventable burden of diabetes
• Works with many partners including:
  ▪ State and local health departments
  ▪ Tribes
  ▪ National organizations
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Today’s Objectives

• Describe the major components of the 2020-2025 Dietary Guidelines for Americans (DGAs) and recognize how they differ from the previous editions.

• Incorporate the materials, messages, and resources from the DGAs Call To Action to *Make Every Bite Count* when communicating dietary guidance in diabetes education and type 2 diabetes prevention in community or team-based clinical settings.

• Compare food classification among cultures and apply the basics of the L.E.A.R.N model in cross-cultural communication.
Have a Question for our Speakers?

Submit your question by clicking the Q&A icon located below. We’ll do our best to answer all questions during the Q&A portion at the end of this webinar.
Today’s Presenters

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Dietary Guidelines for Americans 2020-2025

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Poll Question
2020 - 2025

Make Every Bite Count With the Dietary Guidelines
Healthy Eating Can Promote Health and Reduce Risk of Chronic Disease

**Children and Adolescents**
- Lower adiposity
- Lower total and low-density lipoprotein (LDL) cholesterol

**Women Who Are Pregnant or Lactating**
- Favorable cognitive development in the child
- Favorable folate status in women during pregnancy and lactation

**Birth Through 23 Months**
- Lower risk of overweight and obesity
- Lower risk of type 1 diabetes
- Adequate iron status and lower risk of iron deficiency
- Lower risk of peanut allergy
- Lower risk of asthma

**Adults, Including Older Adults**
- Lower risk of all-cause mortality
- Lower risk of cardiovascular disease
- Lower risk of cardiovascular disease mortality
- Lower total and LDL cholesterol
- Lower blood pressure
- Lower risk of obesity
- Lower body mass index, waist circumference, and body fat
- Lower risk of type 2 diabetes
- Lower risk of cancers of the breast, colon, and rectum
- Favorable bone health, including lower risk of hip fracture
The Guidelines

1. Follow a healthy dietary pattern at every life stage.

2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.

3. Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.

4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.
The 85-15 Guide:
Percentage of Calories Needed To Meet Food Group Needs With Nutrient-Dense Choices and Percentage Left for Other Uses

Most of the calories a person needs to eat each day—around 85 percent—are needed to meet food group recommendations healthfully, in nutrient-dense forms. The remaining calories—around 15 percent—are calories available for other uses, including for added sugars or saturated fat beyond the small amounts found in nutrient-dense forms of foods and beverages within the pattern, to consume more than the recommended amount of a food group, or for alcoholic beverages. This equates to 250 to 350 remaining calories for calorie patterns appropriate for most Americans.
Dietary Intakes Compared to Recommendations

NOTE: Recommended daily intake of whole grains is to be at least half of total grain consumption, and the limit for refined grains is to be no more than half of total grain consumption.

Data Source: Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns
Top Sources and Average Intakes of Added Sugars

**Data Source:** Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.

**Added Sugars**
Average Intake: 266 kcal/day

- Sugar-Sweetened Beverages: 24%
- Desserts & Sweet Snacks: 19%
- Coffee & Tea: 11%
- Sandwiches: 7%
- Candy & Sugars: 9%
- Breakfast Cereals & Bars: 7%
- Higher Fat Milk & Yogurt: 4%
- Other Sources: 19%

**Within Sugar-Sweetened Beverages:**
- Soft Drinks: 16%
- Fruit Drinks: 5%
- Sport & Energy Drinks: 2%
- Other Sources: 1%

**Within Desserts & Sweet Snacks:**
- Cookies & Brownies: 3%
- Ice Cream & Frozen Dairy Desserter: 6%
- Cakes & Pies: 4%
- Other Sources: 1%
Top Sources and Average Intakes of Saturated Fat

Data Source: Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.
Top Sources and Average Intakes of Sodium

Data Source: Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.
Infants & Toddlers
Birth to 24 Months

- Birth until child’s second birthday - critical period for proper growth and development.
  - Nutrients critical for brain development and growth must be provided in adequate amounts.

- Key for establishing healthy dietary patterns, influence trajectory of eating behaviors and health throughout life.
  - Children in this age group consume small quantities of foods, important to make every bite count!

- Human milk feeding alone is the ideal form of nutrition from birth through about age 6 months.

- Developmental Readiness for Beginning To Eat Solid Foods
  - Signs that an infant is ready for complementary foods
  - Infants and young children should be given age- and developmentally appropriate foods to help prevent choking.
Special Considerations

• Supplementing Infants:
  » Iron
  » Vitamin D
  » Vitamin B12

• Avoid:
  » Added Sugars
  » High Sodium Foods
  » Honey, Other Unpasteurized Foods
  » 100% Fruit Juice
  » Cow’s Milk, Soy Beverages
  » Plant Milks
  » Toddler Milks
  » Caffeine
Women Who Are Pregnant or Lactating
Pregnancy & Lactation

- Dietary pattern consistent, just different calorie levels
- Nausea, vomiting, food aversions and food cravings
- Women do not need to restrict dietary choices to prevent allergies in their children
- Vegetarian and vegan women – may need to supplement with Iron, B12, choline, zinc, iodine, EPA/DHA
- Weight
  - Importance of achieving and maintaining healthy weight before pregnancy
  - Gain during pregnancy within guidelines
  - Returning to a healthy weight during postpartum period
  - Start pregnancy overweight or having obesity - weight gain recommendations reduced
- Food safety
Special Considerations

- Meeting Nutrient Needs
- Folate/Folic Acid
- Iron
- Iodine

- Choline
- Seafood
- Alcoholic Beverages
- Caffeine
Older Adults

- Older adults is 60+
- More susceptible to chronic diseases, osteoporosis, and sarcopenia
- Difficulty chewing and swallowing can impact intake
- Food safety – more important in this population – decline in immune system
Special Considerations

• Protein
• Vitamin B\textsubscript{12}
• Beverages
• Alcoholic Beverages
Customizing the Dietary Guidelines Framework

Fruits
- All fresh, frozen, canned, and dried fruits
- 100% fruit juices
- Apples, pears, oranges, bananas, berries (e.g., strawberries, blueberries, cranberries, blackberries), watermelon, cantaloupe, honeydew, apricots, peaches, plums, prunes, dates, grapes, kiwi, pineapple, figs, dates, apples, pears, apricots, prunes, raisins, cherries, strawberries, blueberries, blackberries, raspberries, and black cherries

Grains
- Whole grains: All whole-grain products and whole-grain varieties must be included in the diet. For example, whole-wheat bread, brown rice, quinoa, barley, oats, and wild rice.
- Whole-grain products: Includes whole-grain cereals, crackers, and snacks.
- Refined grains: All refined grains products and white bread are not recommended for the diet.

Dairy and Fortified Soy Alternatives
- All full-fat, low-sodium, and unsalted reduced-fat and low-fat dairy products, including milk, yogurt, cheese, and fortified soy beverages (soy milk), buttermilk, sweetened condensed milk, and whey products.

Protein Foods
- Meats: Pork, beef, lamb, poultry, and fish
- Poultry includes chicken, ostrich, turkey, and duck
- Fish includes salmon, tuna, and sardines
- Legumes include lentils, beans, and peas
- Nuts include almonds, walnuts, and peanuts

This resource is available for download at DG.gov on the “Downloadable Graphics” page as a PDF
https://www.dietaryguidelines.gov/resources/downloadable-graphics
How the Dietary Guidelines Promote Health, Prevent Disease, and Inform Diabetes Education & Prevention

Sacha Uelmen, RDN, CDCES

Director of Diabetes Education & Prevention Programs
Association of Diabetes Care & Education Specialists
Our Health is Suffering from **Diet-related** Chronic Disease

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**Americans Do Not Follow the Dietary Guidelines and Our Health Is Suffering**

- Healthy Eating Index-2015 Scores Out of 100, Over Time
  - 2006-2006: 56
  - 2007-2008: 57
  - 2009-2010: 59
  - 2011-2012: 60
  - 2013-2014: 59
  - 2015-2016: 59

- 74% of American adults are overweight or obese

- 6 in 10 adults are living with one or more diet-related chronic diseases
Lower Risk of Type 2 Diabetes

Aligns with goals in diabetes education and type 2 diabetes prevention programs.
Poll Question
Make Every Bite Count

How do we “make every bite count”?
Focus on nutrient-dense foods and beverages, limit those higher in added sugars, saturated fat, and sodium, and stay within calorie limits.

Currently:
- 75% of people have dietary patterns low in vegetables, fruits, and dairy.
- 63% exceed the limit for added sugars.
- 77% exceed the limit for saturated fat.
- 90% exceed the Chronic Disease Risk Reduction limits for sodium.

More than half of the U.S. population meets or exceeds total grain and protein foods recommendations, but are not meeting the subgroup recommendations for each food group.
Eat less sugar and fat
Eat more veggies and fruit
Eat a variety of foods
Pay attention to your portion size
Nutrient Density
What’s the Opposite of Nutrient Dense?
DGA and PreventT2 Updates

- Focus on food over macronutrients
- Nutrient density is emphasized
- Portions still a key element
- Practical tools and resources
- Emphasis on habit formation and personally meaningful goal setting
- Cultural considerations are more prominent
PreventT2 Updates and the DGAs

- Eating foods you like
- Practical for a wider audience
- Familiar foods, focus on variety
- Nutrient-dense food and drinks discussed
- Portions and calories still matter
- Reflect personal preferences, cultural traditions, and budgetary considerations
PreventT2 Updates

• Stories, scenarios and examples are more realistic
• More flexibility to tailor healthy eating approaches to meet participant’s own needs
• Emphasis on habit formation and setting personally meaningful goals
• Enhanced cultural relevance
• More coaching strategies such as games and storytelling
• Guidance for:
  – Virtual delivery and engaging participants in between sessions
  – Incorporating 2021 Diabetes Prevention Recognition Program Standards
Set simple goals for healthy eating

Pick your goals
- Set goals within food groups (Fruits, Vegetables, Grains, Protein Foods, Dairy)
- Choose from a variety of goals or tap “Pick for me!” to have goals selected
- Take the MyPlate Quiz and use the results code to set your personal goal
- Sync up to your smartwatch (or do it all on your mobile device)

See real-time progress
- See daily progress in each food group as you meet your goals
- View simple tips to help meet your goals
- Select options for notifications and reminders
- Visit the MyPlate 101 section for more information about healthy eating

Earn badges that celebrate your success
- Earn badges as food group goals are completed
- Collect a variety of badges such as first goal complete, daily streaks, food group badges, and the ultimate MyPlate badge
- Post your badges on social media to share your success and encourage others
- Participate in challenges to stay motivated and earn new badges

Start Simple with MyPlate App
Build healthy eating habits one goal at a time! Download the Start Simple with MyPlate app today.

Learn more

Resources
Additional Resources

- **Healthfinder.gov**
  Get tips on how to eat healthy on a budget, plan ahead to save time, and eat healthy away from home.

- **Nutrition Education**
  Explore materials about menu labeling and the Nutrition Facts label.

- **Start Simple with MyPlate App**
  Meet healthy eating goals one at a time! Use this easy-to-use app to get started.

- **FoodSafety.gov**
  Learn more about how to keep food safe to eat.
Poll Question
Every Encounter is a Cross-Cultural Encounter

Lorena Drago, MS, RDN, CDN, CDCES
Principal
Hispanic Foodways, LLC
Food Intake Assessment

Classification of foods in the USA

- Protein
- Carbs
- Fat

ChooseMyPlate.gov
Food Classification Systems in Other Cultural Groups

Chilaquiles Mexican breakfast

Main dishes
Side dishes
Snacks
Desserts
Beverages

Oatmeal beverage Colombia
What is the strangest food that you have ever tried?

Share your answer in the chat box!
Dietary Guideline Recommendations from Around the World

China

Plate method is not the only method to teach to balance, variety, and health.

Guatemala
Dietary Guideline Recommendations from Around the World
Review Cultural Interpretation of Serving Size

- Ask individuals to show you what is small, medium, large, or extra-large serving size
- Use spoons, cups, plates, and bowls
L.E.A.R.N. Framework

- Listen
- Explain
- Acknowledge
- Recommend
- Negotiate

Culturally Competent Clinical Practice
Cultural Food Habits Questionnaire

Therapeutic Uses of Food
- Which foods do you eat to be healthy?
- Which foods do you avoid when you are sick?
- Which foods do you use to treat diabetes, hypertension, etc.?
- We all have favorite remedies that we use when we are sick; which home remedies do you use?

New Foods – Acculturation
- What new foods have you recently eaten?
- Which ones did you dislike/like?
Cultural Food Habits Questionnaire

Traditional Foods
- Which foods do you commonly eat?
- What are your favorite foods?
- How often do you eat them?
- What foods do you eat on holidays or special occasions?
Cultural Food Habits Questionnaire

**Foods and Health**

- Which foods do you eat to be healthy?
- Which foods do you avoid now that you have diabetes?
- Which foods do you eat more of now that you have diabetes?
- Have you seen other practitioners for the treatment of diabetes and its related conditions? If yes, what treatments or remedies are you taking?
- We all have favorite remedies that we use when we are sick -- which home remedies do you use?
Cultural Food Habits Questionnaire

New Foods
• What new foods have you recently eaten?
• What prompted you to eat them?
• Do you regularly eat the new foods?
• Which new foods did you dislike?
• What about them did you not like?

Food Acquisition
• What foods do you typically purchase?
• Where do you purchase food?

Amount and Quality of Food
• Do you have enough food to eat each day?
• Are you able to get the types of food you need?
Cultural Food Habits Questionnaire

Food Preparation
- How do you prepare the meal? How is it cooked?
- What recipes are used?
- What is it usually accompanied with?
- Do you have enough time and equipment to prepare the foods you like?

Family Interaction with Food
- With whom do you eat meals? Every day?
Traditional Foods and Dishes

Top 20 foods
Supermarket
Brands of choice
Recipes
Holiday foods
Rites of passage foods

What’s in your shopping cart?
Counseling Tips

Do not pathologize cultural foods

Focus on wins

Dietary patterns that fit with the patient’s lifestyle and access

Look for nutrients in commonly eaten foods

Okay if white rice is chosen if including other whole grains in diet

Offer choices/ask what modifications will be acceptable
Poll Question
Send questions after the webinar to:
DDT_DiabetesWebinar@cdc.gov
National DPP Customer Service Center

https://nationaldppcsc.cdc.gov/s/
Find handouts and fact sheets at:
Link for this webinar continuing education (CE) on TCEO: https://tceols.cdc.gov/Course/Detail2/8265

In order to receive CE for WC4371-092121 - Innovations in Diabetes Behavior Change - September 21, 2021 (Webcast), please visit TCEO and follow these 9 Simple Steps before October 25, 2021.

The Course Access Code is Diabetes.

Thank You

Send questions after the webinar to:

DDT_DiabetesWebinar@cdc.gov