

THE ISSUES OF THE DIET AMONG THE HEALTHY PEOPLE

The Nutrition and Weight Status objectives for Healthy People reflect strong science. Diet reflects the variety of foods and beverages consumed over time and in settings such as Obesity is a problem throughout the population.

Department of Veterans Affairs medical centers, General Services Administration cafeterias, and the school lunch and elderly feeding programs. Such campaigns should be directed to the general public as well as to selected subgroups of the population, including schoolchildren, disadvantaged and minority populations, the media itself, health-care professionals, and opinion leaders e. Enable government feeding facilities to serve as models to private food services and help people to meet dietary recommendations. More Weight Because weight is influenced by energy calories consumed and expended, interventions to improve weight can support changes in diet or physical activity. Institutions of higher learning should offer a nutrition course for interested students. Health-care professionals should also be active in creating or encouraging initiatives to improve dietary patterns in their communities. Altering nutrition education-by changing the message mix e. These facilities include U. A long-term commitment to implementation by promoting incremental changes is more likely to be successful than are drastic, one-shot efforts. Consumers often seem unable to translate the recommendations into food choices or to assess the suitability and composition of their own diets in comparison with the recommendations. Major barriers to the implementation of dietary recommendations by many health-care professionals include inadequate time and compensation to provide the kinds of nutrition guidance that individuals may desire or need, the perception that many people lack interest in eating better and that they do not follow recommended diets, inadequate knowledge and skills needed to teach people how to improve their diets, and inadequate preparation for their new and expanding roles as promoters of good nutrition. Increase understanding of the existing and potential determinants of dietary change and how this knowledge can be used to promote more healthful eating behaviors. J Nutr Educ Behav. Public Sector This sector includes governments at all levels-the executive, legislative, and judicial branches at the federal, state, and local levels. These include the potential for an enhanced image and increased product sales, and new and repeat business by increasing customer satisfaction and loyalty. It may be especially difficult for people in some parts of the country e. Encourage the public and private sectors to intensify research on the relationships between food, nutrition, and health and on the means to use this knowledge to promote the consumption of healthful diets. The committee believes that greater interest and action by governments in promoting healthy life-styles will contribute greatly to improving dietary patterns in the United Statesâ€”particularly if top government leaders become involved e. How can the barriers to dietary change be overcome and the public become motivated to adopt healthier diets? Additional actions to achieve this strategy include i mandating the inclusion of a food skills, nutrition, and health course in teacher preparation programs in each state; ii reviving the successful Nutrition Education and Training NET Program, administered by the U. Early dietary guidance was directed mainly at the avoidance of deficiency diseases, with little attention given to reducing the risk of chronic conditions other than obesity. Relevant professional organizations should work to engage community leaders in the development of community-based programs that promote dietary recommendations. As related in Chapter 3 , there is evidence that some people have already adopted eating patterns that are consistent with dietary recommendations. This committee's strategies and actions proposed for implementation also apply to most of the dietary guidelines issued by expert groups that focus on specific diseases e. The federal government, for example, is reviewing or revising its policies on food labeling, standards of identity and grading of food, and distribution of surplus food commodities as a result of knowledge and concerns about diet and health. Society also has an obligation to ensure that food choices over which individual consumers rarely have control e.