House of Delegates Fact Sheet Spring 2019

Food Systems and Sustainability: Shaping Dietary Guidance

- The House of Delegates (HOD) selected the topic of Consumer Awareness and Changing Drivers of Food Choices for the Spring 2019 HOD Meeting.
- The topic will be examined through three relevant lenses: food systems and sustainability, evidence-based practice, and communications.
  - Food systems and sustainability is a very broad topic. This dialogue will focus on the relevance of sustainability to consumer food choices, explored through the areas of education and training, practice, and research.

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<th>Education and Training</th>
<th>Practice</th>
<th>Research</th>
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<td>As consumers navigate dietary choices on the basis of not only nutrition and health but also sustainability, RDNs, NDTRs, and students/interns need to be equipped with knowledge about relationships between diet, health, and sustainability.</td>
<td>When providing dietary guidance RDNs and NDTRs want to be prepared to help consumers navigate the changing landscape of food choices.</td>
<td>Research on the relationships between dietary patterns, environmental impacts, and global food security is relatively nascent; as the literature grows, conflicting methods and results have caused confusion among both health professionals and consumers. Many research efforts in this area have lacked a strong nutritional perspective, and have not included nutrition and dietetics practitioners.</td>
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<td>The Accreditation Council for Education in Nutrition and Dietetics (ACEND) accreditation standards for dietetic internship programs (DI) and nutrition and dietetics coordinated programs (CP) include a competency relevant to the topic.</td>
<td>The Academy established Standards of Professional Performance (SOPP) for RDNs in Sustainable, Resilient, and Healthy Food and Water Systems.</td>
<td>The Council on Future Practice (CFP) identified the change driver Consumer Awareness and Changing Drivers of Food Choices, which includes trends and actions to be pursued by the profession and the nutrition and dietetics practitioner related to food systems and sustainability, as well as consumer needs, and transdisciplinary solutions.</td>
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Leveraging Opportunities
- Nutrition and dietetics practitioners must be ready to leverage evidence-based practice and communications skills to maximize opportunities to shape dietary guidance and help consumers navigate the changing drivers of food choices.

Additional Information
- Review the full HOD Backgrounder, including references on the HOD pages on the Academy website.
- Take the HOD Member Pulse Survey: Shaping and Delivering Dietary Guidance related to Food Systems and Sustainability before March 24, 2019. Your responses will be shared with your delegate(s).
- Find your delegate at: www.eatrightpro.org/leadershipdirectory.

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