

1. Record Nr.	UNINA9910965523603321
Titolo	Improving America's diet and health : from recommendations to action // a report of the Committee on Dietary Guidelines Implementation, Food and Nutrition Board, Institute of Medicine ; Paul R. Thomas, editor
Pubbl/distr/stampa	Washington, D.C., : National Academy Press, 1991
ISBN	9786610212866 9781280212864 1280212861 9780309574426 0309574420 9780585021058 0585021058
Edizione	[1st ed.]
Descrizione fisica	xvi, 239 p
Altri autori (Persone)	ThomasPaul R. <1953->
Disciplina	363.8/0973
Soggetti	Diet - Standards - United States Nutrition policy - United States Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Improving America's Diet and Health -- Copyright -- Preface -- FORMATION OF COMMITTEE AND COMMITTEE PROCEDURES -- SCOPE AND LIMITATIONS OF REPORT -- ACKNOWLEDGMENTS -- REFERENCE -- Contents -- 1 Summary -- PLACING DIETARY RECOMMENDATIONS IN PERSPECTIVE -- ISSUES IN IMPLEMENTING DIETARY RECOMMENDATIONS -- THE TASKS AND THE PARTICIPANTS IN IMPLEMENTATION -- Public Sector -- Private Sector -- Health-Care Professionals -- Education of the Public -- PRINCIPAL IMPLEMENTATION STRATEGIES -- DIRECTIONS FOR RESEARCH -- LESSONS LEARNED AND PROCESS FOR FUTURE -- REFERENCES -- 2 Introduction -- PLACING DIETARY RECOMMENDATIONS IN PERSPECTIVE -- FROM GUIDANCE TO IMPLEMENTATION -- IMPLEMENTATION AND THE POOR -- BARRIERS AND INCENTIVES TO DIETARY CHANGE -- THE TASK OF IMPLEMENTATION: GOALS, TACTICS, AND POLICIES -- THE

TASK AND THE IMPLEMENTORS -- BENEFITS AND COSTS OF DIETARY CHANGE -- NOTES -- REFERENCES -- 3 Determinants of Food Choice and Prospects for Modifying Food Attitudes and Behavior -- DETERMINANTS OF FOOD CHOICE -- CHANGES IN FOOD SELECTION -- Changes from 1909 to 1987 -- Economic and Demographic Influences on Change -- CHANGES IN CONSUMER ATTITUDES AND KNOWLEDGE -- THEORIES OF ATTITUDE AND BEHAVIOR CHANGE -- Communication/Persuasion Model -- Attitude Change Theories -- Links Between Attitudes and Behaviors -- Social Learning Model -- Implications of Theoretical Perspectives for Changing Diet for Health -- COMMUNICATION THROUGH THE MEDIA -- REVIEW OF EVIDENCE ON CHANGING DIET TO BENEFIT HEALTH -- Small-Group Classroom Studies -- Programs That Activate Social Support Systems -- School-Based Programs for Adolescents -- Health Communication at Points of Purchase -- Studies Conducted at Work Sites -- Regional and National Mass Media Campaigns -- Comprehensive, Integrated Community-Based Multifactor Risk-Reduction Programs -- Effective Educational Methods.

Components and Amount of Nutrition Education Needed in Community-Based Programs -- SUMMARY -- REFERENCES -- 4 Interpretation and Application of the Recommendations in the Diet and Health Report -- INTERPRETATION OF THE DIET AND HEALTH RECOMMENDATIONS -- MEETING THE RECOMMENDATIONS -- Food Selection -- Food Preparation -- Eating Outside the Home -- ACHIEVING SPECIFIC DIET AND HEALTH RECOMMENDATIONS -- REFERENCES -- 5 Public Sector Strategies and Actions for Implementation -- GOVERNMENTS AS IMPLEMENTORS -- PRINCIPLES THAT SERVE AS A BASIS FOR IMPLEMENTATION -- Provide Information and Education -- Ensure Freedom of Choice -- Foster Long-Term Commitment and Incremental Approaches -- Facilitate Access to Health-Promoting Foods -- Present Healthful Eating in a Context of Total Health Promotion -- Involve All Interested Parties -- Ensure Palatability of Healthful Diets -- Encourage Convenience -- Encourage the Incorporation of Health-Promoting Foods in Food Programs -- Implement the Recommendations with Minimal Disruption of Food Preferences -- STRATEGIES AND ACTIONS FOR THE PUBLIC SECTOR -- REFERENCES -- 6 Private Sector. Strategies and Actions for Implementation -- INCENTIVES AND BARRIERS TO IMPLEMENTATION BY THE PRIVATE SECTOR IN GENERAL -- Incentives -- Competitive Advantage -- Consumer Confidence -- Enhanced Image and Credibility -- Cost Reduction and Improved Programs Through Cooperative Efforts -- Barriers -- Restrictive, Confusing, or Nonexistent Government Standards -- Inadequate Federal Guidance on Health Claims -- Lack of Guidance on Implementation -- Cost of Product Development and Research -- Consumer Concerns about Food Safety -- STRATEGIES AND ACTIONS FOR THE PRIVATE SECTOR -- STRATEGIES AND ACTIONS APPLIED TO SPECIFIC SEGMENTS OF THE PRIVATE SECTOR -- Fruits and Vegetables (Produce) -- Grains and Legumes -- Dairy -- Meat -- Poultry.

Fish and Seafood -- Eggs -- Food Manufacturers and Processors -- Food Retailers -- Food-Service Establishments -- Work Sites -- NOTE -- REFERENCES -- 7 Health-Care Professionals: Strategies and Actions for Implementation -- MULTIPLE ROLES -- CURRENT STATUS AND FUTURE NEEDS OF SOME HEALTH-CARE PRACTITIONERS -- Nutritionists -- Physicians -- Nurses -- Health Educators -- Other Health-Care Professionals -- STRATEGIES AND ACTIONS FOR HEALTH-CARE PROFESSIONALS -- REFERENCES -- 8 Education of the Public: Strategies and Actions for Implementation -- STRATEGIES AND ACTIONS FOR

EDUCATION OF THE PUBLIC -- REFERENCES -- 9 Directions for Research -- REFERENCES -- APPENDIX A Dietary Recommendations -- RECOMMENDATIONS FROM THE DIET AND HEALTH REPORT -- RECOMMENDATIONS OF THE SURGEON GENERAL OF THE UNITED STATES -- Issues for Most People -- Other Issues for Some People -- DIETARY GUIDELINES FOR AMERICANS -- NOTES -- APPENDIX B Summary of Committee's Major Recommendations -- PRINCIPAL IMPLEMENTATION STRATEGIES -- RECOMMENDATIONS TO THE PUBLIC SECTOR -- RECOMMENDATIONS TO THE PRIVATE SECTOR -- RECOMMENDATIONS TO HEALTH-CARE PROFESSIONALS -- RECOMMENDATIONS FOR EDUCATION OF THE PUBLIC -- DIRECTIONS FOR RESEARCH -- Acronyms -- Index.

Sommario/riassunto

Written and organized to be accessible to a wide range of readers, Improving America's Diet and Health explores how Americans can be persuaded to adopt healthier eating habits. Moving well beyond the "pamphlet and public service announcement" approach to dietary change, this volume investigates current eating patterns in this country, consumers' beliefs and attitudes about food and nutrition, the theory and practice of promoting healthy behaviors, and needs for further research. The core of the volume consists of strategies and actions targeted to sectors of society--government, the private sector, the health professions, the education community--that have special responsibilities for encouraging and enabling consumers to eat better. These recommendations form the basis for three principal strategies necessary to further the implementation of dietary recommendations in the United States.