

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.

Strategic Issue Question

How can nutrition and dietetics practitioners and students advance competencies in food and nutrition education, research, and practice to address changing food drivers and shape consumer food choices?

Education and Training	Practice	Research
<ul style="list-style-type: none"> • As consumers navigate dietary choices on the basis of not only nutrition and health but also sustainability, RDNs and NDTRs need to be equipped with knowledge about relationships between diet, health, and sustainability. • Although sustainable food systems is a focus area for RDNs and NDTRs, education and competency gaps remain. • 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. 	<ul style="list-style-type: none"> • When providing dietary guidance RDNs and NDTRs want to be prepared to help consumers navigate the changing landscape of food choices. • The Academy established Standards of Professional Performance (SOPP) for RDNs in Sustainable, Resilient, and Healthy Food and Water Systems. • The Council on Future Practice (CFP) identified the change driver <i>Consumer Awareness and Changing Drivers of Food Choices</i>, 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. 	<ul style="list-style-type: none"> • 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. • When faced with uncharted territory, nutrition and dietetics practitioners must work within the confines of the best available evidence in the absence of the best possible evidence, subsequently building the body of evidence for other practitioners to use in the future.

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.