



Defense Health Agency (DHA) Clinical Communities Speaker Series

JUN 2023 CCSS: Clinical Updates to Optimize Patient Outcomes in Primary Care

S04: Integrating Lifestyle and Performance Medicine in Team-Based Care

Resource List

There is substantial scientific evidence that links diets with human health and environmental sustainability. Yet the absence of globally agreed scientific targets for healthy diets and sustainable food production has hindered large-scale and coordinated efforts to transform the global food system. To address this critical need, [EAT-Lancet Commission on Food, Planet, Health \(2015\)](#) convened 37 leading scientists from 16 countries in various disciplines including human health, agriculture, political sciences and environmental sustainability to develop global scientific targets for healthy diets and sustainable food production. This is the first attempt to set universal scientific targets for the food system that apply to all people and the planet.

[National Academies of Science, Engineering and Medicine \(NASEM, 2023\)](#) organized a public virtual workshop to explore the state of the science on alternative protein sources as they relate to issues around diet quality, nutrition, and sustainability. The workshop explored the current research around traditional and alternative protein sources (which include plant-based, animal-based, and other sources, such as insects, bacteria, and synthetic and lab-grown proteins), their impact on the environment and overall diet quality and nutrition, consumer perspectives of these protein sources, the challenges and opportunities with shifting dietary patterns, and innovations in the field.

[The United Nations Sustainable Development Goals: Special Edition Report \(SDG, 2023\)](#) provides an update on progress made since 2015 against the global SDG indicator framework. It finds that many of the SDGs are moderately to severely off track and puts forward five major recommendations to rescue the SDGs and accelerate implementation between now and 2030.

The aim of the [United States Department of Agriculture 2020-2025 Dietary Guidelines for Americans-Make Every Bite Count with the Dietary Guidelines \(USDA, 2020\)](#) is to promote health and prevent disease. Because of this public health orientation, the Dietary Guidelines are not intended to contain clinical guidelines for treating chronic diseases. Chronic diseases result from a complex mix of genetic, biological, behavioral, socioeconomic, and environmental factors, and people with these conditions have unique health care requirements that require careful oversight by a health professional.

Since 1984, the [U.S. Preventive Services Task Force \(USPSTF or Task Force, 2022\)](#), serves- as an independent, volunteer panel of national experts in disease prevention and evidence-based medicine and recommendations about screenings, behavioral counseling, and preventive medications. Task Force recommendations are created for primary care professionals by primary care professionals. Their federal partners consider the Task Force as the 'gold standard' for clinical preventive services. The Task Force helps people of all ages do what matters most: stay healthy and live well for years to come. Its evidence-based recommendations empower patients and their clinicians to make informed choices based on what works—and what doesn't—in preventive care. Patients can trust that the services recommended by the Task Force are beneficial to their overall health.



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References

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United Nations General Assembly Economic and Social Council. (2023). Progress toward the Sustainable Development Goals (SDGs): Towards a rescue plan for people and planet. Report of the Secretary-General (Special Edition). <https://sdgs.un.org/goals>

United States Department of Agriculture (USDA). (2020). Dietary guidelines for Americans 2020-2025: Make every bite count with the dietary guidelines.

https://www.dietaryguidelines.gov/sites/default/files/202012/Dietary_Guidelines_for_Americans_2020-2025.pdf

U.S. Preventive Services Task Force. <https://www.uspreventiveservicestaskforce.org/uspstf/>