



NCCOR Member Call

May 20, 2026 | 2:00 p.m. ET



Building Evidence and Advancing Practice for Healthy Children, Families, and Communities

Agenda

- Steering Committee updates
- Spotlight: Office of Disease Prevention and Health Promotion
 - Malorie Polster, MPH, CHES, *U.S. Department of Health and Human Services*
 - Janet de Jesus, MS, RD, *U.S. Department of Health and Human Services*
- Workgroup and communication updates
- Emerging opportunities for NCCOR
- Calendar reminders

Steering Committee Updates

- June Member Meeting
 - **Wednesday, June 10** from **10:00 a.m. – 2:30 p.m. ET**
 - In person at FHI 360 and hybrid
 - Theme: To explore the impact of Food is Medicine programs on at-risk populations, particularly children and pregnant women.
 - Speakers:
 - Shreela Sharma, PhD, RDN, LD, *UTHealth Houston, School of Public Health*
 - Allison Wu, MD, MPH, *Boston Children's Hospital*
 - Katina Gionteris, *Wholesome Wave*

Please RSVP if you are planning to attend in person.

Steering Committee Updates

- NCCOR External Scientific Panel (NESP) Discussions
 - Held discussions with NESP members to gather insights on potential future directions for NCCOR
 - Key themes and recommendations will be shared during the June Member Meeting

Office of Disease Prevention and Health Promotion

Malorie Polster, MPH, CHES

Janet de Jesus, MS, RD

U.S. Department of Health and Human Services

Office of Disease Prevention and Health Promotion (ODPHP)

Guiding All Americans Toward Better Health



OASH

Office of
Disease Prevention
and Health Promotion

Establish
national health
goals



Translate
science into
guidance/ tools



Provide health
information for
decision-making



Cultivate
partnerships/
extend reach





Goals and Measures

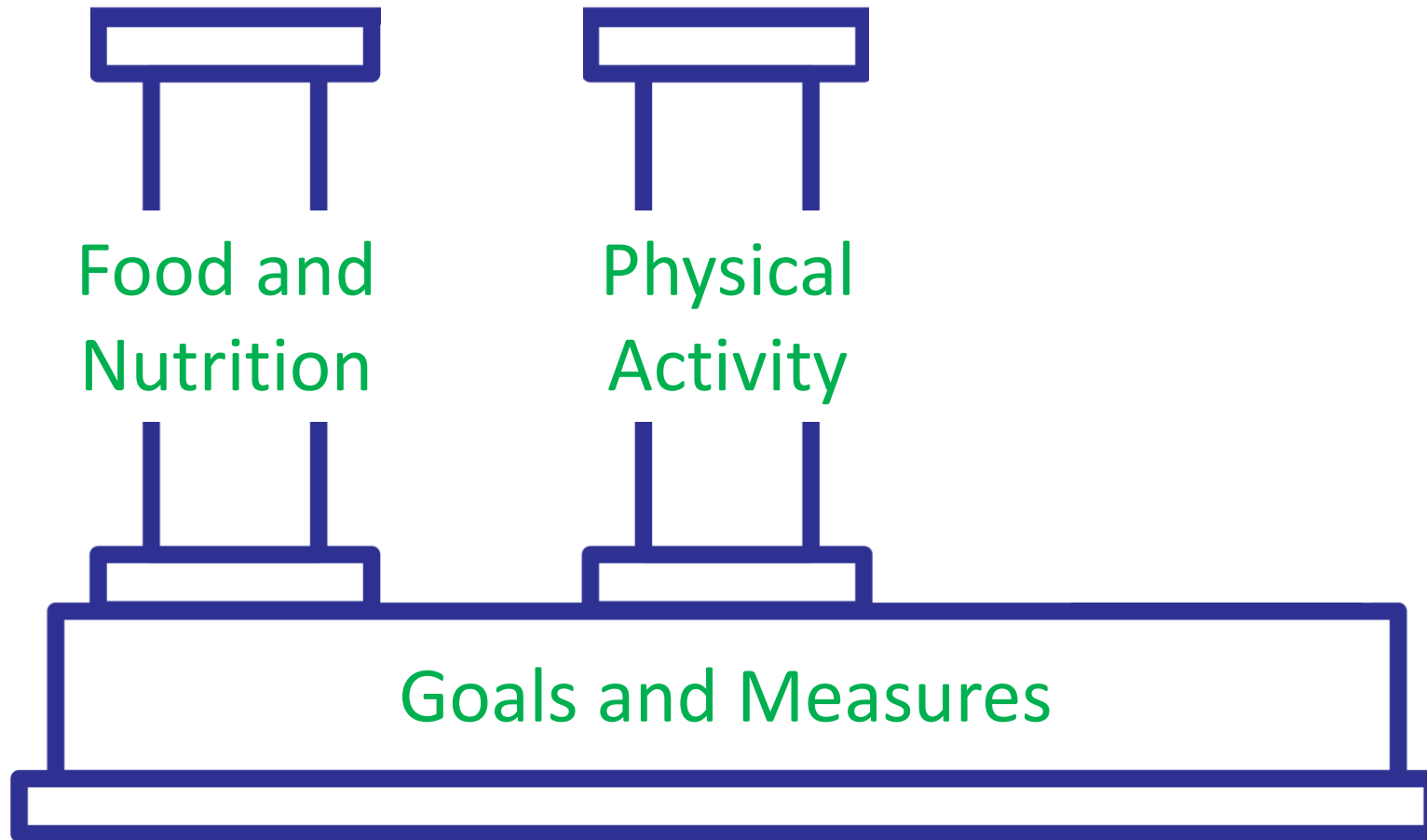


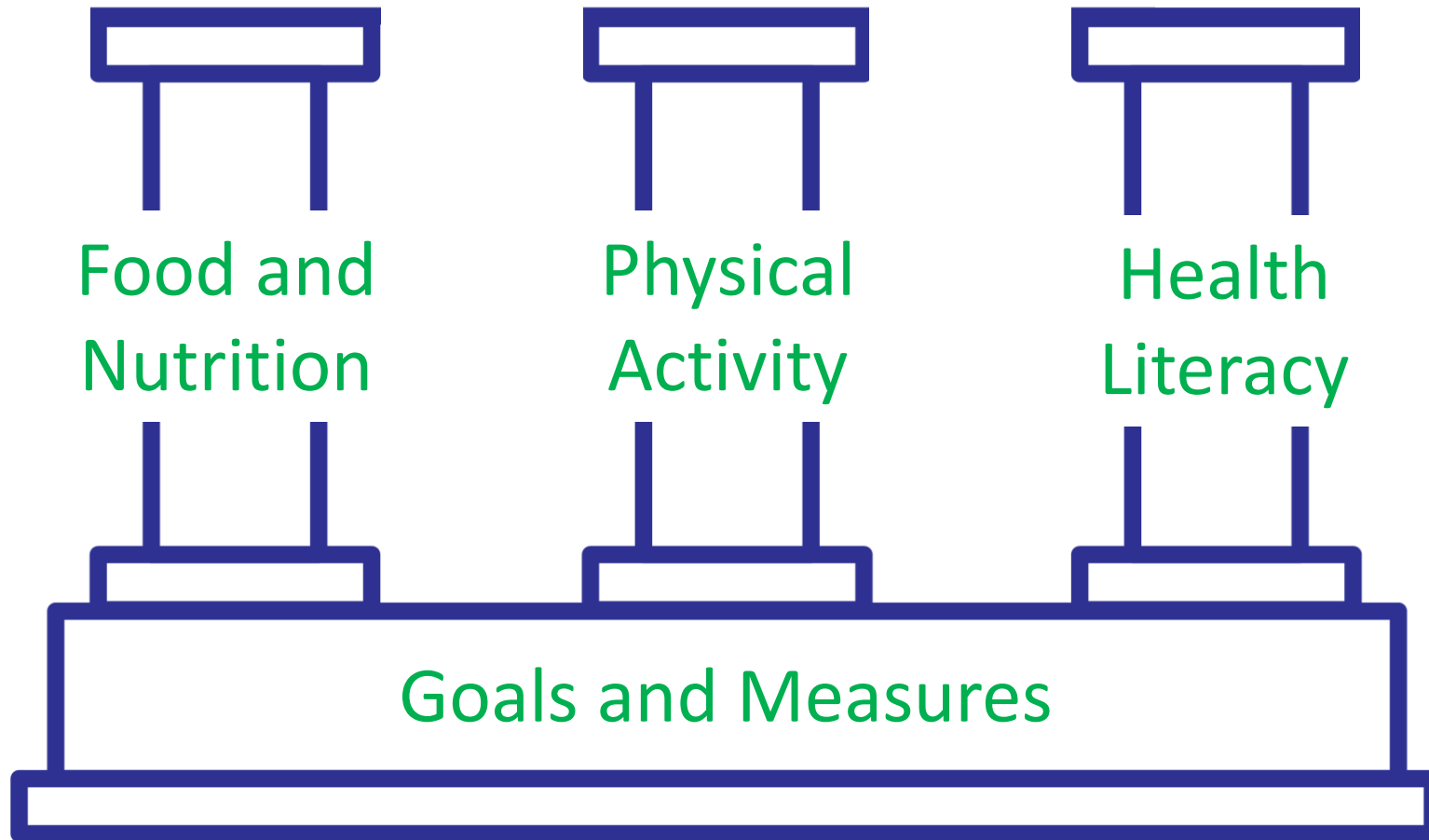
Food and
Nutrition



Goals and Measures





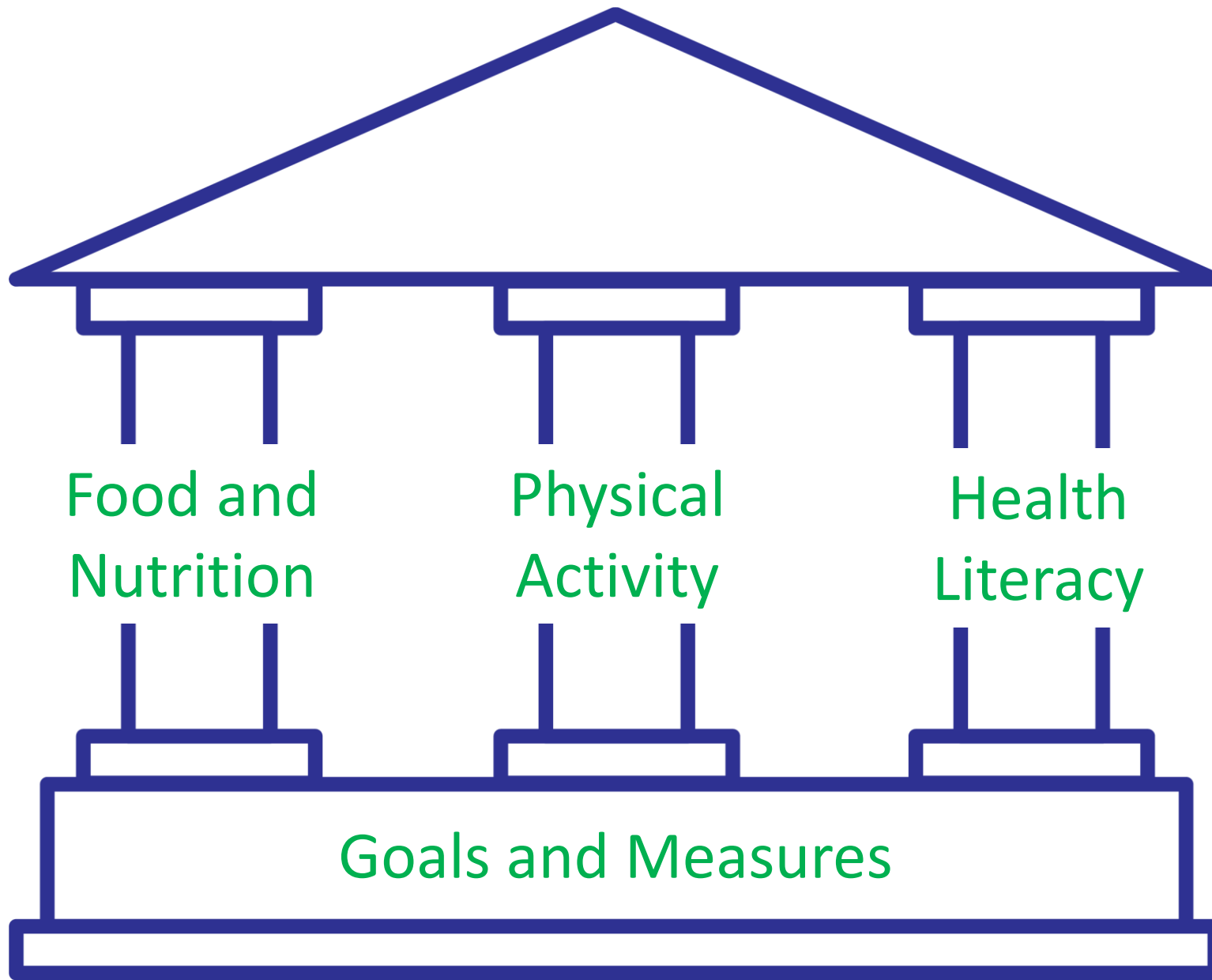


Food and
Nutrition

Physical
Activity

Health
Literacy

Goals and Measures



Food and
Nutrition

Physical
Activity

Health
Literacy

Goals and Measures



Physical Activity Guidelines for Americans





What are the Physical Activity Guidelines?

- Provides evidence-based recommendations for Americans ages 3 and over
- Includes the **amounts and types of activity that people need to stay healthy**
- Developed for:
 - Health professionals
 - Policymakers
 - Educators



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Key Guidelines for Americans Ages 3 and Over



Preschool-
Aged Children



Children and
Adolescents



Adults



Older Adults



Pregnancy/
Postpartum



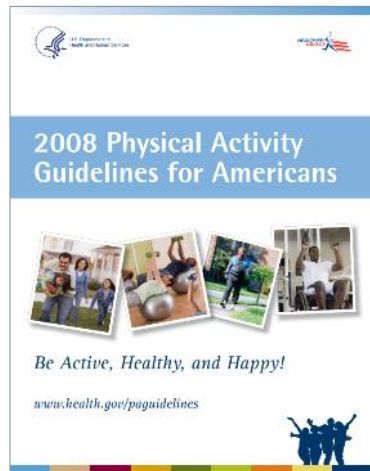
Chronic Health
Conditions/
Disabilities



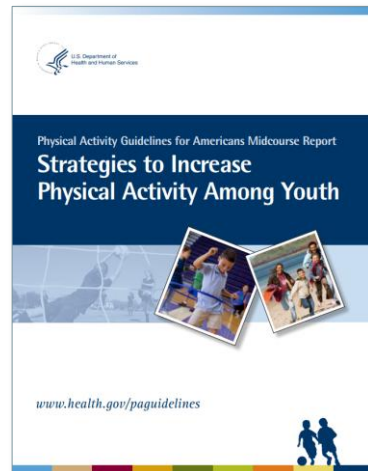
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History of The Physical Activity Guidelines



2008



2013



2018



2023



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Move Your Way[®] Campaign



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What is Move Your Way[®]?

- Translates the Guidelines into easy-to-use information
- Designed to reach physical activity contemplators
- Campaign goals:
 - Raise awareness
 - Increase knowledge
 - Build self-efficacy
 - Shift behavior



Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

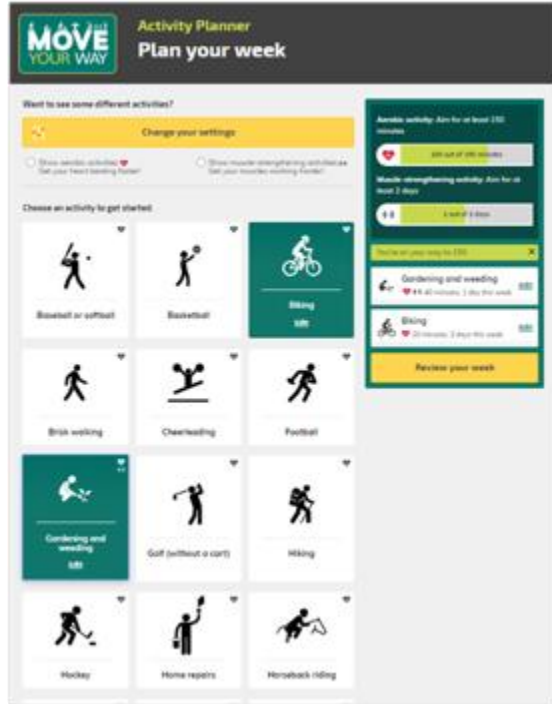
Walk. Run. Dance. Play. **What's your move?**



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Move Your Way[®] Resources



Interactive Tools



Posters and Fact Sheets



Videos



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Disease Prevention
and Health Promotion



Move Your Way[®] Activity Planner Demo

**MOVE
YOUR WAY.**

Want to get more
physical activity?

**Build a
weekly plan**



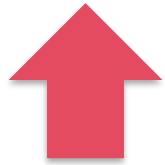
[Move Your Way
Activity Planner](#)



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Local Campaign Implementation



Awareness

More aware of the *Physical Activity Guidelines for Americans*



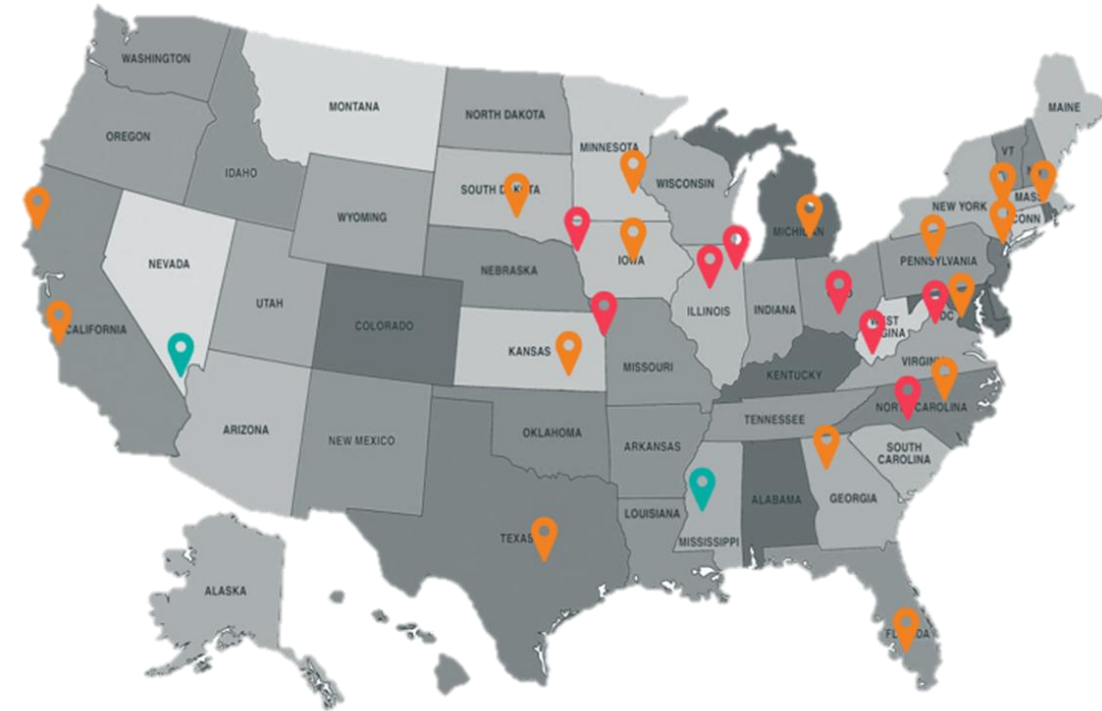
Physical Activity Behavior

More likely to have met the muscle-strengthening recommendation



Self-Efficacy

More confident in ability to be active despite barriers



2019 Pilot Sites



2020-2021 Pilot Sites



Other Implementors



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and Health Promotion

Source: [Olscamp K, Pompano L, Piercy KL, et al. Understanding the Impact of Move Your Way Campaign Exposure on Key Physical Activity Outcomes - Results from a Multi-site Pilot Evaluation. *J Healthy Eat Act Living*. 2022;2\(3\):113-125. Published 2022 Dec 23.](#)



Move Your Way[®] in Action



Pennsylvania



Iowa



New York



North Carolina



South Dakota



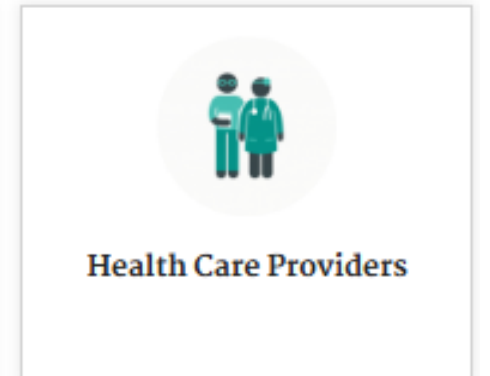
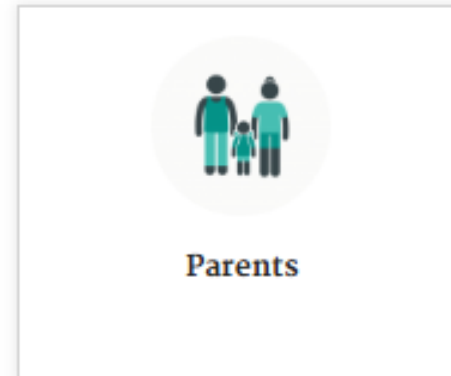
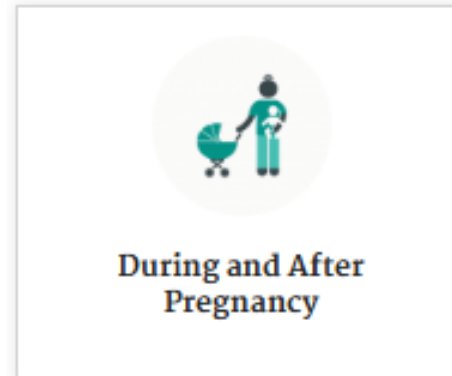
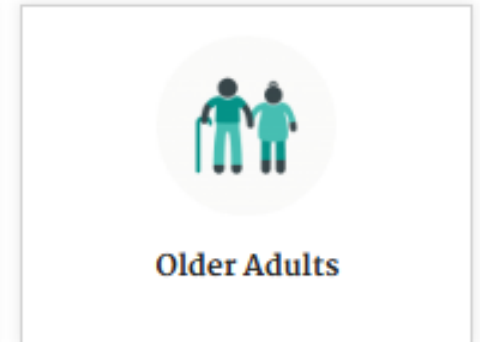
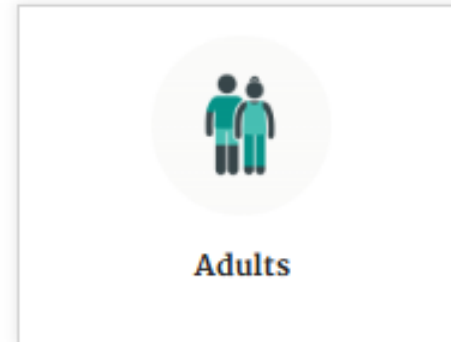
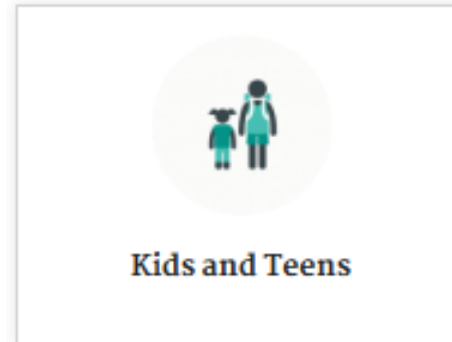
Nevada



Explore Move Your Way[®] Resources



[Explore all Move Your Way resources](#)



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National Youth Sports Strategy



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About the National Youth Sports Strategy

- Unites U.S. youth sports culture around a shared vision that one day, all youth will have the **opportunity, motivation, and access** to play sports
- Based on **research and best practices** from the scientific community and successful youth sports programs
- Offers **actionable ideas** for parents, coaches, organizations, communities, and policymakers to support youth sports participation for all





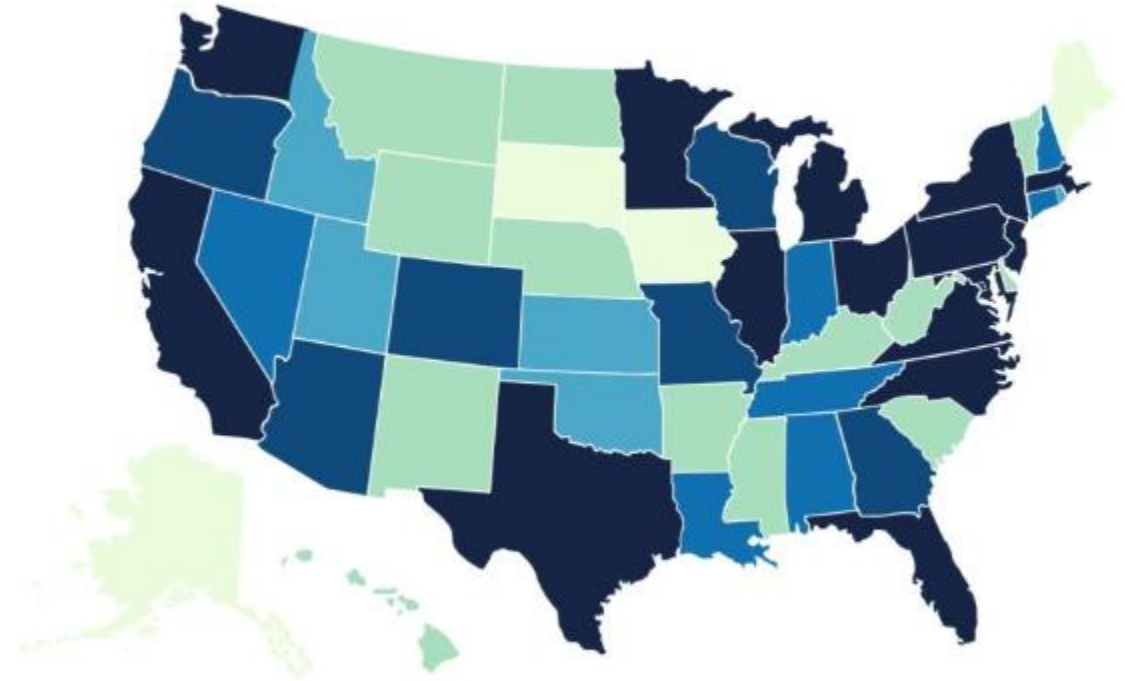
NYSS Champions

- ODPHP recognizes over 300 organizations for their alignment with the National Youth Sports Strategy

Explore the directory of NYSS Champions



NYSS Champions by State



Organizations that operate in all 50 states are not shown.



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Dietary Guidelines for Americans



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Nutrition Landscape of Food and Nutrition Recommendations

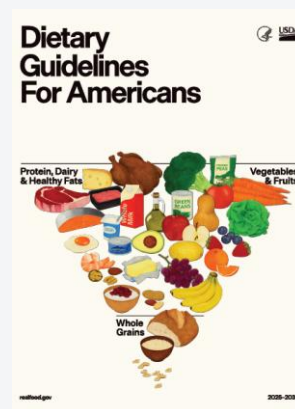
**NUTRIENT
RECOMMENDATIONS**
for health promotion

NASEM Dietary Reference
Intakes (DRIs)



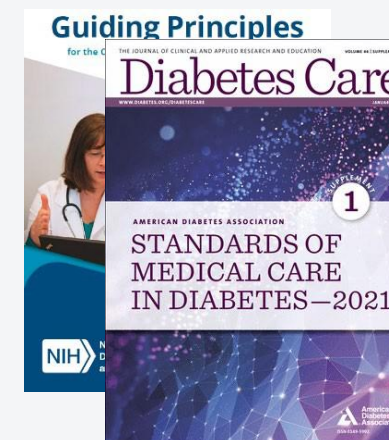
**FOOD-BASED
DIETARY GUIDANCE**
for health promotion and
disease prevention

HHS/USDA *Dietary
Guidelines for Americans*



CLINICAL GUIDANCE
for disease prevention and
treatment

Federal agencies and
professional organizations



Dietary Guidelines for Americans, 2025–2030

The key message of the *Dietary Guidelines for Americans, 2025–2030*, is: **Eat real food.**

- Prioritize diets built on whole, nutrient-dense foods, including protein, dairy, vegetables, fruits, healthy fats, and whole grains.
- Reduce highly processed foods, including foods with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives.



Dietary Guidelines for Americans, 2025–2030: At-a-Glance

- Eat the Right Amount for You
- Prioritize Protein Foods at Every Meal
- Consume Dairy
- Eat Vegetables and Fruit Throughout the Day
- Incorporate Healthy Fats
- Focus on Whole Grains
- Limit Highly Processed Foods, Added Sugars, and Refined Carbohydrates
- Limit Alcoholic Beverages



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Eat the Right Amount for You

- The calories you need depend on your age, sex, height, and level of physical activity.
- Pay attention to portion sizes.
- Hydration is important for overall health.



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Proteins, Dairy, and Healthy Fats

- Every meal should include high-quality, nutrient-dense protein.
 - **Protein serving goals:** 1.2–1.6 grams of protein per kilogram of body weight per day
- Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.
 - **Dairy serving goals:** 3 servings per day
- Healthy fats are plentiful in many whole foods recommended in the Guidelines.



Vegetables and Fruits

- Eat a wide variety of whole, colorful, nutrient-dense vegetables and fruits in their original form, prioritizing freshness and minimal processing.
 - **Vegetable serving goals:**
3 servings per day
 - **Fruit serving goals:**
2 servings per day



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Whole Grains

- Prioritize fiber-rich whole grains and significantly reduce the consumption of highly processed, refined carbohydrates.
 - **Whole grain serving goals:**
2–4 servings per day



Limit Highly Processed Foods, Added Sugars, Refined Carbohydrates, and Alcohol

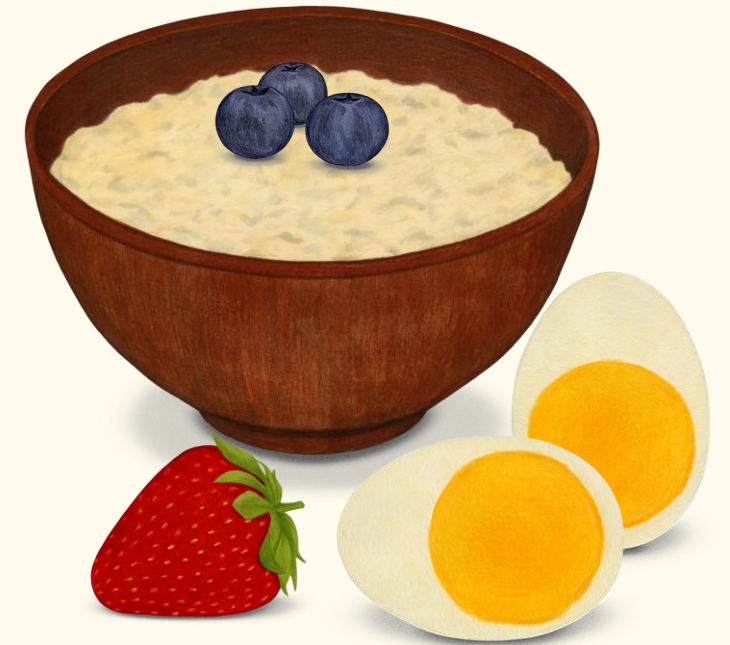
- Avoid highly processed packaged, prepared, ready-to-eat foods.
- Limit foods and beverages that include artificial flavors and preservatives.
- Avoid sugar-sweetened beverages.
 - **Added sugar serving goals:** While no amount of added sugars is recommended, one meal should contain no more than 10 grams.
- Consume less alcohol for better overall health.
 - Certain people (e.g., pregnant women) should completely avoid alcohol.



Guidelines Across the Lifespan

Infancy and Early Childhood

- Birth to 6 months: Feed breast milk or iron-fortified formula.
- 6 months: Begin introducing solid, nutrient-dense foods.
- 6 months to 12 months: Continue breastfeeding or providing formula.
- 12 months: Switch from formula to whole milk.
- Up to 2 years and beyond: Continue breastfeeding as long as mutually desired by mother and child.
- Talk to a health care professional about risk for food allergies.
- Avoid added sugars.



Guidelines Across the Lifespan

Infants and Early Childhood

- Give infants and toddlers a diverse range of nutrient-dense foods in appropriate textures, while avoiding nutrient-poor and highly processed foods.
- Every child is different. Look for signs that the child is developmentally ready to begin eating food, such as sitting up with support and controlling their head and neck.
- Encourage healthy eating by offering new foods multiple times.



Recommendations for Special Populations

Individuals with Chronic Disease

- Following the Guidelines can help prevent the onset or slow the rate of progression of chronic disease.
- Those with a chronic disease should talk with a health care professional to see if the Guidelines need to be adapted to meet their specific needs.

Vegetarians and Vegans

- Consume whole foods from plant sources and avoid highly processed vegan or vegetarian foods.
- Pay attention to nutrient gaps, and monitor levels of iron, vitamin B₁₂, vitamin D, calcium, and iodine.



Daily Servings by Calorie Level

	Calorie Level											
	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200
Food Group	Daily Servings											
Protein Foods	1– 1 ½	1 ½– 2	2– 2 ½	2 ½– 3 ½	2 ½– 3 ½	3–4	3 ½– 4 ½	3 ½– 4 ½	3 ½– 4 ½	4–5	4–5	4–5
Dairy	2	2 ½	2 ½	3	3	3	3	3	3	3	3	3
Vegetables	1 ¼	1 ¾	1 ¾	2 ½	3	3	3 ½	3 ½	4 ¼	4 ¼	4 ¾	4 ¾
Fruits	1	1	1 ½	1 ½	1 ½	2	2	2	2	2 ½	2 ½	2 ½
Whole Grains	1–2	1 ½– 2 ¾	1 ¾– 3 ¼	1 ¾– 3 ¼	2–4	2–4	2 ¼– 4 ½	2 ¾– 5 ¼	3–6	3 ¼– 6 ½	3 ¼– 6 ½	3 ¼– 6 ½
Healthy Fats	2 ½	2 ½	2 ½	3 ½	4	4 ½	4 ½	5	5 ½	6	7	8

Daily Servings: Food Group Descriptions

Food Groups	Description
Protein Foods	Animal- and plant-based proteins, including meat, poultry, eggs, seafood, beans, peas, lentils, legumes, nuts, seeds, and soy.
Dairy	Whole, reduced-fat, low-fat, or nonfat dairy products, including fluid, dry, or evaporated milk; yogurt; and cheeses. Lactose-free and lactose-reduced products, as well as fortified dairy alternatives, are also options.
Vegetables	Vegetables of all types—dark green; red and orange; beans, peas, lentils, and legumes; starchy; and other vegetables, including fresh, frozen, and canned, cooked, or raw.
Fruits	Fruits of all types, including fresh, frozen, canned, juiced, and dried.
Whole Grains	Whole-grain foods and products made with whole grains, including oats, brown rice, and quinoa.
Healthy Fats	Fats naturally present in whole foods, including meats, nuts, and avocados. Small amounts may be used to cook—such as beef tallow, butter, and olive oil—or added to meals.



Daily Servings: Serving Size Examples

Food Groups	Serving Size Examples
Protein Foods	3 oz cooked meat, poultry, or seafood; 1 egg; ½ cup beans, peas, or lentils; 1 oz nuts or seeds; 2 tbsp nut or seed butter; 3 oz soy
Dairy	1 cup milk; ¾ cup yogurt; 1 oz cheese
Vegetables	1 cup raw or cooked; 2 cups leafy greens
Fruits	1 cup raw; ½ cup dried
Whole Grains	½ cup cooked oats, brown rice, barley, quinoa, or buckwheat; 1 slice bread; 1 tortilla
Healthy Fats	1 tsp olive oil or butter



Resources

Learn more about the *Dietary Guidelines for Americans, 2025–2030*, at realfood.gov:

- [Dietary Guidelines for Americans, 2025–2030](#)
- [The Scientific Foundation for the Dietary Guidelines for Americans](#)
- [The Scientific Foundation for the Dietary Guidelines for Americans: Appendices](#)
- [The Daily Servings Guide](#)



New Tools In Development



Fact Sheets for Different Ages & Life Stages

- The fact sheet series will highlight and expand on the Dietary Guidelines for the following groups:
 - Infants and toddlers
 - Kids and adolescents
 - Pregnant, lactating, and postpartum women
 - Older adults
 - General population

Healthy Eating When You're

Pregnant, Breastfeeding, or Postpartum

Eating well during pregnancy or while breastfeeding is important for you and your baby's health.

Eat Real Food Prioritize a diet built on whole, nutrient-dense foods. Choose a variety of healthy foods from these food groups.

Protein, Dairy & Healthy Fats



Protein foods — like eggs, poultry, seafood, and meat from animal sources, and plant-based sources like beans, peas, lentils, legumes, nuts, seeds, and soy.



Dairy — like milk, yogurt, cheese, and depending on your dietary needs, lactose-free or lactose-reduced products and fortified dairy alternatives.



Healthy fats — found in many whole foods like salmon, sardines, nuts, seeds, avocados, olive oil, eggs, dairy, meat, and poultry.

Vegetables & Fruits



Vegetables — like broccoli, carrots, spinach, peppers, sweet potatoes, beets, okra, and jicama.



Fruits — like berries, apples, oranges, bananas, grapes, and mangos.



Whole grains — like brown rice, whole-wheat bread, oatmeal, and whole-grain pasta.



Grocery Shopping & Meal Planning Resources

- Creating practical Dietary Guidelines for Americans (DGAs) grocery shopping and meal planning resources will help consumers integrate the DGAs into their daily routines.
- Resources include:
 - Tips for healthy meal planning
 - Affordable and DGA-friendly grocery shopping guidance
 - Meal planning and grocery list templates (digital and printable)

Build A Healthy Meal
with the *Dietary Guidelines for Americans*

A healthy diet is made up of whole, healthy, nutritious foods, including a variety of protein foods, dairy, vegetables, fruits and whole grains. It also includes sources of healthy fats.

Build a healthy meal in four steps

- Pick a protein**
Chicken, Eggs, Canned fish, Ground beef, Beans
- Add a vegetable, fruit, or two**
Peppers, Spinach, Sweet corn, Broccoli, Tomato
- Incorporate a healthy fat**
Nuts, Feta cheese
- Finish with a whole grain**
Whole-wheat bread

Optional
Whole-wheat bread

Get inspired with these meal ideas
Roasted chicken and vegetables, Roasted chicken and vegetables

Weekly Meal Plan
Prioritizing real food for my family with the *Dietary Guidelines for Americans*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							

USDA realfood.gov



Thank you!

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Senior Nutrition Advisor
Janet.deJesus@hhs.gov



Office of
Disease Prevention
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Workgroup and Communication Updates

Olivia Giordano Kean
NCCOR Coordinating Center

Workgroup Updates

- **Obesity-Related Policy Research in the U.S. (OPUS) Learning Network:** The next meeting of the OPUS Learning Network will be on Thursday, May 28 where grantees will be discussing how to leverage human-centered design. The group hosted a Research Roundtable at HER on whole-of-system approaches to obesity prevention research.
- **Research Gaps in Treatment of Pediatric Obesity with Obesity Medications:** The workshop attendees have completed their review of all workshop output documents. The workgroup and co-chairs are processing the feedback and finalizing materials for inclusion in the white paper.

Workgroup Updates

- **Sport and Youth Well-Being:** This workgroup is continuing to complete their environmental scan, including refining their framework of “quality” youth sports programs and conducting expert interviews. They have started inviting experts for the July workshop.
- **Rapid Infant Growth:** This workgroup is continuing to identify key questions to address through workshop presentations and discussion, as well as identifying experts to invite to participate in the workshop.

Communications Updates

Conference Updates

- Amanda, Jill, and members of the OPUS Learning Network recently hosted a Research Roundtable at HER, “Advancing Whole-of-Systems Obesity Prevention Research: Methods and Partnerships.”
- The PARO workgroup will present a poster at the Society for Prevention Research meeting on May 28 titled “The PARO Framework as a Tool to Advance Physical Activity Research.”

Healthy
Eating
Research



Communications Updates

Student Hub and University Newsletters

- 4,092 combined subscribers
- 12% average open rate
- 20% average click rate





Emerging Opportunities for NCCOR

Calendar Reminders

Member Calls

- July 22 (postponed by one week for NCCOR workshop)
- August 19

Member Meetings

- June 10
- September 16

Do you want to present your work to NCCOR members? Let us know at rgrimsland@fhi360.org!



Questions?