

First Course: Resources for Getting Started with Healthy Food Service Guidelines

National Center for Chronic Disease Prevention and Health Promotion

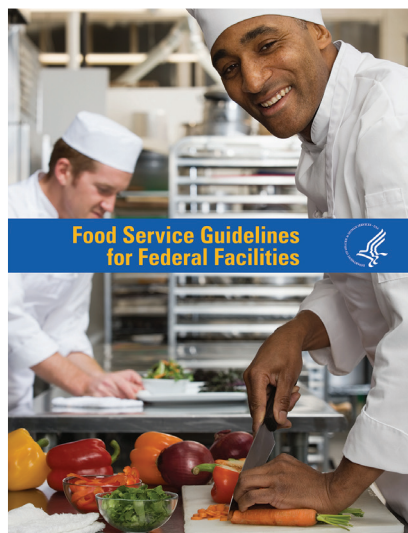
Division of Nutrition, Physical Activity, and Obesity (DNPAO)

<http://www.cdc.gov/nccdphp/dnpao/>

What are Food Service Guidelines?

Good nutrition is vital to good health and disease prevention. Having healthy food available and affordable in food service settings allows people to make healthier choices. Creating and supporting healthy food environments is an important part of the Centers for Disease Control and Prevention's (CDC's) public health work.

The current federal guidelines, Food Service Guidelines for Federal Facilities (FSG), were designed to help improve food choices at federal facilities. The Guidelines were updated to reflect the 2015-2020 Dietary Guidelines for Americans (DGA). The FSG can be used as a model to change food environments to align with the DGA, with the goal of increasing the availability of healthier choices in cafeterias, vending, and snack bars.



This fact sheet gives an overview of resources that will help federal facilities (as well as public health departments, hospitals, parks, universities, and worksites) get started with implementing healthy food service guidelines.

For more information, visit www.cdc.gov/obesity/strategies/food-serv-guide.htm

Implementation Guidance

Healthy Food Service Guidelines

This CDC website provides links to the latest federal guidelines and resources to complement them. <http://www.cdc.gov/obesity/strategies/food-serv-guide.html>

Food Service Guidelines: Case Studies from States and Communities

This resource highlights five case studies of food and beverage guidelines developed to improve the food environment. The case studies provide information on the implementation and evaluation of food service guidelines, along with descriptions of site-specific successes and challenges.

Smart Food Choices: How to Implement Food Service Guidelines in Public Facilities

This guide includes action steps to help implement food service guidelines in government worksites or other public facilities. <http://www.cdc.gov/obesity/downloads/smart-food-choices-how-to-implement-food-service-guidelines.pdf>

Improving the Food Environment through Nutrition Standards: A Guide for Government Procurement

This resource provides guidance to states and communities when developing, adopting, implementing, and evaluating changes in food procurement.

http://www.cdc.gov/salt/pdfs/DHDS_Procurement_Guide.pdf

Food for the Parks: A Roadmap to Success Toolkit

This resource describes how to develop and implement healthy and sustainable food concessions in park settings.

<https://www.nps.gov/commercialservices/docs/concessioner%20tools/food-for-the-parks-report.pdf>

Dietary Guidelines for Americans (DGA), 2015-2020

The DGA summarizes and synthesizes knowledge about individual nutrients and food components into an interrelated set of recommendations for healthy eating that can be adopted by the public.

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

Tips for Offering Healthier Options and Physical Activity at Workplace Meetings and Events

This document includes tips and resources for increasing healthier food and beverage options at worksite meetings, parties, conferences, and events and for offering physical activity opportunities for employees throughout the work day.

<https://www.cdc.gov/obesity/downloads/tips-for-offering-healthieroptions-and-pa-at-workplace.pdf>

Healthy Hospital Environments:

This provides guidance to promote and support healthy food, beverage, and physical activity options in hospitals. It includes information about engaging stakeholders and assessing needs. It also contains assessment tools for food, beverage and physical activity environments. <https://www.cdc.gov/obesity/strategies/healthy-hospital-env.html>

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The 'Under Pressure' series of guides includes strategies for sodium reduction in a variety of settings.

- Under Pressure: Strategies for Sodium Reduction in Worksites https://www.cdc.gov/salt/pdfs/sodium_reduction_worksites.pdf
- Under Pressure: Strategies for Sodium Reduction in Hospitals https://www.cdc.gov/salt/pdfs/sodium_reduction_in_hospitals.pdf
- Under Pressure: Strategies for Sodium Reduction in the School Environment https://www.cdc.gov/salt/pdfs/sodium_reduction_in_schools.pdf
- Under Pressure: Strategies for Sodium Reduction in Institutionalized Populations https://www.cdc.gov/salt/pdfs/institutional_sodium_reduction_guide.pdf



Funded State and Local Programs

Programs to Reduce Obesity in High Obesity Areas to Boost Prevention

CDC's Division of Nutrition, Physical Activity, and Obesity funds 11 land grant universities, who work in partnership with their cooperative extensions, to improve access to good nutrition and safe places for physical activity in counties with adult obesity prevalence over 40%. Residents of these communities may have less access to healthy foods and fewer opportunities to be physically active.

The universities conduct intervention strategies through existing cooperative extension and outreach services at the county level in targeted counties to improve physical activity and nutrition, reduce obesity, and prevent and control diabetes, heart disease and stroke. One such strategy is the implementation of healthy Food Service Guidelines, and applying healthier nutrition standards to food and beverages available in public venues.

For additional information on the High Obesity program, please visit: <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/funding.html>

Multi-media and Interactive Tools

Exceed Web Tool

This website provides contract guidance, sample language, tips on integrating Food Service Guidelines into contracts and procurements, and includes an expansive resource library. <http://www.exceedtool.com>

Chronic Disease State Policy Tracking System

This database can be used to find information on state-level policies and legislation related to nutrition, obesity, sodium reduction, and more.

<https://nccd.cdc.gov/CDPHPPolicySearch/Default.aspx>

DNPAO's Data Trends and Maps

This website offers an interactive database that provides data on weight status as well as select behavioral, environmental and policy data in the areas of breastfeeding, diet, and physical activity.

<https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>

State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factors

CDC supports efforts nationwide to reduce the risk factors associated with childhood and adult obesity, diabetes, heart disease, and stroke. Through this federal grant, all 50 states and the District of Columbia receive funds to help prevent these chronic diseases.

This program focuses on promoting healthy environments in workplaces, schools, early childhood education facilities, and in the community. The program seeks to expand access to healthy choices for people of all ages –one strategy for achieving this is promoting the use of nutrition standards where food and beverages are served, as well as implementing healthy Food Service Guidelines.

For additional information on the State Public Health Actions program, please visit: <https://www.cdc.gov/chronicdisease/about/state-public-health-actions.htm>