

Academy of Nutrition and Dietetics

Nutrition and Physical Activity Interventions for the General Population 2023 Evidence Based Nutrition Practice Guideline

Why? Most adults don't meet population recommendations for diet or physical activity, increasing risk for cardiometabolic disease. Trained nutrition and exercise practitioners can tailor population guidelines to facilitate healthy lifestyle behaviors for adults in the general population.

Recommendation:

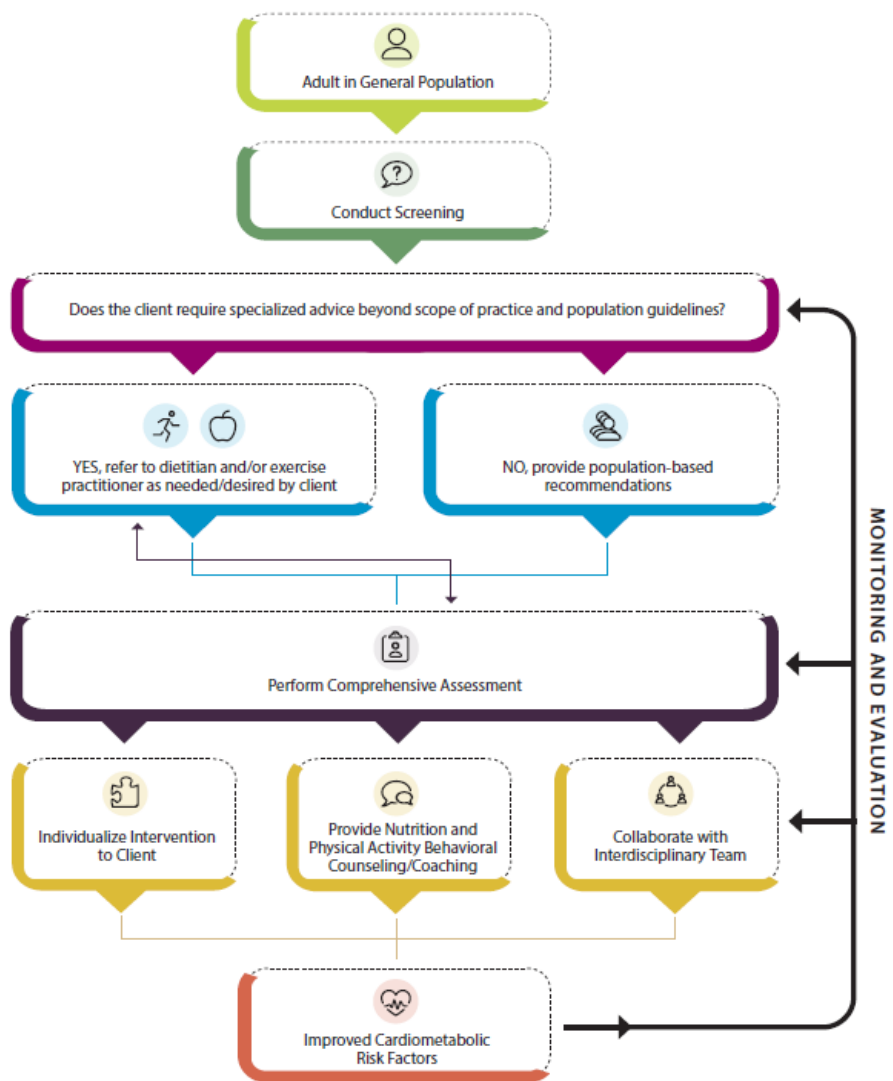
Nutrition and exercise practitioners should provide individualized nutrition and physical activity interventions to

- **healthy adults** (those without cardiometabolic risk factors or disease), and
- **adults with cardiometabolic risk factors,**

within their professional scopes of practice and refer to practitioners with necessary specializations when appropriate for or desired by each client.



Framework for Providing Nutrition and Physical Activity Interventions to Adults who are Healthy or have Cardiometabolic Risk Factors

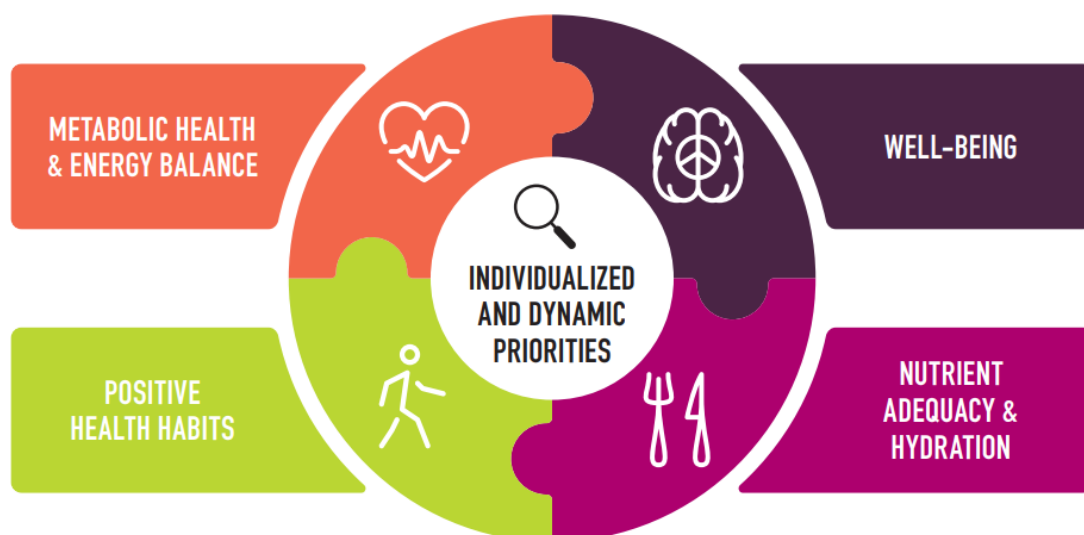


Strategies at Every Care Process Level Should Facilitate Inclusion, Diversity, Equity and Access

Tips for Use in Practice

- During screening and assessment, determine if the client requires specialized advice beyond population guidelines and your professional scope of practice and refer when needed or desired by client.
- Encourage and provide education on healthy diet AND physical activity. Deliver programming only within your professional scope of practice.
- Individualize population guidelines based on client needs and preferences and nutrition and physical activity assessment. Monitor and evaluate to determine changing priorities over time.

Individualize Priorities Based on Comprehensive Assessment
and Adapt Interventions to Meet Changing Needs



- Focus behavior counseling on meeting the client at their stage of change and allowing them to identify appropriate goals for their individual needs. Base all strategies in empathy, unconditional positive regard, collaboration, and rapport building.
- Aim to meet with clients face-to-face for the first consultation, then provide flexible meeting options for clients including telehealth and group counseling consultations.
- Create an inclusive meeting space for clients. Consider how social determinants of health affect client access to services, needs and preferences, and adherence of healthy lifestyle behaviors and adapt interventions and provide resources, as possible.

Visit the full guideline:

