



American College of Preventive Medicine
physicians dedicated to prevention

NEWS

FOR IMMEDIATE RELEASE

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**ACPM APPLAUDS RELEASE OF IOM FRONT-OF-PACKAGE FOOD LABELING
RECOMMENDATIONS**

Washington, D.C. – The American College of Preventive Medicine (ACPM), a leading organization of some of the country’s top physicians committed to preventing disease and promoting health, applauds the Institute of Medicine’s (IOM) recommendations that front-of-package labeling systems be evidence-based providing consumers with simple and clear information on the nutritional value of food products. “ACPM supports evidence-based and meaningful nutrition labeling systems that can guide consumers to healthier eating,” said ACPM President Miriam Alexander, MD, MPH, FACPM. “We believe that arming consumers with easy-to-understand, at-a-glance, information about the nutritional quality of the food they purchase, at the point of purchase, can have a significant impact on changing their eating behaviors.”

The new IOM recommendations will guide the Food and Drug Administration (FDA) as it works to develop, test, and implement a single, standard nutrition rating system that will appear on all food and beverage products. The IOM recommends that food and beverages be evaluated using a point system for calories, saturated and trans fats, sodium, and added sugars.

Last year, ACPM endorsed the NuVal Nutritional Scoring System, which is exactly the kind of evidenced-based, meaningful system the IOM is now seeking. A study from Harvard that links NuVal’s scores to health outcomes found that the more someone filled their diets with high scoring items, the less likely they were to encounter ailments such as diabetes and cardiovascular disease.

An emerging player in the growing “food ranking” industry, NuVal is currently in use in more than 1500 supermarkets in 27 states. The system is based on a complex algorithm that takes more than 30 different nutrients into account when developing a Score.

“The common denominator here is that we’re advancing nutrition rating systems that are grounded in science, free of industry bias, and allow comparison of many products on a wide-ranging scale. This will enable consumers to take responsibility over their own health while reaching for food and beverage products at their local grocery stores,” said ACPM President Alexander. “This is a critical component of public health efforts to address the growing obesity and chronic disease challenge that exists in communities across the country.”

ACPM has been an active stakeholder in efforts to develop a nutrition rating system and has submitted formal comments to the FDA urging that the agency develop a uniform, simple, and adaptable nutrition rating system that is evidence-based, free from industry influence, and comprehensive in scope with the demonstrated potential to positively influence consumers’ purchasing habits.

ABOUT AMERICAN COLLEGE OF PREVENTIVE MEDICINE

The American College of Preventive Medicine (ACPM) is the national professional society for physicians committed to disease prevention and health promotion. ACPM was established in 1954. Its 2,500 members are engaged in preventive medicine practice, teaching and research. Specialists in preventive medicine are uniquely trained in both clinical medicine and public health. They have the skills needed to understand and reduce the risks of disease, disability and death in individuals and in population groups. To learn more about the College, visit <http://www.acpm.org/>.