



Message from the Co-Chairs

We are pleased to provide you and your patients with resources to support the 2023 WDHD campaign *Your Digestive Health: A Healthy Gut From the Start*. These 4 sites give practical information for adults, children, patients, and providers about healthy diet and other healthy habits.

[Diet Guidelines for Adults and Children](#)

This site from the Harvard T.H. Chan School of Public Health has a downloadable [Healthy Living Guide for 2022/2023](#) with tips and strategies for healthy eating and healthy living. The [Healthy Eating Plate](#) for adults has been translated into [over 25 languages](#). The [Kid's Healthy Eating Plate](#) has wonderful visuals and graphics. This is a very user-friendly format.

[Healthy Eating for Children](#)

This [site](#) emphasizes the important role of caregivers of children in learning healthy eating habits, such as 3 meals a day and 1-3 healthy snacks/day. The best foods are whole, fresh, and unprocessed. The [site](#) addresses sugar, juices and water, salt, fats, and gives advice for picky eaters and vegetarian diets and even what snacks are healthy.

[Advice for Parents of Healthy-Weight Children](#)

From the UK's National Health Service, this [site](#) gives advice for parents of healthy-weight children. Advice includes role modeling, physical activity, child size portions, and how to pack a healthy school lunch. There are links for information on how to help children lose weight and also how to gain weight.

Dietary Guidelines for Americans

The [Dietary Guidelines for Americans \(DGA\) 2020-2025](#) is a PDF resource that can be downloaded and shared. It has been prepared by a scientific advisory committee and is evidence based. DGA is now working on the 2025-2030 version. This is a rigorous multi-year program and addresses every part of the life span: infants and toddlers, children and adolescents, adults, pregnant women, and older adults. Many resources are translated into [Spanish](#). Their motto is “make every bite count.”

Sincerely,



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WDHD 2023 Co-Chair



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Aims of the Campaign

The aim of the [World Digestive Health Day \(WDHD\) 2023 campaign](#) is to educate the public about the normal functions of the GI tract and ways to keep it healthy, with a focus on healthy eating from infancy thru adulthood. Our goal is to promote a healthy gut for life going forward rather than focusing on diseases and looking for their causes. In diet, we will focus on the need for adequate protein, promoting fiber, and limiting sugary food and drinks.

Through a multi-faceted WDHD 2023 campaign, WGO seeks to raise awareness of the importance of a healthy GI tract with simple information for the general public (adults and children) that includes:

- The normal function of the GI tract
 - Digestion and absorption: Breaks down food so that nutrients and fluids can be taken up in the intestine and provide energy for the body
 - Immune defense: 70-80% of the bodies immune system is in the gut
 - Brain-gut axis: The gut is called the “second brain,” and its interactions with the nervous system are important

- House of the intestinal microbiome
- How diet affects one's daily life and its importance to health. Provide parents and caregivers of children evidence-based guidance on the elements of a healthy diet from infancy thru adolescence.
- Develop educational and training materials based on the latest recommendations for healthy eating and distribute to physicians including gastroenterologists and surgeons, dieticians, other health professionals, and the lay public.

Join the Conversation

Connect with us on social media! Talk about WDHD and digestive health using the hashtags #WDHD2023 and #YourDigestiveHealth

WGO's Social Media Accounts

Facebook: facebook.com/WorldGastroOrg

Twitter: twitter.com/WorldGastroOrg

LinkedIn: linkedin.com/company/world-gastroenterology-organisation-wgo-wgo-foundation

Instagram: instagram.com/worldgastroorg

ABOUT WGO

Established in 1958, WGO is a global federation of 119 gastroenterology and hepatology member societies and four regional associations representing over 60,000 individual members worldwide. WGO focuses on improving education and training standards in gastroenterology, hepatology, endoscopy and other related disciplines globally.

Inform. Educate. Train. Advocate.

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