

1: Planning Documents – Rome-Floyd Comprehensive Plan

Follow a healthy eating pattern across the lifespan. All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

Executive Summary This moment is ripe for change in higher education. Scores of technology entrepreneurs, foundations, and policymakers are already trying to shape what the future looks like for both learners and institutions. The message for colleges and universities is clear: As a selective public institution with a history of educational innovation, the Georgia Institute of Technology sits squarely in the middle of the forces shaping higher education. It is uniquely positioned to model what the university of the future might look like. This report of the Georgia Tech Commission on Creating the Next in Education CNE is an effort to draw with broad strokes the nature of education that defines the technological research university of the year and beyond. The Commission was formed because many within the institution are convinced that by the second half of this century Georgia Tech will be different from the university that matured and prospered in the nineteenth and twentieth centuries. Drivers of Change In a prior report titled *Discovering the Drivers of Change in Higher Education Georgia Tech*, the Commission outlined the forces likely to affect Georgia Tech, including a new and accelerating revolution characterized by technology-driven disruptive change throughout society, shifting public attitudes about the role of public universities, and demographic trends that challenge long-held assumptions about who will benefit from a college education. Upon publication of that report, the Commission engaged in a broad search for ideas about how best to anticipate the kinds of changes that are certainly in store for Georgia Tech and to synthesize a roadmap for the future. It is a concept unlike anything that exists today—a future for college not conceived solely just as a physical place one enters at a particular age and exits when a degree is completed but rather as a platform for an increasingly diverse population of learners. By the year , Georgia Tech learners will be more ethnically and socioeconomically diverse. Some will be much younger than traditional undergraduates; others will be much older. Neither group will resemble the traditional, residential college student in terms of their expectations or demands. Their numbers may far exceed the current residential enrollment. For the Georgia Tech Commitment to become a reality, the Institute must redefine its fundamental approach to educational delivery with four key actions: Innovation is required for each of these steps to be successful. They will be planned and managed by an expanded ecosystem for educational innovation. The Initiatives The Commission identified five initiatives to better understand the challenges standing in the way of achieving the vision of the Georgia Tech Commitment and to create tools, invent methods, and collect data that will be required to make progress. Included in these initiatives are immediate actions and longer-term projects that will require both invention and sustained research. These initiatives address problems that the Commission believes are on every critical path to the Georgia Tech Commitment and many other conceivable futures as well. Whole-Person Education Georgia Tech graduates have a reputation for strong technical skills and initiative, but, increasingly, other skills are needed for success in the twenty-first century workplace, including cognitive skills, such as problem solving and creativity; interpersonal skills, such as communications and leadership; and intrapersonal skills, such as adaptability and discipline. The Commission found that virtually all employers consider these skills to be a distinguishing characteristic for long-term success. Employers look to leading colleges and universities to provide graduates who have not only deep disciplinary knowledge but also these additional skills. This initiative consists of four interrelated projects that address important aspects of delivering whole-person education to Georgia Tech learners: Experiential learning that embeds the learning experience in authentic, relevant contexts. Globalization at home to develop a culture in which critical thinking and collaboration can be taught in the context of a multicultural world. New Products and Services To meet the demands of evolving job markets and the desires of a widely disparate population of future learners, the Georgia Tech Commitment calls for flexible learning experiences and continual learning opportunities. New products will need to be created that afford future learners the ability to customize their educational experiences. Development of these new

educational products and services will be enabled by four projects that address both near-term and long-term problems: A new credit-for-accomplishment unit measured by demonstrated competencies and skills. Advising for a New Era Advising for a new era is a challenge to the traditional fragmented approaches to advising. The Commission recommends a robust learner data backbone as well as artificial intelligence assistants that integrate prescriptive, intrusive, and developmental advising services to personalize them and provide a new advising experience, at scale, to learners of all types. Three projects are key to launching this initiative: Personalized advising for effective and scalable advising services tailored to the needs and prospects of individuals at all stages of life. Technology-enhanced advising to deliver new ways for supporting personalization at scale. Personal Boards of Directors to create professional networks for Georgia Tech learners. Pilots for mastery-learning and adaptive-learning platforms that can put the kind of technology that will allow customized delivery of material into the hands of learners within two years. Personalized and multifunctional tutors to take advantage of advances in AI to push the envelope in personalized learning. Human-centered AI to support the development of interactive AI agents whose interactions with humans are informed by cognitive models and contexts. A Distributed Worldwide Presence The idea of a physical campus—a designed space for students, teachers, and educational programs—has been a mainstay of the college learning experience for a thousand years. The physical campus is, however, a fragile model. A campus has the advantage of making educational facilities broadly available, but it does not necessarily match services to regional needs. The Georgia Tech Commitment values the personal presence of instructors and advisors in the educational experience but recognizes that problems of scale and expense will limit the number and kind of such deployments. The following projects will enable experimentation with new modes of student interaction: These spaces can be located near clusters of Georgia Tech learners in co-working spaces, corporate offices, or even retail malls. Through an L3 portal, Georgia Tech will be able to provide personal, on-demand access to individuals who have first-hand experiences to relate to classes or individual learners. The Culture of a Deliberately Innovative Organization The five initiatives represent radical departures from usual ways of delivering rigorous university-level learning experiences. The Georgia Tech Lifetime Commitment and the initiatives proposed to achieve it are bold, and they need to be supported by an underlying culture of educational innovation that is both robust and agile so that it can adapt to disruptive forces and a rapidly increasing rate of change in technology and society. By making innovation processes the subject of study and applying research-based methodologies, the Commission believes that Georgia Tech can become a more deliberately innovative organization. A systems approach would allow the examination of innovation processes in interacting groups of people and organizations, and it would support taking deliberate actions to improve desired outcomes over time. The Commission envisions five steps that are necessary to launch the Institute onto this pathway. Inventions germinate and successfully change the way education is delivered, but success or failure seems to depend as much on luck or circumstance as on merit or need. The Commission imagines a merger of two existing, successful cultures for innovation: Each culture is individually effective, but aligning the two will create a more agile and sustainable environment for innovation. A Systems Approach to Becoming Deliberately Innovative A systems approach to creating a deliberately innovative organization improves on current successful models of innovation. The Commission recommends long-term steps to immerse educational innovation practices in the kinds of cultures that are known to enhance innovation at the enterprise and organizational levels, shifting academic structure and processes when necessary to better align with those known to promote innovation. Enhancing the Innovation Ecosystem The Commission examined ways that the current educational innovation ecosystem might evolve into a broader, more coordinated entity, with expanded scope and range. A great advantage enjoyed by Georgia Tech is its vibrant research environment. The Commission recommends fusing the values and mindsets of research and education communities at all levels of university operation and governance. An example of such limitations are the disciplinary silos common in academic organizations. Motivating Individuals in the Innovation Process The Commission recommends policies that acknowledge, reward, and incentivize faculty and department leaders to pursue educational innovation. Everyone at Georgia Tech should be immersed in a culture of educational innovation. Every investment decision should be steeped in it. It is an

opportunity for individuals to grow by leveraging what they know while being honest about what they do not know and by taking risks while thinking through worst-case scenarios. In many ways, the current challenges facing higher education are similar to the ones that confronted Georgia Tech at its founding. In the previous era, colleges and universities and their leaders approached those changes with great optimism and a feeling that change was an opportunity for growth. The Commission believes that spirit can be rekindled today. A group of universities will need to lead higher education through the changes promised in this next decade and beyond. Georgia Tech is determined to be in this group by expanding its mission to include the Georgia Tech Commitment to a Lifetime Education. The roadmap presented here is a result of looking up and out to grasp the bigger picture of higher education and its future. We imagine a future where artificial barriers that have existed in education disappear and the role that people and technology play in guiding students in their lifelong educational journeys is better understood. In such a future, new educational products will be needed, and, as simple skill acquisition becomes easier to achieve, the whole-person education needed to prepare individuals for new workplaces will become an essential part of higher education. Finally, the success of all the projects described in this report is predicated on an immersive culture that fosters deliberate innovation. Access to higher education and scholarly research has long been the lever universities have pulled to promote their prestige. In higher education it is difficult, if not impossible, to stray far from the pack and think differently about how to engage new generations of students and how to provide them with the most immersive educational environment, all while being on the cutting edge of the next discoveries in the world. Timeline of Commission Activities.

2: Acknowledgments - Dietary Guidelines - www.enganchecubano.com

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Key Recommendations Over the past century, deficiencies of essential nutrients have dramatically decreased, many infectious diseases have been conquered, and the majority of the U. At the same time, rates of chronic diseases—many of which are related to poor quality diet and physical inactivity—have increased. About half of all American adults have one or more preventable, diet-related chronic diseases, including cardiovascular disease, type 2 diabetes, and overweight and obesity. However, a large body of evidence now shows that healthy eating patterns and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout all stages of the lifespan. The Dietary Guidelines for Americans reflects this evidence through its recommendations. The statute Public Law , 7 U. The edition of the Dietary Guidelines builds from the edition with revisions based on the Scientific Report of the Dietary Guidelines Advisory Committee and consideration of Federal agency and public comments. The Dietary Guidelines is designed for professionals to help all individuals ages 2 years and older and their families consume a healthy, nutritionally adequate diet. The information in the Dietary Guidelines is used in developing Federal food, nutrition, and health policies and programs. It also is the basis for Federal nutrition education materials designed for the public and for the nutrition education components of HHS and USDA food programs. It is developed for use by policymakers and nutrition and health professionals. Additional audiences who may use Dietary Guidelines information to develop programs, policies, and communication for the general public include businesses, schools, community groups, media, the food industry, and State and local governments. Previous editions of the Dietary Guidelines focused primarily on individual dietary components such as food groups and nutrients. However, people do not eat food groups and nutrients in isolation but rather in combination, and the totality of the diet forms an overall eating pattern. The components of the eating pattern can have interactive and potentially cumulative effects on health. A growing body of research has examined the relationship between overall eating patterns, health, and risk of chronic disease, and findings on these relationships are sufficiently well established to support dietary guidance. As a result, eating patterns and their food and nutrient characteristics are a focus of the recommendations in the Dietary Guidelines. The Dietary Guidelines provides five overarching Guidelines that encourage healthy eating patterns, recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern, and acknowledge that all segments of our society have a role to play in supporting healthy choices. These Guidelines also embody the idea that a healthy eating pattern is not a rigid prescription, but rather, an adaptable framework in which individuals can enjoy foods that meet their personal, cultural, and traditional preferences and fit within their budget. Several examples of healthy eating patterns that translate and integrate the recommendations in overall healthy ways to eat are provided. The Guidelines Follow a healthy eating pattern across the lifespan. All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease. Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts. Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns. Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain. Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities. Key Recommendations provide further guidance on how individuals can follow the five Guidelines: Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level. A healthy

eating pattern includes: Saturated fats and trans fats, added sugars, and sodium

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than 10 percent of calories per day from added sugars [2]
- Consume less than 10 percent of calories per day from saturated fats [3]
- Consume less than 2,300 milligrams mg per day of sodium [4]

If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age. Americans should aim to achieve and maintain a healthy body weight. The relationship between diet and physical activity contributes to calorie balance and managing body weight. These terms are essential to understanding the concepts discussed herein:

Nutrient dense—A characteristic of foods and beverages that provide vitamins, minerals, and other substances that contribute to adequate nutrient intakes or may have positive health effects, with little or no solid fats and added sugars, refined starches, and sodium. Ideally, these foods and beverages also are in forms that retain naturally occurring components, such as dietary fiber. All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry—when prepared with little or no added solid fats, sugars, refined starches, and sodium—are nutrient-dense foods. These foods contribute to meeting food group recommendations within calorie and sodium limits.

Variety—A diverse assortment of foods and beverages across and within all food groups and subgroups selected to fulfill the recommended amounts without exceeding the limits for calories and other dietary components. For example, in the vegetables food group, selecting a variety of foods could be accomplished over the course of a week by choosing from all subgroups, including dark green, red and orange, legumes beans and peas, starchy, and other vegetables. An underlying premise of the Dietary Guidelines is that nutritional needs should be met primarily from foods. All forms of foods, including fresh, canned, dried, and frozen, can be included in healthy eating patterns. Foods in nutrient-dense forms contain essential vitamins and minerals and also dietary fiber and other naturally occurring substances that may have positive health effects. In some cases, fortified foods and dietary supplements may be useful in providing one or more nutrients that otherwise may be consumed in less-than-recommended amounts. For most individuals, achieving a healthy eating pattern will require changes in food and beverage choices. This edition of the Dietary Guidelines focuses on shifts to emphasize the need to make substitutions—that is, choosing nutrient-dense foods and beverages in place of less healthy choices—rather than increasing intake overall. Most individuals would benefit from shifting food choices both within and across food groups. Some needed shifts are minor and can be accomplished by making simple substitutions, while others will require greater effort to accomplish. Although individuals ultimately decide what and how much to consume, their personal relationships; the settings in which they live, work, and shop; and other contextual factors strongly influence their choices. Concerted efforts among health professionals, communities, businesses and industries, organizations, governments, and other segments of society are needed to support individuals and families in making dietary and physical activity choices that align with the Dietary Guidelines. Everyone has a role, and these efforts, in combination and over time, have the potential to meaningfully improve the health of current and future generations. To build a healthy eating pattern, combine healthy choices from across all food groups—while paying attention to calorie limits, too. Check out the 5 Guidelines that encourage healthy eating patterns:

3: Executive Summary - Dietary Guidelines - www.enganchecubano.com

Print this section Acknowledgments. The U.S. Department of Health and Human Services and the U.S. Department of Agriculture acknowledge the work of the Dietary Guidelines Advisory Committee whose recommendations informed revisions for this edition of the Dietary Guidelines for Americans.

4: The Plan — LOWER LA RIVER REVITALIZATION PLAN

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Acknowledgments. Special thanks to all who had a role in this project. Executive Summary Work Group. Smita Worah, Ph.D. Consultant State Education Resource Center.

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CiteSeerX - Document Details (Isaac Councill, Lee Giles, Pradeep Teregowda): receives its principal funding from governments, private foundations, and international and regional organizations, most of which are members of the Consultative Group on International Agricultural Research.

6: NYC DOT - Annual Bridge Report

executive summary Anecdotal evidence suggests that abuse and violence against children are a serious concern in Zimbabwe; however, the lack of data from which to make evidence-based programming continues to limit efforts to.

7: Ranking Digital Rights - Corporate Accountability Index

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8: CiteSeerX Acknowledgments Executive Summary

Executive summary. The Ranking Digital Rights Corporate Accountability Index evaluated 22 of the world's most powerful internet, mobile, and telecommunications companies on their disclosed commitments and policies affecting freedom of expression and privacy.

9: Regional Economic Outlook: Domestic Revenue Mobilization and Private Investment

Acknowledgments. Executive Summary. EXECUTIVE SUMMARY. Drowsy driving is a serious problem that leads to thousands of automobile crashes each year. This report.

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