







Dietary Guidelines for Americans

2020 - 2025



















### **Presentation Objectives**

 Provide an overview of the development process for the Dietary Guidelines for Americans







## About the Dietary Guidelines for Americans

- The *Dietary Guidelines* provides science-based advice on what to eat and drink to promote health, help reduce risk of chronic disease, and meet nutrient needs.
- Serves as the cornerstone of federal nutrition programs and policies.
- Mandated to reflect the preponderance of scientific evidence and published jointly by HHS and USDA every five years.
- Written for a professional audience, including policymakers, healthcare professionals, nutrition educators, and federal nutrition program operators.



Office of Disease Prevention and Health Promotion



**Center for Nutrition Policy and Promotion** 





## Impact of the Dietary Guidelines

#### **Informs Federal Nutrition Policies and Programs:**

- Special Supplemental Nutrition Program for Women, Infants, Children (WIC)
- Child Nutrition Programs (National School Breakfast/Lunch Programs, Child and Adult Care Feeding Program)
- USDA Food Plans (e.g., Thrifty Food Plan)
- Older Americans Act Nutrition Programs
  - » Congregate Nutrition Program
  - » Home-Delivered Nutrition Program
- Public health programs including disease prevention





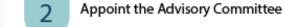


## Developing the Dietary Guidelines for Americans



Identify the Scientific Questions







Review of the Evidence by the Advisory Committee



Develop the Dietary Guidelines



Implement the Dietary Guidelines



- Advisory Committee Report
- Previous *Dietary Guidelines*
- Existing federal guidance











## Identify the Scientific Questions

#### **HHS & USDA**

- Propose Dietary Guidelines for Americans, 2025-2030 scientific questions based on relevance, importance, potential federal impact, and avoiding duplication
- Post questions for public comments for 30 days
- Consider public comments and research availability in prioritizing the questions to be reviewed by the 2025 Dietary Guidelines Advisory Committee



1 Identify the Scientific Questions



2 Appoint the Advisory Committee



3 Advisory Committee Reviews Scientific Evidence



4 Develop the Dietary Guidelines for Americans, 2025-2030







# Appoint the Advisory Committee

#### **HHS & USDA**

- Post scientific topics that inform the expertise needed on the Committee
- Request Committee nominations from the public for 30 days
- Select a balanced Committee based on education, experience, demonstrated scientific expertise, and desire for a diverse membership
- Secretaries jointly appoint Committee members



1 Identify the Scientific Questions



Appoint the Advisory Committee



Advisory Committee Reviews
Scientific Evidence



4 Develop the Dietary Guidelines for Americans, 2025-2030







## Advisory Committee Reviews Scientific Evidence



#### **2025 Dietary Guidelines Advisory Committee**

- Reviews the scientific evidence on nutrition and health across the lifespan
- Discusses its review of the evidence during public meetings
- Considers public comments as it reviews evidence and develops its scientific report
- Submits its scientific report to the Secretaries of HHS and USDA





2 Appoint the Advisory Committee



Advisory Committee Reviews
Scientific Evidence



4 Develop the Dietary Guidelines for Americans, 2025-2030









## **Evidence Review**





#### Scientific Topics

- Dietary patterns
- Ultra-processed foods
- Beverages
- Added sugars
- Saturated fat
- Behavioral strategies
- Weight management



#### Health Outcomes

- Overweight and obesity
- Cardiovascular disease
- Type 2 diabetes
- Cancer
- Neurocognitive health
- Sarcopenia
- Bone health
- All-cause mortality
- Pregnancy and infant health outcomes



#### **Approaches**

- Systematic reviews
- Data analysis
- Food pattern modeling



## Health Equity

 The Committee will incorporate health equity principles and use a life stage approach across its review





### **Scientific Approaches**



#### **NESR Systematic Review**

A gold-standard evidence synthesis project that answers a nutrition question of public health importance using systematic, transparent, rigorous, and protocoldriven methods to search for, evaluate, synthesize, and grade the strength of the eligible body of evidence.



#### **Data Analysis**

A collection of analyses that uses national data sets to describe the current health and dietary intakes of Americans. These data help make the *Dietary Guidelines* practical, relevant, and achievable.



#### **Food Pattern Modeling**

Analyses that illustrates how changes to the amounts or types of foods and beverages in a dietary pattern might affect meeting nutrient needs across the U.S. population.





## 2025 Dietary Guidelines Advisory Committee

#### Dietary Guidelines for Americans, 2025-2030 Timeline



2022

April 15 - May 16

 Scientific questions for public comment June 15-July 15

2025 Dietary
 Guidelines Advisory
 Committee
 nominations

2023

**Advisory Committee Meetings** 

- Meeting 1 (February 9-10)
- Meeting 2 (May 10)
- Meeting 3 (September 12-13)

2024

**Advisory Committee Meetings** 

- Meeting 4 (January 19)
- Meeting 5 (May 30)
- Meeting 6 (September 26)

2023

Release Scientific Report



2025

Release Dietary Guidelines for Americans, 2025-2030



**Step 1: Identify Scientific Questions** 

Step 2: Appoint the Committee

Step 3: Advisory Committee Reviews Scientific Evidence Step 4: Develop the Dietary Guidelines











### Develop the Dietary Guidelines for Americans, 2025-2030

#### **HHS & USDA**

- Form a federal writing team to update the *Dietary Guidelines*
- Develop the Dietary Guidelines using the Committee's scientific report, federal resources, and input from federal agencies and the public
- Consider peer review by federal and non-federal scientists
- Facilitate the approval process through both Departments
- Secretaries release the Dietary Guidelines



1 Identify the Scientific Questions



Appoint the Advisory Committee



Advisory Committee Reviews
Scientific Evidence



Develop the Dietary Guidelines for Americans, 2025-2030







Implement the Dietary Guidelines for Americans, 2025-2030

#### **Dietary Guidelines for Americans**

- Informs federal programs such as food assistance and meal programs, research, nutrition education efforts, and national health objectives
- Provides structure for state and local public health initiatives
- Offers nutrition guidance for policymakers, healthcare providers, and nutrition educators
- Is implemented through MyPlate, the federal nutrition symbol to help Americans put the *Dietary Guidelines* into action.



1 Identify the Scientific Questions



Appoint the Advisory Committee



Advisory Committee Reviews
 Scientific Evidence



4 Develop the Dietary Guidelines for Americans, 2025-2030









## Now available: CPE credits available for reading the *Dietary Guidelines*

- Earn up to 7 FREE CPEs
- Each chapter is offered as a separate self-study activity
- Modules will strengthen knowledge of the science base that makes the *Dietary Guidelines* relevant across all life stages





