The Dietary Guidelines for Americans serves as the cornerstone of federal nutrition programs and policies, providing food-based recommendations to help prevent diet-related chronic diseases and promote overall health.

According to the National Nutrition Monitoring and Related Research Act of 1990, the Dietary Guidelines is mandated to reflect the preponderance of scientific evidence, and is published jointly by USDA and HHS every five years.
USDA and HHS are committed to ensuring that our process to develop the 2020-2025 Dietary Guidelines for Americans is transparent, inclusive, and science-driven.
Importance of the Dietary Guidelines for Americans

How Healthy Is the American Diet?

U.S. Scores Over Time

- 2005-2006: 56
- 2007-2008: 57
- 2009-2010: 59
- 2011-2012: 60
- 2013-2014: 59

The Healthy Eating Index Score shows that Americans do not align their eating choices with the Dietary Guidelines. (on a scale from 0-100)

U.S. Scores by Age Group

- Ages 2-5: 60
- Ages 6-11: 53
- Ages 12-17: 53
- Ages 18-64: 58
- Ages 65+: 66

Data source for Healthy Eating Index scores: What We Eat in America, National Health and Nutrition Examination Survey (undated data are from 2013-2014).

Americans do not follow the Dietary Guidelines.
Importance of the Dietary Guidelines

Q: Isn’t the Dietary Guidelines the reason Americans are unhealthy?

A: The vast majority of people in the U.S. are not eating according to the Dietary Guidelines.

Research indicates that higher HEI scores are associated with lower risk for cardiovascular disease, diabetes, and certain cancers – and better health for those with diet-related diseases.
Importance of the Dietary Guidelines

Scientific peer-reviewed paper describing estimated economic impact of the 2015-2020 Dietary Guidelines of Americans with respect to health care costs.

If

HEI-2015 score of 71 (20% improvement)

Then

Estimated **$31.5 billion savings annually** from reductions in cardiovascular disease, cancer and type 2 diabetes

HEI-2015 score of 80

Estimated **$55.1 billion savings annually** from reductions in cardiovascular disease, cancer and type 2 diabetes
About the Dietary Guidelines

**Current edition:**
- 2015-2020 Dietary Guidelines for Americans
- Released in January 2016
- Remains the current edition until the 2020-2025 edition is released
Process to Update the Dietary Guidelines

Step 1: Review of the science by a Federal advisory committee.

• USDA/HHS convene a Dietary Guidelines Advisory Committee.
• The Committee is a group of external scientific experts, jointly agreed upon by the Secretaries of USDA and HHS.
• The Committee conducts an independent review of the current scientific evidence and submits a report of its findings to the Secretaries.
• The scientific report is then posted for public and Federal agency review and comment.
Step 2: USDA and HHS write the *Dietary Guidelines for Americans*.  
- Each edition of the *Dietary Guidelines* that USDA and HHS develop builds upon the previous edition, with scientific justification for changes informed by the Committee’s scientific report – along with input from Federal agencies and the public.
**Process to Update the Dietary Guidelines: Current Status**

**Q:** Is the process to develop the Dietary Guidelines running late?

**A:** The 2020 Committee is starting later than the 2015 Committee, but it is starting at a different point in the process. For the first time, the Committee is starting with the defined topics and scientific questions. This puts them farther along in the process than when previous Advisory Committees started their work.

Our goal is to publish the *2020-2025 Dietary Guidelines for Americans* by the end of 2020.
Process to Update the Dietary Guidelines: Process

Topics and Supporting Questions

USDA and HHS posted proposed topics and questions for public comment February 28-March 30, 2018 – received over 12,000 public comments.

Federal agencies also provided comments.

In revising the topics and questions, USDA and HHS considered each public and agency comment in relation to the four criteria:

1. Relevance to creating the Dietary Guidelines for Americans,
2. Importance to public health,
3. Potential Federal impact on food and nutrition programs, and
4. Avoiding duplication of Federal efforts.
Process to Update the Dietary Guidelines: Process

Topics Areas

• Dietary and beverage patterns
• Added sugars
• Dietary fats
• Seafood
• Frequency of eating
• Focus on birth-24 months and pregnancy and lactation
2020 Advisory Committee Factors Considered:

- **Educational background** – advanced degree in nutrition- or health-related field, including registered dietitians, nutrition scientists, physicians, and those with public health degrees

- **Professional experience** – at least 10 years of experience as an academic, researcher, practitioner, or other health professional in a field related to one or more of the topics to be examined; consideration of leadership experience and participation on previous committees or panels

- **Demonstrated scientific expertise** – expertise related to one or more of the topics to be examined by the committee as demonstrated by number and quality of peer-reviewed publications and presentations
Process to Update the Dietary Guidelines: Process

2020 Advisory Committee Factors Considered, continued:

• *Obligations under the Federal Advisory Committee Act* – ensuring the Committee is balanced fairly in points of view and types of expertise

• *Requirements regarding a balanced membership* – including, to the extent possible, individuals who are minorities, women, persons with disabilities, and representatives from different geographic areas and institutions.
Announced Thursday, February 21, 2019
Advisory Committee Review of Scientific Evidence

• The 2020 Committee has an unprecedented, expanded scope to examine diet and health across the lifespan, including pregnant women, infants, and toddlers, per congressional mandate.

• The 2020 Committee has been tasked with addressing a broad range of high-priority topics and an extensive number of questions that are relevant and important to the Dietary Guidelines.
  • Topics and questions were identified by USDA and HHS based on Federal agency and public input.
The 2020 Committee is working in 6 topic area subcommittees and a cross-cutting working group:
1. Pregnancy and Lactation
2. Birth to 24 Months
3. Dietary Patterns
4. Beverages and Added Sugars
5. Dietary Fats and Seafood
6. Frequency of Eating

Data Analysis and Food Pattern Modeling cross-cutting working group
Approaches to Examining the Evidence

NESR Systematic Reviews
New, original systematic reviews conducted by Nutrition Evidence Systematic Review (NESR) and the 2020 Dietary Guidelines Advisory Committee, and existing NESR systematic reviews relevant to the topics and questions.

Food Pattern Modeling
Analysis that uses national data to help us understand how changes to dietary recommendations might impact meeting nutrient needs across the U.S. population.

Data Analysis
A collection of analyses that uses national data sets to help us understand the current health and dietary intakes of Americans.
There are multiple opportunities for public participation before, throughout, and after the Committee’s review of the evidence.

DietaryGuidelines.gov
Public Comments Accepted Throughout the Committee’s Deliberations and On Their Report

2018
- February 28-March 30: Call for comments on the topics and supporting scientific questions

2019
- September 6-October 9: Call for nominations to the 2020 Dietary Guidelines Advisory Committee
- March 12-Spring 2020: Ongoing public comment to the Committee throughout their work **

2020
- Spring 2020: Call for comments on Scientific Report **

LEGEND
- Open public comment period

* Tentative timeline
** Will include opportunity for oral comments

Participate!
2020-2025 Dietary Guidelines for Americans DietaryGuidelines.gov

DietaryGuidelines.gov
Advisory Committee Meetings

- March 28-29, 2019
- July 10-11, 2019- oral comments to the Committee
- October 24-25, 2019
- January 23-24, 2020- oral comments to the Committee
- March 12-13, 2020

The public is encouraged to submit public comments to the Committee throughout the course of its operation into 2020.
Follow the Committee’s work at DietaryGuidelines.gov

• Register for meetings
• See materials from past meetings, including archived webcasts, meeting minutes, and slides
• Link to Regulations.gov to submit and view comments to the Committee
• View progress on the topics and scientific questions
• Get answers to your questions
### Topics and Questions to be Examined by the Committee

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<tr>
<th>Status</th>
<th>All ages</th>
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<tr>
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<td>1. What is the relationship between dietary patterns consumed at each stage of life and growth, size, body composition, and risk of overweight and obesity?</td>
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<td>2. What is the relationship between dietary patterns consumed at each stage of life and risk of cardiovascular disease?</td>
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<td>3. What is the relationship between dietary patterns consumed at each stage of life and risk of type 2 diabetes?</td>
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<td></td>
<td>4. What is the relationship between dietary patterns consumed at each stage of life and risk of certain types of cancer?</td>
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Most Popular Questions

Have a specific question?
Click on the sections below to find answers.

Dietary Guidelines Process - General
Advisory Committee Selection
Advisory Committee Charter
Topics and Questions
Background

Dietary Guidelines Process - General

Q: Will the process to develop the 2020-2025 Dietary Guidelines be different from previous processes?

A: USDA and HHS plan to add some additional new steps in the process to develop the next edition of the Dietary Guidelines in response to the National Academies’ recommendations, stakeholder feedback, and our commitment to have a transparent, inclusive, and science-driven process. Many of the key steps to develop the Dietary Guidelines will remain. We will have an Advisory Committee. The Committee will review evidence and provide a scientific report to USDA and HHS, and USDA and HHS will then develop the Dietary Guidelines. Revisions to the Dietary Guidelines will be informed by the scientific report from the Committee and consideration of Federal agency input and public comments. Look for future announcements about the Dietary Guidelines on our website at DietaryGuidelines.gov.

Q: Can you provide a timeline of the process to develop the 2020-2025 Dietary Guidelines?

Q: What are the next steps?

Q: What steps are USDA and HHS taking to create a more rigorous scientific process as recommended by the National Academies?

Q: Will there be opportunities for public participation in the Advisory Committee’s review of the evidence?

Advisory Committee

Q: How do I submit a nomination for the 2020 Dietary Guidelines Advisory Committee?

Q: What was the process USDA and HHS used to establish the Advisory Committee, including assessment of