

**Evaluating the Process to  
Develop the *Dietary Guidelines*  
for Americans, 2020-2025:  
Committee Meeting 1**

Sponsor Remarks

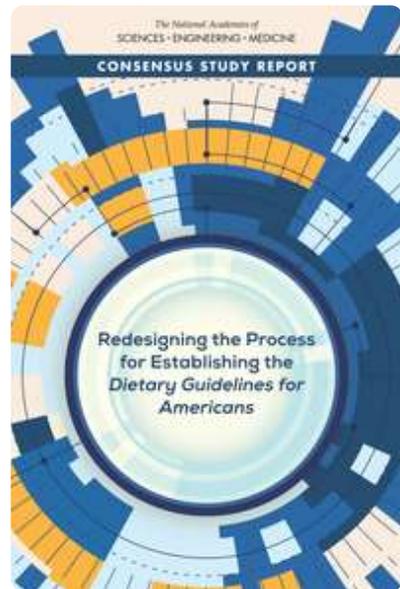
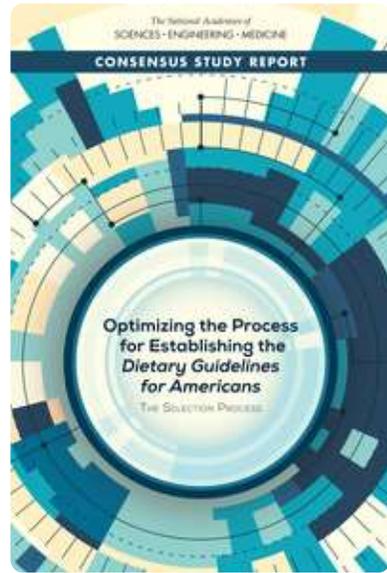


Dietary  
Guidelines  
for Americans

2020 - 2025

Make Every  
Bite Count With  
the *Dietary  
Guidelines*





# Background

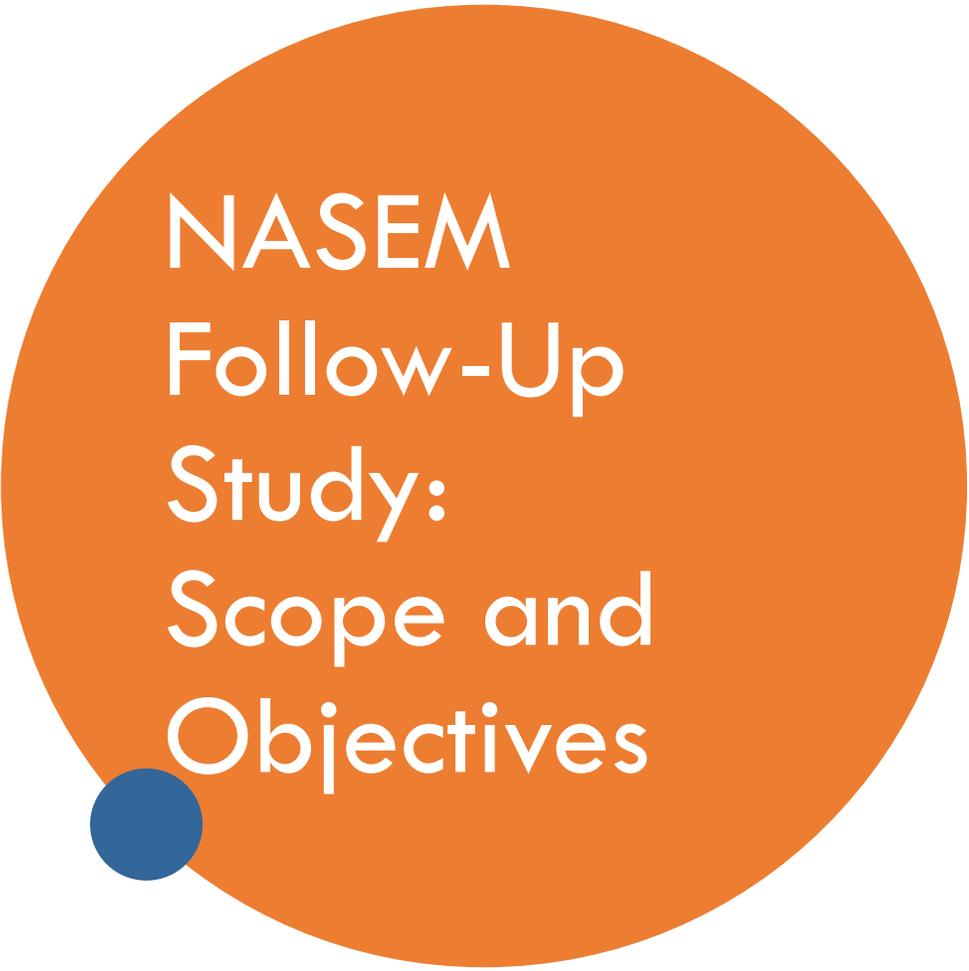
- In 2016, Congress directed USDA to engage NASEM to conduct a study of the process used to establish the Dietary Guidelines.
- The study culminated in two reports. Each provided recommendations to USDA and HHS for consideration in planning our processes for future editions of the Dietary Guidelines.

# Background, continued

- USDA and HHS refined the process to develop the *Dietary Guidelines for Americans, 2020-2025* in response to the NASEM recommendations, our continuous quality advancement activities, stakeholder feedback, and the Departments' desire to have a transparent, inclusive, and science-driven process.
- The latest edition of the Dietary Guidelines was released in December 2020.
- In 2021, Congress directed USDA to engage with NASEM for this follow-up study.



**NASEM  
Follow-Up  
Study:  
Scope and  
Objectives**



- **14-month study culminating in two reports**
  - **Mid-course report that presents the findings, analyses, and framework that will be applied to develop the final report (by December 31, 2021)**
    - **Meet Congressional mandate**
    - **Inform 2025 process**
  - **Final report (summer 2022)**

# Description

- Compare the process to develop the *Dietary Guidelines for Americans, 2020-2025* to recommendations included in the NASEM 2017 report entitled, “Redesigning the Process for Establishing the Dietary Guidelines for Americans”.
  - Mid-course and final reports will include comments on the Committee’s analyses, findings and conclusions, but will not include recommendations. The Committee can suggest future research needs as part of their findings.
- Congress outlined the scope of the study, and NASEM asked USDA to provide more specific study questions for the Committee in order to meet the Congressional mandate.

(available on NASEM study page)



## 2017 NASEM Recommendations

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- Structure, number, and roles of expert advisory committees in the process
- Methods for conducting systematic reviews and food pattern modeling analyses and for establishing nutrients of public health concern
- Transparency in the final guidelines
- Future work to develop and implement systems approaches

# Act Language and Study Questions

- A comparative analysis of the scientific methodologies, review protocols, and evaluation processes used to develop the most recently issued guidelines as compared to recommendations included in the National Academy of Sciences, Engineering, and Medicine September 2017 report entitled “Redesigning the Process for Establishing the Dietary Guidelines for Americans”.

**Q:** How did the process used to develop the *Dietary Guidelines for Americans, 2020-2025* (including scientific methodologies, review protocols, and evaluation processes) compare to the seven recommendations included in the NASEM report entitled, “Redesigning the Process for Establishing the Dietary Guidelines for Americans”?

# Act Language and Study Questions

- A comparative analysis of the scientific studies used to develop such guidelines to determine the dietary needs of Americans with diet-related metabolic diseases as compared to the most current and rigorous scientific studies on diet and diet-related metabolic diseases available.

**Q:** Did the criteria used to include scientific studies in the evidence base ensure that the evidence base was current (publication date range), rigorous (study design), and generalizable/applicable (health status of study participants) to public health nutrition guidance?

# Act Language and Study Questions

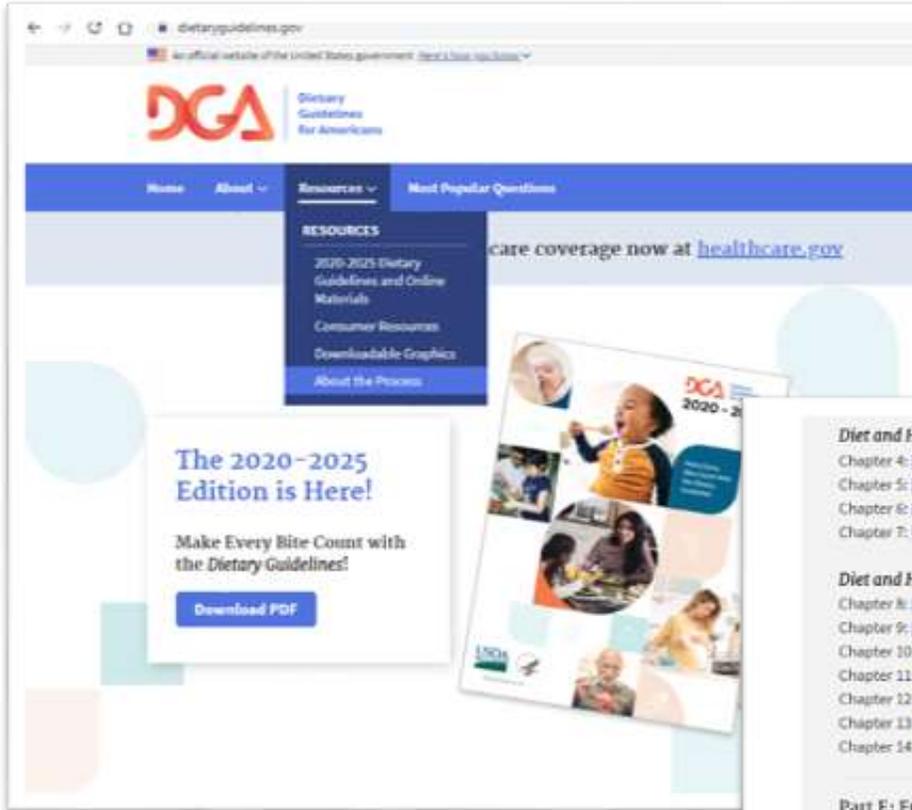
- An analysis of how full implementation of the recommendations described in paragraph (1) would have affected the most recently issued guidelines.

**Q:** How would the process with full implementation of the seven recommendations included in the NASEM report compared to the process used to develop the *Dietary Guidelines for Americans, 2020-2025* have affected the timeline, cost, and/or integrity of the most recently issued guidelines?

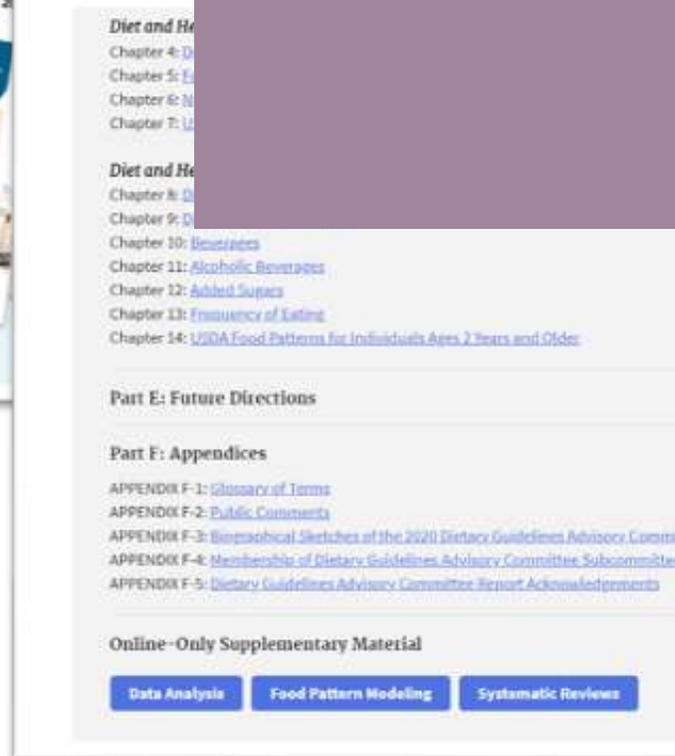
# Study Independence

- Independent, evidence-based analysis
  - Resource for the Committee
  - Prior to publication, NASEM will provide USDA and HHS sections of the report that describe the *Dietary Guidelines for Americans, 2020-2025* development process to ensure technical accuracy
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# DietaryGuidelines.gov



# NESR.usda.gov



DietaryGuidelines.gov/national-academies



Thank you



**Recommendation 1. The secretaries of the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) should redesign the *Dietary Guidelines for Americans (DGA)* process to prioritize topics to be reviewed in each *DGA* cycle, and redistribute the current functions of the Dietary Guidelines Advisory Committee to three separate groups:**

- a. Dietary Guidelines Planning and Continuity Group to monitor and curate evidence generation, to identify and prioritize topics for inclusion in the *DGA*, and to provide strategic planning support across *DGA* cycles;**
- b. Technical expert panels to provide content and methodological consultation during evaluation of the evidence; and**
- c. Dietary Guidelines Scientific Advisory Committee to interpret the scientific evidence and draw conclusions.**

**Recommendation 2. The secretaries of USDA and HHS should provide the public with a clear explanation when the *DGA* omit or accept only parts of conclusions from the scientific report.**

**Recommendation 3. The secretary of USDA should clearly separate the roles of USDA Nutrition Evidence Library (NEL) staff and the Dietary Guidelines Scientific Advisory Committee (DGSAC) such that**

- a. The NEL staff plan and conduct systematic reviews with input from technical expert panels, perform risk of bias assessment of individual studies, and assist the DGSAC as needed.**
- b. The NEL systematic reviews are externally peer reviewed prior to being made available for use by the DGSAC.**
- c. The DGSAC synthesizes and interprets the results of systematic reviews and draws conclusions about the entire body of evidence.**

**Recommendation 4. The secretary of USDA should ensure all Nutrition Evidence Library (NEL) systematic reviews align with best practices by**

- a. Enabling ongoing training of the NEL staff,**
- b. Enabling engagement with and learning from external groups on the forefront of systematic review methods,**
- c. Inviting external systematic review experts to periodically evaluate the NEL's methods, and**
- d. Investing in technological infrastructure.**

**Recommendation 5. The secretaries of USDA and HHS should enhance food pattern modeling to better reflect the complex interactions involved, variability in intakes, and range of possible healthful diets.**

**Recommendation 6. The secretaries of USDA and HHS should standardize the methods and criteria for establishing nutrients of concern.**

**Recommendation 7. The secretaries of USDA and HHS should commission research and evaluate strategies to develop and implement systems approaches into the *DGA*. The selected strategies should then begin to be used to integrate systems mapping and modeling into the *DGA* process.**