

The background is a solid blue color with a pattern of interlocking gears of various sizes. A large, faint image of a hand holding a gear is also visible in the background.

2020-2025 Dietary Guidelines for Americans: Role of Science, People, & Politics

*Nutrition Policy Institute
University of California, Berkeley*

*Angie Tagtow, MS, RD, LD
Strategic Advisor, Public Health Nutrition, Food Systems & Policy*

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Highlights



Status



Background



Process



Engagement

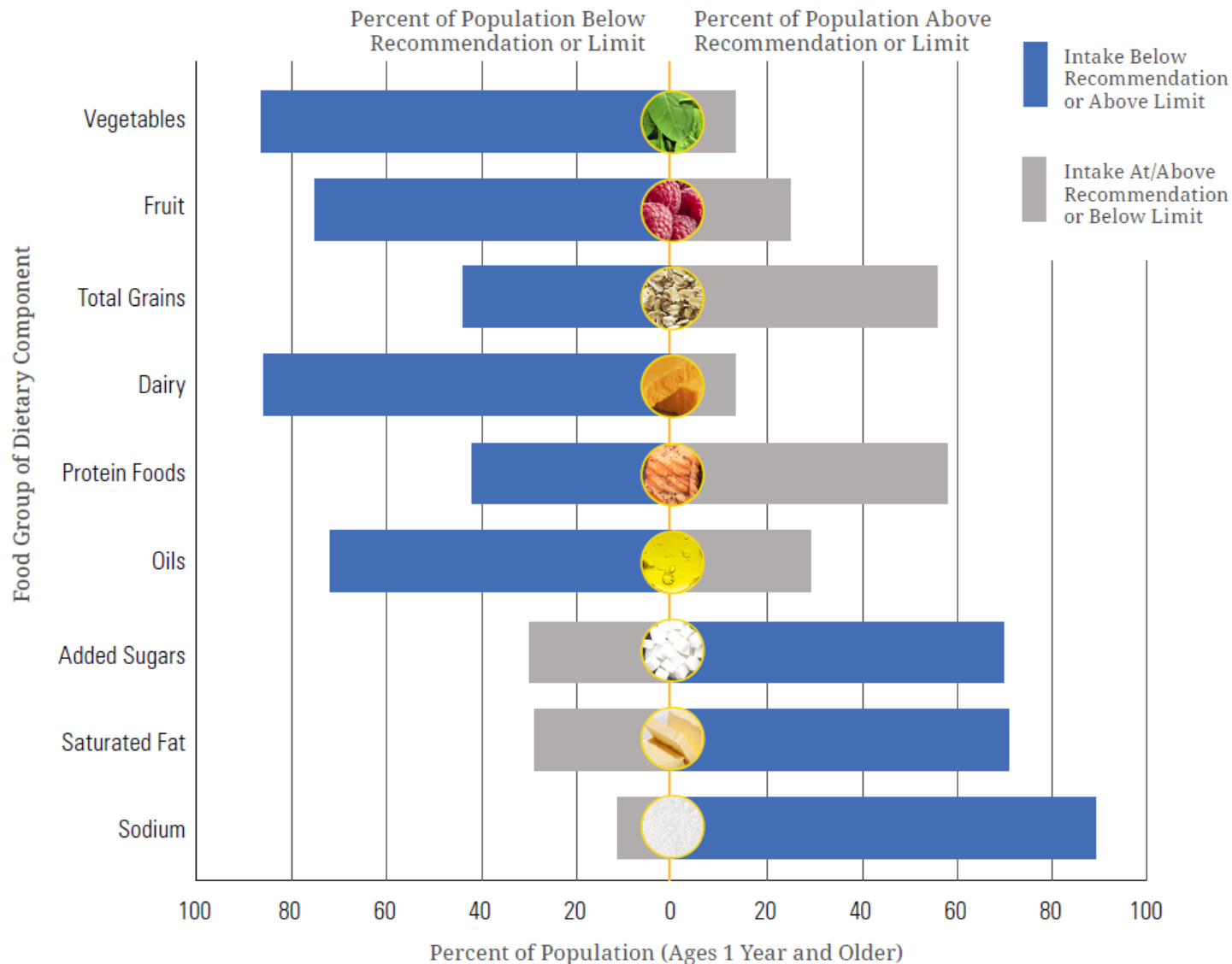


Setting the Table for Better Health

“Where are we at and what direction do we need to go?”

Current Eating Patterns in the United States

Percent of the U.S. Population Ages 1 Year and Older Who are Below, At, or Above Each Dietary Goal or Limit (Figure 2-1)



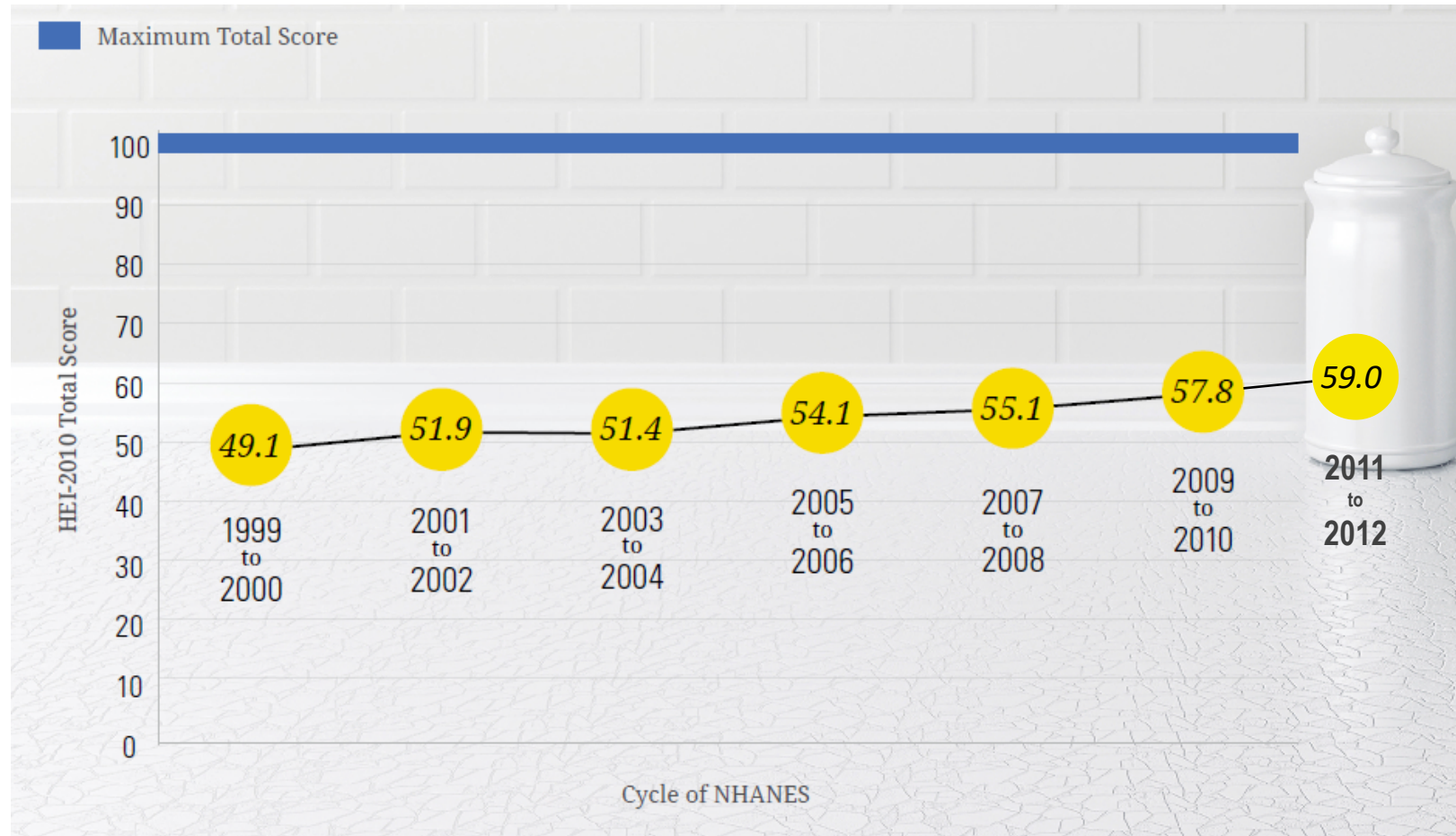
Note: The center (0) line is the goal or limit. For most, those represented by the blue sections of the bars, shifting toward the center line will improve their eating pattern.

Data Source: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intakes and limits.

Adapted from Figure 2-1 (page 39), U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015.

Adherence to the *2010 Dietary Guidelines*

Measured by Average Total Healthy Eating Index-2010 (HEI-2010) Scores of the U.S. Population Ages 2 Years and Older (Figure I-1)









Data Source: Analyses of What We Eat in America, National Health and Nutrition Examination Survey (NHANES) data from 1999-2000 through 2009-2010.

Note: HEI-2010 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet. Adapted from Figure I-1 (page 4), U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015.

Leading Causes of Death in the US, 1980 & 2015

(adapted from National Center for Health Statistics 2017, Table 19)

Rank	1980		2015	
	Cause of Death	# Deaths	Cause of Death	# Deaths
	All causes	1,989,841	All causes	2,712,630
1	Diseases of heart	761,085	Diseases of heart 	633,842
2	Malignant neoplasms	416,509	Malignant neoplasms 	595,930
3	Cerebrovascular diseases	170,225	Chronic lower respiratory diseases ^{1,2}	155,041
4	Unintentional injuries	105,781	Unintentional injuries	146,571
5	Chronic obstructive pulmonary diseases ¹	56,050	Cerebrovascular diseases 	140,323
6	Pneumonia and influenza ²	54,619	Alzheimer's disease 	110,561
7	Diabetes mellitus	34,851	Diabetes mellitus ³ 	79,535
8	Chronic liver disease and cirrhosis	30,583	Influenza and pneumonia ²	57,062
9	Atherosclerosis	29,449	Nephritis, nephrotic syndrome and nephrosis ³ 	49,959
10	Suicide	26,869	Suicide	44,193

GDP & National Health & Prescription Drug Expenditures in the US, 1980 & 2015

(adapted from National Center for Health Statistics 2017, Tables 93 and 94)

	1980	2015
	<i>Amount, in billions</i>	
Gross Domestic Product (GDP)	\$2,863	\$18,037
National Health Expenditures	\$255.3	\$3,206.6
National Health Expenditures as Percent of GDP	8.9%	17.8%
Prescription Drug Expenditures	\$12.0	\$324.6
Prescription Drug Expenditures as Percent of GDP	0.4%	1.8%

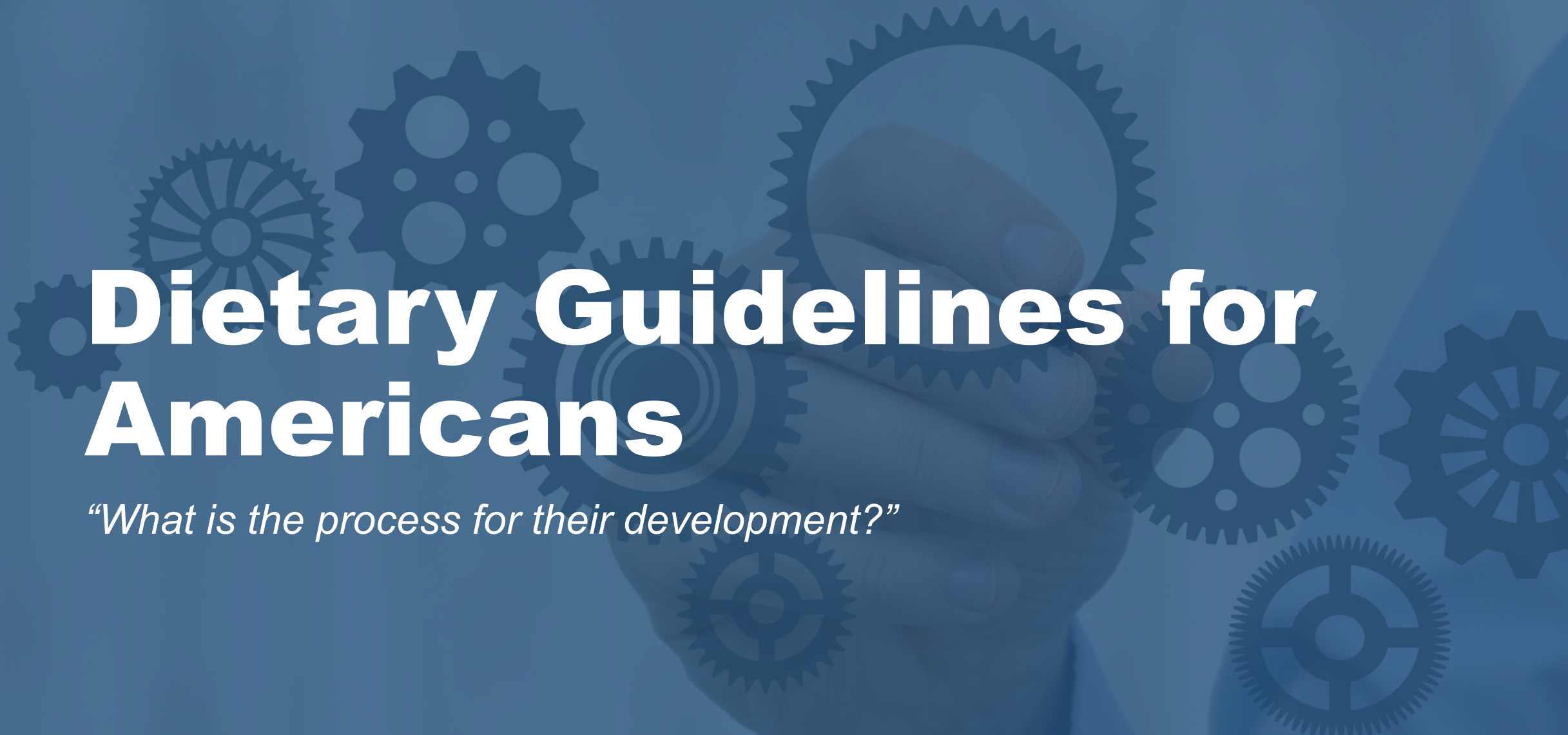
↑ 530%

↑ 1,156%

↑ 2,605%

“Nutrition is the most powerful tool in our toolbox to combat chronic disease and skyrocketing healthcare costs in this country. We need a serious and sustainable investment in nutrition education, nutrition policy, and food systems that support healthy eating. Our failure to do so will lead to greater health disparities, weaker domestic nutrition security, and a drain on the global economy.”

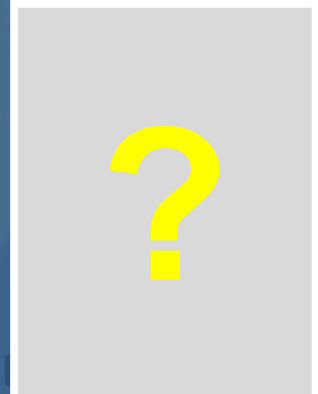
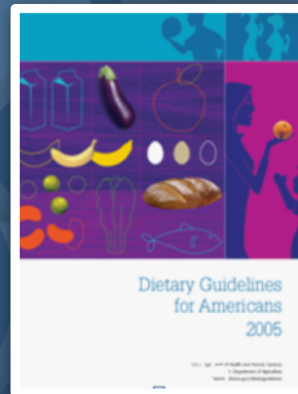
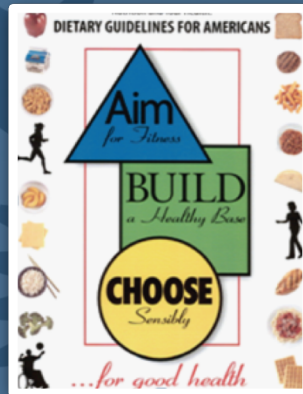
- A. Tagtow, 2018



Dietary Guidelines for Americans

“What is the process for their development?”

Four Decades of Evolution




The Dietary Guidelines is Congressionally Mandated

- “At least every five years, the Secretaries [of USDA and HHS] shall publish a report entitled ‘Dietary Guidelines for Americans’”
- “Shall contain nutritional and dietary information and guidelines for the general public”
- “Shall be based on the preponderance of the scientific and medical knowledge which is current at the time the report is prepared”
- “Shall be promoted by each Federal agency in carrying out any Federal food, nutrition, or health program”

UNFUNDED

National Nutrition Monitoring and Related Research Act of 1990 (Public Law 101-445 - Oct. 22, 1990)



“There has never been any direct Congressional appropriations to support evidence-based nutrition guidance (i.e., the *Dietary Guidelines for Americans*), the cornerstone of Federal food and nutrition programs.”

- A. Tagtow, 2018

Process to Update the *2015-2020 Dietary Guidelines for Americans*



**6-9 months*

USDA & HHS completed administrative tasks & appointed Dietary Guidelines Advisory Committee



18-24 months

Advisory Committee reviewed science & produced advisory report



3-5 months

USDA & HHS solicited & reviewed comments on the advisory report from the public & Federal agencies



6-12 months

USDA & HHS updated & released the *Dietary Guidelines*



Ongoing

USDA/HHS translated the Dietary Guidelines into programs and materials to help professionals and consumers with implementation

Public Engagement

(*approximate duration; some steps may overlap)



MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

Choose**MyPlate**.gov/MyWins

From the Dietary Guidelines to MyPlate

Reaching Consumers through MyPlate, MyWins

2015-2020 Dietary Guidelines for Americans

1

Follow a healthy eating pattern across the lifespan

2

Focus on variety, nutrient density, and amount

3

Limit calories from added sugars and saturated fats and reduce sodium intake

4

Shift to healthier food and beverage choices

5

Support healthy eating patterns for all

Dietary Patterns



- Consume a **HEALTHY EATING PATTERN** that accounts for all food and beverages within an appropriate calorie level.
 - *A healthy eating pattern includes:*
 - A variety of **VEGETABLES** from all of the subgroups— dark green, red and orange, legumes (beans and peas), starchy, and other
 - **FRUITS**, especially whole fruits
 - **GRAINS**, at least half of which are whole grains
 - **Fat-free or low-fat DAIRY**, including milk, yogurt, cheese, and/or fortified soy beverages
 - A **variety of PROTEIN** foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
 - **OILS**
 - *A healthy eating pattern limits:*
 - Saturated and *trans* fats, added sugars, and sodium

Quantitative Limits



- Quantitative recommendations are provided for components of the diet that should be limited. These components are of particular public health concern, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:
 - Consume less than **10%** of calories per day from **ADDED SUGARS**
 - Consume less than **10%** of calories per day from **SATURATED FATS**
 - Consume less than **2,300 mg** per day of **SODIUM**
 - 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

Physical Activity



In addition to diet, physical activity is important to promote health and reduce the risk of chronic disease.

Diet and physical activity are the two parts of the calorie balance equation to help manage body weight.

To help individuals maintain and achieve a healthy body weight, the *Dietary Guidelines* includes a key recommendation to:

MEET THE *PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS**

* Revised Physical Activity Guidelines for Americans are updated every 10 years. Next update expected in 2018.

Let's all **EAT HEALTHY. BE HEALTHY. SAVE.**

The Dietary Guidelines for Americans can help.

We're in the red.

117 MILLION U.S. adults have 1+ chronic diseases.¹



BILLIONS Spent in medical cost of diet-related chronic diseases.²

\$147B
Obesity

\$245B
Type 2 Diabetes

\$316B
Heart Disease

8 in 10 Americans think advice about what to eat is conflicting.³



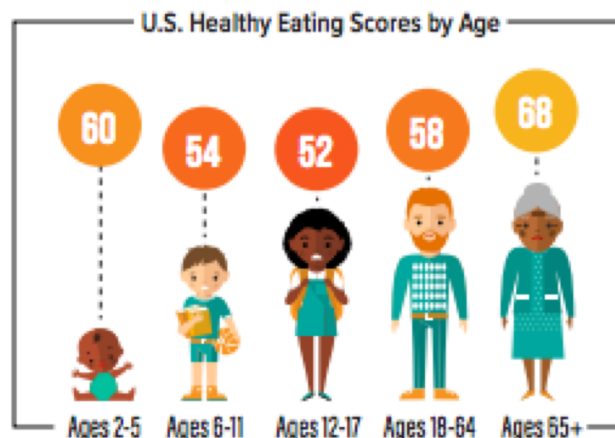
Healthy eating can help... but first, we need to do it.



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)





What's the return on our investment?

Each step closer to eating a diet that aligns with the **DIETARY GUIDELINES** can help reduce risk of: ⁴



Heart Disease



Type 2 Diabetes



Cancer



If we invest **\$10/person** each year toward improving nutrition, increasing physical activity, and preventing tobacco use —

**THAT COULD SAVE THE UNITED STATES
\$16,000,000,000**

*annually within five years!*⁵

That equals a
\$5.60 return
on investment
for every \$1

3 reasons why the Dietary Guidelines matter.

PRACTICAL TOOL



[USDA and HHS] took the science and brought it into the real world of how we eat... the Academy encourages everyone to follow the Dietary Guidelines recommendations because as dietitians we stand by science-based recommendations and realize that healthy eating is one of the most powerful tools we have to reduce the onset of disease.

ACADEMY of NUTRITION & DIETETICS

DATA-DRIVEN



With confusing and often-conflicting information in the media, it is more important than ever that Americans have a clear source of science-based information about diet. We would like to see the 2020 Dietary Guidelines continue to provide Americans with science-based guidelines...

AMERICAN COLLEGE of CARDIOLOGY

FOR ALL AGES



Pediatricians routinely look to the Dietary Guidelines to provide advice to our patients... We look forward to the inclusion of science-based Dietary Guidelines for children birth to 24 months in the 2020 Dietary Guidelines for Americans... Early nutrition sets the course for preventing many diseases, even those that would occur in adulthood...

AMERICAN ACADEMY of PEDIATRICS

Released jointly by USDA and HHS every 5 years, the *Dietary Guidelines for Americans* is the cornerstone for Federal nutrition programs and a go-to resource for health professionals nationwide. For more information, go to www.DietaryGuidelines.gov.

“It just makes economic sense...”

- If we invest \$10/person each year toward improving nutrition, increasing physical activity, and preventing tobacco use, that could save \$16B annually within five years.¹
- If Americans ate just one more serving of fruits or vegetables per day, this would save more than 30,000 lives and \$5 billion in medical costs each year.²
- If Americans were to follow current recommendations for daily consumption of fruits and vegetables, those numbers would go up to more than 127,000 lives and \$17 billion saved each year.²
- According to methods commonly used by economists, the increased longevity that would result if Americans ate the recommended amount of fruits and vegetables is worth over \$11 trillion.²

1. Segal LM, Rayburn J, and Martin A. (2016). The State of Obesity: Better Policies for a Healthier America 2016. Trust for America's Health. <http://healthvamericans.org/assets/files/TFAH-2016-ObesityReport-FINAL.pdf>
2. O'Hara J. The \$11 Trillion Reward. How simple Dietary Changes Can Save Lives and Money, and How We Get There. Union of Concerned Scientists. https://www.ucsusa.org/sites/default/files/legacy/assets/documents/food_and_agriculture/11-trillion-reward.pdf

Examples of Federal Application of the *Dietary Guidelines for Americans*

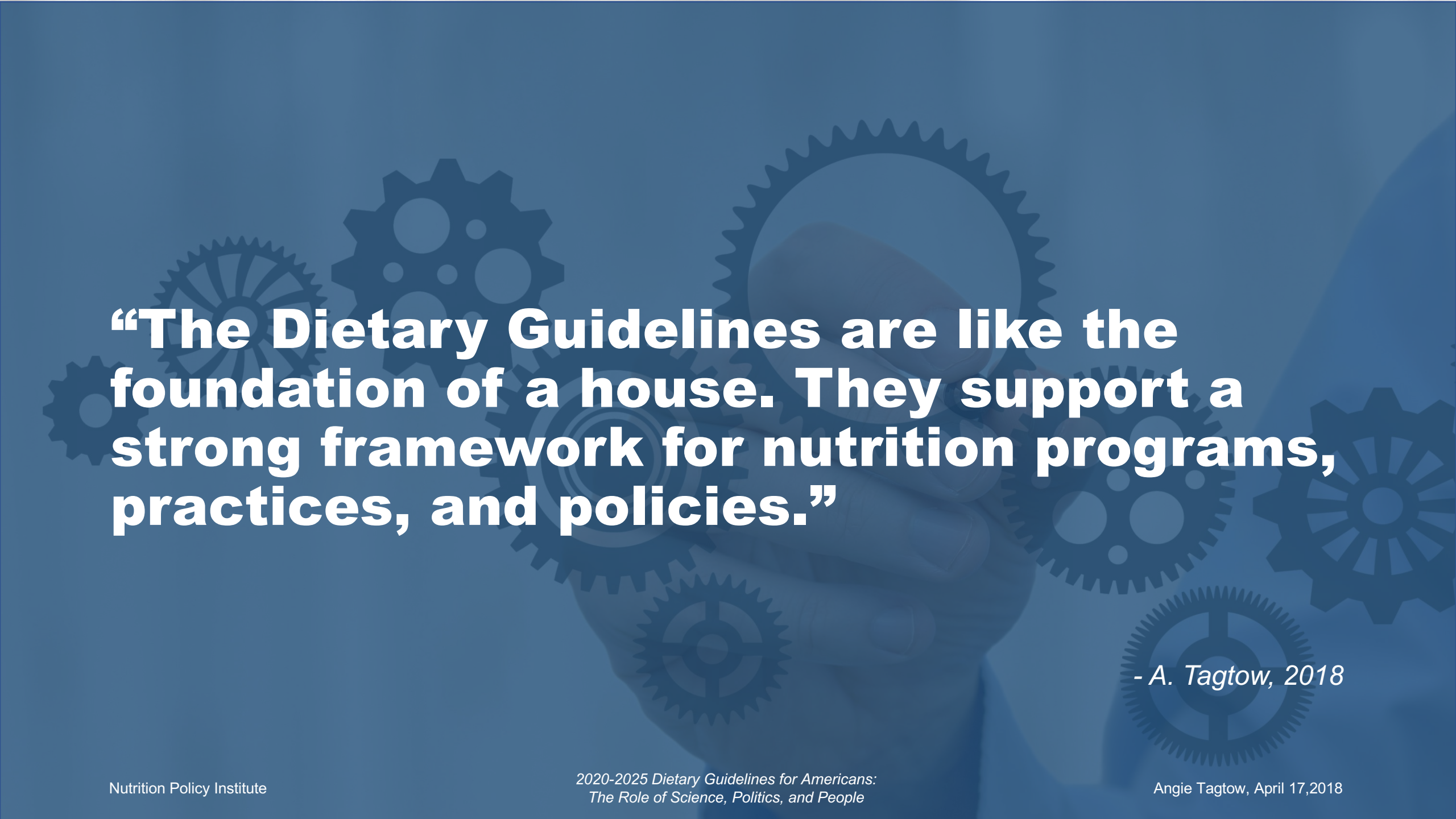
USDA

- Food and Nutrition Services
 - Special Supplemental Nutrition Program for Women, Infants & Children (WIC)
 - School Nutrition Programs (NSLP)
 - Child & Adult Care Food Program (CACFP)
 - Supplemental Nutrition Assistance Program Education (SNAP-Ed)
- Agriculture Research Service
 - Research
 - National Agriculture Library
- Economic Research Service
 - Research
- Agricultural Marketing Services
 - Commodity Marketing Boards

Other

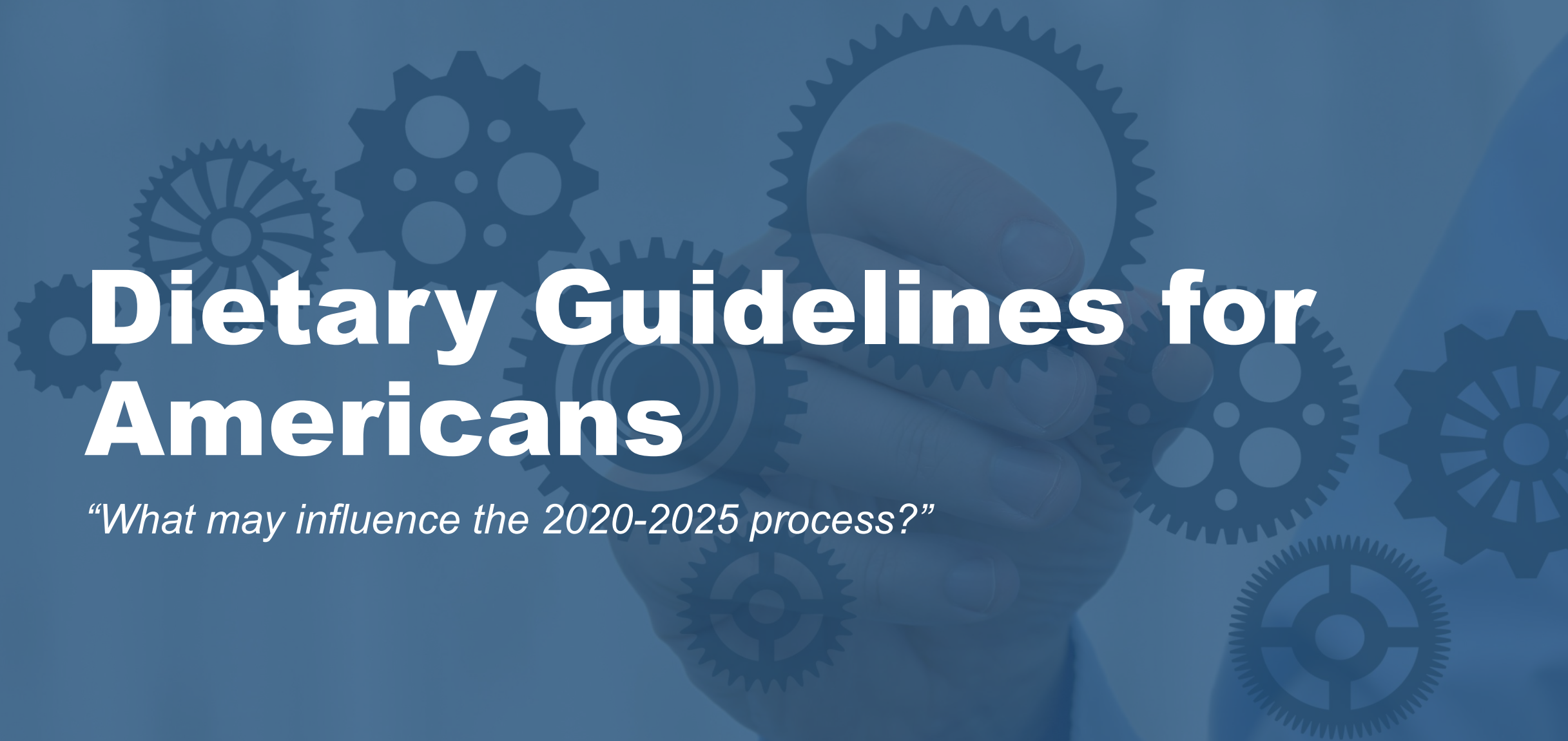
- Health & Human Services – CDC, FDA, NCI, NIH
- Department of Veterans Affairs
- Department of Defense
- Department of Education
- Department of Interior
 - National Park Services Concession Contracts
- Government Services Administration
 - Federal Food Service Guidelines/Procurement Standards

Potential to reach one-third of the U.S. population every day



“The Dietary Guidelines are like the foundation of a house. They support a strong framework for nutrition programs, practices, and policies.”

- A. Tagtow, 2018



Dietary Guidelines for Americans

“What may influence the 2020-2025 process?”

Agricultural Act of 2014 (P.L. 113-79)

Mandates the Dietary Guidelines expand to include dietary guidance for infants and toddlers (from birth to age 24 months), as well as women who are pregnant, beginning with the 2020-2025 edition

UNFUNDED

Agricultural Act of 2014. Public Law 113-79. <https://www.gpo.gov/fdsys/pkg/PLAW-113publ79/pdf/PLAW-113publ79.pdf>

Consensus Study Reports



February 2017

FFY2016 Congress appropriated \$1M to USDA to work with the NASEM to study the process of developing the Dietary Guidelines



September 2017

Report #1 NASEM Recommendations

- Employ a third party to review nominations for qualified candidates
- Select provisional committee (n=13-17)
- Post provisional committee for public comment and review biases and conflicts of interest

Proposed Process for Selecting the Dietary Guidelines Advisory Committee



Source: National Academies of Sciences, Engineering, and Medicine. 2017. *Optimizing the Process for Establishing the Dietary Guidelines for Americans: The Selection Process*. Washington, DC: The National Academies Press, Figure S-1.

Report #2 NASEM Recommendations

Recommendation 1. Redesign the DGA process to prioritize topics to be reviewed in each DGA cycle, and redistribute the current functions of the DGAC to three separate groups:

- **Dietary Guidelines Planning and Continuity Group (DGPCG)**¹ 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
- **Technical expert panels (TEP)**¹ to provide content and methodological consultation during evaluation of the evidence
- **Dietary Guidelines Scientific Advisory Committee (DGSAC)**² to interpret the scientific evidence and draw conclusions

Recommendation 2. Provide the public with a clear explanation when the DGA omit or accept only parts of conclusions from the scientific report

1. Consisting of Federal and non-Federal experts
2. Non-Federal experts functioning under the Federal Advisory Committee Act

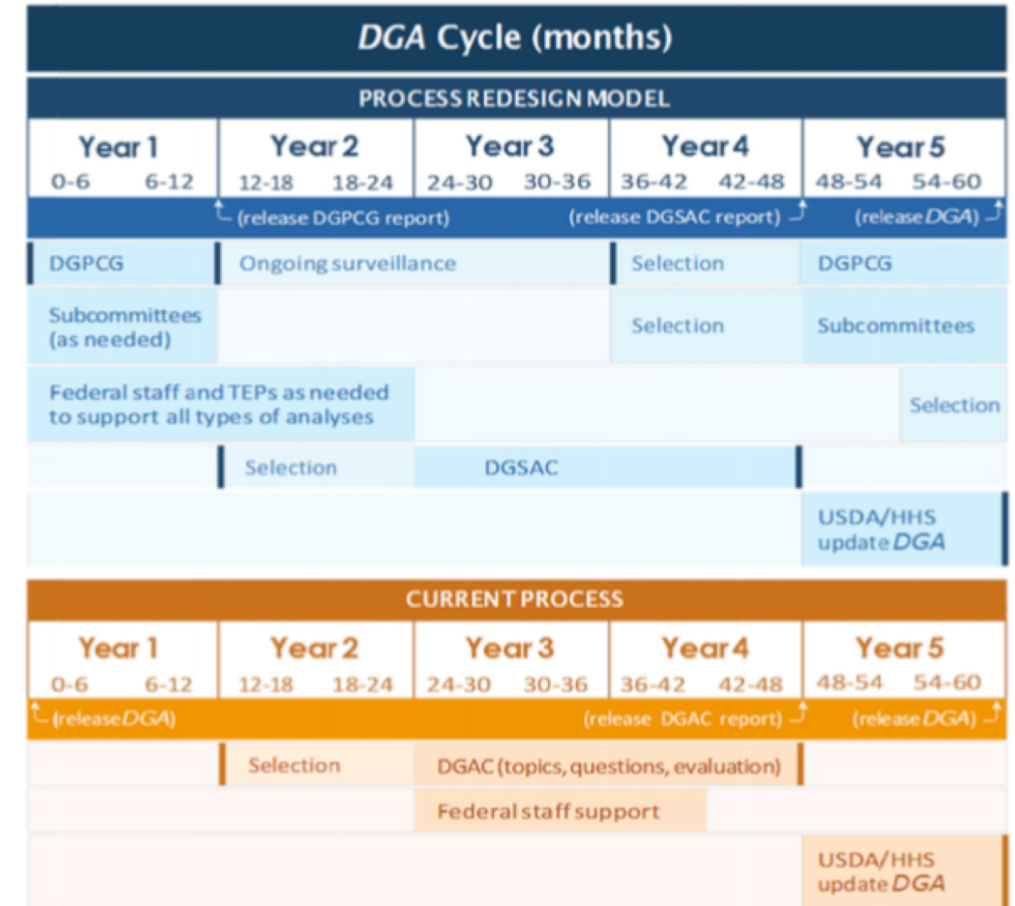


FIGURE S-2 Proposed timeline for future *DGA* cycles.

NOTES: Dark blue bars indicate opportunities for public comment and explanation of key decisions made. Darker shaded boxes indicate most active periods, while lighter shaded boxes denote potential times of less active engagement as needed. “Selection” refers to the selection of members for the respective groups. “Federal staff” includes those providing technical support such as the Nutrition Evidence Library staff and those conducting food pattern modeling and descriptive data analyses. DGAC = Dietary Guidelines Advisory Committee; DGPCG = Dietary Guidelines Planning and Continuity Group; DGSAC = Dietary Guidelines Scientific Advisory Committee; TEP = technical expert panel.

Report #2 NASEM

Recommendations (continued)

Recommendation 3. Clearly separate the roles of USDA Nutrition Evidence Library (NEL) staff and the Dietary Guidelines Scientific Advisory Committee (DGSAC) such that:

- 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
- The NEL systematic reviews are externally peer reviewed prior to being made available for use by the DGSAC
- The DGSAC synthesizes and interprets the results of systematic reviews and draws conclusions about the entire body of evidence

Recommendation 4. Ensure all Nutrition Evidence Library (NEL) systematic reviews align with best practices by:

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

Report #2 NASEM Recommendations (continued)

Recommendation 5. Enhance food pattern modeling to better reflect the complex interactions involved, variability in intakes, and range of possible healthful diets

Recommendation 6. Standardize the methods and criteria for establishing nutrients of concern

Recommendation 7. 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

2020-2025 Dietary Guidelines Actions to Date

- USDA is administrative lead
- USDA held listening sessions
- NEW! 30-day public comment period on topics and questions (closed March 30; 5,797 comments submitted)
- Life stage approach
- Nomination of 2020 Dietary Guidelines Advisory Committee spring/early summer 2018 (*Brandon Lipps, FNS Administrator, February 2018*)

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

A: We are still working through some of the details, but we plan to add some new steps in response to the National Academies' recommendations, stakeholder feedback, and our desire to have a transparent, inclusive, and science-driven process. **Many of the key steps to develop the Dietary Guidelines will remain the same as previous processes.** 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 advisory committee and consideration of Federal agency input and public comments. Look for future announcements about the Dietary Guidelines on our website at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

USDA. Most Popular Questions About the Dietary Guidelines. April 1, 2018. <https://www.cnpp.usda.gov/most-popular-questions-about-dietary-guidelines>

USDA Decisions

- May 2017 School Nutrition Standards¹
 - “Restoring local control of guidelines on whole grains, sodium, and milk.”¹
- September 2017 Reorganization²
 - “Instead of having a politically-appointed administrator of CNPP, the agency will be headed by a career associate administrator. Incorporating CNPP into FNS will improve administrative efficiencies and allow closer integration of the work of these two agencies.”
- February 2018 SuperTracker Announcement
 - “FNS to discontinue SuperTracker application On June 30, 2018.”

1. USDA Press Release No. 0032.17 “Ag Secretary Perdue Moves to Make Schools Great Again.” <https://www.fns.usda.gov/pressrelease/2017/003217>

2. USDA Press Release No. 0104.17. “Secretary Perdue Announces USDA Improvement in Customer Service & Efficiency. <https://www.usda.gov/media/press-releases/2017/09/07/secretary-perdue-announces-usda-improvements-customer-service>.

Budgets & Bills

- FFY2018 Omnibus Appropriations (March 2018)
 - Public health and nutrition programs preserved
 - <https://www.congress.gov/115/bills/hr1625/BILLS-115hr1625enr.pdf>
- FFY2019 USDA (Proposed) Budget
 - Reflects the White Houses' Budget Proposal
 - “The Budget includes \$12 million to develop the 2020 DGA for which USDA is the lead agency. Starting with the 2020 DGA, the scope will be expanded to include guidance for pregnant women, toddlers, and infants.”
 - <https://www.obpa.usda.gov/budsum/fy19budsum.pdf>
- Agriculture and Nutrition Act of 2018 (Farm Bill)
 - https://agriculture.house.gov/uploadedfiles/agriculture_and_nutrition_act_of_2018.pdf

The background of the slide features a blue-tinted image of a hand holding a large gear. Several other gears of various sizes are scattered around, some overlapping the hand and the central gear. The overall theme is mechanical and interconnected.

Engagement

“Will what I do make a difference?”

The background of the slide features a blue-toned image of a hand holding a large gear, with several other gears of various sizes floating around it. The overall theme is mechanical and interconnected.

Sign Up For Updates

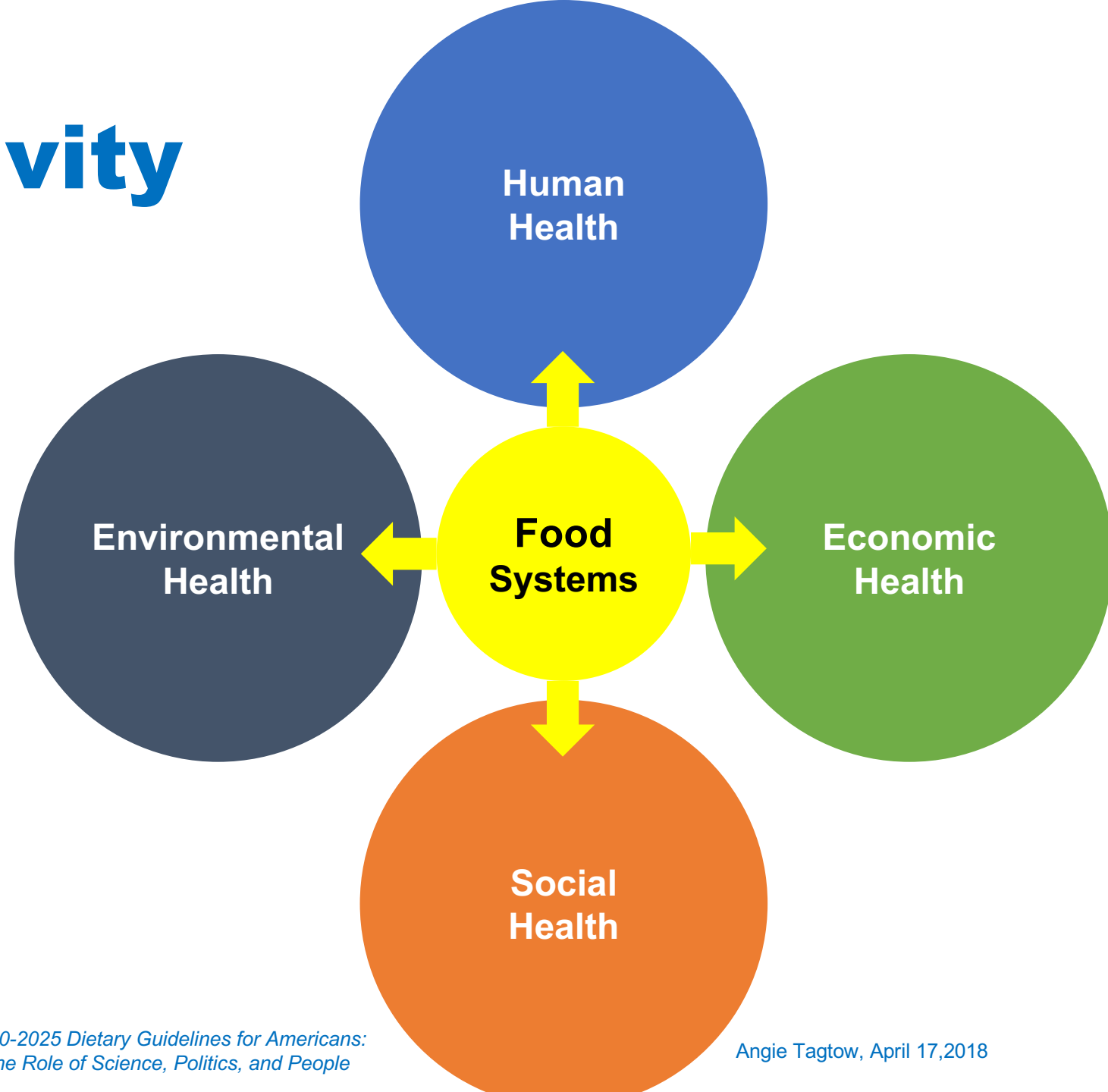
www.DietaryGuidelines.gov

Engagement & Action

- Promote evidence-based nutrition guidance in practice
- Contribute research and publish results
- Tell your story as to how the DGAs impact your patients, clients, communities
 - Build the economic argument
- Encourage your professional organization to be engaged
 - Advocacy platform, resolutions, policy statements, strategic plans, letter writing campaigns
- Support organization, network or coalition positions on DGAs
- Leverage the NASEM consensus reports

Interconnectivity

“The system that generates our food has significant impact on human, economic, environmental, and social health. Likewise, these domains have profound influence on the quality, quantity and healthfulness of the food system.”



“We are at a time in which we cannot take Federal nutrition guidance and nutrition education resources for granted...

...however, we are at a time in which our collective action – our stories, services, publications, research – can create the most impactful evidence on the human health benefits of a healthy eating pattern...

...these contributions can profoundly impact nutrition policies, practices, and programs.”

- A. Tagtow, 2018



Thank you!

Angie Tagtow, MS, RD, LD

Strategic Advisor in Public Health Nutrition, Food Systems, & Policy

angie.tagtow@mac.com