



**Dietary  
Guidelines  
for Americans**





# Welcome

*Eve Stody, PhD*

**Designated Federal Officer**

2020 Dietary Guidelines Advisory Committee

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# 2020 Dietary Guidelines Advisory Committee

## *Meeting 1*

**Thursday, March 28, 2019 (9:00am – 4:30pm)**

**Friday, March 29 (8:30am – 3:00pm)**

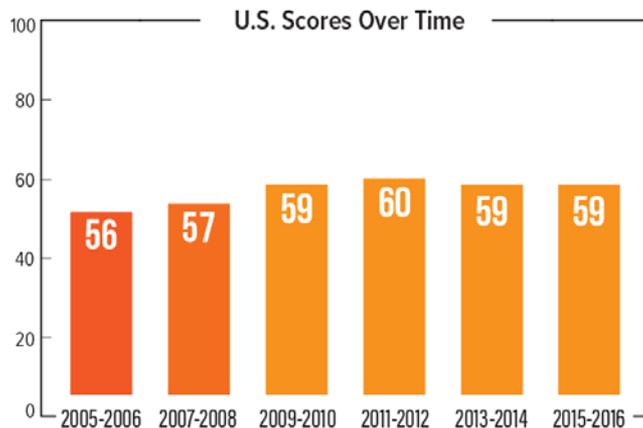
[DietaryGuidelines.gov](https://DietaryGuidelines.gov)



# Our Common Goal: Improving the Health of Our Nation

- What we eat and drink matters
- We still fall far short of eating according to the *Dietary Guidelines*

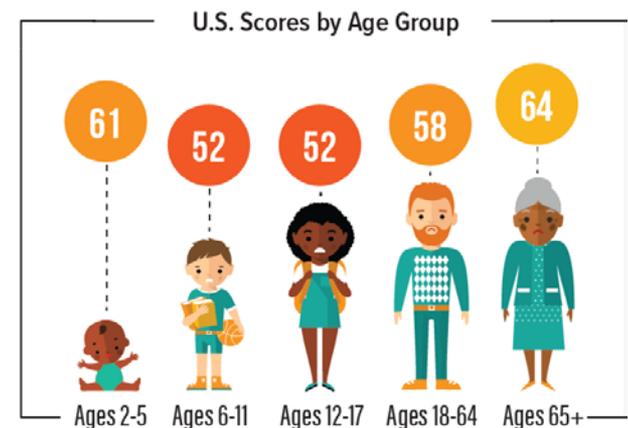
## How Healthy Is the American Diet?



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)



Data source for Healthy Eating Index scores: What We Eat in American, National Health and Nutrition Examination Survey. (Undated data are from 2015-2016).



***Data show that moving toward the Dietary Guidelines can have health and economic benefits***

# Our Common Goal: Improving the Health of Our Nation

- The *Dietary Guidelines* is mandated to reflect the preponderance of scientific evidence and to be published jointly by USDA and HHS every five years.
- Important to reexamine the evidence to provide current, credible, science-based advice to all Americans – from birth into older adulthood.



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.

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# This Morning's Agenda

- Opening Remarks and Swearing-in of Committee
- Break
- Overview of Committee Charter, Operations, and Timeline
- Chair and Vice Chair Remarks
- Lunch



# This Afternoon's Agenda

- Responding to the National Academies of Sciences, Engineering, and Medicine Study on the Process to Establish the Dietary Guidelines for Americans
- Approaches for Examining the Evidence
  - Nutrition Evidence Systematic Review
  - Implementing Peer-Review of 2020 Dietary Guidelines Advisory Committee Systematic Reviews
  - Data Analysis
  - Food Pattern Modeling
- Opportunities for Public Engagement
- Closing Remarks for Opening Session





# Opening Remarks and Swearing-in of Committee

*Brandon Lipps, JD*

**Acting Deputy Under Secretary**

Food, Nutrition, and Consumer Services

U.S. Department of Agriculture

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# 2020 Dietary Guidelines Advisory Committee

## *Swearing-in*

- Barbara Schneeman, PhD

### ***Chair***

- Ronald Kleinman, MD

### ***Vice Chair***

- Heather Leidy, PhD
- Joan Sabaté, MD, DrPH
- Carol Boushey, PhD, MPH, RD
- Regan Bailey, PhD, MPH, RD
- Jamy Ard, MD
- Elizabeth Mayer-Davis, PhD, RD
- Steven Heymsfield, MD

- Kathryn Dewey, PhD

- Lydia Bazzano, MD, PhD

- Richard Mattes, PhD, MPH, RD

- Rachel Novotny, PhD, RDN, LD

- Linda Van Horn, PhD, RDN, LD

- Teresa Davis, PhD

- Linda Snetselaar, PhD, RD

- Jamie Stang, PhD, MPH, RDN

**Note:** Elsie Taveras, MD, MPH; Sharon Donovan, PhD, RD; and Timothy Niami, MD, MPH are not in attendance today and will complete swearing in separately