

# 2020 DIETARY GUIDELINES ADVISORY COMMITTEE MEETING 1

*Convened by the*  
U.S. Department of Agriculture (USDA)  
U.S. Department of Health and Human Services (HHS)

March 28 & 29, 2019

## **Dietary Guidelines Advisory Committee members present:**

Dr. Barbara Schneeman (Chair)  
Dr. Ronald Kleinman (Vice-Chair)  
Dr. Jamy Ard  
Dr. Regan Bailey  
Dr. Lydia Bazzano  
Dr. Carol Boushey  
Dr. Teresa Davis  
Dr. Kathryn Dewey  
Dr. Steven Heymsfield  
Dr. Heather Leidy  
Dr. Richard Mattes  
Dr. Elizabeth Mayer-Davis  
Dr. Rachel Novotny  
Dr. Joan Sabaté  
Dr. Linda Snetselaar  
Dr. Jamie Stang  
Dr. Elsie Taveras (March 29 only)  
Dr. Linda Van Horn

## **Also present:**

Mr. Brandon Lipps, Acting Deputy Under Secretary, USDA  
Dr. Don Wright, Deputy Assistant Secretary for Health, HHS  
Dr. Scott Hutchins, Deputy Under Secretary, USDA  
Ms. Jackie Haven, USDA  
Ms. Colette Rihane, USDA  
Dr. Eve Stoodly, USDA, Designated Federal Officer and Co-Executive Secretary  
Dr. Richard Olson, HHS  
Ms. Janet de Jesus, HHS  
Dr. Julie Obbagy, USDA  
Dr. TusaRebecca Pannucci, USDA  
Dr. David Klurfeld, USDA, Co-Executive Secretary  
Dr. Eric Decker, University of Massachusetts (March 29 only)

The Advisory Committee met at the headquarters of the U.S. Department of Agriculture, 1400 Independence Avenue, Washington, DC, Barbara Schneeman, Chair, presiding. The meeting allowed for public viewing, both in-person and by Web.

The following is a summary of Meeting 1. Please see videos and/or transcripts on the [Meeting 1 page](#) at [DietaryGuidelines.gov](http://DietaryGuidelines.gov) for details.

## **WELCOME AND OVERVIEW**

Day 1 of the 2020 Dietary Guidelines Advisory Committee (“Committee”), Meeting 1, was convened at 9:00am on Thursday, March 28, 2019, at the Jefferson Auditorium, USDA South Building, Washington, DC. Dr. Eve Stoody, Co-Executive Secretary and Designated Federal Officer of the 2020 Dietary Guidelines Advisory Committee and a Lead Nutritionist in the USDA Center for Nutrition Policy and Promotion, introduced herself, welcomed everyone to the meeting, and noted that 17 of the 20 Committee members were present for the day's meeting. Drs. Donovan and Naimi were unable to attend, and Dr. Taveras would be attending only on Day 2 (March 29). She said that they would view remotely, as possible.

Dr. Stoody reviewed the *Dietary Guidelines for Americans* mandate, which is to reflect the preponderance of scientific evidence and that they be reevaluated and republished jointly by USDA and HHS at least every five years. She added that the overarching goal is to provide credible, science-based advice to citizens of all ages and that Americans are currently very far behind in meeting the recommended Dietary Guidelines – though intake tends to be closer to recommendations among the youngest and oldest population segments.

## **OPENING REMARKS AND SWEARING-IN OF THE COMMITTEE**

Brandon Lipps, JD, Acting Deputy Under Secretary of the USDA Food, Nutrition, and Consumer Services (FNCS), provided opening remarks and welcomed the Committee and the audience on behalf of Secretary of Agriculture Sonny Perdue. He noted that over 1,000 members of the public were registered to attend the meeting, either in-person or via webcast.

Mr. Lipps emphasized that for the first time, the 2020-2025 edition of the *Dietary Guidelines for Americans* will cover the entire human lifespan, from birth through adulthood. He reiterated the necessity of transparency and of supporting the process through science, distinguishing established science from more speculative, evolving research. Mr. Lipps encouraged the submittal of public comments throughout the process and added that the public will have an opportunity at two of the five Committee meetings to make oral comments directly to the Committee.

Mr. Lipps then administered the oath of office to all Committee members present.

Dr. Don Wright, HHS Deputy Assistant Secretary for Health and Director of the HHS Office of Disease Prevention and Health Promotion, highlighted that health promotion and disease prevention is one of HHS' top priorities and how the Dietary Guidelines is a critical component of this goal. These guidelines, he added, are used in grant programs and educational materials, in food assistance programs such as those associated with the Older Americans Act, the *Healthy People Initiative*, in nutrition monitoring and research, and in the regulatory process as it relates to food fortification and labeling. Dr. Wright emphasized the importance of proper nutrition during the early stages of life to support healthy growth and development during childhood and to promote health and prevent chronic disease throughout adulthood.

Dr. Scott Hutchins, Deputy Under Secretary of the USDA Research, Education, and Economics (REE), emphasized REE's focus on producing data-based and science-driven research. Dr. Hutchins noted that convening the Committee to help USDA and HHS develop the *2020-2025 Dietary Guidelines for Americans* represents the significant potential of guiding dietary choices with the best science available.

## **COMMITTEE CHARTER, OPERATIONS, AND TIMELINE**

Dr. Eve Stoodly led the Committee in a discussion of its charter, operations, and projected timeline of activities. The Federal Advisory Committee Act (FACA) dictates that a charter must be established before the Committee can meet or take any action. A charter was filed with Congress on October 5, 2018, and describes the Committee's objectives, scope, and general operations. The Committee is time-limited and will terminate either two years after the date the charter was filed or after the submission of its report to the Secretaries, whichever comes first. The Committee will: (1) examine the evidence on specific topics and scientific questions identified by the Departments; (2) develop a report that outlines its science-based review and recommendations to the Department, with a scientific justification for the recommendations; and (3) submit that report to the Secretaries of USDA and HHS for consideration as they develop the next edition of the guidelines.

The Departments requested that the Committee submit its report by May 2020 so that USDA and HHS would have adequate time to write the *Dietary Guidelines for Americans* and publish it by December 2020. The Committee will hold approximately five public meetings: four in Washington, DC, and one in Houston, TX. The July 2019 (Meeting 2) and January 2020 (Meeting 4) meetings will also feature oral public comment sessions. All meetings will be open to the public both in-person and via webcast.

The questions that the Departments have identified for the Committee to investigate have been informed by public comment as well as federal input. These questions concern patterns of what we eat and drink as a whole, on average, and over time across the lifespan. The questions address dietary patterns, beverages, added sugars, dietary fats, seafood, and frequency of eating. They include a new addition to focus on: children from birth to 24 months, pregnant women and lactating mothers. The Committee will describe the current state of nutrition science and build upon the previous edition of the guidelines utilizing science-based recommendations that will ultimately provide justification for changes to the Guidelines.

## **CHAIR AND VICE-CHAIR REMARKS**

Dr. Barbara Schneeman (Chair) encouraged members to focus on reviewing the current science and to utilize other Committee members as well as USDA and HHS staff in achieving that purpose. She also asked members to ensure that they abide by the FACA's legal framework as this was integral to the credibility of their project. Subcommittees will be used to progress the work between meetings.

Dr. Ronald Kleinman (Vice-Chair) praised the decision to expand the guidelines to include nutritional information for infants under age two and for pregnant and breastfeeding women, because of the critical role that nutrition and other environmental factors in the first 1,000 days of a child's life play in development and disease prevention.

## **RESPONDING TO THE NATIONAL ACADEMIES OF SCIENCES, ENGINEERING, AND MEDICINE STUDY ON THE PROCESS TO ESTABLISH THE DIETARY GUIDELINES FOR AMERICANS**

In 2016, Congress directed a comprehensive study of the process used to update the *Dietary Guidelines*. USDA commissioned the National Academies of Sciences, Engineering, and Medicine's Health and Medicine Division (HMD) to undertake the study. HMD convened a 14-member committee, which included three current Dietary Guidelines Advisory Committee members (Drs. Schneeman, Ard, and Boushey) to conduct this 18-month study. The study resulted in two reports.

The first report, released in February 2017, was on optimizing the process for establishing the guidelines and focused primarily on the Dietary Guidelines Advisory Committee. The second, released in September 2017, focused on the remaining aspects of the process. The reports focused on five

values aimed at improving the integrity of the process and developing credible and trustworthy guidelines. These were: (1) enhancing transparency; (2) promoting diversity of expertise and experience; (3) supporting a deliberative process; (4) managing biases and conflicts of interest; and (5) adopting state-of-the-art processes and methods. USDA and HHS support these values and have affirmed a commitment to addressing these goals.

Dr. Stoodly walked through the specific recommendations of the reports and detailed the Departments' responses. Fact sheets with information related to the recommendations are available at [DietaryGuidelines.gov](http://DietaryGuidelines.gov) under the "Resources" section. Dr. Stoodly also informed the Committee that HHS and USDA are currently preparing a report for Congress with its responses to these recommendations, to be submitted later in 2019. A Committee discussion then followed.

## **APPROACHES FOR EXAMINING THE EVIDENCE**

Ms. Colette Rihane, USDA Center for Nutrition Policy and Promotion, presented approaches that will be used by Committee members for examining the scientific evidence: (1) Nutrition Evidence Systematic Reviews (NESR); (2) food pattern modeling; and (3) data analysis. NESR systematic reviews will support the Committee's work and will be conducted by the NESR team at USDA's CNPP. The reviews will be one of two types. For new, original systematic reviews, the Committee will search for, evaluate, synthesize, and culminate relevant peer-reviewed studies. The Committee will also be able to utilize existing systematic reviews, previously conducted by the NESR team. The second approach, food pattern modeling, will use analyses that are performed using national datasets as well as findings from systematic reviews that reveal ways in which changing the *Dietary Guidelines for Americans* may impact meeting nutrient needs. The third approach, data analyses, will use current national datasets to help Committee members understand the current health and dietary intakes of Americans. Each approach functions as a unique tool for the Committee to use in accomplishing its mandate. Some questions may require a systematic review while others may be illuminated by food pattern modeling. The best approach to each question will be dictated by the nature of the question and the type of information needed to answer that question.

## **NUTRITION EVIDENCE SYSTEMATIC REVIEW**

Dr. Julie Obbagy, USDA Center for Nutrition Policy and Promotion, expanded on NESR systematic reviews and emphasized that NESR will conduct its reviews with the Committee in a collaborative manner. NESR staff members are scientists with systematic review experience and will be handling all aspects of planning, facilitating, conducting, and documenting the work necessary to complete the Committee's systematic reviews in accordance with NESR's methodology. Dr. Obbagy expressed that NESR supports the following values: (1) enhance transparency; (2) promote diversity of expertise and experience; (3) support a deliberative process; (4) manage biases and conflicts of interest; and (5) adopt state-of-the-art processes and methods. Dr. Obbagy then provided an overview of NESR's methodology for conducting systematic reviews, and processes for using and/or updating existing NESR systematic reviews. Dr. Obbagy closed by mentioning that the NESR recently launched a new website ([NESR.usda.gov](http://NESR.usda.gov)) which currently contains information about the NESR methodology and the complete documentation of every systematic review conducted under the previous name (Nutrition Evidence Library). A Committee discussion then followed.

## **IMPLEMENTING PEER-REVIEW OF 2020 DIETARY GUIDELINES ADVISORY COMMITTEE SYSTEMATIC REVIEWS**

Dr. David Klurfeld, Co-Executive Secretary of the 2020 Dietary Guidelines Advisory Committee and National Program Leader of the Human Nutrition Program in the USDA Agricultural Research Service

(ARS) reported that ARS will rely on both its own staff and the staff of other federal agencies, including the Economic Research Service, NIH, CDC, and FDA, to conduct peer-review of the NESR systematic review questions – of which there are approximately 62 questions. Birth to 24 months has more than 20 questions, dietary patterns has 17 questions, beverage consumption has 10 questions, and the categories for added sugars, amount of dietary fats, seafood, and frequency of eating each have smaller numbers of questions. The process should be analogous to academic review of a manuscript submitted for publication.

## **DATA ANALYSIS**

Dr. TusaRebecca Pannucci, Lead Nutritionist, Nutrition and Economic Analysis, USDA's CNPP, discussed the two other approaches to the evidence which complemented Dr. Obbagy's earlier approach. For the Committee's purposes, data analysis is a collection of analyses from nationally representative, federal data sources that will provide insights into eating habits and diet-related chronic disease rates in the United States. These analyses are specifically representative of the US population at each life stage. There are several sources for this federal data. The bulk of it will come from NHANES, with the dietary data coming from *What We Eat in America* and supported by the USDA's Food and Nutrient Database for Dietary Studies (FNDDS) and its Food Pattern Equivalents Database (FPED). Other data sources include the National Health Interview Survey (NHIS) and the Surveillance, Epidemiology, and End Results (SEER) data. A Committee discussion then followed.

## **FOOD PATTERN MODELING**

Dr. TusaRebecca Pannucci segued into the next presentation on food pattern modeling – the third tool along with NESR systematic reviews and data analysis to enable the Committee to answer questions or address topics from different, complementary angles. Dr. Pannucci covered an overview of USDA Food Patterns as well as the food pattern modeling process. Food pattern modeling is an analysis approach used to understand how changes in food group intakes might impact meeting the nutritional needs of Americans. Food patterns will assist the Committee in articulating how proposed changes might impact food group recommendations and nutrient adequacy across the life-span. Dr. Pannucci enumerated six of the questions that food pattern modeling may impact. A Committee discussion then followed.

## **OPPORTUNITIES FOR PUBLIC ENGAGEMENT**

Dr. Eve Stoodly, summarized the multiple opportunities for public engagement during the 2020 Dietary Guidelines Advisory Committee process. Prior to the commencement of this Committee, there were two key opportunities for public input: the establishment of the topics and questions, which were derived with input from over 12,000 comments, and the Committee nomination process, which were received from the public during the fall of 2018. There will be approximately five public meetings, of which the second and fourth will feature oral comments from the public to the Committee. Finally, throughout the entire 2020 Dietary Guidelines Advisory Committee's process, the public will have the opportunity to provide the Committee with written comments. Federal staff will support the Committee by grouping and summarizing public comments by topic area. Original comments are available for the public to review at [Regulations.gov](https://www.regulations.gov). Dr. Stoodly closed by referring to the [DietaryGuidelines.gov](https://www.dietaryguidelines.gov) website as the resource for the public to register for meetings, view materials from prior meetings, find links to submit and view comments on [Regulations.gov](https://www.regulations.gov), view progress on scientific questions, read monthly subcommittee updates, and answer frequently asked questions. The website has a useful link to sign up to receive regular email updates.

## **DISCUSSION**

Dr. Barbara Schneeman (Chair) opened the floor to the Committee members for general comments and questions. The Committee discussed both administrative issues related to their responsibilities as well as some of the day's presentations.

## **ADJOURNMENT**

Dr. Eve Stoody adjourned the day's meeting at 3:35pm.

Day 2 of 2 – March 29, 2019

## **WELCOME AND OVERVIEW**

Day 2 of the 2020 Dietary Guidelines Advisory Committee ("Committee"), Meeting 1, was convened at 8:30am on Friday, March 29, 2019, at the Jefferson Auditorium, USDA South Building, Washington, DC. Dr. Eve Stoody, Co-Executive Secretary and Designated Federal Officer of the 2020 Dietary Guidelines Advisory Committee and a Lead Nutritionist in the USDA CNPP, introduced herself, welcomed everyone to the meeting, and noted that 18 of the 20 Committee members were present for the day's meeting. Drs. Donovan and Naimi were unable to attend. She said that they would view remotely, as possible.

## **TOPICS AND SCIENTIFIC QUESTIONS TO BE EXAMINED BY THE COMMITTEE**

Ms. Janet de Jesus, Nutrition Advisor, HHS Office of Disease Prevention and Health Promotion (ODPHP), explained that the topic and question process implemented for this Committee is a new step the Departments have taken for several reasons, including to increase transparency. Topics and questions initially developed by federal nutritionists and scientists across the federal government based on the needs of federal nutrition programs and initiatives were posted online for public comment and then refined according to federal agency input on four main criterion: relevance, importance, potential federal impact, and avoiding duplication.

The process, the initial lists, the final lists, and the Committee's progresses are all available at [DietaryGuidelines.gov](http://DietaryGuidelines.gov). The next step will be for the Committee to work with the NESR team and the food pattern and data analysis team to refine the protocols for each question. The Committee will be given a draft protocol and it will be the members' task to ensure that it contains the correct exclusion criteria, outcomes, etc. A Committee discussion then followed.

## **THE STATE OF THE AMERICAN DIET**

Dr. TusaRebecca E. Pannucci, Lead Nutritionist: Nutrition and Economic Analysis, USDA CNPP, described for the Committee a selection of analyses that describe Americans' current dietary intakes using the *2015-2020 Dietary Guidelines* as a baseline. Her presentation encompassed the methods of data analysis used in the process, the tiers of dietary intake data, and where Americans are overall in terms of diet quality using the Healthy Eating Index (HEI). Dr. Pannucci then discussed data based on food group intakes, distribution of food group intakes, and food category sources of calories and food groups. On average, Americans are not following the Dietary Guidelines and therefore are not scoring well on the HEI – the current HEI for the average American diet is 59 out of 100. Dr. Pannucci noted that while there has been a small increase over time, this score has largely remained static. In terms of

age groups, the youngest (ages 2-5) and oldest (65 and older) tend to score the best compared to ages 6-11 and ages 12-17.

Dr. Pannucci then discussed the percentage of the American population falling short of the *Dietary Guidelines* food group recommendations. For example, 90% of the population falls short of the vegetable recommendation, and 80% fall short for fruit. She then highlighted that there are a lot of other data available that reveal Americans' dietary choices. While some data show that Americans fail to meet these guidelines, other data show that moving toward the recommendations is beneficial for Americans. Diets that closely match these recommendations tend to show reductions in chronic disease and are also correlated with major economic benefits. A Committee discussion then followed.

## **GUEST SPEAKER: IMPLEMENTING GUIDANCE IN THE REAL WORLD – A FOOD SCIENCE PERSPECTIVE**

Dr. Eric Decker, Professor and Head, Department of Food Science, University of Massachusetts, Amherst, provided perspective on the real world implications of the *Dietary Guidelines for Americans*. He identified some of the drivers of food purchase choices among Americans. Beyond nutritional needs, one of the major drivers is value, which includes cost as well as perceived value. Convenience is another major factor. More recently, sustainability has become a driver as well. The biggest driver, however, is taste. People will not eat food that doesn't taste good. In terms of convenience, Americans spent over half their time getting food on the table a century ago. Each year, the amount of time needed for food preparation decreases. The food industry has encouraged this trend by developing food products that help people make dinner faster.

Dr. Decker questioned if it was realistic to expect Americans to adopt a diet that's going to require more time cooking, more money spent on food products, and potentially sacrificing taste. In his opinion, the more realistic goal is to provide a healthy, convenient, affordable, sustainable, and great tasting food supply that's accessible to all Americans. He explained that food technology plays an important role in making dietary guidance recommendations more accessible to consumers, and provided examples related to vegetables, dietary fats, and sodium. He further explained that because of sodium's function in food, the technology does not exist to make broad cuts to sodium levels in foods; a better approach is to consider the implications of sodium reduction by food category.

In closing, he stated that dietary recommendations are unlikely to take effect unless they can be easily included in a daily diet. In order for that to happen, food has to taste good, has to be at the right price/value, and has to be convenient. The food industry can and does react to nutritional recommendations, but it will only do so if the foods will be acceptable to consumers. He suggested that Committee members focus on areas where the technology exists to support recommendations rather than simply eliminating harmful foods. A Committee discussion then followed.

## **COMMITTEE DISCUSSION**

Drs. Schneeman (Chair) and Kleinman (Vice-Chair) facilitated the Committee discussion, which centered around the subcommittee assignments and their structure. The subcommittees are responsible for reviewing the evidence and providing information to the full Committee. While subcommittees don't make final decisions, they do support the process by acting as working groups. There are six topic area subcommittees as well as one cross-cutting working group. The size of the subcommittees varies in direct proportion to the workload. Generally, members will serve on no more than two subcommittees. The six subcommittees and their Chairs are: Dietary Patterns (Dr. Carol Boushey), Pregnancy and Lactation (Dr. Sharon Donovan), Birth to 24 Months (Dr. Kay Dewey), Beverages and Added Sugars (Dr. Elizabeth Mayer-Davis), Dietary Fats and Seafood (Dr. Linda

Snetselaar), and Frequency of Eating (Dr. Steven Heymsfield). The cross-cutting subcommittee is Data Analysis and Food Pattern Modeling, which will be chaired by Dr. Regan Bailey.

The Committee then had discussion about cancer and neurocognitive outcomes.

### **MEETING WRAP-UP AND NEXT STEPS**

Dr. Eve Stody told the Committee that staff from both Departments were present and ready to assist them in this huge undertaking, and staff will help with subcommittee coordination. The expectation is that subcommittee work will begin immediately. Staff will provide the subcommittees draft protocols for their topics and questions. Members will refine, review and adapt these protocols as necessary.

Dr. Stody closed by thanking each of the various staff members involved in providing support to the Committee throughout this process. In particular, she thanked Colette Rihane and Jean Altman for leading the logistics for the first meeting.

Dr. Stody adjourned the meeting at 1:57pm.