



Meeting 4

Call to Order and Opening Remarks

Eve Stody, PhD

Designated Federal Officer

2020 Dietary Guidelines Advisory Committee

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



2020 Dietary Guidelines Advisory Committee Meeting 4

Welcome to Texas

U.S. Department of Agriculture
Agricultural Research Service
Children's Nutrition Research Center
Houston, Texas



Live stream: YouTube

Note different links for morning and
afternoon sessions each day



2020 Dietary Guidelines Advisory Committee Members in Attendance

- Barbara Schneeman, PhD

Chair

- Ronald Kleinman, MD

Vice Chair

- Jamy Ard, MD
- Regan Bailey, PhD, MPH, RD
- Lydia Bazzano, MD, PhD
- Carol Boushey, PhD, MPH, RD
- Teresa Davis, PhD
- Kathryn Dewey, PhD
- Sharon Donovan, PhD, RD
- Steven Heymsfield, MD

- Heather Leidy, PhD
- Richard Mattes, PhD, MPH, RD
- Elizabeth Mayer-Davis, PhD, RD
- Timothy Naimi, MD, MPH
- Rachel Novotny, PhD, RDN, LD
- Joan Sabaté, MD, DrPH
- Linda Snetselaar, PhD, RD
- Jamie Stang, PhD, MPH, RDN
- Elsie Taveras, MD, MPH

Not in attendance:

- Linda Van Horn, PhD, RDN, LD

2020 Dietary Guidelines Advisory Committee

- Established to conduct an independent review of current research on nutrition and health to be considered by USDA and HHS in the development of the *2020-2025 Dietary Guidelines for Americans*
- Selected by Secretaries Perdue and Azar from nominations received from the public based on education, experience, expertise – and balanced on a number of factors
- Announced in February 2019
- Not convened to provide expert opinion, but as independent scientists to work together to review current evidence on diet and health

Charge to the 2020 Dietary Guidelines Advisory Committee

- Examine the evidence on specific topics and scientific questions identified by the Departments
- Develop a report that outlines its science-based review and recommendations to the Departments with rationale; and
- Submit its report to the Secretaries of USDA and HHS for consideration as the Departments develop the *2020-2025 Dietary Guidelines for Americans*.

Topics and Scientific Questions: Developed with Public and Agency Input

- USDA and HHS added the step of identifying the topics and questions to be examined by the Committee to promote a deliberate and transparent process
- Included input from scientists across multiple Federal agencies and thousands of public comments
- Prioritized using four criteria:
 - Relevance
 - Importance
 - Potential Federal impact
 - Avoiding duplication



Topics and Scientific Questions

- In the field of nutrition, there are many possible questions of scientific and public interest to explore:
 - Food groups, specific foods, nutrients, food safety, food labeling, menu labeling, food settings, food policies, medical nutrition therapy, and more
- Dietary Guidelines have a specific goal and timeline:
 - To provide food-based dietary guidance to the general public at least every 5 years
- Our partners address other aspects (examples):
 - National Academies' – Nutrient recommendations (Dietary Reference Intakes (DRIs))
 - HHS Food and Drug Administration – Food safety and labeling



Topics and Scientific Questions: Focus on Diet and Health Across the Lifespan

- The topics USDA and HHS asked the Committee to address build upon topics examined by previous Dietary Guidelines Advisory Committees
 - Dietary patterns, beverages, dietary fats, seafood, added sugars, alcohol, and frequency of eating
 - Current intakes of Americans and food pattern modeling
- The Committee was asked to consider a range of outcomes
 - Body weight, cardiovascular disease, type 2 diabetes, and cancer
 - Neurocognitive health, sarcopenia, bone health, and all-cause mortality
- Each Committee has unique topics they consider. For the 2020 process, these are:
 - Birth to 24 months population
 - Expanded focus on pregnancy and lactation
- Many similarities between the work of this Committee and previous Committees – with some new topics, more expanded topics, and new populations

The Committee's Task Is Time-limited

- **USDA and HHS request the Committee's report by May 2020** so that the Departments can meet our mandate to release the next edition of the *Dietary Guidelines* within 5 years – by December 2020.
- As we move into the last phase of the Committee's work, similar to previous Committees, the 2020 Committee and Federal staff are refining, streamlining, and prioritizing the remaining work within the remaining time, which will be described during this meeting.

Meeting 4 of the 2020 Committee

All meetings of the full Committee are open to the public.

- ✓ Meeting 1: March 28-29, 2019 (Washington, DC)
- ✓ Meeting 2: July 10-11, 2019 (Washington, DC)*
- ✓ Meeting 3: October 24-25, 2019 (Washington, DC)
- Meeting 4: January 23-24, 2020 (Houston, TX)*
- Meeting 5: March 12-13, 2020 (Washington, DC)

**** Oral comments to the Committee from the public
- Written public comments accepted from March 2019
into May 2020***



Meeting Times

2020 Dietary Guidelines Advisory Committee *Meeting 4*

Thursday, January 23, 2020 (9:00am - 4:30pm Central)

Friday, January 24, 2020 (9:00am - 4:30pm Central)

Agenda at DietaryGuidelines.gov



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Report Meeting: May 11, 2020 (Webinar only) – New!

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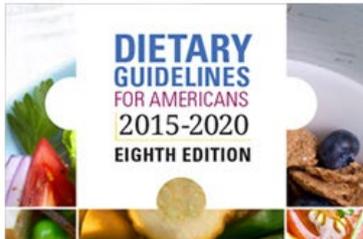
Current Dietary Guidelines ▾

Work Under Way ▾

Most Popular Questions

Resources

Current Dietary Guidelines



[View Current Edition](#)

View the Question Protocols

The 2020 Dietary Guidelines Advisory Committee currently is developing and implementing protocols for each question. These protocols – or plans – outline how the Committee will answer each of the scientific topics and questions it is examining.

[View Protocols](#)



DietaryGuidelines.gov: Question Protocols

Dietary Patterns ¹ Subcommittee	
Still to Come <input type="checkbox"/> Developing the Plan <input checked="" type="checkbox"/> Implementing the Plan <input checked="" type="checkbox"/> Draft Conclusion <input checked="" type="checkbox"/>	
Status	Question
	What is the relationship between dietary patterns consumed and growth, size, body composition, and risk of overweight and obesity? Up to date as of 9/19/2019
	What is the relationship between dietary patterns consumed and all-cause mortality? 9/19/2019
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Question

What is the relationship between dietary patterns consumed and all-cause mortality?

Approach to Answering the Question

NESR Systematic Review

Subcommittee

Dietary Patterns Subcommittee

Systematic Review Protocol

Developed for each scientific question being examined, the protocol describes the plan for how the systematic review will be conducted. The protocol provides the:

- Analytic framework,
- Literature search and screening plan, and
- Literature search and screening results.

For this question, dietary patterns is defined as the quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed. The Committee is also considering diets based on macronutrient distribution where at least one macronutrient (i.e., carbohydrate, fat, and/or protein) is outside of the acceptable macronutrient distribution range (AMDR) set by the National Academies of Sciences, Engineering and Medicine in the Dietary Reference Intakes reports. For example, any study in which carbohydrate intake is above or below the AMDR (i.e., greater than 65% of calories or below 45% of calories) that also meets the inclusion/exclusion criteria provided in the protocol, will be examined to answer the question. This approach allows the Committee to systematically review the overall scientific landscape of dietary patterns, including patterns that are both within and outside the AMDR along with different diet types.

The all-cause mortality outcome includes the total number of deaths from all-causes during a specific time-period.

For additional details, see the [full protocol](#) for the question, what is the relationship between dietary patterns consumed and all-cause mortality?

[View Full Protocol](#)