

# 2020 Dietary Guidelines Advisory Committee

## **Outline of the Committee's Report** *Barbara Schneeman, PhD*

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# Scientific Report of the 2020 Dietary Guidelines Advisory Committee

**PART A: EXECUTIVE SUMMARY**

**PART B: SETTING THE STAGE AND INTEGRATING THE EVIDENCE**

**PART C: METHODOLOGY**

**PART D: EVIDENCE ON DIET AND HEALTH**

**PART E: FUTURE DIRECTIONS**

**PART F: APPENDICES**

# PART D: EVIDENCE ON DIET AND HEALTH

- Organized by life stage:
  - Pregnancy and lactation
  - Birth to 24 months
  - 2 years and older
- Topic area chapters that include:
  - Conclusion statements and summary of evidence for each question reviewed
  - Links to [NESR.usda.gov](https://www.nesr.usda.gov), relevant data analyses, and food pattern modeling reports for more information
  - Discussion of findings in relation to the 2015 Committee's work or other existing reviews and guidance
  - Summary of the evidence related to the topic area with recommendations to the Departments based on the Committee's review

# PART D: CHAPTER TEMPLATE

**INTRODUCTION**

**LIST OF QUESTIONS**

**METHODOLOGY**

**REVIEW OF THE SCIENCE**

**DISCUSSION**

**SUMMARY**

**REFERENCES**

# PART B: INTEGRATION CHAPTER

- Purpose:
  - Synthesize major themes and findings of the report
  - Provide an overview of our advice to the Departments for the upcoming edition of the *Dietary Guidelines for Americans*
- Process
  - A working group will work with the chair and vice-chair to draft the chapter
  - Working group members: Jamy Ard, Teresa Davis, Richard Mattes, Jamie Stang, Elsie Taveras, Linda Van Horn

# Major themes under discussion: Public Health Challenges

- Prevalence of overweight and obesity
- Chronic diseases associated with diet
- Dietary factors that influence pregnancy outcomes and health in infancy and early childhood
- Typical dietary patterns among Americans
  - Nutrients of public health concern
  - Food group patterns of public health concern
  - Limitations in diet quality due to typical food choices within food groups

# Major themes under discussion: Life Stages

- The importance of considering life stages as an organizing principle for the *Dietary Guidelines for Americans*
  - Making healthful food choices carries through all life stages
  - A life stage approach considers key transitions in dietary patterns (i.e. from infancy through childhood, adolescence, and adulthood)
  - Each life stage contains its own unique transition points and the need to adapt food choices to nutrient needs, health status, and lifestyle

# Major themes under discussion:

## Dietary Patterns

- Dietary patterns or eating patterns provide a useful framework for the *Dietary Guidelines for Americans* within and across life stages.
- Dietary patterns are characterized in various ways and have different names and descriptions.
  - The important characterization of the patterns are the foods to encourage and those to limit and the quality of food choices within each eating pattern.
- Understanding the characteristics of dietary patterns associated with health allows multiple adaptations to fit personal and individual needs and preferences and identify where gaps might occur.

# Important topics related to the *Dietary Guidelines for Americans*

- Topics that should be carried forward from the 2015-2020 *Dietary Guidelines for Americans*.
- Diet or nutrient is of public health importance but was not included in the topics and questions for the 2020 DGAC.
- Acknowledge comments from the public and DGAC discussion of topics about food system implications for the *Dietary Guidelines for Americans* but evidence was not evaluated by the 2020 DGAC.

# Emerging topics related to the *Dietary Guidelines for Americans*

- Understanding how we eat as well as what we eat is important to consider
- Areas of consistency across cycles of the *Dietary Guidelines for Americans*
- Approaches to enable behavior change
- Resources that enable the to meet its Advisory Committee to charge and for the *Dietary Guidelines for Americans* “to reflect the preponderance of scientific evidence”

# 2020 Dietary Guidelines Advisory Committee

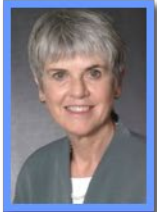
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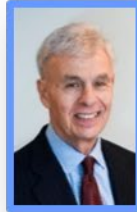
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# Final Comments and Committee Discussion



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University of California-  
Davis  
*Chair*



Ronald Kleinman, MD\*  
Harvard Medical School  
*Vice Chair*



Jamy Ard, MD  
Wake Forest School of  
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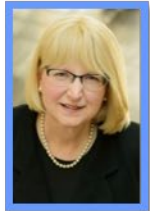
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 Remote attendance

2020 Dietary Guidelines Advisory Committee: *Meeting 5*