Committee to review the process to update the Dietary Guidelines for Americans

Overview of process:
• Selection of the Dietary Guidelines Advisory Committee
• Advisory committee’s review of the evidence
The process to update the *Dietary Guidelines* includes four primary steps:

1. **USDA & HHS complete administrative tasks & appoint Dietary Guidelines Advisory Committee**
2. **Advisory Committee reviews science & produces Advisory Report**
3. **USDA & HHS solicit & review comments on the Advisory Report from the public & Federal agencies**
4. **USDA & HHS update & release the *Dietary Guidelines***

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October 17, 2016 – Discussion of current process
USDA & HHS complete administrative tasks & appoint Dietary Guidelines Advisory Committee

Advisory Committee reviews science & produces Advisory Report

USDA & HHS solicit & review comments on the Advisory Report from the public & Federal agencies

USDA & HHS update & release the Dietary Guidelines

Key legislation informs, guides, and directs the process

National Nutrition Monitoring and Related Research Act of 1990
Agricultural Act of 2014
Federal Advisory Committee Act of 1972
Consolidated Appropriations Act of 2001 ("Data Quality Act")
The process to update the *Dietary Guidelines* is accomplished over several years. This includes:

- **USDA & HHS complete administrative tasks & appoint Dietary Guidelines Advisory Committee**: *6-9 months*
- **Advisory Committee reviews science & produces Advisory Report**: 18-24 months
- **USDA & HHS solicit & review comments on the Advisory Report from the public & Federal agencies**: 3-5 months
- **USDA & HHS update & release the Dietary Guidelines**: 6-12 months

(*approximate duration; some steps may overlap*)
Public engagement is integrated at multiple points throughout the process

USDA & HHS complete administrative tasks & appoint Dietary Guidelines Advisory Committee

Advisory Committee reviews science & produces Advisory Report

USDA & HHS solicit & review comments on the Advisory Report from the public & Federal agencies

USDA & HHS update & release the Dietary Guidelines

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Several factors are considered when forming a Dietary Guidelines Advisory Committee

- Expertise
- Experience
- Gender
- Race/ethnicity
- Geographic location

Balance within a specified number of members

- Knowledge of current scientific research in human nutrition
- Oral and written communication skills
- Time available to serve on the advisory committee
- Conflict of interest

Co-Executive Secretaries develop initial slate, which is reviewed, vetted, and cleared by Committee Management Officer, the Office of Ethics, the Under Secretaries of USDA’s Food, Nutrition, and Consumer Services (FNCS) and Research, Education, and Economics (REE), the HHS Assistant Secretary for Health, and the Secretaries of USDA and HHS
Advisory committee is charged to review the previous edition of the *Dietary Guidelines* and to make recommendations for the next edition based on its review of the evidence

- Advisory committee identifies its topics of interest
- Advisory committee prioritizes its topics in relation to the potential to inform food-based dietary guidance
- Topics are deliberated during public meetings and are open to public comment

A review may inform:
- the development of *new* dietary guidance that is public health-oriented
- a *change* or *elaboration* in existing recommendations

The topic represents:
- important uncertainty or a knowledge gap for decision makers
- an area where there is a degree of urgency for guidance

The topic addresses:
- a dilemma in public health nutrition
- a common practice in public health nutrition for which there is no government guidance
Advisory committee develops questions for each topic and determines the approach it will use to answer each question.

- Approaches to review the evidence include:
  - Original Nutrition Evidence Library systematic reviews
  - Existing systematic reviews, meta-analyses, or reports
  - Food pattern modeling analyses
  - Data analyses

- The best approach to answer a question depends on the nature of the question and the type of information needed to answer the question.
A topic may be addressed using a combination of approaches

- **Nutrition Evidence Library systematic review**
  What is the relationship between consumption of seafood n-3 fatty acids and risk of CVD?

- **Existing systematic reviews, meta-analyses, or reports**
  What are the benefits in relationship to the risks for seafood consumption?

- **Food pattern modeling analyses**
  What is the impact on nutrient adequacy of increasing seafood in the USDA food patterns to 8 oz / week?

- **Data analyses**
  What is the distribution of usual daily intakes of seafood by age/sex group?

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2010 Dietary Guidelines Advisory Committee

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**Nutrition Evidence Library systematic review**
- What is the relationship between consumption of seafood n-3 fatty acids and risk of CVD?

**Existing systematic reviews, meta-analyses, or reports**
- What are the benefits in relationship to the risks for seafood consumption?

**Food pattern modeling analyses**
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**Data analyses**
- What is the distribution of usual daily intakes of seafood by age/sex group?

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