



American Society for Nutrition
Excellence in Nutrition Research and Practice

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Building *Dietary Guidelines* for the Future

Consistent investment is needed to fully leverage the power of the *Dietary Guidelines for Americans*.

- The *Dietary Guidelines for Americans* (*Dietary Guidelines*) provides science-based dietary advice to help individuals meet nutrient needs which promote health and prevent disease.
- The U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) work together to update and release the *Dietary Guidelines* every five years.
- The *Dietary Guidelines* are used by policymakers, nutrition educators, researchers, healthcare providers and nutrition program operators to:
 - Form the basis of Federal nutrition policy and programs.
 - Support nutrition education programs and messages.
 - Direct future research, particularly research inclusive of diverse populations.
 - Guide health promotion and disease prevention efforts at federal, state and local levels.

ACTION: ASN recommends funding of \$10 million/ year (\$5 million to HHS Office of Disease Prevention and Health Promotion and \$5 million to USDA Center for Nutrition Policy and Promotion) to support the *Dietary Guidelines*. This support will provide for regular updates of Dietary Reference Intakes, ongoing scientific reviews, advisory committee operations, policy guidance, incorporation of *Dietary Guidelines* recommendations into programs, and development of consumer education communications. This funding is critical to ensuring the well-being and optimal health of our nation.

The Dietary Guidelines process has evolved since the first edition in 1980 but continuous and consistent resources are needed for Guideline development and implementation, monitoring and evaluation, and consumer education.

- While new editions are released every five years, work related to the *Dietary Guidelines* is ongoing and requires consistent funding. For example, many Dietary Reference Intake (DRI) values are decades old despite new, relevant research.
- Updates are not a one-year process. The timeline from announcement of the Dietary Guidelines Advisory Committee call for nominations to release of the new edition of the *Dietary Guidelines* takes up to 3 years.
- Systematic reviews are ongoing to update the research base, since the *Dietary Guidelines* are evidence-based.
- HHS and USDA are continuously incorporating the latest *Dietary Guidelines* into federal programs and policy guidance to improve the health of the U.S. population.

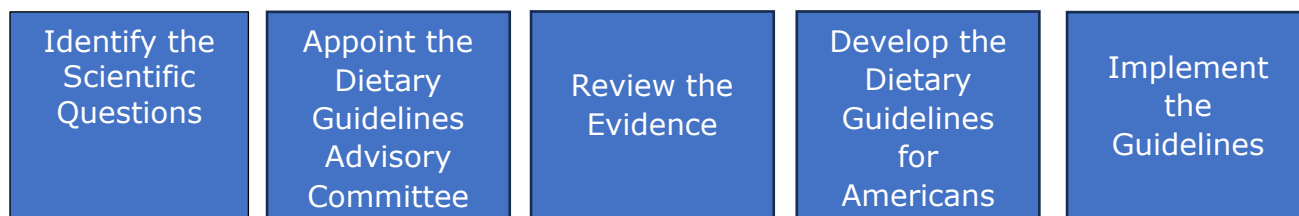


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Updating the *Dietary Guidelines for Americans* is a multi-year process that includes multiple opportunities for input from the public.

The DGA process has five steps:



Promoting Credibility and Relevance

Transparency and scientific rigor are fundamental to the DGA development process. Public input is invited both before and after the guidelines are drafted, ensuring that a diverse variety of opinions are considered. The method entails identifying scientific questions, reviewing the evidence to find answers to those questions, and developing guidelines based on the scientific information. The final guidelines are implemented in federal nutrition programs, influencing policies and practices nationwide. This iterative and inclusive process contributes to the DGA's continued credibility and relevance in promoting public health.

Public Involvement in the DGA Process

The public plays a key role in the development of the DGAs. At various stages, individuals and organizations are encouraged to provide input. Initially, the public can comment on the proposed scientific questions. During the evidence review phase, written comments are accepted, and oral comments can be presented at public meetings. After the draft guidelines are prepared, there are additional opportunities for public comments. This inclusive approach ensures that a diverse array of perspectives informs the final recommendations, enhancing the relevance and acceptance of the DGAs.

The DGAs are developed and written for a professional audience. Its translation into actionable consumer messages and resources is crucial to help individuals, families, and communities achieve healthy dietary patterns.

NUTRITION MATTERS for your constituents and ASN can help!

ASN is the authoritative voice informing Congress on the latest nutrition advances, issues, and value for supporting nutrition research. Since 1928, ASN has served as the premier scientific professional society made up of the world's top nutrition researchers and experts. ASN's experts are creating the future of nutrition!

Want to learn more? Contact Sarah Ohlhorst, MS, RD, at sohlhorst@nutrition.org or 240-428-3647