

2015 DIETARY GUIDELINES ADVISORY COMMITTEE
FIRST MEETING

Day 1
Thursday, June 13, 2013

National Institutes of Health
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Bethesda, MD 20892

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2015 DIETARY GUIDELINES ADVISORY COMMITTEE

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Welcome

1

2 Richard Olson:

3 Oh, good morning. Why don't we go ahead and get started. We're discussing, maybe a lot of
4 folks are missing because of the storm that's pending and I guess y'all who came are rather brave
5 about that. If folks have cell phones, I'd ask them to turn them off or at least the ringer off to
6 help us out. I'm Dr. Rick Olson. I'm the designated federal officer for the 2015 Dietary
7 Guidelines Advisory Committee, and I'm also the director for the Division of Prevention Science
8 in the Office of Disease Prevention and Health Promotion at HHS. I'm happy that you all are
9 here. We've got a lot of folks on via the webcast and I'm pleased that we have good technology
10 that allows so many folks to join via that mechanism.

11

12 So now it's my distinct pleasure to introduce Dr. Howard Koh, who's the 14th Assistant
13 Secretary for Health in the Department of Health and Human Services. Dr. Koh oversees 12
14 core public health offices, including the office of the Surgeon General in the U.S. Public Health
15 Service Commission Corps. He also oversees 10 regional offices around the country and
16 oversees 10 presidential or secretarial advisory committees, the Dietary Guidelines Advisory
17 Committee being one of those. He also serves as a senior public health advisor to the Secretary.
18 As the Assistant Secretary for Health, he's dedicated to the mission of creating better health care
19 systems for prevention and care so that all Americans can reach their optimum health. Previous
20 to coming as Assistant Secretary for Health, he was the Commissioner of Public Health for the
21 Commonwealth of Massachusetts, and in that capacity he emphasized the power of prevention
22 and focused the state's commitment on the elimination of health disparities. He also was the
23 director of the Harvard School of Public Health Center for Public Health Preparedness. Dr. Koh

1 has published more than 250 articles in medical and public health journals. And just on a
2 personal note, Dr. Koh is also a marvelous singer --

3

4 [laughter]

5

6 -- and we've been pleased to listen to him sing on a couple of occasions at --

7

8 [laughter]

9

10 -- OASH events. And those of you all from the medical side of the house, Dr. Koh has four
11 board certifications, which, as a physician, I find extremely impressive. He's board certified in
12 internal medicine, hematology, medical oncology, and dermatology. So Dr. Koh's had an
13 enormous amount of professional training, as well. So at this time it's my distinct pleasure to
14 introduce Dr. Koh.

15

16 [applause]

17

18

19

20

21

22

23

1 Opening Remarks and Swearing-in of the Committee

2

3 Howard Koh:

4 Thank you so much, Dr. Olson, for that warm welcome. I wish my parents were here to listen to
5 that.

6

7 [laughter]

8

9 And I'm so happy I almost feel like singing right now.

10

11 [laughter]

12

13 This is really a historic gathering and I'm absolutely thrilled to welcome all of you and to thank
14 you for your commitment to public health, and I'm delighted to represent Secretary Kathleen
15 Sebelius today to help introduce the new committee members who represent this Dietary
16 Guidelines Advisory Group for 2015. And we are very, very proud to see all of you here, and
17 also to welcome this tremendous committee, because together we are going to make this country
18 healthier. We're at a time right now, as you know, in our country where there are very important
19 conversations about the future of health in our country, how to move our current system from a
20 sick care system to one that really embraces prevention and public health. So this effort today is
21 one example of how we're going to advance public health in a very critical way.

22

1 Let me start by thanking Dr. Olson and Dr. Don Wright and all my colleagues from our Office of
2 Disease Prevention and Health Promotion within the Office of the Assistant Secretary for Health.
3 Our office of Disease Prevention and Health Promotion oversees the Dietary Guidelines for
4 Americans in collaboration with USDA, and I'll be telling you more about my wonderful USDA
5 colleagues in just a second. And out of our Office of Disease Prevention and Health Promotion
6 comes the Dietary Guidelines for Americans, the Physical Activity Guidelines for Americans,
7 Healthy People 2020, and many other key health promotion and disease prevention initiatives.
8 So we're very proud of this office, the leadership of Dr. Don Wright, who you will be meeting
9 momentarily, and of course the leadership of Dr. Olson and many others.

10

11 The Dietary Guidelines For Americans really represents a foundation for public health for this
12 country. It's a foundation for our federal nutrition programs and educational activities
13 nationwide. These guidelines are widely cited, they are highly respected, and they're the product
14 of a tremendous amount of work from experts who look through the evidence and try to make
15 these guidelines as easy to understand as possible. When people have access to guidelines like
16 these, they feel empowered to use this information to make their lives healthier and to make
17 healthier choices. So that's what this process is all about, and that's why we celebrate this effort
18 today.

19

20 Since 1980, these guidelines have been jointly produced by the Department of Health and
21 Human Services and by the U.S. Department of Agriculture. It's done every five years. So for
22 2015, this will be our Eighth edition that we celebrate as a nation. For each version there's a
23 lead agency, so for 2015 the Department of Health and Human Services is proud and honored to

1 be the lead agency for this critical effort. In the past, we have focused these guidelines for
2 Americans ages two years and older, and we'll be doing the same for this 2015 edition, but this
3 time there's also a separate, ongoing federal interagency initiative to prioritize important topics
4 on dietary guidance for Americans from birth to 24 months, so you may be hearing about that as
5 this process continues.

6

7 These efforts are so valuable because we have outstanding scientific experts and dedicated
8 professionals who are willing to serve their country by being part of this very important 2015
9 Dietary Guidelines Advisory Committee. So I'm going to take some time to introduce you to
10 each of them, and they are proudly sitting over here. I'm going to welcome each of them one by
11 one. As I call your name, please stand and bask in adoration for --

12

13 [laughter]

14

15 -- at least one or two nanoseconds, but if I could ask the audience to just hold your applause to
16 the end and then please give them a round of applause. I'm also going to have the honor of
17 officially swearing them in and having some photos and then introducing my wonderful
18 colleagues from USDA who will also share some opening remarks with you.

19

20 So, first I am thrilled that the chair of this committee is Dr. Barbara Millen, who is former
21 professor in the Department of Family Medicine at the Boston University School of Medicine
22 and the founder and president of Millennium Prevention Incorporated. Dr. Millen, thank you for
23 taking on this charge. It's a very important responsibility and we're thrilled to have your

1 leadership. We have as our vice chair Dr. Alice H. Lichtenstein, who's the Stanley Gershoff
2 professor of nutrition science and Policy at the Friedman School of Nutrition Science and Policy
3 at Tufts University. Dr. Lichtenstein was also a member of the 2000 Dietary Guidelines
4 Advisory Committee. So, Dr. Lichtenstein, thank you so much for being willing to do this again.
5 Then we have Dr. Steve Abrams, who is professor of pediatrics at Baylor College of Medicine.
6 Thank you, Dr. Abrams. Dr. Lucile Adams-Campbell, professor of oncology at Georgetown
7 University Medical Center Lombardi Comprehensive Cancer Center. Dr. Cheryl Anderson,
8 associate professor in the Department of Family and Preventative Medicine in the School of
9 Medicine at the University of California, San Diego. Dr. J. Thomas Brenna, professor of human
10 nutrition chemistry and food science at Cornell University. Dr. Wayne Campbell, professor in
11 the Department of Nutrition Science at Purdue University. Dr. Steve Clinton, the John B. and
12 Jane T. McCoy Chair of Cancer Research at the Ohio State University Comprehensive Cancer
13 Center, and professor in the Division of Medical Oncology in the Department of Internal
14 Medicine at the Ohio State University School of Medicine. Dr. Gary Foster, director of the
15 Center for Obesity Research and Education and Laura Carnell professor of medicine, public
16 health, and psychology at Temple University. Dr. Frank Hu, director of the Harvard Trans-
17 disciplinary Research in Energetics and Cancer Center in the Department of Nutrition at the
18 Harvard School of Public Health. Dr. Miriam Nelson, professor at the Friedman School of
19 Nutrition Science and Policy in Boston, and Dr. Nelson was also a member of the 2010 Dietary
20 Guidelines Advisory Committee and also a former member of the Physical Activity Guidelines
21 Committee. So, Dr. Nelson, we are very, very grateful for your tremendous service once again.
22 Dr. Marian Neuhouser, member of the Cancer Prevention Program in the Division of Public
23 Health Sciences at the Fred Hutchinson Cancer Research Center. Dr. Rafael Pérez-Escamilla,

1 professor of epidemiology and public health at the Yale School of Public Health, who also
2 served on the 2010 Dietary Guidelines Advisory Committee. Dr. Anna Maria Siega-Riz,
3 professor in the Departments of Epidemiology and Nutrition at the University of North Carolina
4 at Chapel Hill. And finally Dr. Mary Story, Senior Associate Dean for Academic and Student
5 Affairs and professor for the Division of Epidemiology and Community Health at the University
6 of Minnesota.

7

8 This is an extraordinary group of leaders and public servants. We are very, very grateful to you.
9 We are looking forward to seeing your best science in action. We are looking forward to your
10 independent review of the science and in 2015 you'll be submitting to both the Department of
11 Health and Human Services and the USDA a report that we'll be unveiling together, so we are
12 looking forward to that. So how about a big round of applause for this great, great committee?

13

14 [applause]

15

16 Howard Koh:

17 So now we're going to ask the committee to rise and be sworn in. Someone's going to have to
18 advise me about exactly how we do this. Do they just stand right where they are? Okay. That
19 sounds good. Usually a photographer magically appears at this point. Okay. There we go.

20 [inaudible]. So if you can all raise your right hands and repeat after me, first when I say, "I,"
21 say, "I" and state your name. I --

22

23 [talking simultaneously]

1

2 Howard Koh:

3 -- do solemnly swear --

4

5 [talking simultaneously]

6

7 Howard Koh:

8 -- that I will support and defend --

9

10 [talking simultaneously]

11

12 Howard Koh:

13 -- the constitution of the United States --

14

15 [talking simultaneously]

16

17 Howard Koh:

18 -- against all enemies --

19

20 [talking simultaneously]

21

22 Howard Koh:

23 -- foreign and domestic --

1

2 [talking simultaneously]

3

4 Howard Koh:

5 -- that I will bear true faith --

6

7 [talking simultaneously]

8

9 Howard Koh:

10 -- and allegiance to the same --

11

12 [talking simultaneously]

13

14 Howard Koh:

15 -- and I take this obligation freely --

16

17 [talking simultaneously]

18

19 Howard Koh:

20 -- without any mental reservation --

21

22 [talking simultaneously]

23

1 Howard Koh:

2 -- or purpose of evasion --

3

4 [talking simultaneously]

5

6 Howard Koh:

7 -- and that I will well and faithfully --

8

9 [talking simultaneously]

10

11 Howard Koh:

12 -- discharge the duties --

13

14 [talking simultaneously]

15

16 Howard Koh:

17 -- of the office on which --

18

19 [talking simultaneously]

20

21 Howard Koh:

22 -- I'm about to enter --

23

1 [talking simultaneously]

2

3 Howard Koh:

4 -- so help me God.

5

6 [talking simultaneously]

7

8 Howard Koh:

9 Thank you very much, and another round of applause.

10

11 [applause]

12

13 Howard Koh:

14 Okay, so at this point I'm going to ask my colleagues, USDA Undersecretaries Kevin

15 Concannon and Cathy Woteki, to join us for the photo. This is when the photographer really

16 takes over, so thank you.

17

18 Male Speaker:

19 All right, let's rise, and all the ones that are in the picture let's gather over here. And I'm going

20 to move these chairs out and we're going to have some people seated and some standing.

21 Seated, standing, and standing. So the athletic ones could stand up here.

22

23 [laughter]

1

2 Male Speaker:

3 [inaudible]

4

5 [talking simultaneously]

6

7 Male Speaker:

8 One more volunteer to be an athlete. Highly qualified, yes. Okay. All right, and we come right

9 up to the seat [inaudible] and then we stand kind of -- let's come right up to the edge of that

10 stage.

11

12 [talking simultaneously]

13

14 Male Speaker:

15 [inaudible]. All right, and then kind of tuck in. All right, and then come over just a little more.

16 Sorry to take up so long --so much time -- and then we follow suit and we come over just a little,

17 but all of us. Okay, now we're ready. Yes.

18

19 Female Speaker:

20 [inaudible] -- would you like to add another chair?

21

22 Male Speaker:

23 I would love to add another chair.

1

2 [laughter]

3

4 Female Speaker:

5 [inaudible].

6

7 Male Speaker:

8 Let's add this slightly [inaudible] -- 1, 2, and 3. Great, thank you!

9

10 [talking simultaneously]

11

12 Howard Koh:

13 See how well the committee works?

14

15 [laughter]

16

17 [talking simultaneously]

18

19 Howard Koh:

20 Okay, thank you. Thank you for joining us in our family reunion here.

21

22 [laughter]

23

1 Okay, so now I have the great pleasure of welcoming two really wonderful colleagues at USDA,
2 and if I can say before I formally introduce Kevin Concannon and Cathy Woteki that this is an
3 administration that really is committed to working across federal agencies to promote health in
4 so many ways, and I've had the honor as Assistant Secretary to work with my USDA colleagues,
5 Secretary Vilsack and his wonderful leaders, on multiple occasions, so to welcome both Kevin
6 Concannon and Cathy Woteki to you and to introduce them is a great privilege for me.

7

8 So, first, Kevin Concannon was nominated by President Obama and Secretary Vilsack and
9 confirmed by the U.S. Senate in July 2009. He's the Undersecretary for Food, Nutrition, and
10 Consumer Services -- or FNCS -- in the U.S. Department of Agriculture, and within that unit
11 there is a Center for Nutrition Policy and Promotion, which is the USDA's lead agency in
12 development and communication of the Dietary Guidelines. These efforts are critically
13 important because they oversee programs that you are all very familiar with. The so-called
14 SNAP program, Supplemental Nutrition Assistance Program; The National School Lunch,
15 School Breakfast, and Summer Food Service Programs; the WIC program, the Special
16 Supplemental Nutrition Program for Women, Infants and Children, just to name a few. So
17 Undersecretary Concannon has tremendous responsibilities and we are very pleased that he is
18 serving in this capacity, as he has a lengthy and distinguished career in public service. And in
19 fact, when I was Massachusetts Health Commissioner some 15 years ago I had the great pleasure
20 of first meeting Kevin when he was the Health Commissioner in Maine. So you'll be hearing in
21 just a second from Undersecretary Concannon about the charge of the committee and the
22 important work of the committee in setting federal policy.

23

1 After Undersecretary Concannon finishes, you'll be hearing from another wonderful colleague of
2 mine, Undersecretary Cathy Woteki. She is the Undersecretary for the USDA's Research,
3 Education, and Economics Mission Area, and she's also the department's chief scientist, and in
4 that role she has worked with the USDA Science Council and other coordinating programs. She
5 has led scientific delegations overseas to places like China and to the first meeting of agricultural
6 chief scientists in Mexico. She is an advocate for building platforms needed to enhance domestic
7 and international agricultural research. I apologize that I'll have to leave after these
8 introductions to attend another pressing commitment, but I want to thank my USDA leaders, and
9 so please join me in welcoming my colleagues, starting with Undersecretary Kevin Concannon.

10

11 [applause]

12

13

14

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23

Review of the Committee's Charge and the Importance of the
Committee's Work on Setting Federal Policy

1

2

3 Kevin Concannon:

4 Thank you very much, Dr. Koh, for that very generous introduction. And like so many of you, I
5 am thrilled that this day has come. I do want to take a moment to thank Dr. Koh for leading this
6 opening session this morning, helping to launch the important work of the Dietary Guidelines
7 Advisory Committee. And I was very mindful this morning as we were getting ready to launch
8 this session that as we meet here today, as the 2015 Dietary Guidelines Committee gets under
9 way, staff in the U.S. Department of Agriculture and the Food Nutrition Service, but in other
10 mission areas, as well, are working directly and vigorously on rules that will govern the food
11 environment -- the sold food environment in schools across the country, so-called -- what we
12 sometimes call competitive foods or healthy access to foods that are sold in the school, in
13 vending machines often -- healthy snacks, as I'm frequently advised that I should characterize it
14 as, but it's the food that really competes for too many children with healthy foods. And the basis
15 of that work currently underway is the 2010 Dietary Guidelines. So this committee, with
16 tremendous expertise and commitment of the folks who've gathered here today, their work in the
17 future really profuses through government and private industry and the lives of individuals
18 across the country. So it's rare in that regard that we have that kind of impact from a single
19 committee, and I feel very fortunate that today is launch day for the 2015 session.

20

21 The USDA and HHS have a strong history of working together on issues that are critically
22 important for the health of our nation, and we look forward to continuing this work with the
23 development of the 2015 Dietary Guidelines for all Americans. President Obama and First Lady

1 Michelle Obama, through her Let's Move initiative, have made it a priority to ensure that
2 Americans have access to the information they need to make smart choices about health and
3 nutrition. This priority is also realized at the USDA and our Food Nutrition and Consumer
4 Services Mission Area, and I know our colleagues at HHS share this vision, as well.

5

6 To the committee, I want to thank you on behalf of Secretary Vilsack and personally for your
7 dedication to improving the health of all Americans and your willingness to serve on the 2015
8 Dietary Guidelines Advisory Committee. We appreciate the time, the expertise, and the
9 commitment that you bring to this project. I also want to stress to the committee members that
10 you are in good hands, sort of like that insurance company ad we're so familiar with. The
11 professionalism and quality of support you'll receive from our Center for Nutrition Policy and
12 Promotion and the Agricultural Research Service, working together with the Office of Disease
13 Prevention and Health Promotion at HHS, is without rival.

14

15 I've been asked to begin this morning by quickly reviewing the committee's charge. As you
16 know, the Dietary Guidelines provide science-based advice on how nutrition and physical
17 activity can help promote health and reduce the risk of major chronic diseases. The guidelines
18 form the basis of federal nutrition policy, standards, programs, and education for the general
19 public, many of which are operated and promoted by the USDA and HHS. This very month, as I
20 mentioned, we are -- workers across our department and over in -- actually in the executive
21 branches over in the White House, are these very days very much focused on work of the 2010
22 Dietary Guidelines as we look to the future in terms of the school environment. The guidelines
23 that are published jointly by USDA and HHS every five years with alternating leads -- as Dr.

1 Koh mentioned, this cycle, HHS has the lead -- really make a difference for millions of
2 Americans. Today's meeting kicks off the revision process that will result in that eighth edition
3 of the guidelines.

4
5 The committee's charge outlines the committee's statement of work and elaborates on the
6 committee's charter, which was filed with Congress in February of this year. It states that the
7 Dietary Guidelines Advisory Committee, whose duties are time-limited and solely advisory in
8 nature, will place its primary emphasis on the development of food-based recommendations that
9 are of public health importance for Americans ages two years and older. The committee is to
10 examine the 2010 Dietary Guidelines for Americans and determine topics where new scientific
11 evidence is likely to be available to inform revisions to the current guidance or to suggest new
12 guidance. The committee will focus on the systematic review and analysis of the evidence
13 published since the deliberations of the 2010 Dietary Guidelines Advisory Committee.
14 Following their review, the committee will prepare and submit to the Secretary of Health and
15 Human Services and the Secretary of Agriculture a report of technical recommendations with
16 accompanying rationales. This report will inform the development of the 2015 Dietary
17 Guidelines for Americans, the actual policy written by the USDA and HHS. I'd like to note that
18 the committee's responsibilities, including providing authorship of this report; however,
19 responsibilities do not include translating the recommendations into policy or into
20 communication and outreach documents or programs. The committee will then disband upon the
21 submittal of the committee's report to the secretaries, and, finally, the committee will complete
22 all work within their required two-year charter timeframe.

23

1 I wish to take a moment to highlight a few key points in the charge. First I want to reiterate that
2 while the committee prepares the report, it is not charged with writing the actual Dietary
3 Guidelines for American policy -- for Americans, the policy document; instead, the committee's
4 report will serve as the basis for the eighth edition of the Dietary Guidelines. The policy
5 document firmly adheres to the science reviewed by the committee, but translates the science
6 into recommendations that can be easily applied by policymakers, health professionals, nutrition
7 educators, and consumers.

8

9 Another important topic: we rely upon the Dietary Guidelines for food-based recommendations.
10 The major focus of the guidelines is on the foods, beverages, dietary patterns that should be
11 consumed to promote health and reduce the risk of chronic disease. Food-based
12 recommendations, or the "what-to-eat" and the "how-much-to-eat," are necessary to inform
13 many policies and programs throughout the government that rely on the Dietary Guidelines to set
14 nutrition standards and guidance. I'm pleased to say, Dr. Koh mentioned in the introduction, you
15 know, the SNAP or the Supplemental Nutrition Assistance Programs, the WIC program, the
16 school lunch -- school breakfast programs that are provided, food programs in childcare centers,
17 these programs are informed by the Dietary Guidelines and the work that we are currently doing
18 very intensely pertaining to healthy snacks again reflects the work that was done by the 2010
19 Dietary Guideline Committee. So it really makes a difference. It's applied.

20

21 Food-based recommendations, or the "what-to-eat" and "how-much-to-eat," are necessary to
22 inform the many policies and programs throughout the government. This charter -- your charter
23 also notes that the committee will focus on Americans ages two years and older. This has

1 historically been the focus of the Dietary Guidelines, recognizing the unique nutritional needs,
2 eating patterns, and developmental stages of infants and toddlers from birth to 24 months. In
3 recent years, however, there's been a growing demand both within and outside of government for
4 the Dietary Guidelines to include infants and toddlers. And in response to these requests, and I
5 really want to just applaud Dr. Koh in this regard -- we had a lot of important discussions about
6 these very matters back -- the end of last calendar year, and we've launched earlier this year our
7 Center for Nutrition Policy and Promotion, joined by the Office of Disease Prevention, and
8 Health Promotion and the National Institute of Child Health and Human Development at HHS
9 undertook a major project to develop guidance for this important age group, zero to 24 months.
10 This is a multiphase, multiyear project that'll be conducted separately from the 2015 committee
11 because of how monumental this task truly is. However, the 2015 committee will benefit from
12 knowing that issues it may raise for this age group will be addressed by a separate, robust effort
13 to provide foundational guidance for the birth to 24-month age group. Eventually, that guidance
14 will be incorporated and updated into future editions of the Dietary Guidelines, beginning with
15 the 2020 Dietary Guidelines.

16

17 We are enthused at the prospect of expanding the Dietary Guidelines to address the existing gap
18 in guidance in providing sound dietary advice that covers all stages of life, beginning at birth.
19 The work that we are commencing today represents one of the most important steps in the
20 Dietary Guidelines revision process. As unacceptable rates of obesity in the United States
21 continue to remain high and the prevalence of type 2 diabetes, hypertension, heart disease, and
22 other diet- and weight-related conditions remain prominent health issues, we must ensure that
23 we're providing the best dietary guidance for Americans. And I looked -- I had a chance to

1 review just within the last 24 hours some of the comments made when the 2010 Dietary
2 Guidelines were launched, prior Undersecretaries, and I thought, “Déjà vu.” Here we are, still
3 faced with many of these major challenges in the American diet.

4

5 The appointment of the committee reflects the commitment by the Secretaries at HHS and
6 USDA to provide sound and current dietary guidance to Americans. The areas of expertise that
7 each of you appointed members bring to the committee represents the array of important topics
8 we hope will be highlighted in the 2015 Dietary Guidelines. Among those of primary focus are
9 food groups, dietary patterns, energy balance, eating behaviors, in addition to how these areas
10 relate to reducing chronic disease risk. The state of the American diet clearly needs
11 improvement, and we hope you will not only provide quantitative guidance on what to eat but
12 also bridge the recommendations with behavioral strategies on the how to achieve these
13 recommendations. Another critically important aspect of your work we anticipate is identifying
14 areas that are on the horizon that are important research priorities or topics that we should
15 monitor for future dietary guidelines. This may include topics such as diet-gene interactions, the
16 microbiome, and how to achieve a sustainable, healthful, and safe diet.

17

18 The Dietary Guidelines are the cornerstone of federal nutrition policy, and while the USDA and
19 HHS share the responsibility of developing those Dietary Guidelines, they are used, as I’ve said
20 earlier, across the government, by the private sector, by clinicians, by Americans from one end
21 of the country to the other, and beyond our borders. The Dietary Guidelines provide a means for
22 the government to speak with one voice on nutrition and health promotion. In addition, nutrition
23 and health professionals actively promote the Dietary Guidelines as a means of encouraging

1 Americans to focus on a healthful diet balanced with physical activity. At USDA, our mission is
2 to provide leadership on food, agriculture, natural resources, rural development, nutrition, and
3 related issues based on sound public policy and the best available science. Much of the work at
4 USDA uses the guidelines in some way. USDA's Food, Nutrition, and Consumer Services
5 works to harness the nation's agricultural abundance to end hunger and improve health in the
6 United States through our two agencies, the Center for Nutrition Policy and Promotion, or
7 CNPP, and the Food Nutrition Service. CNPP, the staff of which are here -- many of them -- are
8 -- is the focal point at the USDA that develops nutrition policy and works to improve the health
9 and wellbeing of Americans by developing and promoting dietary guidance. CNPP has three
10 divisions that are organized to link scientific research to dietary guidance and dietary guidance to
11 the nutrition needs of the consumers. CNPP operates the Nutrition Evidence Library, which, as
12 you will learn, will assist the committee in conducting transparent, systematic reviews. A second
13 division will support the committee throughout its deliberations and ultimately use the
14 committee's report in partnership with HHS to inform the development of the Dietary
15 Guidelines. A third division, the Nutrition Marketing and Communications Division,
16 communicates the guidelines through www.choosemyplate.gov, which just celebrated its second
17 birthday, and other initiatives, including the Super Tracker, which currently has over 2.5 million
18 registered users, and we have developed, as well, our icon to communicate these issues through
19 the My Plate, or Mi Plato, that I'm always pleased to see when I get out across the country.
20
21 FNS works to increase food security and to reduce hunger by providing children and low-income
22 persons access to food, a healthy diet, and nutrition education. We -- FNS uses the guidelines to
23 inform policies for the Supplemental Nutrition Assistance Program, or SNAP, which was

1 formerly known as the food stamp program, particularly in the nutrition education component of
2 the program. More recently, we used the guidelines to establish stronger nutrition standards for
3 breakfast and lunches offered through the national School Lunch and School Breakfast program
4 in order to ensure that all American children get the healthy foods they need to grow. We use the
5 guidelines when determining the composition of the WIC, the special nutrition program for
6 women, infants, and children, the food packages to ensure that pregnant women, mothers, and
7 young children get the specific types of nutrients they need at this critical developmental stage.
8 WIC now serves 53 percent of all the infants in the United States. They are just some of the
9 many important ways that the Dietary Guidelines impact USDA programs that in turn touch the
10 lives of one-in-four Americans each year.

11

12 As the state of the American diet and public health continues to need improvement, I know that
13 we all look forward to the updated 2015 Dietary Guidelines that will provide the most current,
14 science-based advice to guide our public-facing programs. Your work is of utmost importance to
15 ensuring the health of our nation, to building a healthier next generation.

16

17 In closing, again I want to thank you all for your willingness to join us in this effort, for
18 volunteering your time and expertise. Thank you in advance for your esteemed advice, and now
19 it's my pleasure to introduce my colleague, who's been introduced earlier, Dr. Cathy Woteki.

20

21 [applause]

22

23

1 Role of the Dietary Guidelines for Americans in the Federal Research Environment

2

3 Catherine Woteki:

4 Thank you, Kevin, and good morning, everyone. I'd like to add my personal thanks to all of you

5 who are volunteering to take on this two-year assignment. Having served on similar committees

6 myself, I know that it means time in the evenings, time on the weekends, and we very much

7 appreciate your willingness to serve, and those who are returning, for your willingness to come

8 back for another round. We are, as you've heard from Dr. Koh and my colleague, Mr.

9 Concannon, looking forward two years from now to receiving your report and reflecting, as well,

10 on the impact that the 2010 Dietary Guidelines Committee and its report has had already. The

11 2010 Dietary Guidelines made a call to action for a multi-sectoral approach to improving the

12 food and physical activity environment and, as you've heard through Mr. Concannon's remarks,

13 we in USDA really have taken those recommendations onboard and you see them reflected in the

14 regulatory environment for the programs for which we have responsibility. Through

15 coordination, through partnerships, through programs, and through our policies, we believe we

16 are making some progress in meeting that call to action and we remain committed to improving

17 diets and health of the American public and reducing the prevalence of obesity and chronic

18 diseases that are related to diet.

19

20 So, as USDA's chief scientist and Undersecretary for Research, Education, and Economics, I

21 have the responsibility for four agencies who are contributing the evidence base that you will be

22 examining. These are intramural and extramural research, education, extension, and statistics

23 activities. As you know, the Dietary Guidelines are based on scientific and medical knowledge

1 that's current at the time that the Dietary Guidelines Committee is working, and many U.S.
2 Government agencies are contributing to that science base. We're here at the National Institutes
3 of Health, and certainly their nutrition research programs are a major contributor to that evidence
4 base. But so -- also contributing are the Centers for Disease Control through its surveillance
5 programs and research that's sponsored or conducted at the Food and Drug Administration, the
6 Veterans Administration, and the Department of Defense. The REE agencies -- Research,
7 Education, and Economics agencies -- though, are also a major contributor to the scientific
8 evidence base that you will be using as you do your work over this next two years in updating
9 the guidelines.

10

11 I'd like to mention some of the contributions that these agencies will be making to your work.
12 First, the National Institute of Food and Agriculture is our extramural arm of USDA, research
13 arm, and it collaborates with many partners in the university community, particularly with the
14 land-grant universities, to provide research, education, and extension efforts that keep our foods
15 safe, secure, and nutritious. Whether it's funding research on childhood obesity factors and the
16 food contaminate prevention through our competitive grants programs or educating communities
17 on local, affordable, accessible food through community food projects, National Institute of Food
18 and Agriculture supports these initiatives and underscores the importance of Americans making
19 appropriate nutrition choices. Using practical science-based education, the National Institute of
20 Food and Agriculture's nutrition education programs teach participants at all socioeconomic
21 levels about the recommendations from the Dietary Guidelines for Americans and how they can
22 incorporate these recommendations into their daily food choices. The expanded Food and
23 Nutrition program is really a really good example that incorporates the social ecological model

1 that's found in the dietary guidelines and more recently obesity and -- has been -- obesity
2 prevention has been added to the topics that are being addressed in these education programs for
3 minority and low-income families. FNEP provides hands-on, researched-based nutrition
4 education with the intent of influencing and changing nutritional and lifestyle behaviors.

5
6 The Dietary Guidelines draw heavily on the dietary reference intakes, the levels of nutrients
7 essential to maintain health, promote growth, and reproduction, that are established by the Food
8 and Nutrition Board at the Institute of Medicine. The Human Nutrition and Food Safety research
9 that's conducted, though, in our intramural programs of the Agricultural Research Service are
10 major contributors to the dietary reference intakes. ARS's research has been influential in
11 addressing the nutrient requirements of Americans at all ages and physiological states, and their
12 work investigating food components at the cellular level as well as examining the impact of
13 dietary interventions on health were very influential with respect to the 2011 revisions to the
14 dietary reference intakes, beginning with calcium, in which the adequate intake value was
15 upgraded to an estimated average intake and an RDA. About half of the data that's used to set
16 the dietary reference intakes by the Institute in Medicine were generated out of Agriculture
17 Research Service research, and that's work that we believe is enormously important not only to
18 the DRI process but also to the work of your committee.

19
20 ARS nutrition research has begun to incorporate genomic, epigenomic, and metabolomic
21 techniques, partnering with scientists not only across the United States, but across the world.
22 One recent study, for example, showed that children who were conceived during the rainy season
23 in rural parts of Gambia in Africa when food was scarce have permanent changes in the

1 methylation pattern and expression of specific genes. Although this study examined the effects
2 of food deprivation, other work indicates that maternal obesity also affects gene methylation in
3 children, and this may influence response to dietary change and propensity to obesity. You on
4 the committee will undoubtedly be making heavy use of the Nutritional Surveillance System
5 data, so the Centers for Disease Control and the Agricultural Research Service are very
6 instrumental in providing nutritional surveillance data. Our contribution is through the dietary
7 part of the National Health and Nutrition Examination Survey, and the Dietary Surveillance
8 Program is called What We Eat in America. It -- we also, as part of our surveillance activities,
9 are responsible for the food and nutrient database for dietary studies that's used to analyze data
10 not only from surveys but also to provide weights of typical food portions along with the nutrient
11 content of those food portions. In addition, the Food Patterns Equivalents Database from ARS is
12 also used by USDA Center for Nutrition Policy and Promotion to develop the outputs, the
13 educational materials that Mr. Concannon referenced, USDA food patterns, as well as My Plate,
14 that reflect Dietary Guidelines' messages.

15

16 ARS also supports surveillance by providing food composition data, compiling and maintaining
17 analytical data for commonly eaten foods here in the United States, a function that actually began
18 in 1891. So it's historically been an important role for the department. Currently, the data of as
19 many as 146 nutrients in over 8,000 different foods are maintained in our National Nutrient
20 Database for scientific reference or multiple specialty databases, such as for dietary supplements
21 and for many phytochemicals. We do have, though, a global food supply, so our research also is
22 reflecting the global nature of our food supply, particularly in our food safety research programs.
23 Scientists within USDA and that we are supporting through our competitive grants programs are

1 working to control or eliminate potentially harmful food contaminants, whether they're
2 domestically -- in the domestic food supply or whether in the imported food supply. And we're
3 partnering with researchers around the globe to develop decontamination strategies for produce,
4 genomic analysis of pathogens to understand how they cause disease or develop antimicrobial
5 resistance, and also developing novel processing technologies to ensure safety of all foods.
6
7 Our research, both intramural and extramural, is supported by also the work of the two remaining
8 agencies in my mission area, which are statistical agencies. These are the Economic Research
9 Service and the National Agricultural Statistic Service. We've learned that food choices and the
10 dietary choices that individuals make aren't influenced exclusively by availability or price or
11 income. In addition to these, our economics research also investigates non-economic factors that
12 are influencing what consumers choose to buy and to consume, including nutrition labeling and
13 the relationships between food intake and people's knowledge of nutritional and health
14 outcomes. With an increased interest in locally-grown foods, our survey activities are
15 determining the planting decisions that farmers are making and providing information back to
16 farmers who are interested in changing or initiating new crops so that there will be more locally
17 available fruits and vegetables available to the public. ERS also works in food safety and
18 provides a number of important analyses related to the safety of the food supply and the cost of
19 food-borne illness. Knowing the cost of food-borne illness is very important for policymakers in
20 ranking risks associated with the food supply, focusing our policy options, and also providing a
21 way for us to prioritize our spending, particularly on research. Many consumers, and some
22 would say most consumers, understand that what we eat does play a role in our health, and they
23 want more information. Overall, the U.S. government agencies I believe are supporting that

1 public interest through work, through our research, through our educational programs, and
2 through the kind of work that you're going to be doing in reviewing the scientific evidence base
3 about diet and health. Many of you on the committee are leaders in these research and education
4 efforts and we look forward to continuing to work with you over this next two years as you
5 identify the research base for dietary recommendations in the Dietary Guidelines. Encouraging
6 all Americans to use our updated Dietary Guidelines is certainly going to be the follow-on that
7 we will be undertaking.

8

9 Finally, in closing I'd like to note how important it is that as you conduct your work you identify
10 unanswered questions. I took the opportunity yesterday to read through the report that the
11 committee prepared last year -- I mean, last time around, and using the systematic, evidence-
12 based approach, I believe that you, as with the last committee, will be able to identify gaps in our
13 knowledge base that are going to be very important for us in setting our research priorities and
14 our research directions. So I look forward to receiving the committee's report to the Secretaries
15 and your recommendations within that, including what you see as being the gaps in the evidence
16 base to inform our future research directions.

17

18 So, again, I thank you very much. Our four agencies that I've told you about stand ready to
19 provide technical advice and assistance to you as you conduct your work, and also, as Mr.
20 Concannon has referenced, the Center for Nutrition Policy and Promotion and its Nutrition
21 Evidence Library will be a very important asset to you in your work. So thank you for your
22 service and we look forward to working with you over this next couple of years.

23

1 [applause]

2

3 Richard Olson:

4 Now we're going to take a short break. Why don't we take about a 15-minute break? So that'll
5 be about 9:40 or so, and then we'll resume. Thank you.

6

7 [break]

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Committee Operations

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Richard Olson:

If I could ask everyone to have a seat. Why don't we go ahead and get started now? Well, we're off and running. For those of you who know a lot about the Dietary Guidelines, it's actually about a four-year process or so from the beginning through the development of the guidelines themselves. So, I'm going to talk a little bit this morning about the advisory committee and some of the operational issues, some of the bounds and stuff related to it, and that sort of thing. These are some of the topics that I'm going to briefly talk about. We'll talk about the revision timeline for the Dietary Guidelines for Americans; talk some about the Federal Advisory Committee Act; some about the committee's charter, its purpose and activities; some about its organization; talk a little bit about the federal support, federal staff that will be supporting the advisory committee; talk a little bit about information that's available to the public on our Dietaryguidelines.gov website and then the importance of public comment to this process.

This is a brief timeline, starting basically from now. I've sort of alluded that we actually started the process about a year-and-a-half ago or so to get to this point, and -- but now's when the real fun work begins with the advisory committee. Up here on the top there, we talk about request for public comment, and, as I said, I'll talk about that at the end of my remarks. But we did open up our public comment database on the website at -- two weeks ago or so, at the time that the committee was announced.

1 Now, obviously, we're starting our first meeting and we're planning to have approximately four
2 additional public meetings like this. The second one, which will be in the fall, we'll get out an
3 announcement in the next month or two about that meeting, but we'll have oral public comment
4 and testimony at that second meeting. As we talked about, the recommendations will come in a
5 report to both secretaries, Secretary Sibelius and Secretary Vilsack. The 2010 report was about
6 500 pages long or so, plus an additional -- a similar amount in appendices and all. So, there's a
7 lot of work to be done. Obviously, there's a huge amount of information, evidence, research,
8 and reports to sift through in order for the committee to develop its recommendations for that
9 large of a document. Obviously, there's a lot of work that they'll be doing. As soon as their
10 report is submitted to the secretaries, then the committee itself will disband. Shortly thereafter,
11 we'll have another public meeting after the report has been released so that the public can come
12 and give oral testimony, and also written testimony or comments to inform us, along with the
13 committee's recommendations, in developing the eighth edition of the Dietary Guidelines for
14 Americans.

15
16 I just wanted to review a little bit of FACA, the Federal Advisory Committee Act of 1972. The
17 committee has had some briefing about this, but this really is an important area, because how we
18 function and what we do is largely dictated by Congress. And it was started in 1972 with this
19 law, its subsequent amendments and regulations on how all advisory committees function. As I
20 noted in an administrative session that we had recently with the committee and the last week or
21 so, that advisory committees have been used by presidents since George Washington was the
22 president. Apparently, there were some issues related to some advisory committees throughout
23 the 20th century that resulted in the Federal Advisory Committee Act being passed in 1972. So

1 the points up here on the slide are some of the key issues that Congress was concerned about
2 when they passed this act. Obviously, they want all advisory committee advice and
3 recommendations to be relevant and objective, but they're very concerned about openness to the
4 public, and so transparency is a major theme throughout this process, and with the marvelous
5 technology that we now have available -- the webcast that's going on right now, the websites,
6 Internet -- the public has much, much more access to information than they've ever had in the
7 past. My understanding is that in the past, if you wanted to see certain information you'd have to
8 go to the lead office either our office or USDA's office, and request it and they'd go to a copy
9 machine and you could get a copy, and if you lived on the other side of the country, you either
10 flew here or you may have been out of luck, but now it's going to be very, very open to the
11 public. The act requires the committee to promptly complete its work. I've already alluded to
12 the two-year time frame, and I'll talk about that in the again in a minute. Costs are obviously of
13 concern and then we have some record-keeping requirements. I'll talk about a little bit about
14 that, as well. One of the things that the previous presenters discussed was the issue of Congress
15 wants advisory committees to advise and recommend, but not to decide or implement, so that's
16 the dichotomy between the committee's recommendations in their big, thick report and the
17 policy document, the Dietary Guidelines for Americans, which is a federal policy and is written
18 by federal staff, but very much informed by the advisory committee's recommendation and
19 public comment, as well. So that comes straight from Congress on how they want advisory
20 committees to function. And then another very important point is they want this advice to be
21 independent, not inappropriately influenced by either us as the appointing or convening
22 authority, the federal government, or by any interest groups around the country. So it's
23 important that the committee be free of outside influences, or inside from federal government, in

1 the conduct of their work. We do want a lot of public input, but we want public input to the
2 committee as a whole, not to individuals on the committee. So if the public could refrain from
3 maybe buttonholing committee members, but use the vehicles available for public comment at
4 the second meeting and the public comment database that I'll talk about in a few minutes.

5
6 Other Federal Advisory Committee Act requirements: public open meetings, as we've discussed,
7 advance notice of meetings, all meetings will be published in the Federal Register, which is, of
8 course, the federal government's official means of announcing things. But many, or maybe most
9 of y'all -- I grew up in Texas, so I said y'all, and I'm sorry -- but many of y'all probably heard
10 about this through emails or listservs or newsletters from industry associations or newsletters
11 from professional associations, et cetera, that we have a very extensive list through many of the
12 HHS and USDA agencies that when we get information like meetings approved, we go ahead
13 and get that out to the public as best we can. Some folks obviously follow the Federal Register,
14 but probably most of us really don't. So we'll get that information out to folks. And then, as I
15 mentioned before, we are required by the Federal Advisory Committee Act to maintain certain
16 records available to the public. Ours is on the Dietaryguidelines.gov mainly, but I think that's
17 what folks will be interested in accessing. But there's also a FACA database, and this is
18 required. The General Services Administration, the GSA, oversees all federal advisory
19 committees. There are approximately 1,000 or so federal advisory committees at any one time,
20 and the GSA maintains a database of certain information that we're required to put there. This is
21 accessible and searchable by the public though, and that why I'm mentioning that to y'all. We
22 can see the URL is pretty easy: Facadatabase.gov. So you can find that if you're interested in
23 looking at that information.

1

2 I want to talk a little bit about work groups and subcommittee meetings in regard to the Federal
3 Advisory Committee Act. Whenever the committee meets as a whole, they must be in public
4 meetings. So other than the five public meetings that I mentioned, the committee will not be
5 meeting or discussing anything as a whole. However, we will have work groups, and I'll talk
6 about that in a minute, and eventually subcommittees that will be working. On the last advisory
7 committee, these subcommittees met probably every two weeks or so for the full duration
8 because, obviously, there's a huge amount of work that needs to be done. But the proviso is that
9 all decisions must be made by the committee as a whole and all the committee work will be
10 presented to the full committee so that the public has knowledge of how these decisions are
11 being made. Subcommittees and work groups can only meet with a federal official like myself
12 or others who I designate to be part of those discussions. We will have no face-to-face
13 subcommittee or work group meetings other than at the public meeting site we'll have this
14 afternoon. So those will all be done by conference call. But importantly, all that work must be
15 documented, as well.

16

17 I'll talk a little bit about the charter. The Dietary Guidelines Advisory Committee, as folks are
18 aware, is re-established every five years. It sun sets after the two years that I'll talk about, but
19 then is reestablished and now we have a committee again. I think Mr. Concannon mentioned, or
20 maybe it was Dr. Woteki, that the two-year clock started in February. What that is is that the
21 executive branch, either HHS or USDA, and for this edition HHS has developed a charter that's
22 signed by the secretary and it must be filed with Congress. So that's one of the requirements in
23 the law, that any advisory committee that is developed must -- Congress must be notified.

1 But maybe the good and bad of that is that when Congress is notified, the two-year clock starts.
2 And so actually we're almost four months into the two-year clock. So instead of a 24-month
3 period, the committee has a maximum of 20 months to complete its work. So it's going to be a
4 tight timeline with a lot of work that needs to be done. We obviously have authority for the
5 charter, as cited -- the Public Health Service Act is the authority that our secretary has to form
6 this committee. Advisory committees have been utilized for every edition of the Dietary
7 Guidelines, except for the first. So in 1980, the first Dietary Guidelines for Americans, so in
8 1983 the first Dietary Guidelines Advisory Committee was formed and utilized in forming the
9 policy document. The Dietary Guidelines for Americans 1985, and then it's been reestablished
10 every five years to inform -- to provide recommendations and advice for the next edition of the
11 Dietary Guidelines.

12

13 As it was mentioned earlier, with a term -- with the advisory committee folks volunteering their
14 time, members, unfortunately -- or fortunately, whichever -- receive no compensation. They do
15 get reimbursed, though, for travel per federal travel regulations. One other important piece of
16 legislation that affects the Dietary Guidelines for Americans, not necessarily the advisory
17 committee, is this law from 1990. Shortly after the third edition of Dietary Guidelines for
18 Americans was released, Congress passed a law that now requires that the guidelines be issued
19 by HHS and USDA every five years. And you can see in those bottom three bullet points some
20 of the instructions that Congress gave to us concerning the Dietary Guidelines for Americans.
21 The advisory committee is established to provide independent, as I've mentioned before,
22 science-based recommendations and advice to the federal government. So these are the scientific
23 experts that will comb through reports, the literature to inform us on their recommendations for

1 how well we developed the Dietary Guidelines for Americans 2015. And as previously
2 mentioned, the Dietary Guidelines for Americans provide the basis for all federal nutritional
3 programs, standards, and education for the general public. Mr. Concannon and Dr. Woteki
4 outlined some of the things, particularly in Mr. Concannon's organizations or agencies on how
5 these programs are undergirded by the Dietary Guidelines. We'll have some more discussion
6 tomorrow morning on that with more detail from Rob Post and Don Wright.

7
8 The scope of the advisory committee activities is that the base thing that the committee will do is
9 look at the 2010 guidelines and then provide expert opinion on whether they think there's
10 enough new scientific evidence that we may want to change, or revise, or add to the existing
11 Dietary Guidelines. So once they give us that, then they will delve into reports and literature, et
12 cetera, to see if that indeeds the case and come up with recommendations and rationale.

13
14 The focus is on nutrition, issues of public health concern that are applicable to the U.S.
15 population as a whole. We obviously don't provide specific nutrition advice for a variety of
16 diseases. I'm a physician and counsel patients with diabetes and hypertension, et cetera, and
17 obviously, the Dietary Guidelines form the basis for a lot of that information, but they're not
18 directly related to disease states and all. The focus, as was mentioned earlier, is primarily on
19 foods and beverages, including dietary patterns. So, you know, we are reminding the committee
20 as they begin their work on several points like this, obviously, nutrients are extremely important,
21 but a lot of their advice will be in -- concerning foods and beverages and how nutrients are
22 present in foods and beverages. And then, of course, they'll develop their report to the secretary.

23

1 Just want to talk a little bit about the advisory committee organization. As I mentioned, the
2 advisory committee will meet, we think, five times as a whole. We developed a science review
3 subcommittee as soon as the members were announced and appointed by the two secretaries,
4 Secretary Sebelius and Secretary Vilsack, and since you all saw the announcement that came out
5 two weeks ago from tomorrow, obviously we haven't had much time yet to get things moving
6 and so this first meeting really is the kickoff for the committee. But we have developed what is
7 called the Science Review Subcommittee. That type of a subcommittee was utilized for the 2010
8 Dietary Guidelines, as well. The membership on that subcommittee are Barbara Millen, chair;
9 Alice H. Lichtenstein, vice chair; Mim Nelson and Rafael Pérez-Escamilla, the two individuals
10 who were on the 2010 advisory committee. So they obviously have an advantage to the other
11 members in that they were recently involved in the advisory committee, even though things may
12 be somewhat different, have a good understanding of processes and even individuals and how
13 we're going to get the work done.

14
15 So the Science Review Subcommittee is the overarching or coordinating function of the
16 committee. They are organizing the advisory committee into work groups and will start that
17 process this afternoon. Eventually work groups will be disbanded and will form into
18 subcommittees. And I know there's a lot of interest in what subcommittees we're going to have
19 and who will be on the subcommittees, and that will obviously will be a decision that the
20 advisory committee makes as they progress this summer. This Science Review Subcommittee
21 will facilitate prioritization of topics, and prioritization of topics is an extremely important task --
22 early task of the committee because y'all know how deep and broad nutrition is. I am amazed
23 that we can get 15 individuals who will cover the waterfront on nutrition, cause it's such a huge,

1 huge area, but because of that, prioritization of topics early on will be a very important task of
2 the committee. And the Science Review Subcommittee will kind of oversee that with the three
3 work groups that will be convening this afternoon. This subcommittee also will ensure
4 consistent and transparent approaches to evidence review. We've talked about the timeline
5 issue, and this subcommittee will also keep the overall task on time so that we can develop the
6 report. I don't think we've mentioned, but what happens on February 19th, 2015, is that the
7 committee automatically disbands whether they've completed their work or not. And so the
8 subcommittee is important, as are all the subcommittees themselves, on keeping things moving
9 so that we can complete the work in time. And then the last bullet here about the Science
10 Review Subcommittee is dealing with cross-cutting issues, and we want the committee members
11 to work as efficiently as possible. If one subcommittee is dealing with a topic, we don't want
12 another subcommittee to be working on the same topic, just for efficiency purposes. They'll all
13 get back together as committees as a whole to discuss all of the topics, but just from a dividing
14 up the work perspective the crosscutting issues. And then also if there are gaps, this
15 subcommittee will work across all of the subcommittees to make sure that we've got all of the
16 high-priority topics covered and moving.

17
18 As I said, we'll have three work groups to start with. They're going to be meeting this afternoon,
19 all afternoon, and possibly into the evening. And then tomorrow afternoon at the meeting the
20 subcommittees will begin reporting and discussing where they are, and as we develop topics and
21 all. So they'll be brainstorming and trying to develop the broad topics for which the advisory
22 committee may want to develop review questions for systematic literature reviews, data analysis,
23 food-pattern modeling, et cetera. So at the second meeting in the fall, the most likely -- and this,

1 once again, is a committee decision, but just from a time perspective most likely we will either
2 be working to develop subcommittees at that time or shortly after the second public meeting in
3 the fall. But regardless, all of that information will be available on the website, on -- the work
4 groups and the subcommittees that subsequently might be formed. We've already been
5 introduced to chair and vice chair, and these are some of their responsibilities in those positions
6 of leadership for the committee.

7

8 Talk a little bit about the support structure that we have in place. We have four what are called
9 co-executive secretaries. I'm one of the HHS co-executive secretaries; Kellie Casavale is the
10 second and the alternate designated federal officer. In addition, we have two co-executive
11 secretaries from USDA, Colette Rihane from CNPP and Shanthy Bowman from ARS in -- both
12 from USDA. So Mr. Concannon appointed Colette and Dr. Woteki appointed Shanthy to those
13 positions.

14

15 Just as a side note, all three of the other co-executive secretaries have been heavily involved in
16 the committee work in the past, and so we've got a lot of experience in the leadership team for
17 that. These are some of our functions, although the committee will be making their own
18 decisions on how they want to form and, what areas they want to explore, what the topics,
19 research questions, et cetera. We have certain responsibilities as the co-executive secretaries and
20 I, in particular, as the designated federal officer, and things that we're required to do because of
21 the FACA regulations and laws. So you can see under DFO that I must be present at all
22 meetings and full committee work groups or subcommittees, or an alternate. And so, as I
23 mentioned earlier, all of the subcommittees, and work groups work with one of us present.

1

2 We've got a terrific group of federal staff who will be directly supporting the committee's work.

3 Obviously, there's a lot of other staff that may indirectly be supporting; but we've got about 50

4 or so individuals who'll be directly supporting the advisory committee and helping facilitate their

5 work so that they can get their work done in a timely manner. We've got three teams as such,

6 and I'll just talk just a little bit about each one of the teams. The Dietary Guidelines

7 Management Team, we've got a lead and a co-lead, or secondary lead, for each work group.

8 And then when we split out into subcommittees, however many that's going to be, we'll have a

9 lead and co-lead. Those are the individuals that work directly with the lead advisory committee

10 member for each work group or subcommittee, and the logistical issues in getting information

11 and just anything that needs to be done to enhance and support the work of the advisory

12 committee work groups or subcommittees. Also have a member or two from the Nutrition

13 Evidence Library staff at CNPP. They'll do and implement all of the literature review that is

14 requested by the advisory committee. In addition, on that team we've got two biomedical

15 librarians, one from USDA and one from NIH here, that will be a tremendous help.

16

17 And then we have the data management team. Dr. Woteki mentioned that this morning that a lot

18 of her agencies provide information that's available to the committee. There are a lot of HHS

19 agencies that do the same. And so at the request of the advisory committee, subcommittees'

20 information will be analyzed and results brought to the committee for their use. NHANES is

21 obviously one of the data sources that is utilized heavily by the advisory committee. Also at

22 CNPP, there's food-pattern modeling, and that's an extremely important piece of the work of the

1 advisory committee, and so the CNPP staff that do that, can do a lot of what-ifs for the advisory
2 committee as they try to make decisions and all.

3

4 Talk just a little bit now about the website that we have. It's the same URL as the last advisory
5 committee. To make it easier on the public to not to have to switch back-and-forth between
6 USDA and HHS, USDA graciously loaned us their URL and so everything is still available on
7 Dietaryguidelines.gov. So it's very easy for folks to find. So if anybody's looked at that website
8 in the last day or two, each day or two there's a lot more information that becomes available to
9 the public through that. So if you haven't looked at it in a few days, you may want to go look
10 now because there's a lot more information and, of course, after the meeting is concluded there'll
11 be a lot more information from the meeting that we have now. We will have meeting transcripts,
12 so you'll have a verbatim record of everything that's said at the public meetings. There'll also be
13 condensed minutes of those meetings. The webcasts that we're doing live and will be doing live
14 for each of the public meetings, all of those will be archived and available in a few days from
15 Dietaryguidelines.gov. So folks can link to that and I think you can scroll through it. So if you
16 want to find an individual's talk or a point or two that one person made, or any way you want to
17 do that, you'll be able to relook at the webcasts. And, of course, for folks who were not able to
18 attend here in-person or via the webcasts live, that will be available for them to review. There
19 also will be a lot of background materials. There'll be links -- or there is a link already to the
20 Nutrition Evidence Library website, and the Nutrition Evidence Library folks will be posting lots
21 and lots of information on the searches they're doing and analysis and that sort of thing; that's
22 being made available to the public. So keep going to this website frequently just to look to see
23 what's new and different. For the general public there's also a Q&A section that just kind of

1 provides a lot of overview information, background information, that may be helpful to the
2 general public.

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4 And then the last thing is the public comment database, and, as I mentioned earlier, we launched
5 that about two weeks ago or so. Soon as we found out that the committee had been appointed
6 and we would be able to hold this meeting today and tomorrow, we launched the public
7 comment database. There was a web-based public comment database last time. We utilized the
8 good, the bad and the ugly from that one, and CNPP folks in particular really helped to devise
9 and develop this new public comment database, so hopefully it will be easy to use and very
10 helpful to the public. I think there's probably four, five, or six comments at the present time, but
11 this public comment database is open from now until the committee disbands. I would think that
12 during the early part, of course, is when folks would want to get most information in for the
13 advisory committee to consider as they develop their agenda, prioritize their topics, and this sort
14 of thing. So I welcome any and all who want to submit comments on the public comment
15 database to go to Dietaryguidelines.gov and see that, in addition to being able to submit
16 comments, you could read comments from others who've submitted that. And there's a search-
17 and-sort function so that you can look for comments related to a certain topic or topics submitted
18 from an individual, from institutions, a lot of ways to search and sort to find information on
19 comments that have been submitted. All of the public comments will be given to the advisory
20 committee for their consideration as they move forward. So as I mentioned earlier, this is the
21 vehicle to get information or ideas or suggestions or even scientific information to the committee
22 to consider as they as they move forward. As I mentioned, we will have oral public comment,
23 but by necessity that will be brief, at the second meeting, and so my recommendation is that the

1 major way of getting information to the committee is through the database online. So, I already
2 mentioned about individual members do not accept oral or written comments provided to them
3 individually, so please use these methods because otherwise your information won't be
4 considered. So, with that, I'll close and ask for Barbara Millen, the advisory committee chair, to
5 come up and make some remarks. Barbara.

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1 behaviors of Americans that can transform our thinking about how to instill long-term, healthier
2 diet and lifestyle habits that effectively promote health and prevent disease? What are the
3 potential, measurable impacts of such changes in food and nutrient intake on population health?
4 How can our food, public health, and health care systems be shaped to optimize diet, lifestyle,
5 health, and well-being of our great nation's population?

6
7 In the recommendations we develop in our report to Secretary Sibelius and Secretary Vilsack, we
8 need to create the greatest opportunities for sustained healthy eating habits in individuals,
9 communities, and populations. Our recommendations must be thoroughly evidence-based and
10 coherent, they must guide federal policies and programs as effectively as possible, they should
11 also capture the imaginations of Americans of all ages, children through older adults, and those
12 who serve them. Capture the imagination of the population. They must focus on improving the
13 nutritional status and health of individuals and the population overall. We should seek to shape
14 directions in our nation's food, nutrition, public health, educational, and health care systems
15 through this process. More specifically, we need to consider the environment of our food
16 systems to be certain that our recommendations are sustainable and that we are recommending a
17 healthy, responsible, ecologically responsible diet. We need to consider our public health and
18 health care systems and develop recommendations that can not only inform federal food and
19 nutritional policy and programs, but affect health care and serve to activate a paradigm shift in
20 health care that places greater emphasis on prevention and through which consumers and patients
21 can access services that enable them to achieve optimal diet and exercise patterns and other
22 important lifestyle profiles that can influence health in the most favorable ways. Finally, our
23 schools, work sites, and communities must be environments which value and embrace health and

1 wellness, and provide opportunities for children, adolescents, and adults of all ages to achieve
2 and maintain healthy eating and overall health and wellbeing. This is no small task and it will be
3 difficult. However, the gains to be achieved in the health of Americans, our food supply
4 systems, health care delivery, and our public health and educational systems are absolutely
5 critical and essential to the wellbeing of our great nation.

6
7 Let me end my introductory comments there and turn briefly to tomorrow's agenda. As Rick
8 was pointing out, tomorrow we begin these important discussions for the first time as a full
9 committee. We begin our day with several presentations that provide the foundation for our
10 process. In the morning, we will hear from Dr. Robert Post of the Center for Nutrition Policy
11 and Promotion of USDA and from Dr. Don Wright of the Office of Disease Prevention and
12 Health Promotion of HHS on the history and current use of the Dietary Guidelines in public
13 policy. Then two of our co-executive secretaries, Ms. Colette Rihane and Dr. Casavale, Kellie
14 Casavale, will review the process we have planned for developing topics and scientific questions
15 that Rick outlined. That will take us to a presentation from doctor -- Mrs. Joanne Spahn, who is
16 the director of the USDA's CNPP Evidence Analysis Library, and Joanne will provide us with an
17 overview of the Nutrition Evidence Library. Ms. Alanna Moshfegh of the Agricultural Research
18 Service and Dr. Jill Reedy from the National Cancer Institute will present the possibilities for
19 evaluating the state of the American diet through the analysis of federal data.

20
21 As Rick mentioned, and you will hear about more tomorrow, we have organized into three initial
22 work groups that will take on the task of broadly identifying topic areas and questions this
23 committee would like to address within the scope of our charge. After we adjourn today, our

1 three work groups will spend the afternoon in breakout sessions and have their first discussions
2 of topics to consider. What comes of those sessions will be presented tomorrow afternoon in
3 public meeting and discussed as a full committee. Many thanks to all of you for your interest
4 and your support. Thank you.

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6 [applause]

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Closing Remarks for Opening Session

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Richard Olson:

Well that concludes our morning session today. I do want to thank Dr. Koh, Mr. Concannon, and Dr. Woteki for their remarks earlier today and get us going in this adventure. I'd like to thank the public, both of y'all who were here in-person and those on the webcasts. I hope that you return tomorrow either way, either in-person or via webcasts, and follow our meetings as this committee progresses. I also want to thank the federal staff. I outlined some of their duties. We've got, as I said, about 50 individuals who will be providing a huge amount of their time and effort over the next 18 to 20 months in support of the committee. And I particularly want to thank the advisory committee members for volunteering their time. And, as I said, you know, these are folks who are volunteering and this is over and above what they do in their full day at the office anyways and it really is a labor of love. I'm pleased that we've got three individuals who have done this before. It shows that even though there's an awful lot to do and a lot of time commitment, that it's a very rewarding effort for the advisory committees and they can certainly be proud of their work in the past and proud of their work that's coming up. So I thank the advisory committee folks for their time and effort. So the meeting is adjourned until tomorrow morning. Thank you.

[applause]

[end of transcript]