



The History and Current Use of the Dietary Guidelines in Public Policy

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What are the Dietary Guidelines?

- Federal nutrition policy established jointly by USDA & HHS
- For use in Federal nutrition programs, nutrition education materials and a basis for research
- Updated every 5 years
- Provide science-based advice for ages 2 and over to promote health and prevent chronic disease
- Ensure that messages and materials are consistent through-out the Federal government and that it speaks with “one voice”

Overview of the History

Prior to 1970s, public health nutrition was primarily concerned with preventing nutrient deficiencies

- As deficiencies became less common, there was a growing recognition of diseases related to dietary excesses

In 1977, U.S. Senate Select Committee on Nutrition and Human Needs issued Dietary Goals for the United States

- Goals were the focus of controversy among some nutritionists and others concerned with food, nutrition and health

Overview of the History

- Dietary Guidelines first issued in 1980
- Mandated by Public Law 101-445: National Nutrition Monitoring and Related Research Act of 1990
- Title III of the law requires the Secretaries of USDA and HHS to publish the Dietary Guidelines for Americans at least every 5 years

Overview of the History

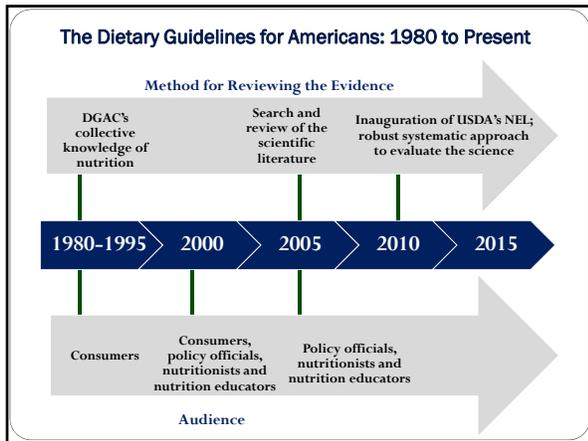
- Must contain nutritional and dietary information for the general public
- Must be based on the preponderance of current scientific and medical knowledge – evidence-based
- The 8th edition of the *Dietary Guidelines for Americans* policy document will be developed based on the report of the Dietary Guidelines Advisory Committee and consideration of public and Federal agency comments

The History of the Dietary Guidelines for Americans



The collage shows the following editions:

- 1980:** 'Nutrition and Your Health: A Plan for Sound Living' with a numbered list of 7 goals.
- 1985:** 'Dietary Guidelines for Americans' with a circular diagram of 7 goals.
- 1990:** 'Dietary Guidelines for Americans' with a circular diagram of 7 goals.
- 1995:** 'Dietary Guidelines for Americans' with a circular diagram of 7 goals.
- 2000:** 'Dietary Guidelines for Americans' with a 'BUILD' pyramid and 'CHOOSE' wheel.
- 2005:** 'Dietary Guidelines for Americans' with a colorful circular diagram.
- 2010:** 'Dietary Guidelines for Americans 2010' with a colorful circular diagram.



1995 4th edition

First Dietary Guidelines to include:

- USDA Food Guide Pyramid (1992)
- Balance with physical activity
- Nutrition Facts label
- Healthy weight chart

2000 5th edition

First Dietary Guidelines to expand to 10 Guidelines in 3 sections

Aim – Balance
Build – Enough
Choose - Not too much

New additions:

- Food safety
- Physical Activity

2005 6th edition

First Dietary Guidelines to expand to 41 key recommendations

- 23 general
- 18 for specific populations

Within 9 focus areas

- Adequate nutrients within calorie needs
- Weight management
- Physical activity
- Food groups to encourage
- Fats
- Carbohydrates
- Sodium and potassium
- Alcoholic beverages
- Food safety

2010 7th edition

First Dietary Guidelines based on an in-depth systematic review of the literature

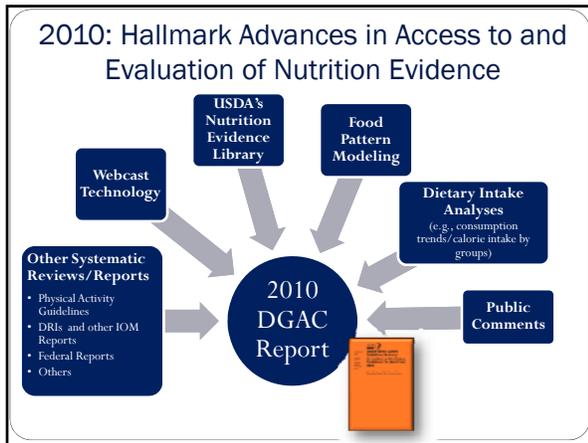
- 23 key recommendations
- 6 for specific populations
- New food patterns for vegetarians and vegans

Overarching concepts

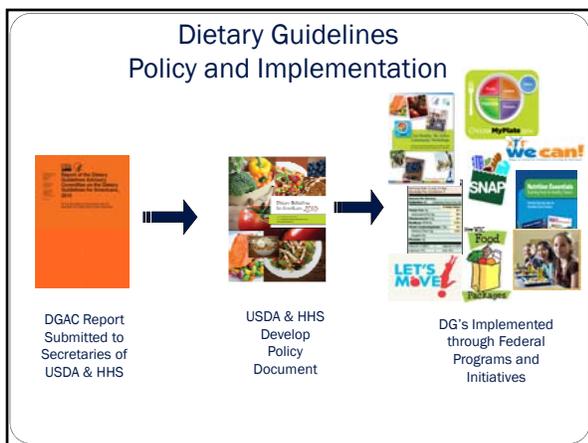
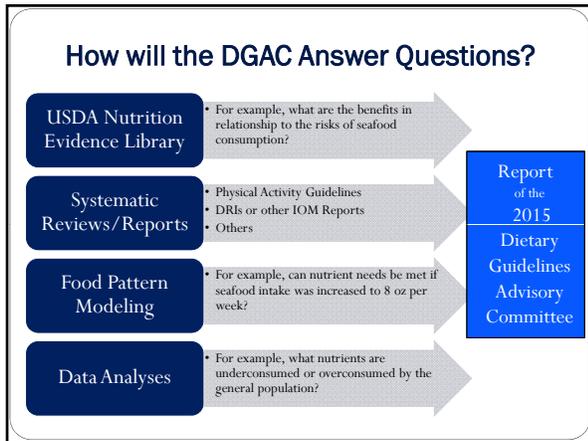
- Maintain calorie balance overtime to achieve and maintain a healthy weight
- Focus on consuming nutrient dense foods and beverages

How are Revisions to the Dietary Guidelines Made?

- Appointment of the Dietary Guidelines Advisory Committee by HHS and USDA
- DGAC reviews recent evidence and holds a series of public meetings to discuss findings in a public forum
- Accept public comments throughout deliberation period
- Advisory Report of recommendations presented to Secretary of HHS and USDA
- Joint development of policy and consumer materials
- HHS and USDA jointly published Dietary Guidelines for Americans and related consumer materials



- ### Dietary Guidelines Development Process - Transparency
- Open Committee meetings with materials posted at: www.DietaryGuidelines.gov
 - Public comments accepted throughout deliberations
 - Advisory Report posted online for public comment
 - Agency review of DGAC Report
 - Agency review of Policy Document
 - Nutrition Evidence Library available to public at: www.NEL.gov



- ### USDA Mission Areas
- Farm and Foreign Agricultural Services
 - Food, Nutrition and Consumer Services
 - Food Safety
 - Marketing and Regulatory Programs
 - Natural Resources and the Environment
 - Research, Education and Economics
 - Rural Development

Dietary Guidelines in Public Policy and Programs

Agricultural Research Service

- Analyses of food consumption survey data and nutritional needs of Americans, historical records of nutrition education materials and programs

Center for Nutrition Policy and Promotion

- MyPlate educational materials, SuperTracker, USDA Food Plans used for SNAP allotments, U.S. military food allowances, child support and foster care guidelines, Healthy Eating Index

Food and Nutrition Service

- SNAP food benefits, WIC program, NSLP and NSBP, and nutrition education curriculum

Food Safety and Inspection Service

- Nutrition labeling program and food safety education programs and campaigns

Other USDA agencies – Agricultural Marketing Service, Economic Research Service and National Institute for Agriculture

- Guide decisions on food purchasing, create research grant opportunities, analyze food consumption survey data, and monitor other national initiatives

Thank you!