

Transcript

First Meeting, Day 2 of 2: [https://youtu.be/l\\_ob2TDChlg](https://youtu.be/l_ob2TDChlg)

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**Janet de Jesus:** Discuss the scientific questions to be examined by the committee and also describe dietaryguidelines.gov and opportunities for public engagement. It is now my pleasure to bring to the podium Carter Blakey, who's the deputy director of the Office of Disease Prevention and Health Promotion.

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**Carter Blakey:** Good morning and thank you, Janet. So it's my extreme pleasure to have the honor of introducing our Assistant Secretary for Health, Admiral Rachel Levine. So Admiral Levine is our 17th Assistant Secretary for Health at the US Department of Health and Human Services, and she also heads the US Public Health Service Commissioned Corps. So she's got a big job, two jobs, not just one. So anyway, she works every day to improve the health and well-being for all Americans. She's working to build a stronger foundation so that every American can achieve their full potential for good health. She has worked in many different roles that have her well-prepared for what she has to do for all of us. So she first started as a physician in academia where she focused on the intersection between mental and physical health treating children, adolescents, and young adults. And then she moved on to become the Pennsylvania Physician General and then to be the Pennsylvania Secretary for Health. And in those roles, she had to address COVID, the opioid crisis, and other important public health challenges, so she was really well prepared to take care of all of us. So with that, Admiral Levine, I'd like to invite you to the podium.

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**Admiral Rachel Levine:** Thank you so much, Carter. Well, good morning. Good morning. It is so wonderful to see you here today. I'm very excited about this meeting, and it's just so important in terms of the 2025 dietary guidelines and the advisory committee as the committee embarks on a two-year mission of scientific review and discussion and helps inform the next edition of the dietary guidelines for America. This mission is extremely important as you all know, especially as millions of Americans are facing diet-related diseases including heart disease, obesity, and type 2 diabetes. This work today and over the course of the tenure will help us meet our bold goals to end hunger in America and increase healthy eating and physical activity by 2030 - no pressure now - so fewer Americans experience diet-related diseases. Our country is experiencing a crisis of high rates of diet-related diseases such as type 2 diabetes, obesity, and hypertension. Each of these diseases affects tens of millions of Americans and are associated with increased risks of heart attacks and strokes, the two leading causes of death for Americans. This is especially true for communities of color, in rural areas and in territories, those living with disabilities, older adults, the LGBTQI+ community, military families, and veterans, all of whom are disproportionately affected by these health outcomes. So nothing is more important right now than health equity, dealing with these health disparities that exist across our nation. And so we strongly want you to bring a health equity lens to the work that you are doing for the dietary guidelines for America.

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This crisis places a tremendous economic burden on our nation. Estimated healthcare costs associated with excess weight and obesity totaled 173 billion before the pandemic in 2019. The federal government is committed to improving the nation's diet in using a whole of government approach to providing evidence-based nutrition programs, policies, and education to enable all Americans, everyone in our great country, to live healthier lives by making healthier, better-informed dietary choices. The national strategy on hunger, nutrition, and health is serving as the playbook to meet our bold goal to end hunger in America and increase healthy eating and physical activity by 2030 so fewer Americans experience these diet-related diseases. It calls for this whole of government and really a whole of America approach to addressing the challenges that we face. Underpinning many of these actions is the dietary guidelines for Americans by providing evidence-based advice on what we eat and drink to meet nutrition needs, promote health, and prevent disease. The dietary guidelines for Americans is an invaluable resource and really the foundation, the cornerstone of federal nutrition policy and nutrition education activities.

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At HHS, agencies use the dietary guidelines to inform consumer-dietary guidance delivered through grants and educational materials, inform food assistance programs like the Older Americans Act Nutrition Program. Inform national health objectives such as the nutrition and weight status objectives for healthy people 2030. You can see the synergy there. And inform regulations on food labeling and fortification. So HHS is just so pleased and proud to partner with our colleagues at the United States Department of Agriculture working together collaboratively in the development of the 2025 dietary guidelines for Americans. So as you all, our expert committee begins this important process of reviewing the scientific evidence that will inform the next edition of the dietary guidelines. I want to personally thank you for your dedication and your time to this effort. Over the next two years, you have a very important task of reviewing the science on nutrition and health, reviewing and receiving public comments, and preparing a scientific report that will advise the federal government.

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Your work is essential, absolutely essential to ensuring the next edition of the dietary guidelines and that it is based on the current scientific evidence and medical knowledge. Each committee member, all of you, was jointly selected by HHS and USDA and our secretaries following a rigorous vetting process based on education, scientific and health equity expertise, and professional experience. Additionally, the departments prioritized attaining a balanced and diverse membership and are pleased to announce that the 2025 Committee is one of the most diverse dietary guidelines, advisory committees to date with respect to subject-matter expertise and racial and ethnic backgrounds. I look forward to the rich insights that you all will contribute to the development process.

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To the public, as we develop the next edition of the dietary guidelines, I want everyone to know that HHS and USDA believes strongly in transparency, and we will continue to share information with the public along the way. We encourage you to follow along with the committee's work by attending the virtual public meetings and signing up for email updates at [dietaryguidelines.gov](https://www.dietaryguidelines.gov). Dietaryguidelines.gov. We also want to hear from the public. We rely on feedback from both the scientific community and the public to contribute knowledge and experience to this process. We encourage public comments throughout the

committee's work. All public comments will be taken into consideration by the committee. In closing, I want to thank our dedicated federal staff who lead the dietary guidelines efforts, the public for participating in today's meeting, and finally to our esteemed committee and all of our members for their willingness to serve. I will now like to invite Jackie Haven from the USDA Center for Nutrition Policy and Promotion up to the podium. Thank you very much.

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**Jackie Haven:** Good morning everyone. It is my distinct honor and pleasure to be here today and to introduce Stacy Dean who will be speaking next. Stacy Dean was appointed by President Biden to serve as the Deputy Under Secretary for USDA's Food, Nutrition, and Consumer Services, where she works to advance the president's agenda on increasing nutrition assistance for struggling families and individuals as well as tackling systemic racism and barriers to opportunity that have denied so many the chance to get ahead. Stacy?

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**Stacy Dean:** Well, good morning everyone. It is so wonderful to see you all and thank you for being such an integral and critical part of the next version of the HHS, USDA addition of the dietary guidelines. I want to associate myself with everything Admiral Levine said and shared about the importance of the work that you're going to do and just really want to underscore how important this phase of the process is for us at USDA Dietary Guideline Committee members. We know we have asked for an incredibly significant commitment from all of you to conduct an independent, rigorous review of the current evidence in nutrition and disease prevention, and we're just so grateful for your time and for you sharing your expertise. And to the public, on this first meeting of the 2025 Committee, thank you for joining us in this over two-day meeting for those of you who've come in whole or in part for the meeting. You will and continue to be a very important part of this process and I wanna join Admiral Levine in inviting you to provide comments and your engagement in this process.

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Admiral Levine very compellingly outlined the administration's array of goals with respect to the issues of hunger, nutrition, and health, which we were able to bring forward in the recent White House Conference and our national strategy on hunger, nutrition, and health. Because the dietary guidelines are an underpinning of all nutrition programs across the federal government, HHS and USDA's joint development of the next addition, including the important work of this committee, is in and of itself among the action sited to achieve the goal to end hunger and increase healthy eating and physical activity by 2030. So you are joining us in this collective effort and we thank you.

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The dietary guidelines are also, in addition to being essential to HHS, an essential part of USDA's work to support the department's core strategic goal to advance food and nutrition security. Indeed, the dietary guidelines power the nutrition in nutrition security. Plus, nutrition security means having consistent and equitable access to healthy, safe, affordable food essential to health and wellbeing. Nutrition security ensures that everyone, and I'll underscore everyone, has and consumes foods and beverages that contribute to their overall health. So as we work to tackle that, we also know that it's really important to recognize that structural inequities make it very hard for many people to eat healthy and to be physically active and we're emphasizing, just as you are in your work, equity in all of our efforts to ensure all Americans have access to the nutrition they need. And we are really

attempting to bring all of this work to life through our federal nutrition program portfolio. We have 15 federal nutrition assistance programs. And we serve one in four Americans every year. So that's a phenomenal platform to leverage, to drive more healthy eating and better health.

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We absolutely rely on the dietary guidelines to inform our programs and to ensure that they provide meaningful support aligned with evidence and good health. Being evidence based is essential, and because of the rigor of the scientific review by this committee and the ones before you, we know that the food and advice our programs offer are just that, they're evidence based. The guidelines, for example, are the basis for the nutrition standards in programs like our school meals program, to ensure that 30 million children we serve every day throughout that program get healthy food and the right amounts during the school day. The guidelines are helping us to reshape the supplemental food package that we offer through our WIC, Women, Infants and Children, program, which serves nearly half the infants in the United States.

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And of course, the dietary guidelines are transformed into technical guidance used by our nutrition programs and helps professionals through MyPlate. And then I'm sporting a MyPlate pin today. It's actionable advice, personalized tools, for people at every stage. So bottom-line, the work you do is incredibly important to other programs we offer, and of course, the folks who participate in all of them. So we really look forward to your incredible work. And of course, when your independent review is done, USDA and HHS will develop and release the 2025-2030 edition of the dietary guidelines, and will once again go through the process of updating and tailoring our programs to this latest evidence space. So committee members, thank you for your commitment to this process. It's incredibly important to the American people. It's incredibly important to all of the work for those of us at USDA and HHS.

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Many thanks to those of us joining us, again, virtually. We are so pleased to have you and your continued engagement in this process. And I'll join Admiral Levine in saying a huge thank-you to the federal staff who I know will work tirelessly to support all of you. And I hope you've already felt that support and engagement, and that will continue through the whole process. Thank you, every one. And I think I'm turning it back to Janet. And here, of course, is someone, in particular, to thank for her leadership through this process. Thank you, all.

[00:14:36]

**Janet de Jesus:** Wonderful. Okay. So now I'm going to summarize the proposed scientific questions to be examined by the committee. I'll be going over our process for the scientific question identification, developing each question, and the role of the committee that's going to help us refine and prioritize the questions. So HHS and USDA, particularly, are offices that ODPHP and CMPP worked together to develop the proposed scientific questions over a year plus. We started from the last 2020 dietary guidelines advisory committee. We have a lot of inputs, and I'm going to describe that today. But the goal was really to promote a deliberate, transparent process. So starting with the last advisory committee, we developed scientific questions in advance of their work, and we're continuing that this round. And the first step of that was to post them for public comment.

So we developed a draft set of scientific questions, and in the next slide I'll describe all of the inputs to that.

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But the criteria I wanted to explain. So we had four main criteria with the addition of research availability this time. So starting off first with relevance we want to make sure that the questions are number one within scope of the dietary guidelines so that they will lead to a focus on food-based recommendations. So not clinical guidelines for medical treatments. We're very careful to stay in our lane of prevention and not treatment. Expanding on this point, clinical guidelines, I think most of you know, involves reviewing evidence, developing standards of care for patients that is beyond the scope of this project. Importance. We want to make sure that these questions address an area of substantial public health concern, uncertainty, or knowledge gap. We know that there's a lot of diseases or conditions that could relate to nutrition, but we worked to prioritize the health outcomes that are of major importance.

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Potential impact to federal programs. As you heard yesterday, the dietary guidelines inform all of our federal programs in addition to external work. But we want to make sure that these questions will lead to important guidance that can be utilized by our federal programs and policies. So we did work with federal staff. All of our federal programs, after the last review of evidence, we're like, "What other guidance would help you?" And I'll describe some of that, those conversations that we've had. And finally, avoiding duplication. So as you know, the nutrition community and the federal government is vast. There's a lot of work in many of our federal agencies, so we want to make sure that we're not duplicating other scientific and guidance. So one example, healthy environments. CDC leads a community preventative task force that includes systematic reviews and they have the community guide that comes out with recommendations. So we can utilize all of that valuable information and guidance in the dietary guidelines. So we don't want to duplicate that effort and look at those topics. Another example is food safety. Food safety is well covered across our department, so we don't have any questions on that. And finally, dietary reference intake, which provide our important reference values that we utilize for food pattern modeling and development of dietary patterns. We don't want to duplicate those efforts as well.

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And then as you'll hear more about today, and you heard yesterday from Julie, research availability. So this is new in this round, and we're very excited of the work that's being conducted by our nutrition evidence systematic review team that they will be able to share with this committee on the research that's available in each proposed question. So, as I mentioned, we conducted a year-long-plus process to gather information, receive input from federal experts, and review relevant documents to propose scientific questions. So the questions include questions that were examined by the 2020 Advisory Committee. So we have a headstart from those existing questions that have been reviewed, and NESR has been updating those along the way.

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In addition to new questions addressing diet and health. These were developed based on feedback from the 2020 Advisory Committee. If you look in their report, they have a section with research recommendations, and also they have a section on topics that they thought should be examined in the future. We reviewed existing federal resources that may inform

the dietary guidelines. So as I mentioned, the draft set of scientific questions were put out for public comment. April 15th through May 16th, 2022, we received 1,443 submissions, so about 1,400. There were 674 unique submissions. So that means like a unique, we had some form letter campaigns and that equaled about 747. So common topics, what we heard from the public. Health equity, I mean, we had this in the proposed question, but they just emphasized, like reviewing all questions with a health equity lens. We completely agree. We heard a lot about policies, systems, and environmental strategies. In addition, ultra processed foods. So that was on the proposed list and we heard a lot of echoes of that topic. Alcoholic beverages and sustainability. People wanted to make sure that there was a scientific process to cover those topics. And I'm happy to say that there is, it's outside of this committee, but HHS and USDA do have scientific activities underway for those two topics. And finally, low carbohydrate diets. That's the largest topic that we received comments on.

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All right. So we worked with our wonderful federal community to help advise us on the scientific scope of the scientific questions. So our first is our interagency committee on human nutrition research, also known as the ICH&R. We have a dietary guidance subcommittee that we work with and they advise us. And this committee has people from across the entire government that work in nutrition. So it's really fabulous. So HHS, USDA, the VA, DOD, DOE, Office of the President. So it is a vast and wonderful committee and we utilize this group to review our proposed systematic review questions. They also did a very in-depth review of our food pattern modeling questions as well. We pulled together a expert group on overweight and obesity from the federal government. Because knowing that we wanted to move into the weight management and weight loss area, this was really critical. So we brought in groups from across the government to advise us on this topic. And as you all know, it's very complex. There's so many surrounding factors, but they gave us wonderful advice.

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We worked with the NIH Nutrition and Health Disparities implementation working group. They were kind enough to invite us to one of their meetings and we presented on the work that we are doing and we continue to connect with all of these groups. As Dana mentioned yesterday, we have a federal data analysis team, and you saw the representatives that were on a slide yesterday. So we work with them on all of the data analysis work. They gave very important advice with the pause in COVID and in [inaudible]. So that was extremely helpful and invaluable. And finally, our staff. Our staff at CNPP and ODPHP provide continuous support for development of these questions. So we've been working for years. I think pretty much when we receive the last report we're always thinking ahead to the next scientific review.

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So I wanted to give more information on what's happening with dietary reference intake updates. So we have a joint US and Canada Dietary Reference Working Group. There's information if you go to [dietaryguidelines.gov](https://www.dietaryguidelines.gov) and click on related projects, and Dennis is going to show you how to go through our website in a bit. There is a related projects page and a link to information on upcoming work that's happening with the dietary reference intakes. Our US and Canada partnership prioritize updating the-- we affectionately call it the macronutrients report. So I think most of you know this came out in 2004. So it covered

energy, all of our macronutrients, and it is in dire need of updating. And we utilized it for food pattern modeling and development of dietary patterns. So we started off with energy. So our working group selected energy as the first topic to be addressed because of the nature of this DRI value. So the estimated energy requirement, EER, and the type of data needed to set this is different from the macronutrient components. We did not have a systematic review in advance because the committee utilized a Doubly Labeled Water database, very large database that was existing. So we're happy to say that this report was published last month, so January of 2023.

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So next up is the macronutrients. So we are actively spending some upcoming systematic reviews that will inform upcoming macronutrient DRI updates. So protein will be reviewed first, and shortly after a systematic review on carbohydrates and the relationships to help outcomes will also be commissioned.

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Okay. So now I'm going to summarize the proposed scientific questions. So as you can see on the slide we have our scientific topics, our health outcomes, and our approaches. So it's this puzzle that fits together. So our scientific topics are dietary patterns, which we've been doing for several editions; new ultra-processed foods, which we're very excited about; and then components, so beverages, added sugars, saturated fat. We've also added questions on behavioral strategies and weight management. So you can see on the health outcomes slide there's a variety of health outcomes that are mixed in for each of the questions. And then finally, the three approaches that you've heard about yesterday.

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So little bit more information moving-- so starting with systematic reviews, dietary patterns will be across the life stage, so as we've mentioned all the way from infants to older adults, including pregnancy and lactation. Specific dietary components include complementary foods and beverages for our youngest, beverages for the entire population, ultra-processed food, food sources of added sugar, and food sources of saturated fat. And in addition, we've added strategies for individuals and families related to diet quality and weight management. We can't wait to hear your advice on this because there's so many different interventions that we could look at, so we'll value your input on that. Food pattern modeling you heard about yesterday, so what changes, if any, should be made to the dietary patterns. This will be based on systematic review and data analysis and food pattern modeling analysis. Also population norms, preferences, and needs of diverse populations and cultural ways within the US. So no small task at all, but thrilled to be working with you on this. And finally, data analysis. So for each stage of life, the following will be described.

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And you heard about this yesterday. Current dietary patterns in beverage consumption, intake of food group, and nutrients. You will identify nutrients of public health concern and prevalence of nutrition-related chronic disease. So getting more into the details about dietary patterns across the life stages, we're looking at the relationship of dietary patterns in these outcomes, including overweight and obesity, CVD, type 2 diabetes. I don't have to read these, but these are the major outcomes that we're proposing. In addition, a new question on looking at the relationship of ultra-processed foods and overweight and obesity and weight loss and maintenance. Dietary patterns in pregnancy and lactation. We all know this is a critical time period in a person's life. So looking at the relationship of dietary patterns consumed during pregnancy and risk of gestational diabetes, hypertensive

disorders, looking at gestational age at birth and birth weight standards. And also looking at the relationship between dietary patterns consumed before during pregnancy and lactation and developmental milestones of children.

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Specific dietary pattern components include complementary foods and beverages for our youngest Americans looking at the relationship between timing of introduction, types and amounts of complementary foods and beverages, growth size, body comp, risk of overweight and obesity, and iron and zinc status. In addition, looking at beverages, I think we all know the critical role that beverages play in our, overall, dietary pattern. So looking at beverage consumption and overweight and obesity and risk of type 2 diabetes. Additional dietary pattern components, added sugars. So looking at food sources of added sugars, overweight and obesity, type 2 diabetes. And saturated fat, looking at food sources of saturated fat consumed in the risk of cardiovascular disease. We have a very rich body of evidence on saturated fat and cardiovascular disease and some other outcomes, but we've been advised by the last committee and the public to look at food sources, looking at the more information on the food matrix of foods and health outcomes.

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Strategies for individuals and families related to diet quality and weight management. And we see this as critical. In the past, we've had behavioral questions in the advisory committee process, and in the last round, since we expanded it to birth to 24 months, it was in our lifespan approach. We didn't have these behavioral questions, but we thought it was of critical importance to look at the evidence on strategies for individuals and families. How can we help the public consume a healthier dietary pattern that's more consistent with the dietary guidelines and aim for a healthier weight.

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So in our strategies list of questions, we have a proposed questions on the timing of eating occasions. So, for example, eating breakfast, limiting times of eating, fasting with the outcomes of growth size, body comp, overweight, and obesity, and also consuming a pattern that's more aligned with the dietary guidelines. So we're really looking forward to your input on these questions. And finally, looking at the overall strategies during adulthood that informs risk of overweight and obesity, weight loss, and maintenance. So food pattern modeling, you heard a lot about this yesterday, but just to reiterate, in the food pattern modeling activities we'd like the committee to consider each life stage. Should there be changes to the existing dietary patterns, the three that were described yesterday, the US style, Mediterranean, and healthy vegetarian? Should additional dietary patterns be developed or proposed based on finding from your systematic reviews, data analysis, and food pattern modeling analyses? We're really interested in looking at population norms and here's just some examples, but our teams have a lot of examples to share with you. So, for example, starchy vegetables, in some communities they're often consumed. Can they be interchanged with grains? And I mentioned yesterday, our food pattern modeling team did some scoping reviews. We looked at international practices to see what other countries are doing with grains, like how they categorized potatoes. So it was really interesting, which potatoes are considered a vegetable. So I think that's very exciting.

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Preferences, and this is on one staple grain versus another. I think we all know our families have our preferences, and different cultures have preferences. So what does that look like in modeling a dietary pattern because we'd like our patterns to be more informative and

realistic. Because right now we've put out a broad framework that we really ask our public health folks in the field to help implement with families, but if we can move the needle more and provide even more broader of a framework, that would be very exciting. Finally, needs. Health needs. For example, lactose intolerance, we hear a lot about that, so we have some proposed analyses looking at different levels of lactose and dietary patterns. And finally, diverse individuals and cultural foodways. So I alluded to that in my previous comment. And data analysis, again, you heard about this in-depthly yesterday but these are the four main questions looking at current patterns of food, beverage consumption, current intakes of food groups and nutrients, identifying nutrients of public health concern, and the prevalence of nutrition-related chronic health conditions.

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So as I mentioned, we have a wealth of evidence-based federal guidance. So these are just a short list of many topics that we have guidance on that we don't need a new review on. So, just wanted to share, I've already mentioned the healthy food environments work, oral health that's well covered across the government that we can bring in to dietary guidelines, food safety. We have a group working on human milk and that's an ongoing project that we're really happy about. Sea food, eating disorders, and of course, in our office, we lead the Physical Activity Guidelines for Americans. So refining the scientific questions, so we're asking that the committee refine, work with us to refine the existing proposed questions, and prioritize questions throughout your work, and we're asking that you use the criteria that we have in front of us that I described, so relevance, importance, impact to federal programs, avoiding duplication, and research availability. So updates to the scientific questions will be discussed during future committee meetings.

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So with that, I thank you. And I'm happy to answer any questions now or we can talk about it later today. All righty. Wonderful. Oops. I just skipped a slide. It is my pleasure to introduce Lieutenant Commander Dennis Anderson-Villaluz. He is a Nutrition Advisor in the Office of Disease Prevention and Health Promotion and also a lieutenant commander of the US Public Health Service. He is going to describe DietaryGuidelines.gov and opportunities for public engagement. Dennis?

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**Lieutenant Commander Dennis Anderson-Villaluz:** Thank you very much. Excited to be here. So this should be a relatively quick presentation. But we'll really kind of give you the groundwork of how you may be able to leverage DietaryGuidelines.gov. Oops, wrong direction. There we go. So DietaryGuidelines.gov is actually managed by folks from HHS, Office of Disease Prevention and Health Promotion, as well as USDA's Center for Nutrition Policy and Promotion. It was actually launched in February 2019 and has had over three million views from folks all across the United States and about 20% of our viewers are actually from outside of the United States. Two kind of real objectives of the website that I wanted to make clear. One is implementation. We want to make sure that we're doing everything we can to promote to the public the current edition of the Dietary Guidelines so that they have the tools that they need to improve policies, programs, and nutrition

education efforts. The second objective is related to your guy's work, the committee's work, and that's really to show that the website will be designed to be dynamic and really the central hub for all of the information related to the development process of this next edition. So as your work progresses, our team will continue to make updates to the website to ensure that the public can follow along. And I think Admiral Levine said it great, which is trying to be as transparent as possible to the public.

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So let me orient you to the website. So this is the homepage. I'm sure some of you guys have been to it. As you can see, the first flash page is really designed to help get people to the information as quick as possible. As you can see, front and center we have the current edition of the Dietary Guidelines. We also have a quick link so the public can learn about you all and your great expertise that you bring to the committee. And then we also have information that links people to the current step in the process. So right now I have an arrow to the work underway. So all the stuff that will be related to the next edition of the dietary guidelines can be found there. So if you click there what appears is a nice mega menu and it's divided into three columns. On the left, we have the Learn About the Process page. Right now I have it geared up to step three. The advisory committee reviews scientific evidence but folks can gladly go and see what we've done previously and where we're expected to go moving forward. In the middle, we have the 2025 Advisory Committee. Right now people can learn about you, so we have your photos, a brief description, and a nice short bio. We also have committee resources where the public can find press releases, your charter for this committee, along with several [ethics?]

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Recording in progress.

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Good to know. [laughter] But one of the things I do want to point out is as you move forward all of the stuff that you guys work on will start to appear in that column. So as you start to really look at the scientific questions, as you start to really evaluate the different methods that you'll be reviewing, the scientific evidence, that will start to appear there. So just know more info to come. And then last but not least, the Get Involved section. So this is where the public can really learn about how do they submit comments. We prefer electronic or they can mail it in. So if they go to submit a comment they will be there. Or they can find out great information about when to attend meetings.

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So before I talk a little bit more about the opportunities for public engagements, which Janet highlighted a little bit ago, I just want to kind of go across the main navigation. Just like most websites, we have the About page and this is great general information about the dietary guidelines. Who's involved in the process, a nice history of the dietary guidelines, but also great resources to the previous editions of the dietary guidelines, and previous editions of advisory committee reports going all the way back to the first one. As we move across like I said at the beginning really promoting the current edition of the dietary guidelines to help professionals so we have great figures and infographics from the current edition that can easily be incorporated into presentations or handouts. We actually have professional resources that include PowerPoint references for each life stage along with some great handouts in English and Spanish that professionals can use.

- [00:42:38] Food lists of nutrients of public health concern. That includes calcium, potassium, dietary fiber, vitamin D, and iron. So that's a good resource. We get a lot of requests from the public about that. And then last but not least we have consumer resources which is a host of printable materials that folks can download along with references to how to go to MyPlate and get other great materials as well.
- [00:43:09] As we continue to move on - Janet touched on this - we have the related projects page. As you can see there's a bunch of different projects at the top. We have the White House Conference on Hunger. Folks can learn more about the dietary reference intakes and how that kind of feeds into the work that you're doing. And then I would say last but probably most important provides you with answers to maybe pressing questions you may have about the dietary guidelines. We have it bucketed into three groups. General questions about the dietary guidelines. Work underway, so that anything related to the next edition, which includes questions about the committee people may have like the appointment process, the scientific questions. And then as you guys continue to do your work, we'll continue to evolve and add more information. So that's a great resource to you, the public, and the media.
- [00:44:14] Okay. So that was quick on the overview. I know we talked a lot about opportunities for public engagement before, throughout-- and so I'm just going to kind of foot stomp it to make sure that you guys are aware as well the folks watching. So before you guys were established, Janet highlighted we had the scientific questions. We had over 1,400 comments, which-- so happy to have people participating in the public comment. And then we had the call for nomination. And it's really important to highlight this part, but all of you are here because the public nominated you, so it's important to highlight that. And that was in June 15 and July 15 of this year. So folks can learn more about each of those specific steps if they go to the Work Underway, Learn About the Process, and I have links about the bottom to help folks find that.
- [00:45:19] As we already kind of talked about, you guys will have approximately six meetings. Meeting three will include an opportunity for oral comments from the public. And so we'll be making sure that as we get closer to each of the meetings the website will continue to evolve so folks can figure out how they can participate in that opportunity and how to register for future meetings. Also, all meetings are recording, so if you want to listen to this wonderful presentation again, you can do that. Most likely you'll listen to my colleagues who provided awesome information yesterday, so. Last but not least is just the opportunities for public comments. January of this year, a Federal registry notice opened the public comment and so we're really encouraging folks to use that as a method where they can submit electronic or mail, preferably electronic.
- [00:46:24] Federal staff, what we will be doing is we will be supporting you by grouping the public comments by topic area and summarizing the comments. Original comments will be available to you and the public on regulations.gov, so full transparency there. And then just kind of an important note more to the public, the comments are for you all, so that's just what I wanted to make sure that they address the comments to you and the important work that you guys are doing.

[00:47:00]

So just to summarize, there's some awesome ways for the public to get involved, attend these meetings or watch them virtually, provide your public comments. They can visit dietary guidelines. It will continue to evolve and change. So I really encourage folks to continue to go back to the website. And then last but not least, the Admiral Levine highlighted this, is to sign up for the email update, so you're first to know when some of these updates occur. So at that, I say thank you and have any questions. Perfect. I will turn it back over to Janet for closing remarks.

[00:47:47]

**Janet de Jesus:** Thank you so much. I really want to thank everyone for the participation in our first meeting of the 2025 Dietary Guidelines advisory committee. The engagement of this committee was wonderful, and I know this is going to be a wonderful collaboration. So, as stated earlier, each of you bring very valuable expertise and wisdom that will be integral to this important scientific endeavor and report development. We encourage the public to stay engaged. Please utilize the opportunities that you just heard about from Dennis. A big thanks to our staff who will be working to support the committee in all of your work over the last few years to prepare. I know we all want to make a difference in nutrition and public health landscape, and I have no doubt that the work of this committee will do that. So with that, I will adjourn meeting one. Thank you very much.

[silence]