The History of the Dietary Guidelines for Americans

Robert C. Post, Ph.D., MEd., MSc.
Deputy Director
Center for Nutrition Policy and Promotion
United States Department of Agriculture
Washington, DC
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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 help promote health & prevent chronic disease
- Ensure that messages and materials are consistent throughout the Federal government and that government speaks with "one voice"

Overview of the History

Prior to the 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.

The Resulting Advisory Report

- Must contain nutritional and dietary information for the general public
- Must be based on the preponderance of current scientific and medical knowledge – evidence-based
- Will be considered in developing the 7th edition of the Dietary Guidelines for Americans policy document

Dietary Guidelines for Americans 1980 - 2005

Overview of the History

- Dietary Guidelines 1st Issued in 1980
- Title III of the law requires the Secretaries of USDA and HHS to publish the Dietary Guidelines for Americans at least every 5 years

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 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

Dietary Guidelines 2005
Recommended Food Pattern Changes
More
• fruits
• dark green vegetables
• orange vegetables
• legumes
• whole grains
• low-fat milk and milk products
• physical activity
Less
• saturated fats
• trans fats
• cholesterol
• added sugars
• refined grains
• sodium

Dietary Guidelines 2005

• Revision Process lead by HHS
• 13 Member Dietary Guidelines Advisory Committee (DGAC)
• 5 public meetings were held
• 8 Subcommittees evaluated data on scientific questions
• Evidence-based review approach was used

Key Resources for 2005

• DRI Reports (2000-2004)
  – Macronutrients
  – Electrolytes
  – Antioxidant Vitamins
  – Micronutrients
• 2003 International Agency for Research on Cancer (IARC) Handbook of Cancer Prevention on Fruits and Vegetables
• Systematic Review of Scientific Evidence
New for 2005

• A Dietary Guidelines policy guide and a separate brochure to target consumers
• Major effort for using evidence-based science
• Use of 2000 calorie reference diet (Label, Pyramid)
• Use of servings changed to cups and ounces
• Energy balance was theme and use of BMI
• Formative consumer research for messaging was completed (Focus groups and Web survey)

How are Revisions to the Dietary Guidelines Made?

• Appointment of Dietary Guidelines Advisory Committee (DGAC) by USDA and HHS
• Hold 4-5 Public Meetings (open public process)
• Accept Public Comments throughout deliberation period
• Advisory Report of recommendations presented to Secretary’s of USDA and HHS
• Joint development of Policy and Consumer materials
• USDA and HHS jointly publish Guidelines and Consumer Brochure

Sources of Evidence for Use by 2010 DGAC

How to Promote Dietary Change?

• Support science-based Dietary Guidelines
• Develop effective education/communication strategies
• Test and retest materials with target audience input
• Build strategic alliances
• Make healthier choices available
• Help media & industry to see the win-win

Dietary Guidelines Policy Process

2010 Dietary Guidelines

• MOU created between USDA and HHS
• 6/08 Charter to operate the Committee signed
• DGAC nominations and selections made
• 1st Meeting now in progress
• The rest will be History……
Thank You

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