

2020 Dietary Guidelines Advisory Committee



Chair Remarks

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Today's Agenda

Purpose: To bring work to the full Committee for discussion and decisions.

1. Updates on Committee's NESR systematic reviews
2. Discussion and decisions regarding our draft advisory report

The Committee will finalize our advisory report based on the discussion at this meeting and submit our final report to the Secretaries of USDA and HHS at the end of June 2020.

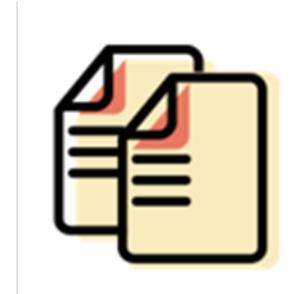
Approaches to Examine the Evidence



Data Analysis



**Food Pattern
Modeling**



**NESR
Systematic Reviews**

- The Committee answered questions on diet and health using one of three approaches.
- Each of these approaches has its own rigorous, protocol-driven methodology, and plays a unique, complementary role in examining the science.

Approaches to Examine the Evidence



Data Analysis

A collection of analyses that uses national data sets to help us understand the current health and dietary intakes of Americans. These data help make our advice practical, relevant, and achievable.

Food Pattern Modeling

Analysis that helps us understand how changes to the amounts or types of foods and beverages in a pattern might impact meeting nutrient needs across the U.S. population.



NESR Systematic Review

Research project that answers a question on diet and health by searching for, evaluating, and synthesizing all relevant, peer-reviewed studies.

Approaches to Examine the Evidence



Data Analysis



**Food Pattern
Modeling**



**NESR
Systematic Reviews**

- The Committee made all decisions required to develop the protocols that guided how each approach would be used to examine the evidence for each question.
- USDA and HHS staff provided invaluable support implementing these approaches.
- The conclusions reached are those of the Committee.
- *Final protocols and draft conclusion statements were posted in May at DietaryGuidelines.gov.*

Updates on Committee's NESR Systematic Reviews

- At Meeting 5, the Committee provided an update on our work, including the NESR systematic reviews.
- Following Meeting 5, Subcommittees continued work on their reviews, and NESR systematic reviews completed peer review.
- Today, we will provide updates on questions with new conclusion statements or when the grade of a conclusion has changed and allow for discussion by the members.

Note: Members have had access to the draft conclusion statements and are currently reviewing the draft report. As such, brief updates on each question will be provided followed by the opportunity for questions or comments from members.

**Final protocols and draft conclusion statements available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)
2020 Dietary Guidelines Advisory Committee: *Meeting on Draft Report***

Updates on Committee's NESR Systematic Reviews: Topics for Discussion

- Human milk and/or infant formula and overweight and/or obesity
- Seafood during pregnancy and neurocognitive development
- Seafood during childhood and adolescence and neurocognitive development
- Dietary fats and cardiovascular disease
- Maternal diet and child food allergies and atopic allergic disease
- Omega-3 fatty acid supplements during pregnancy and lactation and neurocognitive development
- Dietary patterns and bone health and neurocognitive health
- Diets based on macronutrient distribution: Growth, size, body composition, and risk of overweight and obesity; type 2 diabetes; cardiovascular disease; and sarcopenia
- Alcohol and all-cause mortality