

2025 Dietary Guidelines **WEBINAR**

Breaking Down the Guidelines Committee's Report and Impact on Native Americans and Tribal-serving Nutrition Programs

WELCOME! WE WILL BEGIN SOON

2025 Nutrition Guidelines Scientific Report





MEET IFAI

Started at the University of Arkansas School of Law by Dean Emeritus Stacy Leeds and Founding Director Janie Simms Hipp in 2013.

Our Mission

Enhance health and wellness in tribal communities by advancing healthy food systems, diversified economic development, and cultural food traditions in Indian Country.



Agenda

- What are the Dietary Guidelines
- Dietary Guidelines Advisory Committee's Scientific Report
- What is Health Equity?
- Is there Representation in the New Nutrition Guidelines?
- Pilot Study of Alaska Native and Native American diets
- Q&A
- Contact Us

What are the Dietary Guidelines?



The Departments of Health and Human Services (HHS) and Agriculture (USDA) formed the 2025 Dietary Guidelines Advisory Committee to review scientific evidence on nutrition and public health.



This committee provides independent, science-based recommendations for the 2025-2030 Dietary Guidelines for Americans.

Native Representation

- The inclusion of a Tribal-focused pilot study and renowned Tribal nutrition expert Dr. Valarie Blue Bird Jernigan mark a significant change.
- For the first time since the guidelines' inception in 1980, a Tribal citizen and nutrition expert served as a member of the committee.



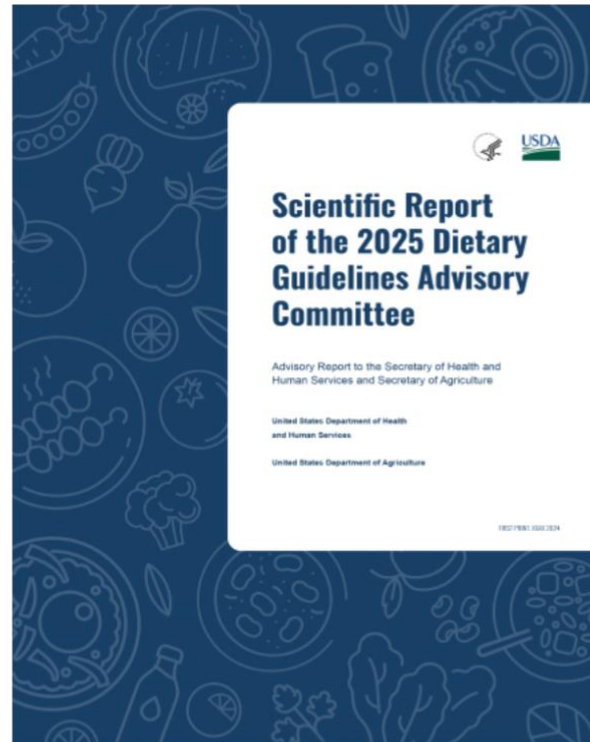
Process



2025 Nutrition Guidelines Scientific Report



Scientific Report of the 2025 Dietary Guidelines Advisory Committee



Scan the QR Code to
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bit.ly/2025DGSR



2025 Nutrition Guidelines Scientific Report



Review available evidence through a health equity lens, considering factors such as socioeconomic position, race, ethnicity, and culture.*

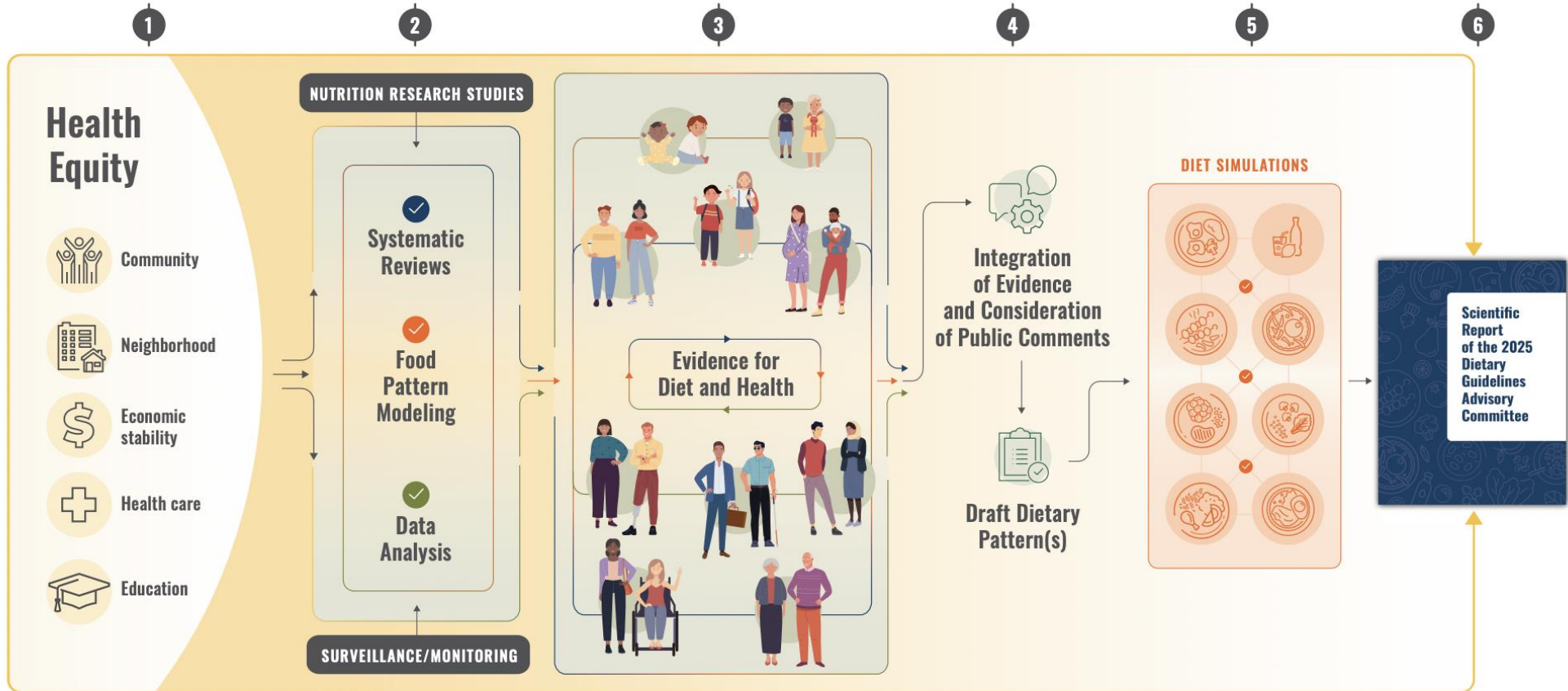
Use three rigorous scientific approaches to examine the evidence.

Examine the relationship between diet and health throughout the lifespan.

Discuss and synthesize findings to develop draft dietary pattern(s) and advice.

Use diet simulations to evaluate proposed draft dietary pattern(s) for variation in dietary intake.

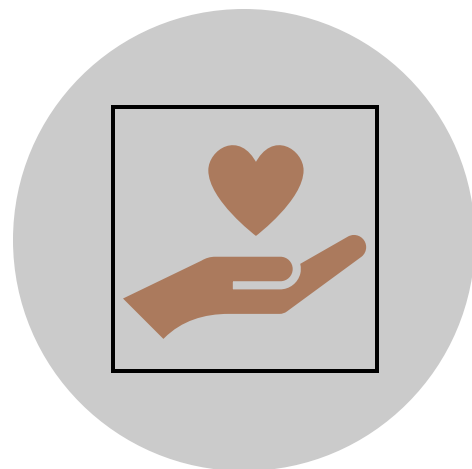
Develop and deliver advice to federal agencies in a scientific report.



* Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.
health.gov/healthypeople/objectives-and-data/social-determinants-health

Scientific Report of the 2025 Dietary Guidelines Advisory Committee

Health Equity



THE MAIN GOAL OF FOCUSING ON HEALTH EQUITY IS TO ENSURE THAT THE DIETARY GUIDELINES FOR AMERICANS ARE RELEVANT TO PEOPLE FROM DIVERSE RACIAL, ETHNIC, SOCIOECONOMIC, AND CULTURAL BACKGROUNDS.



THIS APPROACH AIMS TO BETTER MEET NUTRIENT NEEDS, PROMOTE HEALTH, AND REDUCE THE RISK OF CHRONIC DISEASES FOR ALL GROUPS.

Pilot Study of Alaska Native and Native American Diets

- Came from public comments calling for the Dietary Guidelines to be inclusive to AI/AN populations by considering traditional foods.



Pilot Study of Alaska Native and Native American Diets

- The pilot simulated foods and beverages identified by cultural experts to examine the impact of culturally significant foods and beverages from select Native communities:
 - Cherokee Nation
 - Blackfeet Tribe
 - Navajo Nation
 - Alaska Natives

Call for More Tribal-Specific Research Opportunities



- “Inclusion of American Indian and Alaska Native populations in the design and methods of food intake measures can address the paucity of research within this topic.”

Overall Aspects of Scientific Report

Calls for:

- More plant-based meal and diet options, such as beans.
- Reduced consumption of foods high in saturated fats, including red meat and eggs.
- Water as the primary beverage consumed



Call for Comments

- The public is invited to present virtual oral comments to HHS and USDA



Thursday, Jan 16, 2025, from 1- 4:30pm

- Registration will close once capacity has been reached.
- Virtual oral comments can be pre-recorded or provided live virtually via videocast.
- Use short link: bit.ly/USDANG2025



Written Comment Period Deadline:
February 10, 2025

Access IFAI's template on our website:
indigenousfoodandag.com

QUESTIONS?

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