

JULY 2019

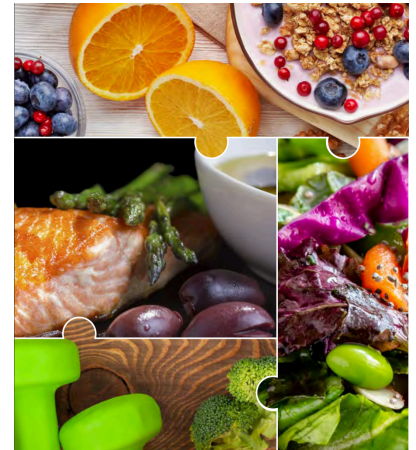
MALNUTRITION CONNECTION

Providing Information to Share on Malnutrition Awareness and Advocacy

USDA and HHS Dietary Guidelines Advisory Committee Meeting

On July 10-11, 2019, in Washington DC, the United States Departments of Agriculture (USDA) and Health and Human Services (HHS) convened the 2nd public meeting of the [Dietary Guidelines Advisory Committee](#).

The Committee is reviewing the scientific evidence on specific nutrition and health topics from pregnancy and birth into older adulthood, using [three rigorous, protocol-driven approaches](#) as they work to answer [scientific questions](#) from USDA and HHS. The Committee's work ends with release of its scientific report to the Secretaries of USDA and HHS, which provides a foundation for the 2020-2025 Dietary Guidelines for Americans. The Dietary Guidelines help set the framework for nutrition education, policies, and programs, including those that help support older adults.



The July meeting was open to the public and also provided an opportunity for public comment. Meredith Ponder Whitmire, Policy Director for Defeat Malnutrition Today, provided [testimony](#) that addressed one of the Committee's scientific questions on the [relationship between dietary patterns consumed and sarcopenia](#). In her testimony, Ms. Whitmire highlighted how malnutrition is a leading cause of sarcopenia and many cases of severe sarcopenia could have been prevented with an adequate diet. She also discussed the link between protein and sarcopenia. Studies show that older adults need a substantially higher amount of protein to maintain their muscle mass and prevent sarcopenia, and yet the current reference intakes for protein are the same for all age groups 14 years and older, male or female.

Others giving testimony included Defeat Malnutrition Today [members](#): [The Academy of Nutrition and Dietetics](#) and the [American Society for Nutrition](#).

Are you interested in getting involved in the Dietary Guidelines for Americans development process?

[Learn more here.](#)

Social Media:

The public comment period is open for the @USDA US 2020-2025 Dietary Guidelines. Interested in learning more and submitting comments on how nutrition across the lifespan to prevent #malnutrition is essential?

Do so at: <http://bit.ly/2Y08KNn>