



U.S. Department of Health and Human Services

Agency Priority Goal | Action Plan | FY 2026 – FY 2027

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# Eat Well, End Chronic Disease

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**Deputy Goal Leader:** Dr. Dorothy Fink, Principal Deputy Assistant Secretary for Health

# Goal Overview

## Goal statement

By October 2027, the Office of the Assistant Secretary for Health will advance nutrition education and research to support HHS's efforts to reverse and prevent chronic disease in four main areas:

**a. Federal Programs and Policies**

- i. Launch the Dietary Guidelines for Americans (DGAs)
- ii. Develop resources to implement the DGAs
- iii. Clearly define ultra-processed foods (UPFs) at the federal level
- iv. Advance food policy reforms.
- v. Engage the public with educational events
- vi. Define healthy foods for purposes of supplemental benefits in Medicare

**b. Commissioned Corps**

- i. USPHS Nutrition initiative: Develop and deploy nutrition education requirements for officers and achieve 99% uptake
- ii. Establish Corps officers as trusted messengers in communities to deliver hands-on nutrition education and cooking guidance

**c. Medical Education**

- i. Secure voluntary nutrition education commitments from at least 50 medical schools, with a 40-hour competency equivalent established as the standard

**d. Data and Research**

- i. Add new nutrition-related questions to the National Survey of Children's Health
- ii. Support research advancing our understanding of the gut microbiome's role in metabolic health and chronic disease
- iii. Public Health Report Supplement regarding DGAs

## Problem to Be Solved

Under President Trump's leadership common sense, scientific integrity, and accountability have been restored to federal food and health policy. For decades, federal Dietary Guidelines prioritized corporate interests over sound science, leaving Americans without honest nutrition guidance and contributing to rising rates of chronic disease. That ends today. The new dietary guidelines call for prioritizing high-quality protein, healthy fats, fruits, vegetables and whole grains – and avoiding highly processed foods and refined carbohydrates.

## What Success Looks Like

Within 1–2 years, success means the new Dietary Guidelines have moved from policy into practice, embedded in federal programs, professional training, and community life.

**In federal programs and policy**, success looks like the Dietary Guidelines for Americans (DGAs) formally launched, a clear federal definition of ultra-processed foods (UPFs) established, food policy reforms and food dye policies advanced, and public engagement events underway that bring these priorities directly to Americans.

**In the Commissioned Corps**, success looks like nutrition education requirements developed and deployed across Officers, with 99% uptake achieved — and Corps members actively serving as trusted messengers in communities, delivering hands-on nutrition education and cooking guidance where people live and work.

**In medical education**, success looks like voluntary nutrition education commitments secured from at least 50 medical schools, with a 40-hour competency equivalent established as the standard — so that the next generation of clinicians can counsel patients on what to eat.

**In data and research**, success looks like new nutrition-related questions added to the National Survey of Children's Health, giving us better visibility into how dietary patterns are shifting, and federally supported research advancing our understanding of the gut microbiome's role in metabolic health and chronic disease.

**Taken together**, success at the 1–2 year mark is not just a set of completed actions — it's a federal nutrition infrastructure that is more honest, more capable, and more connected to the people it serves to help end Chronic Disease.

## Goal Target(s)

The column in **blue** will reflect the quarterly update.

|   | We will...                                                                                                                                                                                                         | Name of indicator<br>(units in parentheses) | Start value<br>(Date) | Current<br>value | Target<br>value        |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|-----------------------|------------------|------------------------|
| 1 | USPHS Nutrition initiative                                                                                                                                                                                         | 4 hr CME Session                            | September<br>2026     | 0                | 99%                    |
| 2 | Add questions to National Survey of Children's Health                                                                                                                                                              | Survey questions                            | Spring of<br>2027     | 10               | 13                     |
| 3 | Support the Secretary's nutrition priorities<br>i. Launched DGAs<br>ii. Define UPFs<br>iii. Define healthy foods for purposes of supplemental benefits<br>iv. Food policy reforms/dyes<br>Public engagement events | In progress                                 | Early<br>2026         | Launched<br>DGAs | All<br>complete        |
| 4 | v. Secure voluntary commitments from medical schools on nutrition education or implement a 40-hour competency equivalents and implement the voluntary nutrition minimums in at least 50 medical schools            | # of colleges and universities              | Early<br>2026         | 53               | 50                     |
| 5 | Support research that deepens understanding of the impact of the gut microbiome and dietary patterns on metabolic health and chronic disease development and progression                                           | # of Studies                                | Summer<br>2026        | 300              | 350                    |
| 6 | Help create a definition of "healthy foods" per purposes of supplemental benefits of Medicare                                                                                                                      | Definition                                  | June 2026             | No<br>definition | Definitio<br>n created |
| 7 | Public Health Report Supplement regarding DGAs                                                                                                                                                                     | Six manuscripts                             | Fall 2027             | 0                | 6                      |

\* Qualitative progress may be noted as "Yes, we achieved it", "in-progress", or "No, not yet."

## Summary of Progress— FY 2026 Quarter 1 and 2

This quarter marked meaningful early momentum in translating the Administration's nutrition priorities into action. Two notable milestones were achieved: the Dietary Guidelines for Americans (DGAs) were successfully launched, and 53 medical schools made voluntary commitments to nutrition education.

The DGA launch is a foundational win. It establishes the policy basis from which all downstream implementations including Corps engagement, federal program alignment, and public messaging, which will flow in the upcoming quarter.

# Goal Strategies

The Dietary Guidelines are a whole food framework intended to be customized to individuals and families, and their needs, preferences, and financial status. Specific guidance includes:

- **Avoiding highly processed foods:** For the first time, the Dietary Guidelines call out the dangers of certain highly processed foods – a common-sense and vital public health point. The guidance calls to “avoid highly processed packaged, prepared, ready-to-eat, or other foods that are salty or sweet” and “avoid sugar-sweetened beverages, such as soda, fruit drinks, and energy drinks.”
- **Prioritizing Protein:** While previous Dietary Guidelines have demonized protein in favor of carbohydrates, these guidelines reflect gold standard science by prioritizing high-quality, nutrient-dense protein foods in every meal. This includes a variety of animal sources, including eggs, poultry, seafood, and red meat, in addition to plant-sourced protein foods such as beans, peas, lentils, legumes, nuts, seeds, and soy.
- **Avoiding added sugars:** While previous Dietary Guidelines did not take a hard line against added sugar (especially for children), this guidance says, “no amount of added sugars or non-nutritive sweeteners is recommended or considered part of a healthy or nutritious diet” and calls on parents to completely avoid added sugar for children aged four and under.
- **Ending the War on Healthy Fats:** The guidance calls for receiving the bulk of fat from whole food sources, such as meats, poultry, eggs, omega 3-rich seafood, nuts, seeds, full-fat dairy, olives, and avocados. When cooking with or adding fats to meals, the guidelines call for using the most nutrient-dense natural options, such as olive oil.
- **Heralding whole grains and avoiding refined carbohydrates:** This guidance takes a firm stand to “prioritize fiber-rich whole grains” and “significantly reduce the consumption of highly processed, refined carbohydrates, such as white bread, ready-to-eat or packaged breakfast options, flour tortillas, and crackers.”
- **Including diets lower in carbohydrates to manage chronic disease:** The guidance makes the science-based and common-sense recommendation that individuals with certain chronic diseases may experience improved health outcomes when following a lower carbohydrate diet.

# Key Milestones

| Key Milestone                                                                                                         | Milestone Due Date | Milestone Status | Owner       | Comments [Optional]                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------|--------------------|------------------|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| New DGA implementation                                                                                                | Q1, FY26           | Completed        | OASH + USDA |                                                                                                                                                 |
| Secure voluntary commitments from medical schools on nutrition education or implement a 40-hour competency equivalent | Q1, FY26           | On Track         | OASH        | Successfully acquired 53 schools to voluntarily commit to nutrition education in the curriculum for Fall 2026                                   |
| Help create a definition of “healthy foods” per purposes of supplemental benefits of Medicare                         | Q1, FY26           | On Track         | OASH + CMS  |                                                                                                                                                 |
| Mobilize Commission Corps Officers through PACE to educate communities on cooking and nutrition                       | Q2, FY26           | On track         | OASH        | Program PACE (preventative active community engagement) that exists in the commission corps where officers donate and volunteer their own time. |
| Food policy reforms                                                                                                   | Q2, FY26           | On track         | FDA + OASH  |                                                                                                                                                 |
| Award funding to outside entity to support the Secretary’s nutrition priorities for public engagement events          | Q2, FY26           | On track         | OASH        | OASH Cooperative Agreement                                                                                                                      |
| Implement updated questions to National Survey of Children’s Health                                                   | Q3, FY26           | On track         | HRSA        | Discussion between OASH and HRSA                                                                                                                |
| Support research that deepens understanding of gut microbiome                                                         | Q2, FY26           | On track         | NIH + OASH  | Microbiome roundtable Summer 2026                                                                                                               |

# Data Accuracy & Reliability

Please include a brief description of how the team will ensure the accuracy and reliability of the data and will compensate for any data limitations.

| Data Source          | Accuracy | Reliability | Data Limitations? | Comments                                                    |
|----------------------|----------|-------------|-------------------|-------------------------------------------------------------|
| <b>OASH</b>          | High     | High        | N/A               | DGA implementation and Commission Corps, school commitments |
| <b>NIH</b>           | High     | High        | N/A               | Research studies                                            |
| <b>CMS and FDA</b>   | High     | High        | N/A               | Definitions                                                 |
| <b>USHPS and IHS</b> | High     | High        | N/A               | Community outreach                                          |



# Additional Information

## **Related Policy and Partners**

- Policy
  - Dietary Guidelines for Americans, 2025-2030
  - MAHA Strategy Report
  - Executive Order 14212

# Goal Team

Questions regarding this APG can be directed to [performance@hhs.gov](mailto:performance@hhs.gov)

**Office of the Assistant Secretary  
for Health**

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