

Moderate Alcohol Consumption and Health

This year, the Departments of Health and Human Services (HHS) and Agriculture (USDA) are revising the *Dietary Guidelines for Americans* related to alcohol consumption.

Two government reports were released under the previous administration:



Transparent National Academies of Sciences, Engineering, and Medicine (NASEM) Report

- Conducted with Congressional mandate and full transparency
- Reflects sound science about potential benefits of moderate consumption and possible risks of heavy drinking



Biased Interagency Coordinating Committee on the Prevention of Underage Drinking (ICCPUD) Report

- Conducted without appropriate Congressional authorization or oversight
- Reflects a biased, non-transparent process widely criticized by bipartisan members of the House and Senate

Why It Matters: Americans deserve public health guidelines that are transparent, free from bias and based on the preponderance of sound scientific and medical knowledge. The existing *Dietary Guidelines* recommendations are:

- Guided by science that has been transparently reviewed, analyzed and debated.
- Based on over 40 years of peer-reviewed research on consumer wellness with regard to alcohol consumption.
- Developed through a process that included public input.

WE ENCOURAGE CONGRESS TO:



Urge HHS and USDA to continue to prioritize science in decision-making

The agencies should use well-founded, unbiased information and science as well as a transparent process to inform any guidance on alcohol consumption.



Support the existing *Dietary Guidelines*

The current recommendations reflect a process that is transparent, free from bias and based on the preponderance of sound scientific and medical knowledge.