

June 15, 2026

Dear Colleagues,

Diet-related chronic diseases are now responsible for nearly 60 percent of U.S. deaths, and an estimated one million Americans die from diet-related chronic diseases each year. To reverse the chronic disease epidemic, health care professionals must be trained to recognize, diagnose, treat, and prevent diet-related diseases. A focus on nutrition prioritizes preventative care before illnesses manifest into real health concerns for our loved ones and in our communities.

Earlier this year, the U.S. Department of Agriculture and U.S. Department of Health and Human Services (HHS) issued revised [Dietary Guidelines for Americans](#) (Guidelines) with a simple message: Eat real food. The Guidelines prioritize whole, healthy, and nutritious foods and limit highly processed foods, added sugars, and refined carbohydrates. The revised Guidelines move us towards a food system that supports long-term health.

HHS and the Health Resources and Services Administration (HRSA) are leading the way to advance nutrition education for health professionals. In March, Secretary Kennedy called for increased nutrition education across the medical education continuum. More than 70 of our nation's leading medical schools have already joined the [Advancing Nutrition Education](#) initiative and pledged to provide a minimum of 40 hours of nutritional education or a 40-hour competency equivalent beginning in Fall 2026. Additionally, HRSA has been investing in expanding nutrition curricula in training programs.

As part of my commitment to Make America Healthy Again, I am sharing the [educational resources developed by the U.S. Department of Agriculture on the revised Dietary Guidelines](#) as well as the [voluntary competency framework](#) that HHS developed to assist medical schools in incorporating nutrition competencies into their curricula. I strongly encourage HRSA-supported workforce training programs to consider how the updated Guidelines and competencies can be integrated into curricula and the care your providers are delivering to patients in the communities HRSA serves.

Thank you for your partnership in addressing chronic diseases through improved nutrition education for health professionals. Every health care professional who knows how and what to convey to their patient about the importance of proper nutrition is a provider who can change the trajectory of someone's life.

Sincerely,

/s/

Thomas J. Engels
Administrator