

May 13, 2026

Dear Colleagues:

Empowering individuals and families to take charge of their health, with a greater focus on proper nutrition and the prevention and management of chronic diseases is a shared priority for this Administration and the broader public health community. First announced through [*Executive Order 14212, Establishing the President's Make America Healthy Again Commission*](#), and expanded upon in the [*Make Our Children Healthy Again: Assessment*](#), the federal government is committed to transforming our food and health system. Together, the Health Resources and Services Administration (HRSA) and the Health Center Program can support our patients and communities in leading healthier lives.

HRSA-supported health centers are at the forefront of Make America Healthy Again. Health center services include chronic disease prevention and management and patient health education services. Health centers are focused on addressing the root causes of illness and improving the health of their communities. To support these efforts, HRSA is increasing our focus on nutrition and food-based interventions. The data is clear, expanding into these areas can help prevent, manage, and improve health outcomes for patients.

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

As part of my commitment to Making America Health Again, I am sharing [educational resources developed by the USDA on the revised Dietary Guidelines](#). I strongly encourage HRSA-supported health centers to consider how the updated Guidelines and food pyramid can be integrated into your health educational services and to use these images to help patient awareness and engagement. Promoting on websites, social media, and in treatment rooms can help ensure health center patients have access to this crucial information.

Thank you for your continued leadership and partnership in addressing chronic diseases through preventive and primary health care services that promote healthy communities.

Sincerely,

/s/

Thomas J. Engels
Administrator