

Texas Nutrition Advisory Committee
FINAL Meeting Minutes

Wednesday, January 21, 2026
9 a.m.

Physical Location: Department of State Health Services
Bernstein Building
Room K100, First Floor
1100 West 49th Street
Austin, Texas 78756
Teams Virtual Meeting

Agenda Item 1: Welcome, logistical announcements, introduction of new members, and call to order

Ms. Rachel Wiseman, Department of State Health Services (DSHS) Chronic Disease Unit Director, acting presiding officer, called the Texas Nutrition Advisory Committee (TNAC) meeting to order at 9:00 a.m. Ms. Wiseman welcomed new committee members, the DSHS Staff, and the public in attendance and introduced the Health and Human Services Commission (HHSC) Advisory Committee Coordination Office (ACCO) staff attending in person – Ms. Kaitlyn Quinton and Ms. Kayla Cates-Brown to provide logistical announcements.

Ms. Kaitlyn Quinton, ACCO, read the logistical announcements and stated the meeting was being conducted in accordance with the Texas Open Meetings Act (OMA). Ms. Quinton conducted the member roll call, asking members to respond here or present, and announce the presence or absence of a quorum.

Table 1: The Texas Nutrition Advisory Committee member attendance at the January 21, 2026, meeting.

Member name	Attended	Member name	Attended
Dr. Jaclyn Lewis Albin	X	Commissioner Sidney C. "Sid" Miller	X
Dr. Natalie Bachynsky	X	Dr. Padmaja Patel	X
Dr. Kathleen Davis	X	Dr. Ann M. Shippy	X
Ms. Cheryl Sew Hoy (Late arrival)	X		

Ms. Nimisha Bhakta, DSHS Health Promotion and Chronic Disease Prevention Section Director, provided opening remarks and introduced HHS/DSHS agency staff, including Mr. Teddy Trakis and Mr. Austin Hood with DSHS Government Affairs. Ms. Bhakta welcomed new members to the Texas Nutrition Advisory Committee and thanked them for the important work they will do. Ms. Bhakta explained the charge of this group will be examining impact of nutrition on human health and the connection between ultra processed foods and the prevalence of chronic diseases, providing an independent review of scientific studies analyzing the effects of ultra processed foods on human health and providing

education on the effects of ultra processed foods and developing and maintaining dietary and nutritional guidelines. The Committee is required to submit a report on a summary of the scientific studies, nutritional guidelines, and recommendations every year by September 1.

Agenda Item 2: New Member Orientation

- **HHS Ethics Overview:** Mr. David Reisman (HHS Chief Ethics Advisor) elaborated on representation, confidential information, disclosure, misuse of government property, honoraria, conflicts of interest, prohibition on lobbying, bribery, and public servants. Committee members cannot claim or appear to represent HHSC without approval.
- **HHS Open Meetings Act Overview:** Ms. Morgan Constantino (HHS Legal Advisor) explained the OMA and how it applies to the TNAC. Ms. Constantino also provided information on quorums, providing adequate notice to the public about meetings, and appropriate record keeping. She also described open vs closed meetings. Ms. Constantino also covered the consequences of failing to follow the requirements of the OMA.
- **HHS Advisory Committee Coordination Overview:** Ms. Kaitlin Quinton (ACCO Facilitator) shared the background of ACCO and how ACCO works with advisory committees. Ms. Quinton reviewed Circular C-022, HHSC Policy for Advisory Committees. She advised that quorum for TNAC is 4 members. Ms. Quinton shared requirements for the public agenda, meeting attendance, and member conduct. Ms. Quinton also explained procedural items such as making, amending, or withdrawing a motion.
- **DSHS TNAC Coordination Overview:** Ms. Rachel Wiseman (DSHS Chronic Disease Unit Director) reviewed the charge of the committee and requirements for the committee's annual report. Ms. Wiseman reviewed how DSHS will support the advisory committee, such as coordinating meeting logistics and submitting the committee's reports to the required entities.

Agenda Item 3: Officer Election Procedure-Chair

- Ms. Kaitlyn Quinton, ACCO Facilitator, read the chair election procedure.
- Council members voted on the chair election procedure.

Motion: Commissioner Sid Miller moved to adopt the chair election procedure, as presented. Dr. Albin seconded the motion. Following a roll call vote, the motion passed by a majority vote with 7 yeas (Albin, Bachynsky, Davis, Sew Hoy, Miller, Shippy, Patel).

The floor was opened for nominations for chair. Dr. Albin, Dr. Shippy, and Dr. Sew Hoy were nominated. Following a roll call vote, Dr. Albin was selected as chair with 4 votes for Dr. Albin (Albin, Bachynsky, Davis, Patel), 1 for Dr. Sew Hoy (Shippy), 1 for Dr. Shippy (Sew Hoy) and 1 abstention (Miller).

Agenda Item 4: Officer Election Procedure-Vice Chair

- Ms. Quinton, ACCO Facilitator, opened the floor for nominations. Dr. Davis and Dr. Shippy were nominated.
- Following a roll call vote, Dr. Shippy was selected as vice-chair with 4 votes for Dr. Shippy (Bachynsky, Davis, Sew Hoy, Shippy), 2 for Dr. Davis (Albin, Patel), and 1 abstention (Miller).

Agenda Item 5: Presentation: Discussion of Annual Report

Ms. Wiseman, DSHS Chronic Disease Unit Director reviewed the [Health and Safety Code, Chapter 119B](#) annual report requirements. The Texas Nutrition Advisory Committee shall prepare and submit a written report that includes:

- a summary of the scientific studies;
- nutritional guidelines incorporating any new scientific findings; and
- any other recommendations the advisory committee considers appropriate based on new scientific studies.

No later than September 1 each year, this report is to be completed and submitted to DSHS, the governor, the lieutenant governor, the speaker of the house of representatives, and each standing committee of the legislature with primary jurisdiction over health and safety.

To facilitate the committee's efforts in completing the required report, DSHS offers:

- Logistical support in convening official committee meetings or ad hoc work group meetings,
- A template for completing the report, and
- Review of the report for general formatting or typographical errors.

On behalf of the committee, DSHS will route the report to the Office of the Governor, the Lt. Governor, House Speaker, Chair of House Public Health Committee, Chair of Senate Health and Human Services Committee, and the Legislative Budget Board.

As outlined in statute, DSHS will also publish TNAC's report and any nutritional guidelines from the committee on the DSHS Texas Nutrition Advisory Committee webpage.

Ms. Wiseman invited members to discuss next steps to begin to meet these statutory requirements.

Discussion:

- Dr. Albin proposed a thorough review of existing resources to engage Texans across sectors in transforming nutrition, focusing on identifying gaps through systematic analysis. The goal is to equip professionals, aligning with Senate Bill 25 requirements, with actionable, meaningful educational tools that clarify support for nutritional guidelines and advocate for standards at all levels. She emphasized this open meeting's importance and the need for systematic evaluation to strengthen findings and reach clear conclusions. Two members will gather input from organizations to ensure consistency and multiple reviews, ultimately distilling scientific info into public-facing, implementable educational items.
- Dr. Shippy urged for immediate community-led changes and suggested updating the food pyramid.
- Ms. Sew Hoy reviewed relevant studies and stressed public education on ultra-processed foods. The group was asked to define focus areas stepwise. Dr. Davis recommended developing a timeline to prioritize target groups for outreach and education.
- Dr. Davis proposed a targeted approach to ultra-processed foods aligned with Senate Bill 25 to support its objectives. Dr. Patel emphasized medical education regarding HHS and the bill, focusing on one or two achievable, timely priorities.
- Dr. Bachynsky highlighted the need to identify academic resources available within 30 days to guide next steps.

- Ms. Wiseman suggested that the members could create work groups to begin the steps needed to create the required report.

Motion: Dr. Albin moved to create two work groups to move work forward between meetings. Dr. Shippy seconded the motion. Following a roll call vote, the motion passed by a majority vote with 7 yeas (Albin, Bachynsky, Davis, Sew Hoy, Miller, Shippy, Patel).

- Dr. Davis volunteered to lead the ultra-processed food work group. Dr. Shippy and Dr. Patel volunteered to participate in the work group.
- Dr. Albin, Ms. Sew Hoy, and Ms. Bachynsky volunteered to participate in the systematic and scoping review work group.

Agenda Item 6: Upcoming Meeting Dates

- The members expressed a desire to meet monthly.
- Ms. Wiseman will determine staff and meeting room availability and will work with the chair to schedule upcoming meeting dates.
- Dr. Albin mentioned the committee will need quorum of 4 to keep everyone engaged and momentum. We will try to schedule meetings at different times to accommodate everyone on the committee.

Agenda Item 7: Public comment

- 1 written public comment was received.
- Dr. Albin requested that external resources to support data review be added as an agenda item in the next meeting.

Agenda Item 8: Adjourn

Ms. Rachel Wiseman, Acting Presiding Officer, adjourned the meeting at 11:29 a.m.

Below is the link to the archived video recording of the Texas Nutrition Advisory Committee meeting to view and listen for approximately two years from the date the meeting is posted in accordance with the HHSC records retention schedule.

<https://texashhsc.v3.swagit.com/videos/372785>