



WELLNESS

In the News

Catch up on the latest **wellness-related developments** from the past month.

New Dietary Guidelines Urge Americans to “Eat Real Food”

The U.S. Department of Health and Human Services and the Department of Agriculture have released the 2025-2030 Dietary Guidelines for Americans, marking a significant shift in federal nutrition policy. The guidelines highlight the urgent need for better eating habits. Today, more than 70% of adults are overweight or obese, and nearly 1 in 3 adolescents has prediabetes, according to the Centers for Disease Control (CDC). The updated guidance emphasizes a simple but powerful message: Eat real, minimally processed foods.

So, what does “real food” mean in practice? The recommendations encourage Americans to base their meals on nutrient-dense options. That includes prioritizing protein at every meal from both animal and plant sources, such as eggs, poultry, seafood, beans and nuts. Full-fat dairy products, such as yogurt and cheese, are also recommended, provided they do not contain added sugar.

Fruits and vegetables remain a cornerstone of a healthy diet, with a goal of consuming three servings of vegetables and two servings of fruit daily. Whole grains should replace refined grains, and healthy fats from sources like olive oil, avocados, and omega-3-rich seafood are recommended. At the same time, the guidelines recommend limiting highly processed foods, added sugars and sodium.

The guidance also addresses specific life stages. For infants and toddlers, exclusive breastfeeding for the first six months is recommended, along with early introduction of allergen-containing foods. Pregnant or lactating individuals should prioritize obtaining essential nutrients, such as iron, folate and omega-3 fatty acids. Older adults are advised to maintain a diet rich in protein and calcium to support their bone health.

Ultimately, these guidelines offer a flexible roadmap for healthier eating across all age groups. By making small, consistent changes, such as swapping sugary snacks for fruit or choosing whole grains over refined grains, Americans can take meaningful steps toward improved health and well-being.

To learn more about the current guidelines, visit [RealFood.gov](https://www.RealFood.gov). Reach out to a health care professional with any questions or for personalized dietary guidance.

U.S. Drugmakers May Raise the Prices of 350 Medications

Drug prices in the United States are on the rise again. This year, pharmaceutical companies are raising prices on more than 350 prescription medications, with an average increase of about 4%. While that may sound modest, these changes can have a significant impact on patients who rely on essential treatments.

The reason behind these increases is cost pressures. Drugmakers say manufacturing, labor and tariff costs have increased, and to maintain profitability, they're passing those costs along to consumers. This is happening even as the federal government pushes policies aimed at lowering drug prices, creating a tug-of-war between cost-cutting efforts and business realities.

The price hikes include widely used treatments such as vaccines for COVID-19, respiratory syncytial virus (RSV) and shingles, as well as cancer medications like Ibrance. These are critical drugs for many people, so the impact could be significant. Higher prices can make prescriptions more challenging to afford, especially for those without robust insurance coverage. Even insured patients may feel the ripple effect through higher premiums or stricter coverage rules, leading to increased out-of-pocket costs and greater challenges in accessing care.

Despite ongoing conversations about lowering drug costs, the reality remains complex. While many core drug prices continue to rise, some medications do see price decreases, especially for people purchasing prescriptions without insurance or using discount programs. Options like retail pharmacy savings programs and third-party discount cards, including TrumpRx, can sometimes lower out-of-pocket costs even when list prices trend upward.

Until significant changes occur in how drug prices are regulated, these increases are likely to persist. Understanding this mixed landscape—rising baseline prices alongside occasional decreases for cash pay customers—helps explain why overall health care costs remain a challenge, even when policy efforts aim to make medications more affordable.

CDC Overhauls Childhood Vaccine Schedule

The CDC recently released major updates to its vaccination guidelines, marking the most significant change in decades. Instead of recommending the same set of childhood vaccines for everyone, the agency now divides them into three distinct categories: vaccines for all children, vaccines for children in high-risk groups, and vaccines based on individual decision-making with a health care provider.

Previously, 17 vaccines, many of which require multiple doses, were universally recommended. Now, the agency universally recommends all vaccines for which there is consensus among peer nations. That number has been reduced to 11 core vaccines, including immunizations for diphtheria, tetanus, whooping cough (DTaP), Haemophilus influenzae type b (Hib), pneumococcal disease, polio, measles-mumps-rubella (MMR), varicella (chickenpox) and HPV. These vaccines remain strongly recommended for all children.

In the second category, vaccines for conditions such as RSV, hepatitis A and B, dengue, meningococcal ACWY and meningococcal B are now recommended only for children in high-risk groups, including those with underlying health issues or a higher exposure risk.

A third category covers vaccines such as flu, COVID-19, rotavirus, hepatitis A and B, and meningococcal vaccines, which are now subject to shared decision-making. That means parents and doctors should have personalized conversations to decide what's appropriate, especially when a child isn't in a high-risk group.

While the core vaccines remain unchanged, the CDC's other immunization recommendations are now tailored to individual risk factors or personal choice. These updates give families greater flexibility and create more opportunities for health care professionals to guide decisions based on each child's needs.

Some state health agencies and medical advisors have pushed back on these changes. To learn more about vaccination schedules, it's recommended that you discuss them with your primary care doctor or pediatrician.

If you're unsure when to schedule vaccinations, reach out to your pediatrician, clinic or local health department for guidance. Most preventive care measures, including recommended vaccines, are generally covered under health insurance plans.

Stay tuned for more wellness-related news and developments.