National Institutes of Health
Office of Dietary Supplements

NIH Office of Dietary Supplements STRATEGIC PLAN 2025–2029

A Blueprint for a Coordinated Dietary Supplement Research Agenda at NIH

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Strategic Plan Development Process

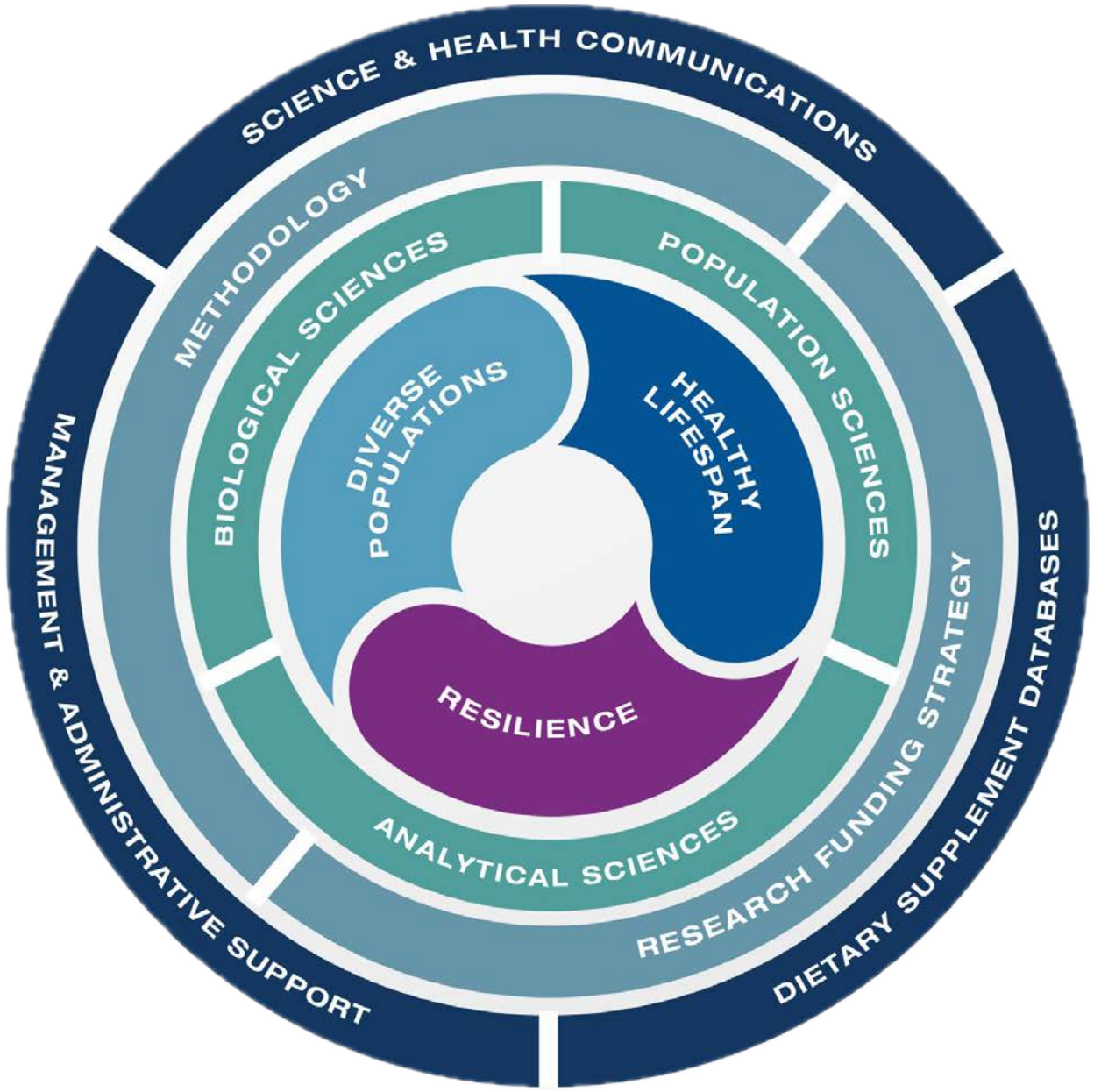
ODS Reimagined

2025–2029 Strategic Plan Goals

A Blueprint for a Coordinated Dietary Supplement Research Agenda at NIH

Research	To coordinate and support dietary supplement research based in biological, population, and analytical sciences.
Research Capacity	To support the development of NIH dietary supplement initiatives that incorporate research methods guidance and make the best use of all available NIH funding mechanisms.
Operations & Resources	To support ODS programs and develop and disseminate dietary supplement research findings and research resources to ODS audiences.

Interconnected Programs



Theme: Diverse Populations

To understand the use of dietary supplements and their effects on health requires investigation into their use and impact in diverse populations and the various intersections of these groups within the United States.

Theme: Healthy Lifespan

To understand associations between dietary supplement use, disease prevention, and health optimization at different ages and life stages and the biological mechanisms through which dietary supplements impact health.

Theme: Resilience

To understand the relationship between dietary supplements, health, and resilience outcomes.

Research Program Objectives

Objective 1	Conduct extensive research analyses to identify dietary supplement research knowledge gaps.
Objective 2	Collaborate with NIH ICO program staff to identify research topics of interest that address knowledge gaps and align with ODS cross-cutting themes and NIH ICO focus areas.
Objective 3	Coordinate the development of timely and innovative dietary supplement research initiatives for each cross-cutting theme across the biological, population, and analytical sciences.

Research Priority 1: Biological Sciences

Advance the study of the biological effects of dietary supplements on health across the lifespan.

Focus Areas:

- Biological mechanisms that influence a system's cellular, molecular, physiologic, behavioral/psychological response to stressors or disease biomarkers
- Protective pathways, disease prevention, and health promotion
- Interactions of diet, dietary supplement use, individual health behaviors and individual exposomes that impact health

Research Priority 2: Population Sciences

Advance the study of population-based dietary supplement use, related nutrient intake, and their effects on health.

Focus Areas:

- Diet and dietary supplement use and patterns, their interactions and implications
- Nutrient requirements and dietary reference intake (DRI) gaps
- Nutrient intake, food security, and nutritional and health status disparities

Research Priority 3: Analytical Sciences

Advance the study of the composition, quality, stability, safety, and efficacy of dietary supplements and their ingredients.

Focus Areas:

- Dietary supplement ingredients, composition, quality, and integrity
- Dietary supplement safety, bioavailability, bio-convertibility, and bio-efficacy
- Biomarkers of nutritional status and dietary supplement intake

Research Capacity Program Objectives

Objective 1	Develop best practices for basic and clinical dietary supplement research and assist in their application across ODS-supported research initiatives.
Objective 2	Support the development of ODS research initiatives through the identification of appropriate funding mechanisms.

Research Capacity Priority 1: Methodology

Strengthen and harmonize the methodologies applied to dietary supplement research.

Focus Areas:

- Develop best practice guidance to bolster experimental design and methodological rigor
- Ensure methodological guidelines are appropriately delineated for funding announcements and reviews
- Develop equitable population-based research designs and data collection tools
- Develop methodological training courses/curricula with analytical science experts from academia, industry, and government

Research Capacity Priority 2: Research Funding Strategy

Strategize ODS research funding mechanisms.

Focus Areas:

- Strategize best funding options for each new initiative
- Train ODS research program staff in the development of NIH funding opportunities, contract development, and IAAs
- Coordinate ODS-wide collaborative processes for determining funding awards
- Develop feedback mechanisms to gather research progress and findings for all ODS-supported projects

Operations and Resources Program Objectives

Objective 1	To translate and disseminate dietary supplement research findings to researchers, health professionals, government officials, policymakers, and consumers.
Objective 2	To support and maintain publicly accessible dietary supplement databases for use in dietary supplement research.
Objective 3	To support ODS research and research capacity programs using program analysis and evaluation tools available at NIH.
Objective 4	To coordinate collaborations and partnerships with NIH and federal agencies to inform research and public health policy related to nutrients and other ingredients in dietary supplements.

Operations and Resource Priority 1: Science and Health Communications

Communicate advances in dietary supplement science, promote ODS activities, and amplify ODS messages.

Focus Areas:

- Communicate key activities and research findings to NIH and other audiences
- Develop informational resources
- Manage social media, responses to inquiries and media relations
- Maintain and improve technologies used for communicating ODS information
- Support ODS programs, research products, and events

Operations and Resource Priority 2: Dietary Supplement Databases

Maintain and ensure public to access to dietary supplement databases.

Focus Areas:

- Maintain, update and make databases accessible
- Convene working group of NIH ICO and federal agency partners to develop criteria selection for DSID work
- Link databases directly with dietary intake assessment tools to provide data on nutrient and non-nutrient contributions of dietary supplements to total intake

Operations and Resource Priority 3: Management and Administrative Support

Coordinate and support ODS program evaluation, workforce development, and day-to-day ODS operations.

Focus Areas:

- Develop standards for program and research accountability
- Implement and train program staff in the use of program analysis tools and methods
- Enhance existing workforce development and training opportunities
- Develop ODS operations standards to support an efficient and positive work environment

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Connect with ODS for science-based health information about dietary supplements

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