



Around the world of US healthcare in 360 words or less



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Editor's note

This series is produced by KPMG Healthcare and is intended to be short and succinct, less than 360 words, to provide a weekly digestible bite of healthcare regulatory, policy, and industry news relevant to our clients. Links are provided to source material (proposed and final regulations, agency guidance and press releases, reports, research, etc.) when available. Please share this email with colleagues and other interested individuals, and encourage them to [subscribe to our mailing list here](#).

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Healthcare regulatory news

CDC [updated](#) its childhood immunization schedule, reducing the number of broadly recommended vaccines from 17 to 11. Following a December [presidential directive](#), the CDC now recommends that the RSV, hepatitis A/B, dengue, and meningococcal vaccines only be given to high-risk individuals; the agency also recommends that the influenza,

COVID-19, and rotavirus vaccines be provided based on shared clinical decision-making between parents and providers.

CMS [unveiled](#) first-year awards under the \$50B Rural Health Transformation Program, distributing \$10B to all 50 states in 2026 with an average of \$200M per state—Texas receiving the highest at \$281M and New Jersey the lowest at \$147M. Funds aim to support state goals including expanding rural care access, strengthening workforces, modernizing facilities and technology, and advancing value-based payment models.

HHS Secretary Robert F. Kennedy Jr. and Agriculture Secretary Brooke Rollins [announced](#) a major overhaul of [nutrition guidelines](#), prioritizing "real food" like high-quality proteins, healthy fats from whole sources (meat, full-fat dairy, eggs), fruits, vegetables, and whole grains while restricting ultra-processed foods, added sugars, and refined carbs for the first time.

HHS and DEA [issued](#) a fourth temporary extension of COVID-19-era telemedicine flexibilities, allowing licensed practitioners to prescribe Schedule II-V controlled medications via audio-video (or audio-only for certain opioid use disorder treatments) without an initial in-person exam, effective through December 31, 2026.

According to updated guidance, FDA will [exempt](#) non-invasive health monitoring wearables from regulation by classifying them as general wellness products. This deregulatory change allows companies to market devices that estimate physiological parameters without FDA oversight, provided they are intended for general wellness and do not make specific medical claims.



Healthcare law and policy news

A federal judge has [allowed](#) HHS to resume sharing limited biographical data on undocumented immigrants with Immigration and Customs Enforcement (ICE), lifting a previous block. The ruling, however, maintains certain protections, explicitly prohibiting the sharing of sensitive medical information and any data related to citizens and legal residents.

OpenAI [launched](#) ChatGPT Health, a product integrating electronic medical records, Apple Health, and apps like MyFitnessPal to enable data-driven medical queries,

leveraging 40M daily health/insurance interactions. The pilot isolates health data from model training with user deletion options, despite potential court-ordered disclosures of stored data.



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