

National Food Policy Conference

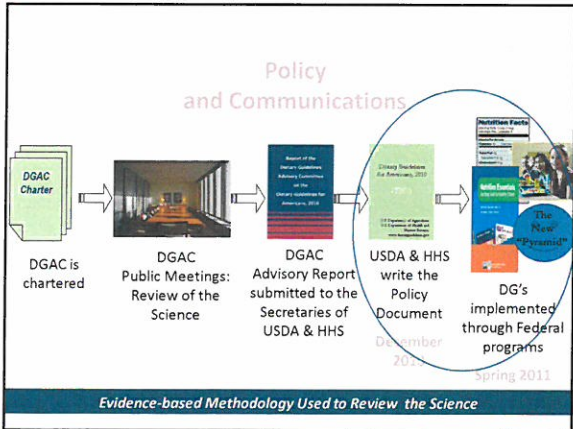
April 15-16, 2013

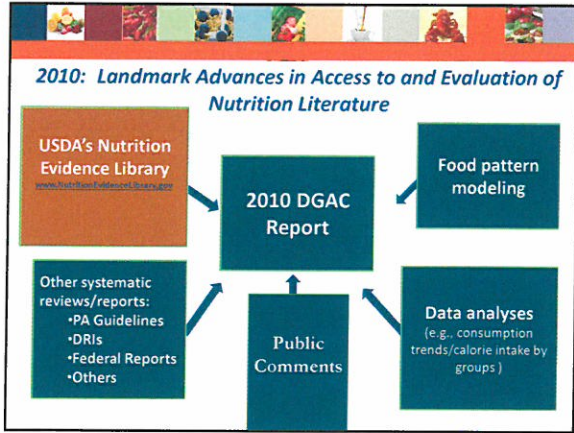
Is Nutrition Research Keeping Pace with Policy and Consumers?

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- **Gaps between the latest nutrition science and dietary recommendations and the nutritional health of consumers?**
 - NHANES Data and analyses drive consideration
 - Assessment of adherence to previous guidelines is needed
 - Objective biomarker data needed to enhance the diet assessment data
 - Ongoing assessment of Industry's adherence to the DG's
- **How best to translate nutrition research into actionable steps to improve the public health?**
 - Pilot studies
 - Focus groups
 - Nutrition education starting in youth
- **Importance of integrity in nutrition research?**
 - Crucial; no marketing/pricing advantages
 - Need for common goals and objectives
 - Need for regulatory agency to monitor and hold industry accountable and explore how best to deal with political intervention efforts.



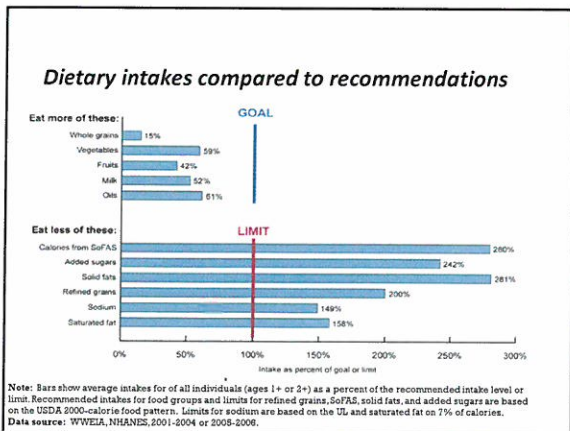


2010 Dietary Guidelines Advisory Committee (DGAC) NEL Evidence-Based Systematic Reviews

The NEL website provides a detailed evidence portfolio for each of the 2010 DGAC's systematic reviews. Each evidence portfolio in the NEL contains the systematic review question, conclusion statements, evidence summaries, search plan and results, and appendices for each article included in the review. The 2010 DGAC Report summarizes the systematic review findings and provides interpretations and implications relevant to all aspects of the Committee's Dietary Guidelines review process. To navigate the library:

- Select a topic from the menu on the left to examine the evidence reviewed by the 2010 DGAC.
- Each topic is divided into subtopics of questions reviewed by the Committee.
- By clicking on a subtopic you can access:
 - Systematic review questions** - Questions formulated by the Committee.
 - Conclusion statements** - Concise statements that address the questions based on the Committee's review of the evidence.
 - Evidence summaries** - Synthesis of the articles included in the NEL evidence-based systematic review including evidence summary paragraphs for each article considered in the review and a justification overview table.
 - Search plan and results** - A description of the search parameters and selection criteria used to identify peer-reviewed literature relevant to the topic of interest; additionally, the final list of articles included in the review is provided, along with the articles excluded from the review with reasons for exclusion.
 - Workflows** - Comprehensive templated evidence workflows which summarize key evidence from each article, including the evidence synthesis and conclusions.


Available at:
www.NutritionEvidenceLibrary.gov



Top 25 Sources of Calories Among Americans Ages 2 Years and Older; NHANES 2005-2006

Rank	Overall, Ages 2+ years (Mean kcal/d; Total Daily Calories – 2,157)	Children & Adolescents, Ages 2-18 years (Mean kcal/d; Total Daily Calories – 2,027)	Adults & Older Adults, Ages 19+ years (Mean kcal/d; Total Daily Calories – 2,199)
1	Grain-based desserts (138 kcal)	Grain-based desserts (138 kcal)	Grain-based desserts (138 kcal)
2	Yeast breads (129 kcal)	Pizza (136 kcal)	Yeast breads (134 kcal)
3	Chicken & chicken mixed dishes (121 kcal)	Soda/energy/sports drinks (118 kcal)	Chicken & chicken mixed dishes (123 kcal)
4	Soda/energy/sports drinks (114 kcal)	Yeast breads (114 kcal)	Soda/energy/sports drinks (112 kcal)
5	Pizza (98 kcal)	Chicken & chicken mixed dishes (113 kcal)	Alcoholic beverages (106 kcal)
6	Alcoholic beverages (82 kcal)	Pasta & pasta dishes (91 kcal)	Pizza (86 kcal)
7	Pasta & pasta dishes (81 kcal)	Reduced fat milk (86 kcal)	Tortillas, burritos, tacos (85 kcal)
8	Tortillas, burritos, tacos (80 kcal)	Dairy desserts (76 kcal)	Pasta & pasta dishes (78 kcal)
9	Beef and beef mixed dishes (64 kcal)	potato/corn/other chips (70 kcal)	Beef and beef mixed dishes (71 kcal)
10	Dairy desserts (62 kcal)	Ready-to-eat cereals (65 kcal)	Dairy desserts (58 kcal)

Dietary Guidelines for Americans 2010



Translating and Integrating the Evidence

High priority findings:

- 1) Shift to more plant-based diets with vegetables, dry beans, fruits, whole grains, nuts, seafood, low/no fat dairy, lean meat, poultry
- 2) Reduce incidence/prevalence of overweight and obesity by reducing energy intake and increasing physical activity
- 3) Reduce foods high in excess added sugars and solid fats, refined grains, sodium
- 4) Meet the 2008 Physical Activity Guidelines

Changes Needed: Overall Food Environment

- Improve nutrition literacy and cooking skills
- Create greater financial incentives to purchase, prepare, and consume healthy foods
- Improve the availability of affordable fresh produce through greater access to grocery stores, produce trucks, and farmers' markets
- Increase environmentally sustainable production of vegetables, fruits, and fiber-rich whole grains and aquaculture practices for seafood
- Encourage restaurants and the food industry to offer health-promoting foods that are low in sodium; limited in added sugars, refined grains, and solid fats; and served in smaller portions
- Implement the US National Physical Activity Plan.

Urgent Need to Focus on Children

Strategies:

- Improve foods sold and served in and around schools:
 - Remove sugar-sweetened beverages and high calorie snacks
 - Emphasize responsible zoning for fast food restaurants
- Develop effective policies on food marketing to children
- Increase comprehensive health, nutrition, and physical education programs
- Develop standardized approaches for health care providers to track BMI in children and weight gain during and after pregnancy
- Reduce children’s screen time (TV and computer)
- Increase safe routes to schools and recreation areas
- Support summer programs that emphasize good health

Food Pattern Modeling-Example

Typical vs. Nutrient-dense food choices

Question: What is the impact on calories, sat fat, sodium, etc. in the food patterns if typical food choices (not nutrient-dense) are made?

Methods: Calculated food patterns using most consumed rather than nutrient-dense foods (e.g., breaded fried chicken vs. baked skinless chicken)

Results: (for 2000 kcal target)	Nutrient dense choices	Typical choices
Calories	1997	2390
Sat Fat %kcal	8%	12%
Sodium mg	1722 mg	3550 mg

Finding: For a healthy total diet, food choices must not only be in the recommended amounts but also in nutrient-dense forms (low in solid fats and added sugars).

(See Appendix E-3 in DGAC Report)

Resource List
The following Federal Government resources provide reliable, science-based information on nutrition and physical activity, as well as an exciting array of tools to facilitate Americans' adoption of healthy choices.

Dietary Guidelines for Americans	http://www.dietaryguidelines.gov
MyPyramid.gov	http://www.mypyramid.gov
Physical Activity Guidelines for Americans	http://www.health.gov/paguidelines
Nutrition.gov	http://nutrition.gov
Healthfinder.gov	http://www.healthfinder.gov
Health.gov	http://health.gov
USDA	
Center for Nutrition Policy and Promotion	http://www.cnpp.usda.gov
Food and Nutrition Service	http://fns.usda.gov
Food and Nutrition Information Center	http://fnic.nal.usda.gov
National Institute of Food and Agriculture	http://www.nifa.usda.gov
U.S. Department of Health and Human Services	
Office of Disease Prevention and Health Promotion	http://odphp.osoph.dhhs.gov
Food and Drug Administration	http://www.fda.gov
Centers for Disease Control and Prevention	http://www.cdc.gov
Nation Institutes of Health	http://www.nih.gov
Let's Move!	http://www.letsmove.gov
Healthy People	http://www.healthypeople.gov
U.S. National Physical Activity Plan	http://www.physicallivityplan.org
