

Subcommittee 1:
Food and Nutrient Intakes
and Health:
Current Status and Trends

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Scope

Identify and describe:

- Current consumption patterns and trends in nutrient, food and beverage, and food group intake by the American public
 - Population subgroups: age, sex, socio-economic status (SES), acculturation status, race/ethnicity and pregnant women

Scope

Identify and describe:

- Prevalent eating behaviors
- Prevalent dietary patterns
- Prevalence and trends in diet-related chronic diseases (e.g., obesity, diabetes CVD, cancers) and body weight status indicators

Rationale

- To inform the 2015 Dietary Guidelines Advisory Committee Report by determining current consumption patterns and trends, chronic disease prevalence and trends, and body weight status and trends.

Subgroups of Questions for Consideration

- Nine subgroups of questions have been identified.
- Each subgroup includes several questions.
- For most questions the focus will be on both current intake status and trends over time.

Subgroups of Questions for Consideration

1. Nutrient intake (nutrients of concern)
2. Food groups (USDA food pattern groups)
3. Eating behaviors (e.g., location, timing)
4. Dietary patterns (descriptive information)

Subgroups of Questions for Consideration

5. Food category intake and sources of energy, nutrient, beverage and food intakes
6. Contributions of specific foods to intake of nutrients of concern
7. Diet-related chronic disease indicators and body weight

Subgroups of Questions for Consideration

8. Adequacy of the USDA Food Patterns
9. Potential for overconsumption of nutrients from fortified foods and dietary supplements

Initial Topics Under Review

- What are current consumption patterns of nutrients from foods and beverages in the U.S. population?
- Are there nutrients that are over- or under-consumed?
 - If so, is there reason for public health concern?

Initial Topics Under Review

Data Sources:

- National Health and Nutrition Examination Survey (NHANES) “What We Eat in America” survey data
- NHANES laboratory data (nutrient biomarkers)
- Biochemical functional status indicators
 - Data used by Food and Nutrition Board
- Other existing publically available reports

Initial Topics Under Review

- Approach to examining the evidence:
 - Examine usual intake distributions for nutrients.
 - Assess adequacy of intakes from foods, beverages and supplements.
 - Assess potential public health concerns.

Other Topics Under Consideration

- Food groups (disaggregated groups [e.g., fruits, vegetables, whole grains])—current intakes and trends.
- Eating behaviors (e.g., eating frequency, restaurant meals, home-prepared meals, eating location and time)—current status and trends.

Other Topics Under Consideration

- Food categories (foods and beverages as consumed)—consumption patterns, trends, and major sources of energy and nutrients.
- Dietary patterns—descriptive information about *a priori* dietary patterns, dietary quality indexes, and dietary patterns derived from principal component analysis or cluster analysis.

Other Topics Under Consideration

- Contributions of specific foods to intake of added sugars, solid fats, sodium.
- Potential issues of overconsumption from fortified foods and supplements (e.g., micronutrients, caffeine).

Other Topics Under Consideration

- Prevalence of weight status indicators and trends over time (e.g., BMI, waist circumference).
- Prevalence of diet-related chronic disease and indicators (e.g., cardiovascular diseases, diabetes, cancer).

Other Topics Under Consideration

- Adequacy of 2010 USDA Food Patterns in meeting the RDA's, AI's or AMDR's
- Influence of various proposed changes in USDA Food Patterns on nutrient adequacy, such as:
 - Changes in protein foods
 - Changes in fats and oils
 - Changes in grain products

Additional Comments

- This is an exciting time:
 - A wide variety of foods are available year round.
 - Multiple forms of foods are widely available (e.g., fresh, frozen, dried, canned).

Additional Comments

- Many food consumption patterns and trends have both positive and negative characteristics.
 - Our task includes helping Americans to emphasize the positive.

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