
Milestones in FNB's History – Reflections and Highlights

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Milestones in FNB History

- 1940: FNB established
- 1941-1965: Summarized in 25th anniversary report
- 1966-1990: Summarized in 50th anniversary report
- 1991-2020: Summarized today in 80th anniversary report

Many FNB activities have had an impact on the health of Americans over this time

- Nutrient standards: RDAs and DRIs
- Standards for military nutrition
- Obesity prevention
- Food safety
- Nutrition needs across population groups
- Improvement of food assistance programs

Milestones in setting nutrient requirements

- 1943: First RDA report: 8 nutrients
- Lydia Roberts chaired the committee; took about 1 year
- Note that the RDAs and I are about the same age!

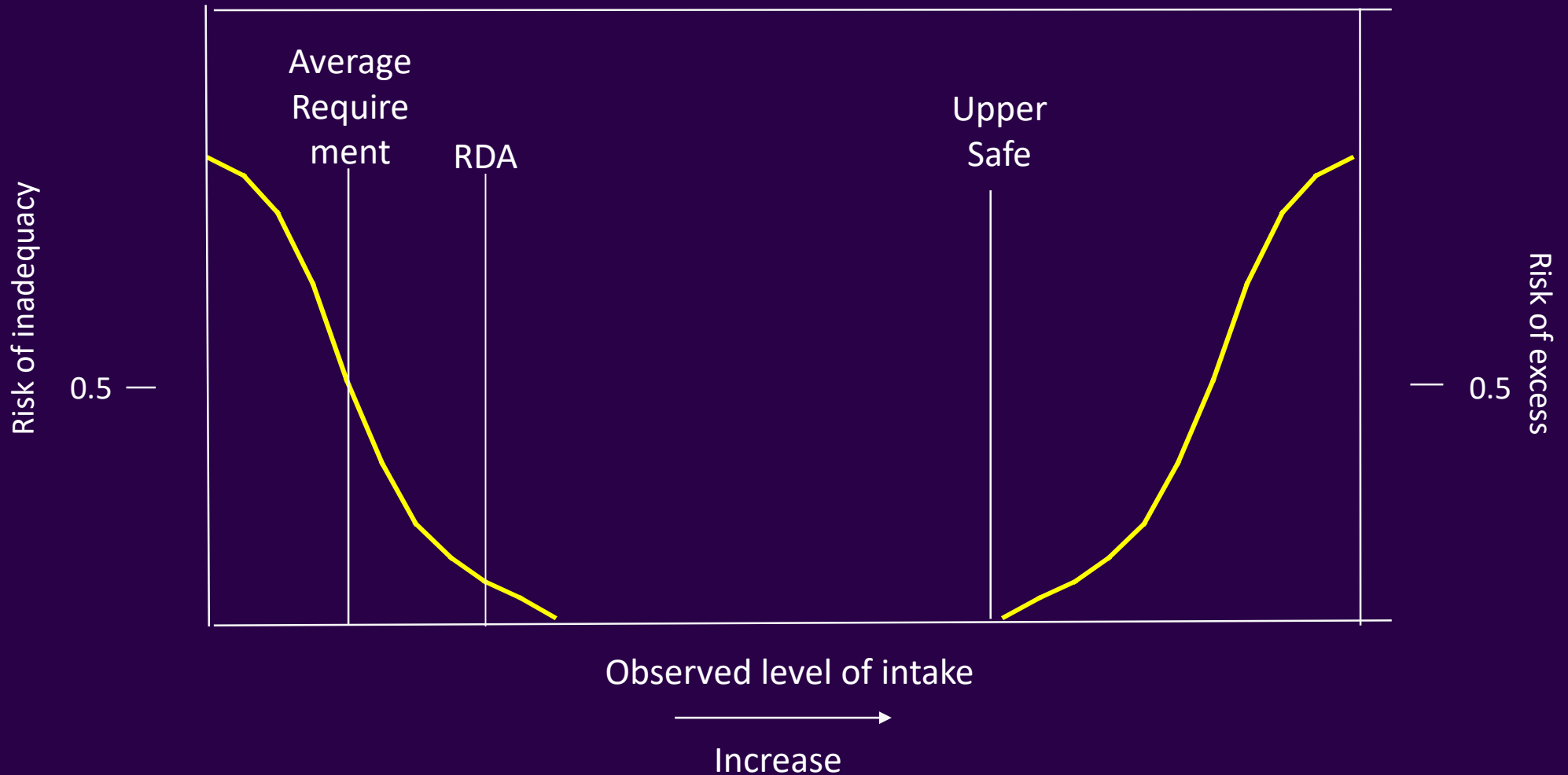
Milestones in setting nutrient requirements

- 1940s – 1980s: 10 RDA reports released; approximately every 5 years
- Not without controversy!
- In graduate school, I memorized the 1980 RDAs

Milestones in setting nutrient requirements

- 1986: Publication of Nutrient Adequacy, Assessment Using Food Consumption Surveys.
- George Beaton was recognized as the guru of applying nutrient standards to assess adequacy.
- I became an enthusiastic convert!

This graphic was first published in 1983



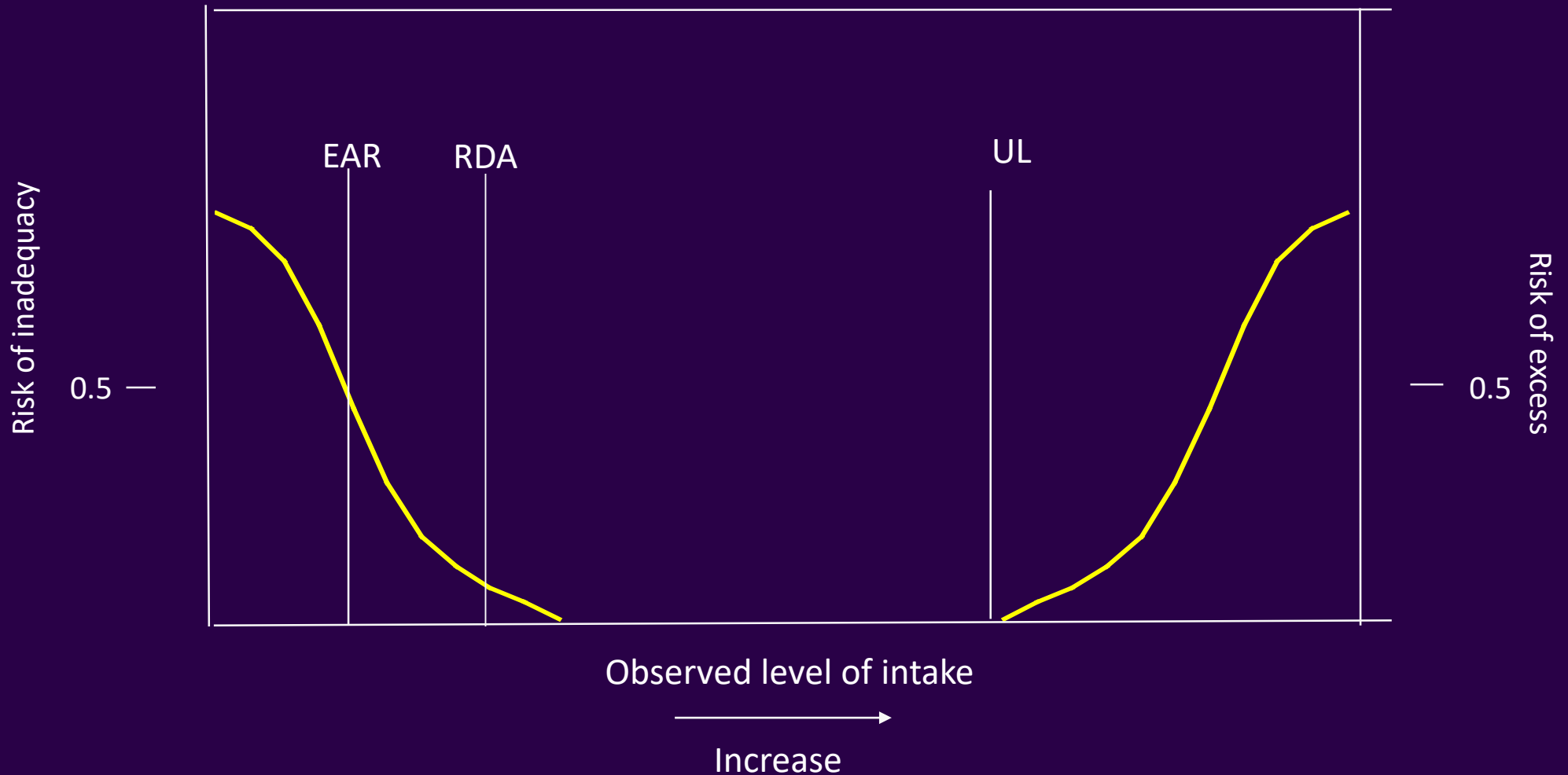
Milestones in setting nutrient requirements

- 1994: "How Should the Recommended Dietary Allowances be Revised?"
- Chaired by Janet King; Dennis Bier was a member; Wayne Askew was a speaker
- Based on this activity, the concept of DRIs was implemented.

By the mid-90s, the Dietary Reference Intake paradigm had been defined

- Standing Committee on the Scientific Evaluation of Dietary Reference Intakes
- Chaired by Vernon Young. Allison Yates was FNB Director

The same graphic with DRI terms



1997-2005: DRIs were set for many nutrients

- Energy (2002, 2005)
- Macronutrients (2002, 2005)
- Vitamins (1997 - 2001)
- Minerals (1997 - 2001)
- Electrolytes (2005)
- Uses/Applications (2000, 2003)
- Many people here today, including me, served on one or more of these panels.

2011-2019: DRIs were revised for some nutrients

- Revised DRIs for calcium and vitamin D were released in 2011
- Revised DRIs for sodium and potassium were released in 2019
- Report on chronic disease endpoints led to a new DRI: Chronic Disease Risk Reduction (CDRR) intake level
- Meanwhile, we all got older and grayer, and quite a lot wiser!

FNB activity: Increasing visibility of DRIs

- Goal is to emphasize that *current* DRIs are key to the development of many types of nutrition guidance and programs
- A brochure on the importance of DRIs is now available
- Hopefully, increased visibility will help obtain stable funding for this activity

CRITICAL HEALTH APPLICATIONS

That Depend on the Dietary Reference Intakes (DRIs)



NUTRITION MONITORING

- Assess the nutritional health of the nation
- U.S. National Health and Nutrition Examination Survey (NHANES) and What We Eat in America (WWEIA) analyses
- Canadian Community Health Survey (CCHS) analyses



DIETARY GUIDELINES

- U.S. *Dietary Guidelines for Americans*
- USDA Food Patterns
- Canada's Food Guide



HEALTH PROFESSIONALS

- Dietary counseling and education
- Healthy diets for institutions (hospitals, schools, prisons)



NUTRITION RESEARCH

- Researchers study how diet can help prevent diseases
- Used as a frame of reference in research



ASSISTANCE PROGRAMS

- Guide the design of healthier federal nutrition assistance programs
- School Meals, WIC, SNAP, Child and Adult Care Programs
- Administration on Aging programs



NUTRITION LABELING

- May be used for Nutrition Facts label and Supplement Facts label
- Key tools to help consumers make healthier food choices



FOOD POLICIES

- National, state, and local food policies to improve health
- Wellness policies in schools



MILITARY

- Ensure nutrient needs are met for armed forces
- Meal planning
- Food procurement including military rations



FOOD AND SUPPLEMENT INDUSTRIES

- Develop healthy foods and safe supplements



GLOBAL NUTRIENT STANDARDS

- Framework is used by many other countries and international organizations when setting their own standards

for more information, visit www.iom.edu/dri

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Many other FNB activities have had an impact on the health of Americans over this time

- Nutrient standards: RDAs and DRIs
- Standards for military nutrition
- Obesity prevention
- Food safety
- Nutrition needs across population groups
- Improvement of food assistance programs

Standards for Military Nutrition

- Committee on Military Nutrition
- Dr. Askew will describe in more detail

Obesity Prevention

- The FNB has been a major player in informing childhood obesity prevention policy for two decades, including:
 - The Weight of the Nation documentary series
 - The Roundtable on Obesity Solutions and its collaborators
 - Numerous reports on childhood obesity prevention, including food marketing and physical activity guidelines

Food Safety

- Seafood Choices: Balancing Benefits and Risk (2006)
- Finding a Path to Safety in Food Allergy (2007)
- Enhancing Food Safety: The Role of the FDA (2010)

Nutrition Needs Across Population Groups

- Some examples:
 - 1942: The food and nutrition of industrial workers in wartime
 - 1965: Preschool child malnutrition: primary deterrent to human progress
 - 2004: Infant formula: Evaluating the safety of new ingredients
 - 2020: Nutrition during pregnancy and lactation: Exploring new evidence (workshop)

Improvement of Food Assistance Programs

- Committees recommended changes to foods included in:
 - Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
 - School Lunches and Breakfasts (NSLP, SBP)
 - Child and Adult Day Care (CACFP)

In closing, an illustrative example

- Revising the WIC food packages (the first time), 2004-2006
- Packages were largely unchanged since WIC's inception in 1972-74
- USDA tried to update, unsuccessfully, so turned to the FNB
- Consensus committee formed which I chaired.

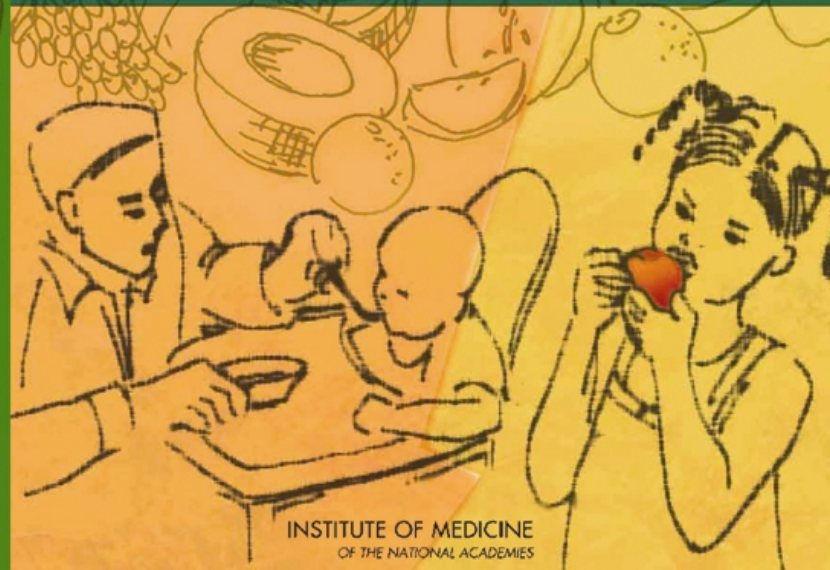
A meeting of the minds

- 12 committee members on the same wavelength; many said that the committee's work was among the most important of their professional accomplishments.
- Supported by outstanding staff (Linda Meyers, FNB Director)
- A cooperative and enthusiastic sponsor: Food and Nutrition Service of USDA.



WIC FOOD PACKAGES

TIME FOR A CHANGE



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Major impact on a multi-billion dollar program

- Serves half of all infants born in the US and one-fourth of children 1-4 years.
- Provided fresh fruits and vegetables to everyone via a cash-value voucher.
- Implemented almost without changes by USDA in 2009.
- Evaluations show positive impact on dietary quality and even on reduction of obesity.

Lastly, a quote from Jay Hirschman at USDA's Food and Nutrition Service

Sent by email the night before the changes were implemented in 2009:

"Tomorrow we rise refreshed and renewed, to vibrantly greet the new era of WIC's service to our nation. Together we are making a difference—a better future."

