

Dietary Patterns to Prevent and Manage Diet-Related Disease Across the Lifespan: A Workshop

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National Academies of Sciences, Engineering, and Medicine
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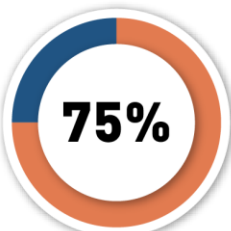
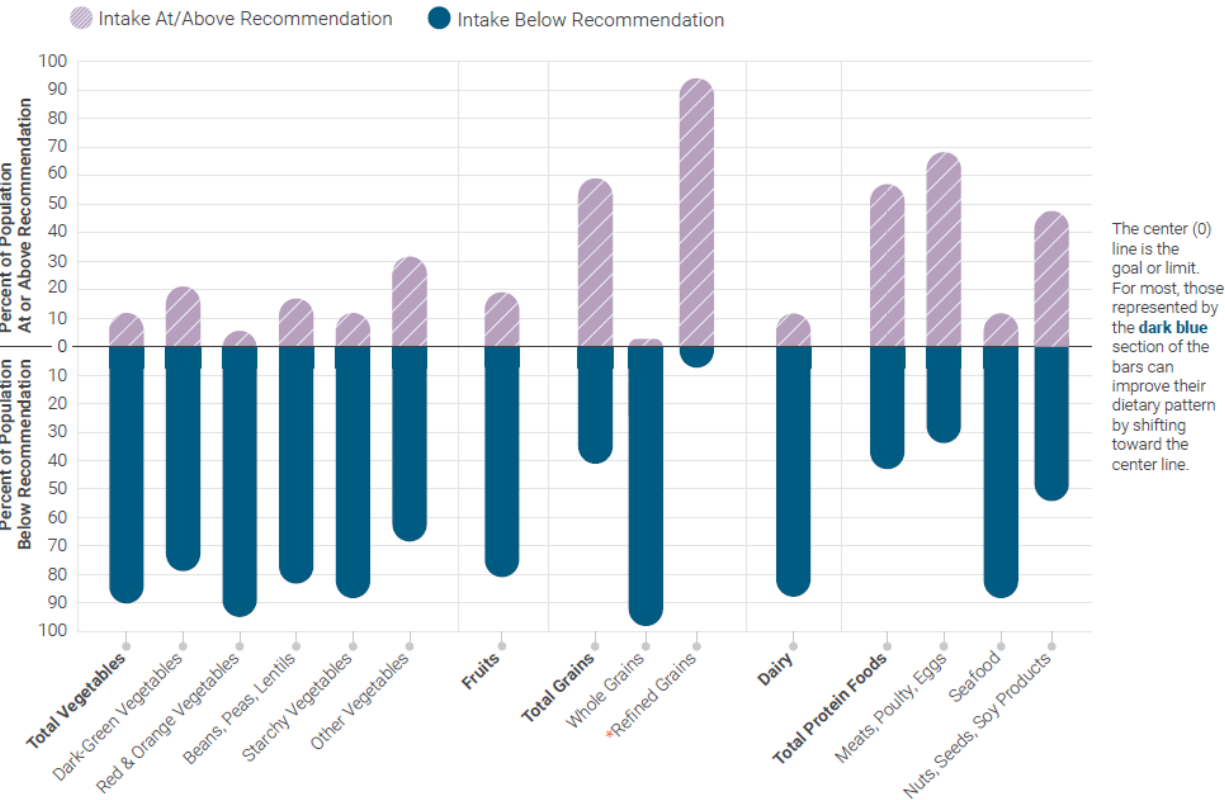
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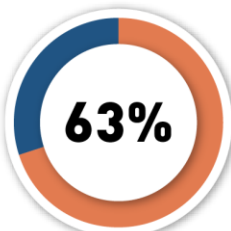


Dietary Patterns Compared to Recommendations

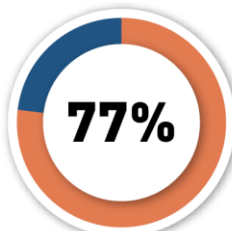
Dietary Intakes Compared to Recommendations: Percent of the U.S. Population Ages 1 and Older Who Are Below and At or Above Each Dietary Goal



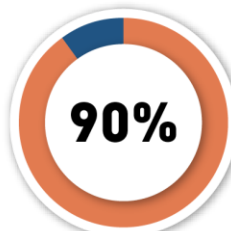
of people have
dietary patterns
low in vegetables,
fruits, and dairy.



exceed the limit
for added sugars.



exceed the limit
for saturated fat.



exceed the
Chronic Disease
Risk Reduction
limits for sodium.

***NOTE:** Recommended daily intake of whole grains is to be at least half of total grain consumption, and the limit for refined grains is to be no more than half of total grain consumption.

Data Source: Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted. *Recommended Intake Ranges:* Healthy U.S.-Style Dietary Patterns (see [Appendix 3](#)).

Source: Dietary Guidelines for Americans, 2020-2025

Dietary Patterns and Diet-Related Disease

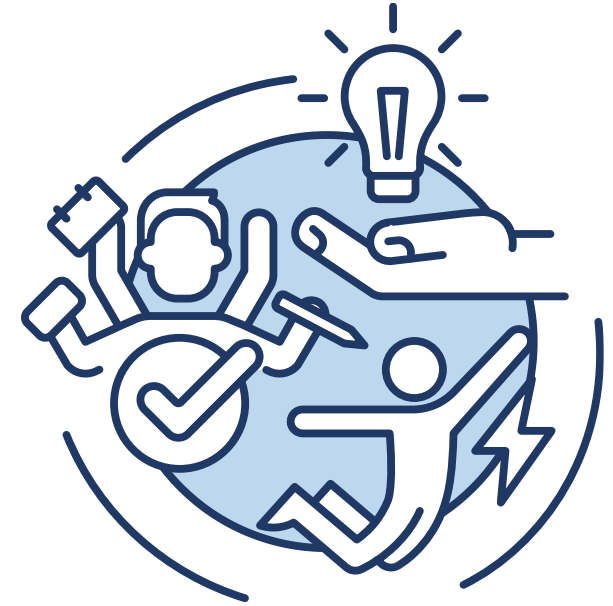
Implications for:



Health; Chronic Disease



Healthcare Costs



Productivity



Statement of Task: A planning committee of the National Academies of Sciences, Engineering, and Medicine will organize a public workshop that will explore the state of the science around dietary patterns and diet-related chronic disease etiology, prevention, and management throughout the lifespan, including the developmental origins of disease. Workshop presenters, with multi-sector perspectives, will also discuss emerging research methodologies and technologies for assessing dietary patterns and connections to diet-related chronic disease at different life stages, including priorities for improving data gaps, and addressing barriers to innovation.

Cross-cutting Issues to be Incorporated:

- i. Equity;
- ii. Research data quality, and the current evidence base;
- iii. Policy challenges and opportunities;
- iv. Technology;
- v. Communication



DAY ONE

Session 1: Setting the Stage on Dietary Patterns and Chronic Disease

1

Dietary Pattern Assessment
Across the Life Course

3

Review of the Evidence on Dietary
Patterns and Chronic Disease
Across the Lifespan

2

Beyond Traditional Nutrition
Markers for Assessing Dietary
Quality and Chronic Disease Risk

4

Developmental Origins of Chronic
Disease and the Influence of Diet



DAY ONE

Session 2: Dimensions of Food Choice and Influences on Dietary Patterns

1

Understanding and Intervening on Inequities in Nutrition and Health

3

Improving Dietary Health Through Behavioral Economics

2

Food Choice and Access to Healthy Diets: Evidence from Food Prices and Diet Costs Worldwide

4

The Role of Industry and Consumer Perspectives



DAY TWO

Session 3: Translating Solutions for the Future of Dietary Patterns and Chronic Disease

1

Lessons Learned from Research to Improve the Healthfulness of Food Environments

2

Lessons Learned from Research to Improve Food Environments for Infants and Children in DC

3

Lessons Learned from Research to Improve Food Environments for Adults in Baltimore

4

Community-Based Organization Experiences

5

Legal and Policy Challenges for Intervention



Special Recognition and Thanks

Staff from the National Academies:

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Cypress Lynx

Meredith Parr

