

Review of the Process to Update the Dietary Guidelines for Americans

Committee

Robert M. Russell

Chair

Robert M. Russell, M.D., is professor emeritus of Medicine and Nutrition at Tufts University. Dr. Russell has served on many national and international advisory boards including the USDA Human Investigation Committee (Chairman), the FDA, US Pharmacopoeia Convention, National Institutes of Health, the World Health Organization, UNICEF, and the American Board of Internal Medicine. He has worked on international nutrition programs in several countries including Vietnam, Iran, Iraq, Guatemala, Haiti, China, and the Philippines. Dr. Russell is a member of numerous professional societies, on the editorial boards of four professional journals, a past president of the American Society for Nutrition, and is now President of the ASN Foundation. Dr. Russell co-edited two editions of Present Knowledge in Nutrition, and was the Editor in Chief of Nutrition Reviews. Dr. Russell served as a member of the National Academies of Science panels on Folate, Other B Vitamins, and Choline, and as chair of the panel on Micronutrients. He is a National Associate of the National Academies of Science and Engineering. He is former chair of the Food and Nutrition Board of the National Academies of Sciences, Engineering, and Medicine, and is a fellow of the American Society for Nutrition. Dr. Russell presently is working with the Biomarkers of Nutrition for Development(BOND) Program of NIH and is on the Board of Haiti Projects. He also has recently served as a board member of the Nestle and Fetzner Foundations. He has received numerous national and international awards for his research on retinoids and carotenoids (Kritchevsky, Atwater, DSM awards), and has authored over 300 scientific papers and 5 books. He received his M.D. from Columbia University.

Jamy Ard

Member

Jamy Ard, M.D. is Professor in the Department of Epidemiology and Prevention and the Department of Medicine at Wake Forest University Baptist Medical Center. He is also co-director of the Wake Forest Baptist Health Weight Management Center, directing medical weight management programs. Dr. Ard received an M.D. and completed internal medicine residency training at Duke University Medical Center. He also received formal training in clinical research as a fellow at the Center for Health Services Research in Primary Care at the Durham VA Medical Center. Dr. Ard has more than 15 years of experience in clinical nutrition and obesity. Prior to joining the faculty at Wake Forest in 2012, Dr. Ard spent nine years at the University of Alabama at Birmingham where he served as medical director of UAB's EatRight Weight Management Services, vice chair for clinical care in the Department of Nutrition Sciences, and associate dean for clinical affairs in the School of Health Professions. Dr. Ard's research interests include clinical management of obesity and strategies to improve cardiometabolic risk using lifestyle modification. He has been conducting research on lifestyle modification since 1995 and has worked on several National Institutes of Health-funded multi-center trials, including Dietary Approaches to Stop Hypertension (DASH), DASH-sodium, and Weight Loss Maintenance Trial. His work has been published in numerous scientific journals and he has been a featured presenter at several conferences and workshops dealing with obesity. Dr. Ard has served on several expert panels and guideline development committees, including the Institute of Medicine Committee on Consequences of Sodium Reduction in Populations, the American Heart Association/American College of Cardiology/The Obesity Society Guideline Panel on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, and currently, the American Psychological Association Obesity Guideline Development Panel. He is also serving on the editorial board for the American Journal of Clinical Nutrition and the International Journal of Obesity.

Stephanie A. Atkinson

Member

Stephanie A. Atkinson, Ph.D., D.Sc. (hon), is professor and nutrition clinician-scientist, Department of Pediatrics, associate member, Department of Biochemistry & Biomedical Sciences, Faculty of Health Sciences, McMaster University, and professional staff in McMaster Children's Hospital, Hamilton. A key focus of her research has been investigations of the factors influencing skeletal development in premature and term infants and in children with bone morbidity secondary to disease process and/or drug therapy (particularly steroids) in diseases such as lymphoblastic leukemia, nephrosis, rheumatoid disorders, cystic fibrosis or epilepsy. Her current research encompasses clinical trial and epidemiological investigations of the environmental (nutrition), genetic and biochemical factors during fetal, neonatal and early childhood life that play a role in defining the offspring phenotype and as risk determinants for non-communicable diseases. She leads a multi-disciplinary team of researchers in the conduct of randomized clinical intervention trials of nutrition and exercise in pregnancy designed to optimize maternal and child health outcomes including bone health. Dr. Atkinson served on the Scientific Oversight Committee for the Dietary Reference Intakes (DRI) from 1995-2004 and several DRI projects and workshops since that time, most recently as working group member for the DRI and Chronic Diseases Endpoints project co-sponsored by Health Canada and the Office of Dietary Supplements of NIH. Dr. Atkinson currently serves as chair of the Board of Directors of the Maternal, Infant, Child and Youth Health Research Network (MICYRN) and co-lead of the MICYRN Canadian Birth Cohort Coalition to harmonize data from Canadian birth cohort studies, as Executive Member of Board of Trustees of the North American International Life Sciences Institute (Washington, DC), and as a member of the Scientific Advisory Council for Osteoporosis Canada. Dr. Atkinson is an elected Fellow of both the American Society for Nutrition and the Canadian Academy of Health Sciences and was recently awarded a Doctor of Science, honoris causa, from Western University in London, Canada.

Carol J. Boushey

Member

Carol J. Boushey, Ph.D., M.P.H., R.D., is director of the Nutrition Support Shared Resource at the University of Hawaii Cancer Center. Her research has involved working as part of multidisciplinary teams which is crucial for providing support to the member investigators of the Cancer Center as they design and conduct studies that include the collection and analyses of dietary intake and other nutritional issues. She specializes in the broad spectrum of evaluating dietary exposures with an emphasis on use of technology and assessing diverse racial/ethnic groups. In collaboration with scientists in engineering at Purdue University, she created the Technology Assisted Dietary Assessment program that uses image analysis and visualization on small mobile devices (e.g., mobile telephones), to aid researchers collect dietary intake with limited burden. She has been fundamental in describing dietary intakes of several Pacific Northwest Tribal Nations and young children in jurisdictions in the Pacific. Dr. Boushey is actively involved with the dietary assessment methods used with the Multiethnic Cohort (MEC) which includes 215,000 adults representing five ethnic groups (Japanese, Hawaiian, non-Hispanic white, African American, Hispanic/Latino). As a member of the Dietary Patterns Methods Project, she completed analyses in the MEC showing that consuming a dietary pattern that achieves a high diet-quality index score is associated with lower risk of mortality from all causes, cardiovascular disease, and cancer in adult men and women. She has been the chief architect of paper- and computer-based dietary assessment methods to assess calcium consumption among Asian, Hispanic, and non-Hispanic white adolescents in the United States. Dr. Boushey received her Ph.D. from the University of Washington and her M.P.H. from the University of Hawaii at Manoa.

Susan M. Krebs-Smith

Member

Susan Krebs-Smith, Ph.D., M.P.H., is the chief of the Risk Factor Assessment Branch of the Epidemiology and Genomics Research Program (EGRP) in the National Cancer Institute's Division of Cancer Control and Population Sciences (DCCPS). She oversees EGRP's research portfolio and initiatives that focus on the development, evaluation, and dissemination of high-quality risk factor metrics, methods, tools, technologies, and resources for use across the cancer research continuum, as well as the assessment of cancer-related risk factors in the population. Her own surveillance research has emphasized trends in intake of foods and nutrients, especially fruits and vegetables; food sources of nutrients; and factors associated with the intake of foods and/or nutrients, using data from the National Nutrition Monitoring and Related Research Program. Her contributions in the area of dietary assessment methodology have focused on developing methods to assess dietary patterns and the usual intake of foods. Her efforts in dietary guidance and food policy include quantifying potential future demand for food commodities based on population-wide adoption of the Dietary Guidelines and census projections. Dr. Krebs-Smith provided data analyses and consultation in support of the last several editions of the Dietary Guidelines for Americans and was a member of the National Academies of Sciences, Engineering, and Medicine's Committee to Develop a Framework for Assessing the Effects of the Food System. Prior to joining EGRP, Dr. Krebs-Smith was chief of the Risk Factor Monitoring and Methods Branch in the Applied Research Program (now the Health Care Delivery Research Program), DCCPS. She received her Ph.D. from The Pennsylvania State University and her M.P.H. from the University of Minnesota.

Joseph Lau

Member

Joseph Lau, M.D., is professor emeritus in the Center for Evidence-based Medicine within the School of Public Health and was the co-director of the Agency for Healthcare Research and Quality (AHRQ) designated Evidence-based Practice Center (EPC) at Brown. Prior to Brown, he was professor of medicine and professor of clinical and translational science at the Institute for Clinical Research and Health Policy Studies at Tufts Medical Center. He directed the Tufts EPC from 1997 until 2012 and led the production of over 80 evidence reports, technology assessments, and comparative effectiveness reviews under contract with the AHRQ. He has served as a member of an FDA advisory committee, and as a member of an FAO/WHO workshop. He served as a member on two Institute of Medicine committees including Framework to Evaluate the Safety of Dietary Supplements and Standards for Clinical Practice Guidelines. He received his M.D. from Tufts University School of Medicine and completed a fellowship in clinical decision making and medical computer science at the New England Medical Center.

Bruce Y. Lee

Member

Bruce Y. Lee, M.D., M.B.A., is Associate Professor of International Health at the Johns Hopkins Bloomberg School of Public Health, Executive Director of the Global Obesity Prevention Center (GOPC) at Johns Hopkins (www.globalobesity.org), and Director of Operations Research at the International Vaccine Access Center (IVAC) as well as Associate Professor at the Johns Hopkins Carey Business School. Dr. Lee has over 15 years of experience in industry and academia in systems science and developing and implementing mathematical and computational methods, models, and tools to assist decision making in public health and medicine. He has been the Principal Investigator for projects supported by a variety of organizations and agencies including the Bill and Melinda Gates Foundation, the National Institutes of Health (NIH), the Agency for Healthcare Quality and Research (AHRQ), the Centers for Disease Control and Prevention (CDC), UNICEF, the Global Fund, and USAID. His previous positions include serving as Senior Manager at Quintiles Transnational, working in biotechnology equity research at Montgomery Securities, and co-founding Integrigen, and serving as an Associate Professor at the University of Pittsburgh, where he founded PIHCOR (Public Health Computational and Operations Research), which is now based at Johns Hopkins. Dr. Lee has authored over 180 scientific publications (including over 90 first author and over 35 last author) as well as three books: "Principles and Practice of Clinical Trial Medicine", "What If... ? : Survival Guide for Physician's", and "Medical Notes : Clinical Medicine Pocket Guide". He is an Associate Editor for the journal Vaccine and Deputy Editor for PLOS Neglected Tropical Diseases. He is a regular contributor to the Huffington Post and Forbes. He and his work have garnered attention in leading media outlets such as the New York Times, Los Angeles Times, Time, CBS News, Businessweek, U.S. News and World Report, Bloomberg News, Reuters, and National Public Radio (NPR). Dr. Lee received his B.A. from Harvard University, M.D. from Harvard Medical School, and M.B.A. from the Stanford Graduate School of Business. He completed his internal medicine residency training at the University of California, San Diego.

Joanne R. Lupton

Member

Joanne R. Lupton, Ph.D., is a Distinguished Professor Emerita, from Texas A&M University, where she was a faculty member for 31 years prior to retiring in 2015. She chaired the Macronutrients Panel for the Dietary Reference Intakes, Food and Nutrition Board, that determined the intake values for protein, carbohydrates, fats, fiber and energy for the US and Canada and she also chaired the National Academy panel to determine the definition of dietary fiber. She was a member of the 2005 US Dietary Guidelines Advisory Committee. She is currently serving a second term on the Food and Nutrition Board of the Institute of Medicine. Dr. Lupton spent one year at the US Food and Drug Administration helping to develop levels of scientific evidence required for health claims. While there she was appointed to the Commissioner's Task Force for Better Nutrition and received a Commissioner's Special Citation for her work. She was elected to the Institute of Medicine in 2010 and is a lifetime associate of the National Academy of Sciences. Dr. Lupton has mentored more than 100 MS and Ph.D. students while at Texas A&M, and received the Dannon/American Society for Nutrition mentoring award in 2004. In 2007 she received the Texas A&M University distinguished achievement award for research. In 2010 she received the ASN\General Mills Bell Institute innovation award in nutrition. Dr. Lupton is Past President of the American Society for Nutrition (ASN), the nutrition research organization. Her research is on the effect of diet on colon physiology and colon cancer with a particular focus on dietary fiber and n-3 fatty acids. She has received the Vahouny Medal for her research on dietary fiber. She translates basic research on diet and colon physiology to science-based public policy, and has consulted with individuals in Japan, South Korea, China, Taiwan and elsewhere on the definition of dietary fiber and establishing dietary guidance systems in those countries. Her undergraduate degree is from Mt. Holyoke College and her Ph.D. in Nutrition is from the University of California at Davis.

Sally C. Morton

Member

Sally C. Morton, Ph.D., is the Dean of the College of Science at Virginia Tech, and holds the Lay Nam Chang Dean's Chair. Her research focuses on evidence synthesis and patient-centered comparative effectiveness research. Previously, Morton served as chair of the Department of Biostatistics in the Graduate School of Public Health and director of the Comparative Effectiveness Research Center at the University of Pittsburgh, vice president for statistics and epidemiology at RTI International, and head of the RAND Corporation Statistics Group. Morton was president of the American Statistical Association (ASA) and chair of Section U (Statistics) of the American Association for the Advancement of Science, and she is a Fellow of both organizations. She is a member of the Patient-Centered Outcomes Research Institute Methodology Committee, and the Agency for Healthcare Research and Quality Evidence-based Practice Center Program Methods Steering Committee. She has served on several National Academy of Medicine committees, the Census Scientific Advisory Committee, and the National Academy of Sciences Committee on National Statistics. Morton holds a PhD in statistics from Stanford University.

Nicolaas P. Pronk

Member

Nicolaas P. Pronk, Ph.D., is vice president for Health Management and chief science officer for HealthPartners, Inc. Dr. Pronk is also a senior research investigator at the HealthPartners Institute for Education and Research; adjunct professor for Social and Behavioral Sciences at the Harvard T.H. Chan School of Public Health; visiting research professor in Environmental Health Sciences at the University of Minnesota, School of Public Health; member of the Task Force on Community Preventive Services; and founding and past-president of the International Association for Worksite Health Promotion. His research expertise lies in the areas of population health improvement, the role of physical activity in health, and the impact of multiple health behaviors on health outcomes. Dr. Pronk is particularly interested in improving population health in context of the employer setting, the integration of health promotion with occupational safety and health, and the integration of health promotion, behavioral health, and primary care. He is senior editor of the American College of Sports Medicine's (ACSM) Worksite Health Handbook, 2nd ed. (2009) and the author of the scientific background paper for the U.S. National Physical Activity Plan for Business and Industry. Dr. Pronk received a Ph.D. in exercise physiology from Texas A&M University and completed postdoctoral studies in behavioral medicine at the University of Pittsburgh Medical Center and the Western Psychiatric Institute and Clinic in Pittsburgh.

Susan Roberts

Member

Susan B. Roberts, Ph.D., is Director of the Energy Metabolism Laboratory, Professor of Nutrition and Co-Director of the Obesity Research Cluster in the Jean Mayer Human Nutrition Research Center on Aging at Tufts University, and Professor of Psychiatry and Scientific Staff Member in Pediatrics in the Tufts University School of Medicine. She received her Ph.D. from the University of Cambridge, U.K., and did postdoctoral training at the Massachusetts Institute of Technology before moving to Tufts in 1987. Her research focuses on determinants of weight regulation, including dietary composition factors such as glycemic index, protein and fiber, and behavioral factors in weight control. In addition to her work in the U.S. she has conducted studies in the U.K., China, Brazil, The Gambia and Guinea Bissau. She has published over 240 research papers in research journals including the New England Journal of Medicine and JAMA, and has an H-index of 61. Dr Roberts was the 2009 awardee of the E.V. McCollum award of the American Society for Nutrition to recognize the creativity and importance of her work on weight regulation, and the 2016 W.O. Atwater Lecturer for important contributions to nutrition and health worldwide.

A. Catharine Ross

Member

A. Catharine Ross, Ph.D., is professor and occupant of the Dorothy Foehr Huck Chair of Nutrition in the Department of Nutritional Sciences at The Pennsylvania State University. As a nutritional biochemist, Dr. Ross has studied cellular factors involved in the biosynthesis and transport of vitamin A molecules. Her focus has been on the interaction of cellular retinoid-binding proteins and enzymes that esterify retinol for transport, storage, and oxidation with the intent to link biochemical findings with nutritional studies to better understand how vitamin A homeostasis is regulated by dietary status and metabolic conditions. She also investigates the role of retinoids in immune function, principally antibody production. Dr. Ross has received numerous awards, including the Mead-Johnson Award and the Osborne and Mendel Award from the American Society for Nutrition. She is active within a range of professional societies, including the American Association of Immunologists, Sigma Xi, and the American Physiological Society, and has served on a number of committees for the American Society for Nutrition and the Federation of the American Societies for Experimental Biology. Dr. Ross is a Fellow of the American Association for the Advancement of Science and a member of the National Academy of Sciences. She chaired the committee on Dietary Reference Intakes for Vitamin D and Calcium and served on the Food and Nutrition Board panel on Micronutrients for the Dietary Reference Intakes, and the committee on Opportunities in the Nutrition of Food Sciences. Dr. Ross is also a member of the Food and Nutrition Board. Dr. Ross received her Ph.D. from Cornell University in biochemistry and molecular and cell biology.

Barbara O. Schneeman

Member

Barbara O. Schneeman, Ph.D., is higher education coordinator for United States Agency for International Development (USAID).. In this role, Dr. Schneeman works with the higher education community to improve awareness of USAID opportunities and increase engagement avenues for the agency. Previously she served as the director of the Office of Nutrition, Labeling, and Dietary Supplements at the Food and Drug Administration from 2004 to 2013. In that position, she oversaw the development of policy and regulations for dietary supplements, labeling, food standards, infant formula, and medical foods and served as U.S delegate to two Codex committees (Food Labeling and Nutrition and Foods for Special Dietary Uses). From 1976-2004, she was a member of the nutrition faculty at University of California, Davis and is currently emeritus professor of nutrition. She has been a visiting scientist at University of California, San Francisco, and Assistant Administrator for Nutrition in the Agricultural Research Service of USDA. Professional activities include participation in Dietary Guidelines Advisory Committees (1990 and 1995) and the Food and Nutrition Board of the National Academies of Sciences, Engineering, and Medicine, among others. She is recognized for her work on dietary fiber, gastro-intestinal function, and policy development in the area of food and nutrition. She received her B.S. degree in Food Science from the University of California, Davis, Ph.D. in Nutrition from the University of California, Berkeley, and postdoctoral training in gastro-intestinal physiology at Children's Hospital in Oakland, California.

Martin-José J. Sepulveda

Member

Martin J. Sepúlveda, M.D., M.P.H., is an IBM fellow and vice president of Health Industries Research for the IBM Corporation. He leads a global team of health industry subject matters experts guiding applied research in diverse disciplines for health care systems solutions and transformation in mature and rapid growth countries worldwide. Before this, he served as IBM vice president for Integrated Health Services and led health policy, strategy, health benefits design and purchasing, occupational health, wellness and health productivity for IBM globally. He is a fellow of the American College of Physicians, the American College of Preventive Medicine, and the American College of Occupational and Environmental Medicine. He was elected an honorary member of the American Academy of Family Medicine and serves on the American Board of Internal Medicine Foundation, the Commonwealth Fund Commission for a High Performance Health System, the Council on Health Research for Economic Development, and the National Academies of Sciences, Engineering, and Medicine's Board on Population Health and Public Health Practice. He is chair of the Global Business Group on Health and the Institute for Health Benefits Innovation Research at the Employee benefits Research Institute. He received his M.D. and M.P.H. degrees from Harvard University. He completed residencies in internal medicine at the University of California San Francisco Hospitals, Occupational/Environmental Medicine at the National Institute for Occupational Safety and Health, trained in the Epidemic Intelligence Service of the U.S. Centers for Disease Control, and completed a fellowship in internal medicine at the University of Iowa Hospitals and Clinics.