



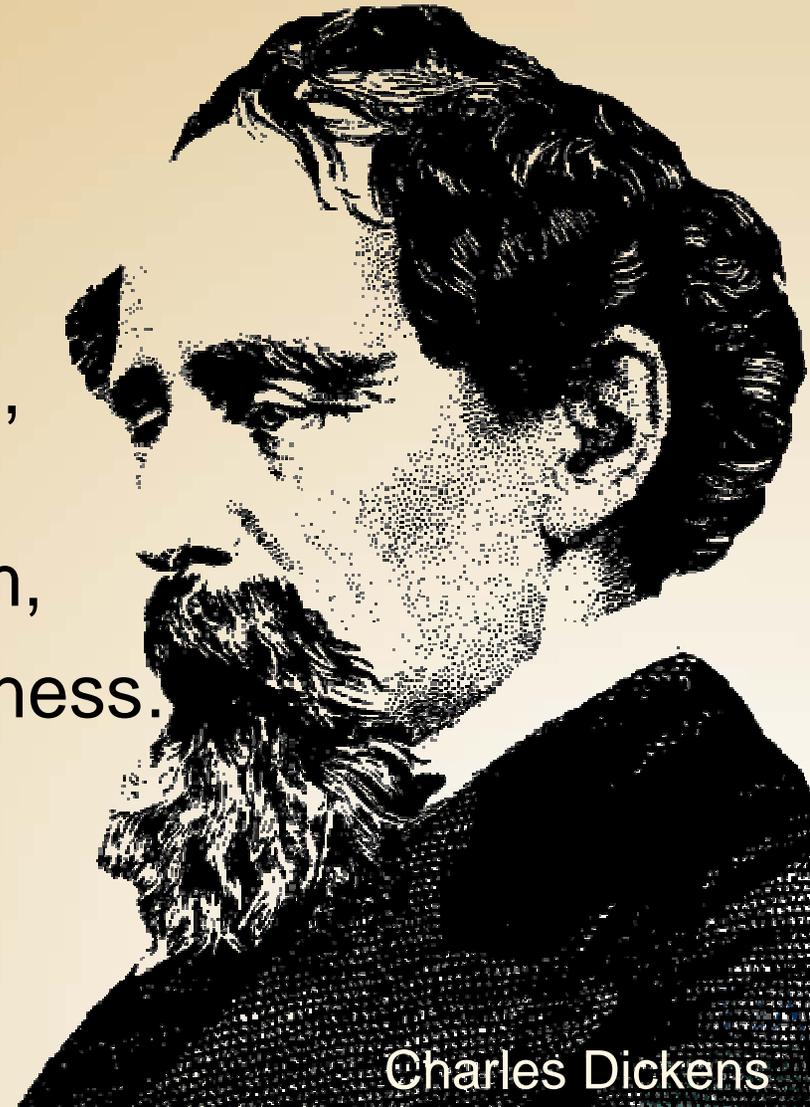
USDA: Meeting the Challenge of Obesity

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The American paradox

It was the best of times,
it was the worst of times,
it was the age of wisdom,
it was the age of foolishness.



Charles Dickens



USDA's approach

- Food based
- Prevention oriented



Changing factors

- Types and prices of food
- Serving sizes
- Technological advances
- Time pressures
- Attitudes and knowledge about diet and health
- Demographics of the population
- Convenience and fast foods
- Family and social structures



Tradeoffs

- Taste
- Time
- Long term benefits vs short term costs



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USDA's research program

- ERS
 - \$4.6M in fiscal 2005 for data collection
 - \$1.5M for studies on societal costs, dietary quality and nutrition knowledge, and dining out habits
- CSREES
 - \$17.8M in fiscal 2005 for investigator-initiated grants at Land Grant Universities

Community programs



A community-based research, intervention and outreach project to improve health in Idaho, Montana and Wyoming

University of Idaho



Lewistown

Miles City

- ★ Land Grant Universities
- Demonstrator Communities
- Comparator Communities

American Falls

Preston

Powell

Torrington

UNIVERSITY OF WYOMING





USDA's research program

- ARS
 - Human Nutrition Program
 - National-level coordination
 - Obesity is 1 of 7 research program components
 - Nutrient requirements, nutrition monitoring
 - \$19M in fiscal 2005 for obesity
 - Shift of existing resources plus new funds have doubled funding for obesity since 2002
 - 6 Human Nutrition Research Centers
 - Several new scientists hired this year for obesity research

Nutrition research centers

**Grand Forks Human
Nutrition Research Center**



**Jean Mayer Human Nutrition
Research Center on Aging
at Tufts University**



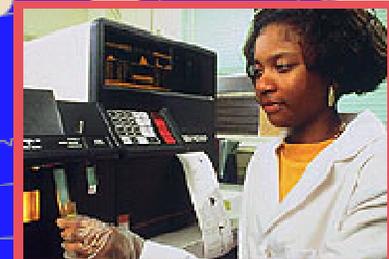
**Arkansas Children's
Nutrition Center**



**Western Human Nutrition
Research Center, UC Davis**



**Beltsville Human Nutrition
Research Center**



**Children's Nutrition
Research Center at Baylor
College of Medicine**





Example of research impact

- Study at the Children's Nutrition Research Center in Houston found middle school students with access to school snack food options chose less-healthy diets
- Texas Dept of Ag issued Public School Nutrition Policy using this research as major justification

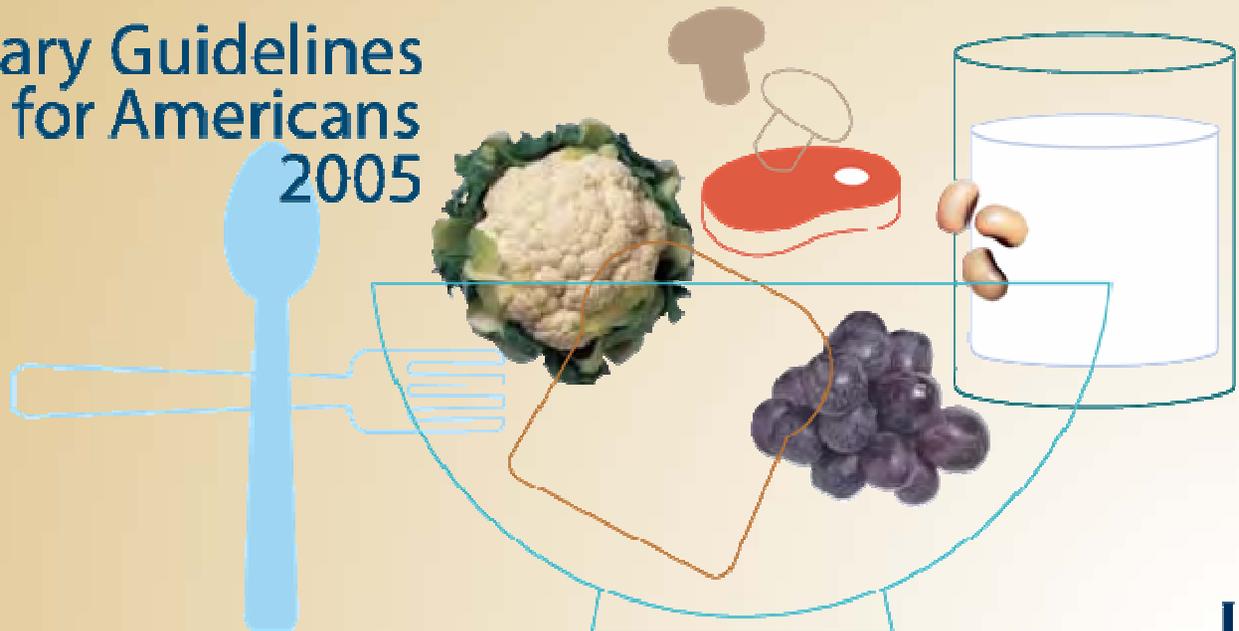
Prevention education

- FNCS –\$628M in fiscal 2005
 - Food and Nutrition Service
 - Food assistance programs
 - Large nutrition education programs
 - Supports State Nutrition Action Plans
 - Center for Nutrition Policy & Promotion
 - Lead USDA agency on Dietary Guidelines for Americans
 - MyPyramid & Healthy Eating Index
- National Agricultural Library
 - Nutrition.gov
 - Food and Nutrition Information Center

Partnerships

- USDA and HHS partner to produce Dietary Guidelines for Americans for 25 years

Dietary Guidelines
for Americans
2005





Partnerships

Routine information exchange among program leaders:

- USDA Human Nutrition Coordinating Committee
 - All USDA agencies represented
 - Several HHS agencies represented
- NIH Nutrition Coordinating Committee
 - All Institutes represented
 - Other HHS, DoD and USDA agencies represented



Partnerships

- Nutrition Monitoring
 - ARS conducts the dietary component of NHANES for HHS
- National Food and Nutritional Analysis Program
 - ARS partners with several HHS agencies
- Alignment of Departmental Strategic Plans
 - USDA supports HHS Healthy People 2010 goal of reducing obesity

Where do we go from here?

- What is not needed?
 - Dozens of additional small studies that do not adequately address the problem
- What is needed?
 - A large Federal effort analogous to that used to identify effective ways of reducing heart disease
- How can this be achieved?
 - USDA obesity prevention initiative



USDA obesity initiative

- Study of the efficacy of Dietary Guidelines for Americans to prevent weight gain with intensive intervention
- Large, cross-sectional study to identify barriers and motivators to compliance with Dietary Guidelines
- Longitudinal cohort study analogous to the Framingham Heart Study to identify risk factors for obesity
- Long-term, family-based intervention



A Healthy, Well-Nourished America

