

## State of The American Diet

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Bethesda, MD

Topics to address:

- ▶ Overview of national dietary data available from What We Eat in America, NHANES
- ▶ Selection of results to provide insight on . . . the state of the American diet

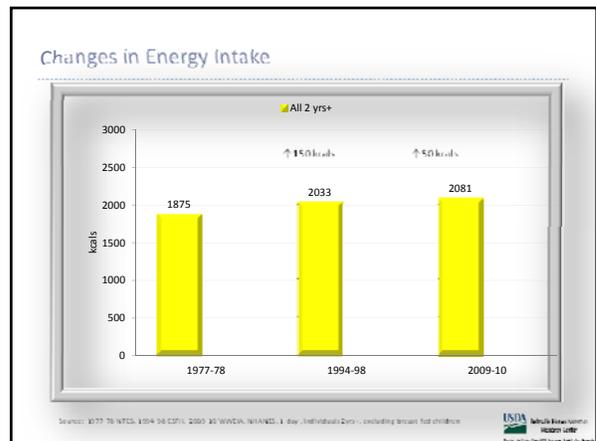
### National Health and Nutrition Examination Survey

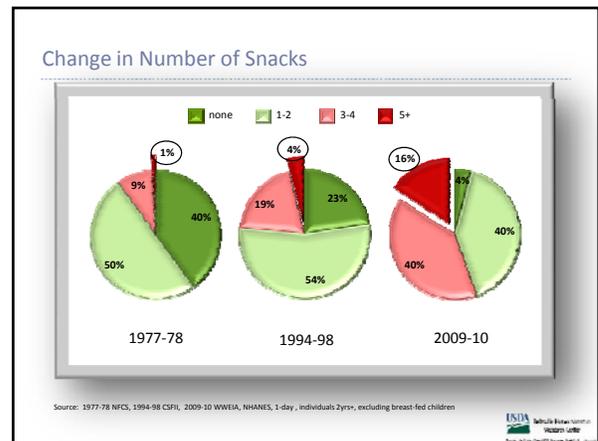
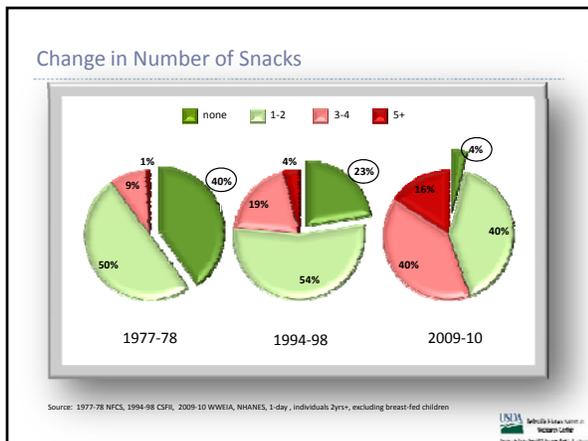
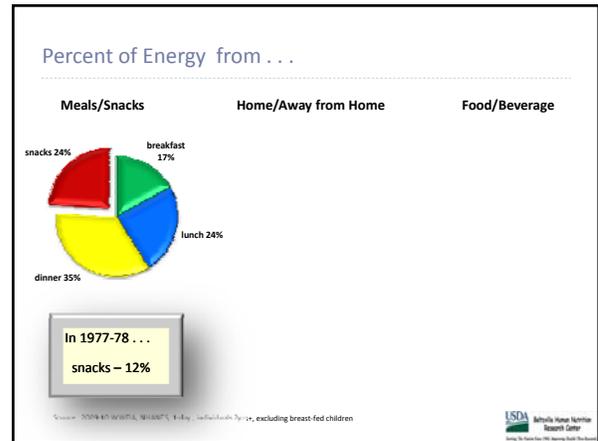
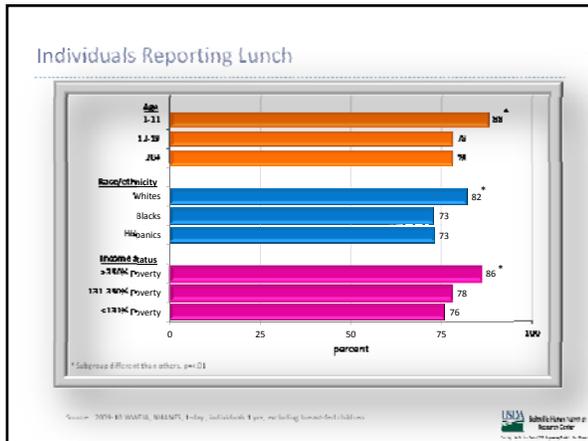
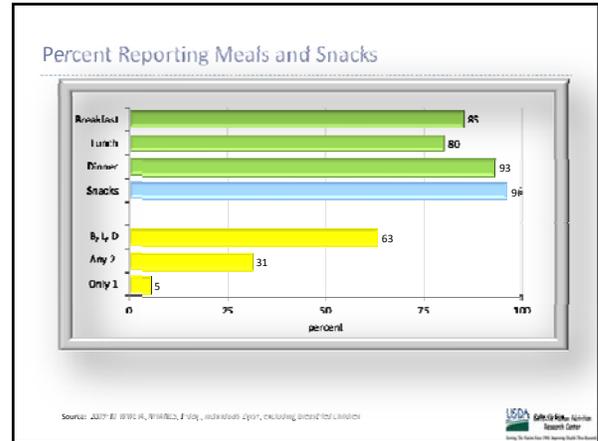
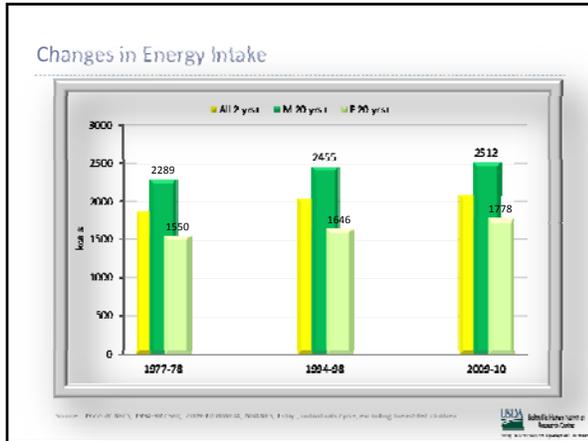
- ▶ Objective: to assess health and nutritional status of adults and children in the US
- ▶ Conducted by DHHS, USDA responsible for dietary data collection of NHANES
- ▶ Cross-sectional survey
  - ▶ Representative of civilian, household population
  - ▶ 15 geographic locations per year
  - ▶ Annual sample size of 5,000 individuals, all ages
  - ▶ Continuous since 1999, data release every two years

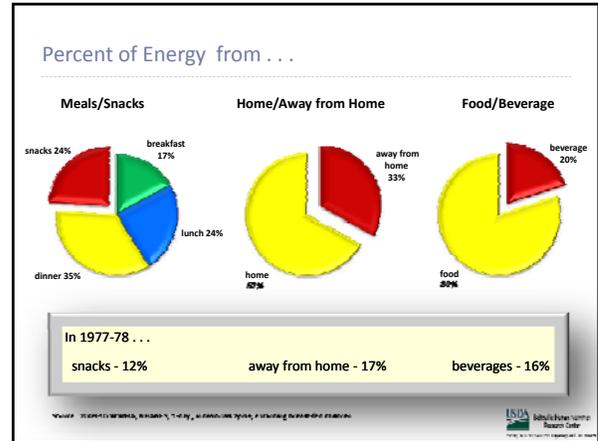
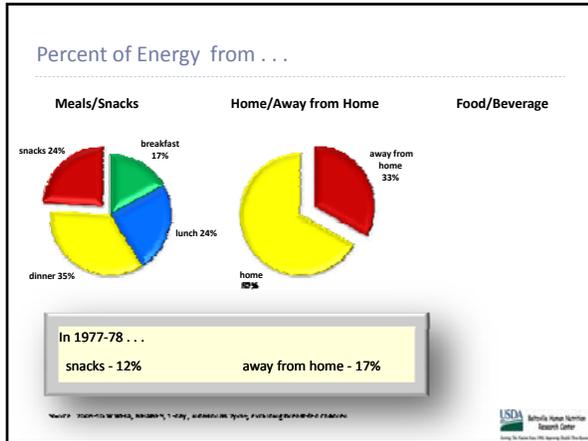
### NHANES Content

### What We Eat in America, NHANES

- ▶ Two 24-hour dietary recalls
- ▶ Interviewer administration
  - Day 1: in-person at Mobile Exam Center
  - Day 2: telephone (3 – 10 days later)
  - Bilingual dietary interviewers – English/Spanish
- ▶ Conducted on all days of week
- ▶ USDA Automated Multiple-Pass Method
  - computerized instrument
  - 5-step multiple-pass approach
  - ~ 30,000 questions/responses on foods/beverages, prompted from response of previous question
  - Validated for energy and sodium intakes:
    - Moshfegh et al, *AJCN* 2008;88:324-32
    - Rhodes et al, *AJCN* 2013;97:958-64



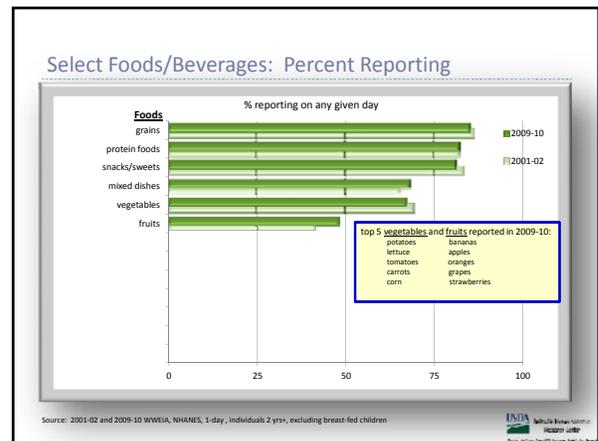
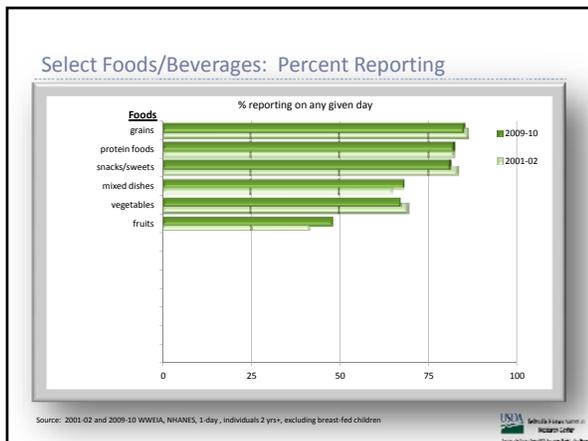
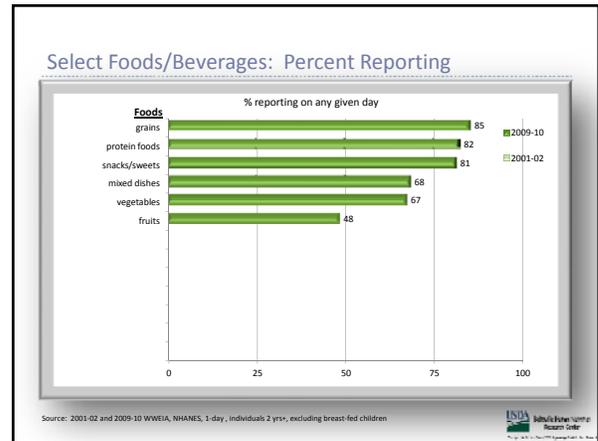


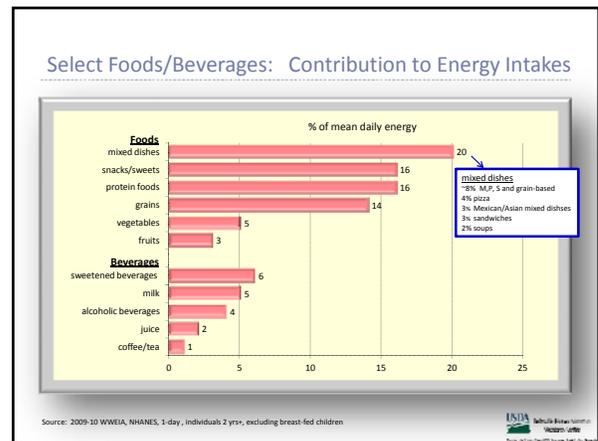
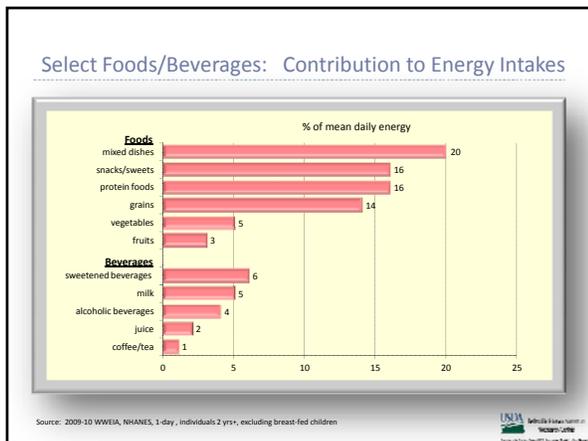
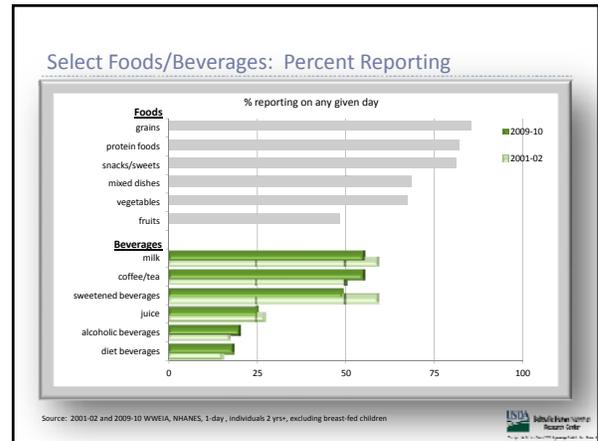
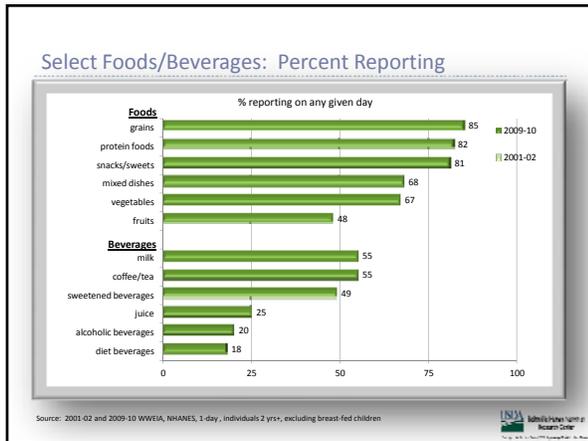
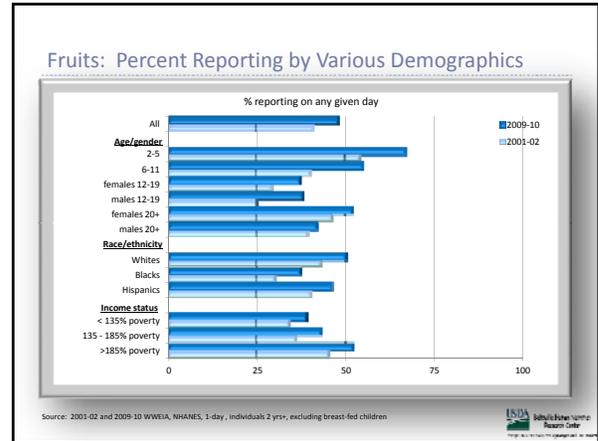
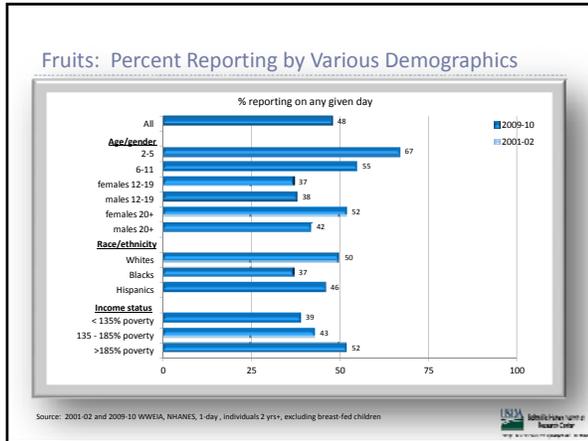


### WWEIA Food Categories

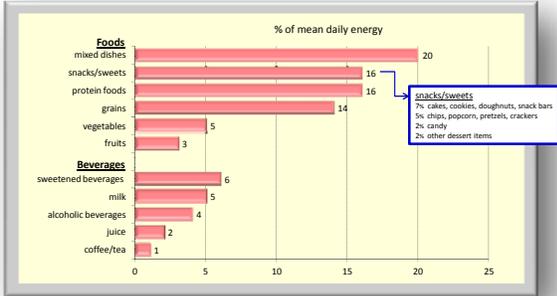
- Groups foods and beverages reported in WWEIA into 150 unique categories
- Provides an application to analyze foods and beverages as consumed in the American diet
- Includes discrete food items - no disaggregation i.e. pizza vs. grain, dairy, tomatoes, etc
- List of WWEIA Categories

USDA National Human Nutrition Research Center





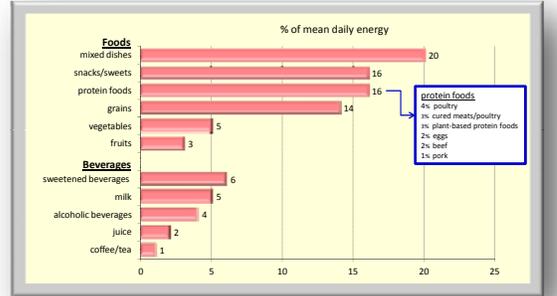
Select Foods/Beverages: Contribution to Energy Intakes



Source: 2009-10 WWEIA, NHANES, 1-day, individuals 2 yrs+, excluding breast-fed children



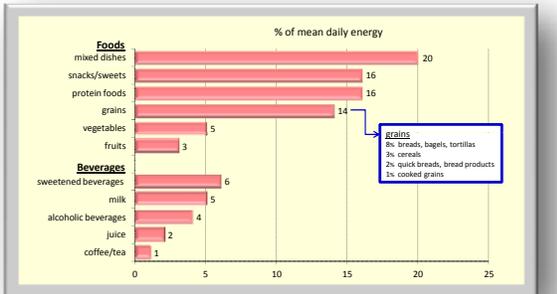
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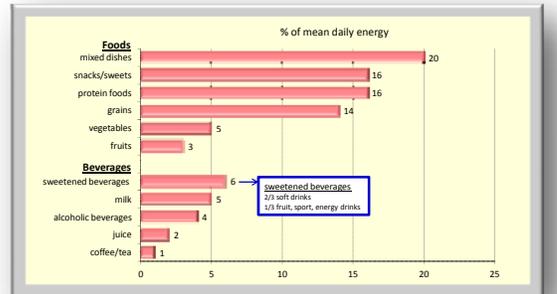
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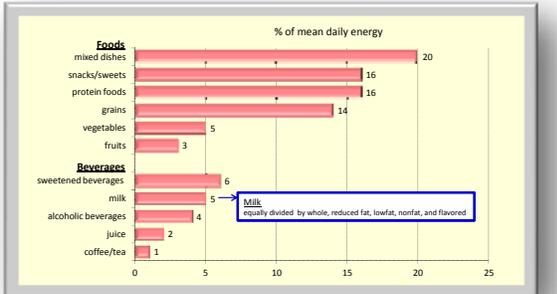
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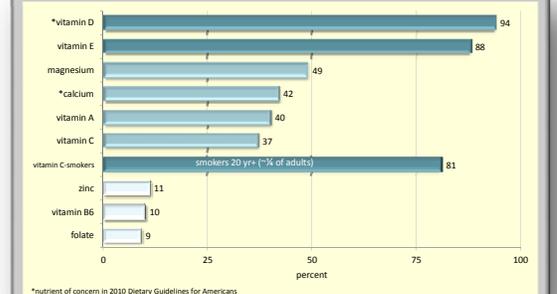
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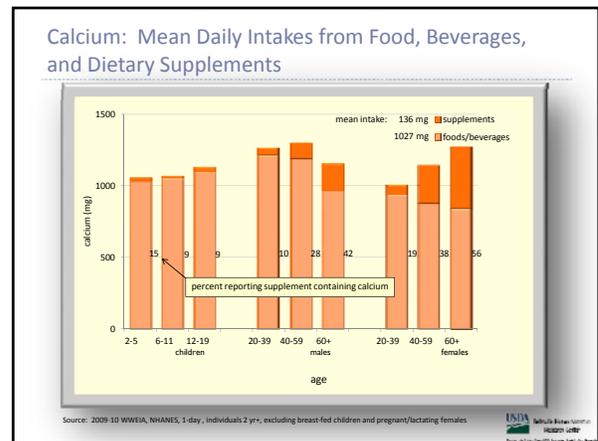
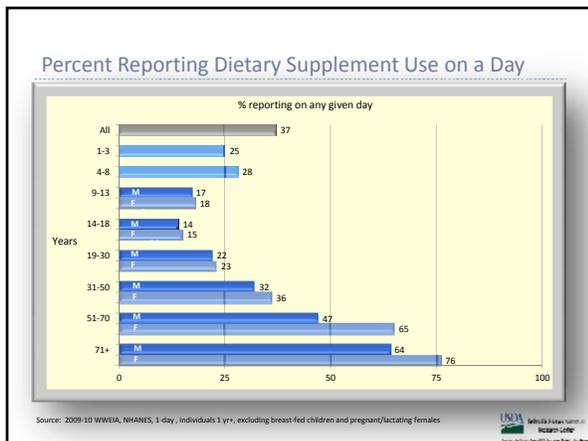
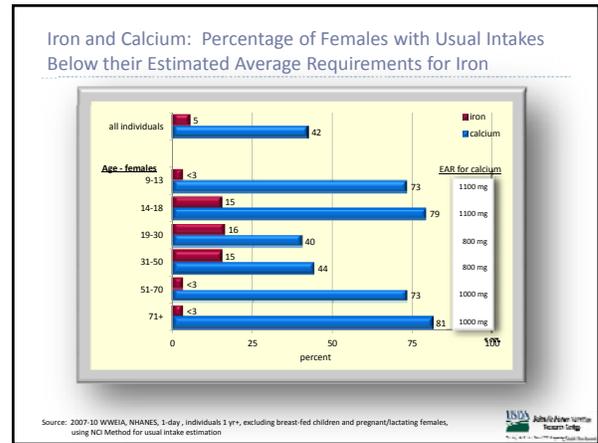
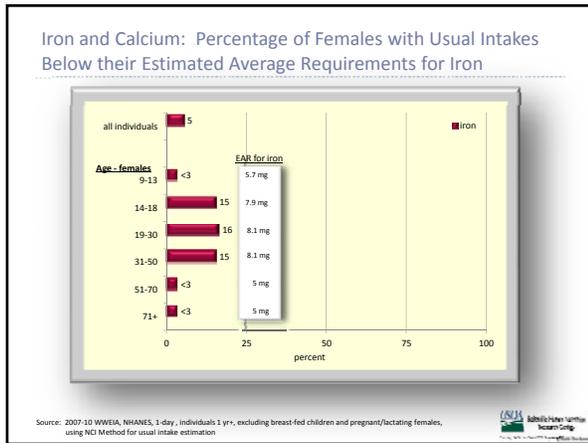
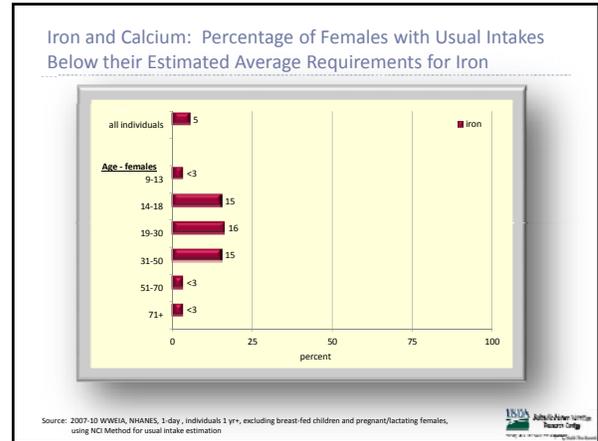
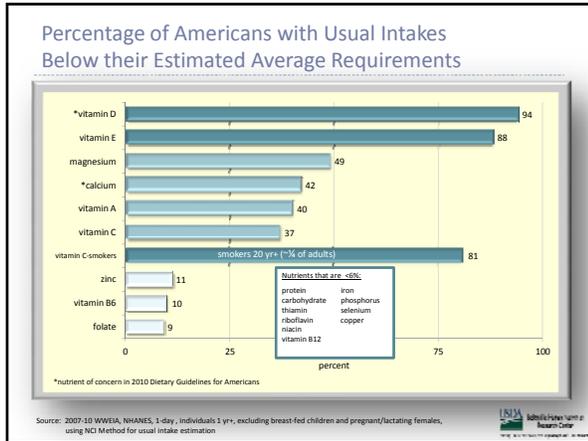


Percentage of Americans with Usual Intakes Below their Estimated Average Requirements



Source: 2007-10 WWEIA, NHANES, 1-day, individuals 1 yr+, excluding breast-fed children and pregnant/lactating females, using NCI Method for usual intake estimation





*Thank you*

**Acknowledgements**

Shanthy Bowman      John Clemens  
Donna Rhodes        Joseph Goldman

source for WWCIA, NIFANES data...

[www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg)

