Dietary Guidance Development Project for Children from Birth to 24 Months and Women Who are Pregnant

Joanne M. Spahn
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USDA Center for Nutrition Policy and Promotion
HHS Office of Disease Prevention and Health Promotion
This presentation has 4 aims:

- State the purpose and goals of the B-24/P project
- Describe the four project phases and
- Review the history of dietary guidelines
- Describe how emerging research will inform future guidelines

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Focus of the Dietary Guidelines is to provide food-based recommendations

Purpose

– Science-based advice
– Ages 2 years and older

Target audience

– Federal programs
– Health professional

Revised and released

– Every 5 years
– Jointly by HHS and USDA
The Dietary Guidelines for Americans have evolved
Methods for reviewing the evidence and the audience had changed

**Method for Reviewing the Evidence**

- **1980-1995**: DGAC’s collective knowledge of nutrition
- **2000**: Search and review of the scientific literature
- **2005**: Inauguration of USDA’s NEL; robust systematic approach to evaluate the science
- **2010**
- **2015**

**Audience**

- **Consumers**
- **Consumers, policy officials, nutritionists, and nutrition educators**
- **Policy officials, nutritionists and nutrition educators**
Multiple sources of evidence are used

USDA Nutrition Evidence Library
For example, what are the benefits in relationship to the risks of seafood consumption?

Systematic Reviews/Reports
• Physical Activity Guidelines
• DRI and other IOM Reports
• Others

Food Pattern Modeling
For example, can nutrient needs be met if seafood intake was increased to 8 oz per week?

Data Analyses
For example, what nutrients are under- or over-consumed by the general population?
Dietary Guidelines development & implementation is a 4 phase process

1. DGAC Charter
   - DGAC Charter
2. DGAC Public Meetings: Review of Science
   - DGAC Public Meetings: Review of Science
3. DGAC Report Submitted to Secretaries of USDA & HHS
   - DGAC Report Submitted to Secretaries of USDA & HHS
4. USDA & HHS Develop Policy Document
   - USDA & HHS Develop Policy Document
5. DGA Implemented through Federal Programs
   - DGA Implemented through Federal Programs
You can participate in the process!

The Scientific Report of the 2015 DGAC is now available for comment

Individuals are encouraged to submit written comments

Open until May 8, 2015

www.dietaryguidelines.gov
DIETARY GUIDANCE DEVELOPMENT PROJECT FOR CHILDREN FROM BIRTH TO 24 MONTHS AND WOMEN WHO ARE PREGNANT
The purpose of the B-24/PW project is to inform the development of food-based guidelines for birth to 24 months and pregnant women.

Goals:

1. Review scientific evidence about nutrition and health for:
   a) Birth to 24 month olds (B-24)
   b) Women who are pregnant (PW)

2. Initiate the review of evidence to support the inclusion of these populations into the 2020 Dietary Guidelines for Americans.
The multiphase timeline spans 2012-2020

- Collaborative effort involving leading scientists and program leaders
- Broad evidence foundation
- Transparent process
The multiphase timeline spans 2012-2020

- B-24 Project initiated in 2012 by the Office of Disease Prevention and Health Promotion (ODPHP)/HHS and the Center for Nutrition Policy and Promotion (CNPP)/USDA
• CNPP and ODPHP partnered with The Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)

• 50+ experts and Federal policy and program leaders assessed:
  1. Feasibility
  2. Identify systematic review topics
  3. Research and data gaps

• Limited coverage of pregnant women

Systematic Review Topic Criteria

Scope:
Will the topics inform public health action?

- Promote population health or well-being?
- Reduce the significant burden of avoidable disease in the U.S. birth to 24-month population as a whole or in specific subgroups?

Importance:

- Will this topic contribute to the development of dietary guidance for infants and toddlers?
- Does the topic represent an area of high public health concern, uncertainty, and/or a knowledge gap critical to public health policy?
The multiphase timeline spans 2012-2020

Initiation  Phase I

|------|------|------|------|------|------|------|------|------|

Topic Briefs

- Background and Rationale
- Populations
- Outcomes
- Methodological Considerations
- Technical Experts
- Supporting Documents
- Research and/or Data Needs

www.NEL.gov
The multiphase timeline spans 2012-2020

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- Agricultural Act of 2014 officially called for B-24/PW addition to the *2020 Dietary Guidelines for Americans*

- Federal Expert Group (FEG) and Technical Expert Collaboratives (TEC):
  1. Collaborate to conduct an evidence review
  2. Prepare:
     a) Maternal nutrition systematic review priorities
     b) Data needs

- Public comments will be requested
The Federal Expert Group is broadly representative

- Center for Nutrition Policy and Promotion
- Food and Nutrition Service-WIC
- Food and Nutrition Service-Child Nutrition
- Food and Nutrition Service-Food Distribution
- Food and Nutrition Service-SNAP
- National Institute of Food and Agriculture
- Agriculture Research Service
- Food Safety and Inspection Service
The Federal Expert Group is broadly representative

- Office of Disease Prevention and Health Promotion
- National Institute of Diabetes and Digestive and Kidney Diseases
- National Institute of Child Health and Human Development
- National Heart, Lung, and Blood Institute
- Office of Woman’s Health
- Centers for Disease Control and Prevention
- National Center for Health Statistics
- Food and Drug Administration
- Office of Head Start
- Health Resources and Services Administration-Maternal and Child Health
- United States Agency for International Development
The B-24/P Project will address research questions in four broad topic areas:

- Human Milk & Infant Formula Feeding
- Feeding Practices & Methods
- Taste Development
- Complementary Feeding: Foods & Beverages
NEL reviews will examine the impact of **infant feeding practices** and **duration of exclusive breastfeeding** on a variety of outcomes:

- Cognitive, behavioral, or neuromotor development
- Physical growth and development
- Nutritional status
- Body composition/overweight/obesity
- Allergies/Asthma
- Nutritional status
- Physical growth and development
- Body composition/overweight/obesity
- Allergies/Asthma
NEL review will examine the impact of exposure to nutrient dense, salted and sweetened foods and feeding style and setting on a variety of outcomes:

- Taste & preference development
- Physical growth and development
- Dietary intake
- Body composition/overweight/obesity
- Oral health

Outcomes include:
- Taste & preference development
- Physical growth and development
- Dietary intake
- Body composition/overweight/obesity
- Oral health
NEL review will examine the impact of when complementary feeding starts and what and how much is fed on a variety of outcomes.

- Allergies, asthma, infection, or inflammation
- Physical growth and development
- Diet quality
- Body composition/Overweight/Obesity
- Disease risk
The multiphase timeline spans 2012-2020

- Data analysis
- FEG develops a Technical Report using:
  1. NEL systematic reviews
  2. Data analysis
  3. Existing reports
  4. Public and Federal Agency comments
• 2020 Dietary Guidelines Advisory Committee:
  • FEG Technical Report provided to consider as a source of evidence
  • Reviews current scientific evidence
  • Develops recommendations within the DGAC Advisory Report

• 2020 Dietary Guidelines for Americans is written by the federal government
  • Incorporates guidance for children from birth to 24 months of age and women who are pregnant
The B-24/P Project will illuminate research gaps and limitations

• Data and research gaps identified during phase I
  – Human milk composition
  – Nutrient specification for infant formula
  – Gut microbiome
  – Dietary patterns of infants greater than 6 months
  – Role of maternal nutrition and health on lactation
  – Social and behavioral context

• Systematic reviews identify
  • Gaps in the evidence
  • Limitation in methodology
Your involvement is essential!

- The B-24/P project is a starting point
- Well designed, implemented, analyzed, and reported research studies are the foundation of strong dietary guidance
- Provide public comment when available to inform the research approach and guidance development

www.cnpp.usda.gov

- Translate new evidence to the clients you serve
Please contact us for more information

- [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)
  - Public comments on 2015 DGAC Scientific Report

- [www.cnpp.usda.gov](http://www.cnpp.usda.gov)
  - B-24/P Public comments

- [www.NEL.gov](http://www.NEL.gov)
  - Phase I information
  - B-24/P Systematic review materials

- Joanne.spahn@cnpp.usda.gov
- Jean.altman@cnpp.usda.gov
Questions?