

“OMICS” AND DIETARY BEHAVIORS

Kathleen Ellwood, Ph.D.

Director, Nutrition Programs Staff

Office of Nutrition, Labeling, and Dietary Supplements

Center for Food Safety and Applied Nutrition

Food and Drug Administration

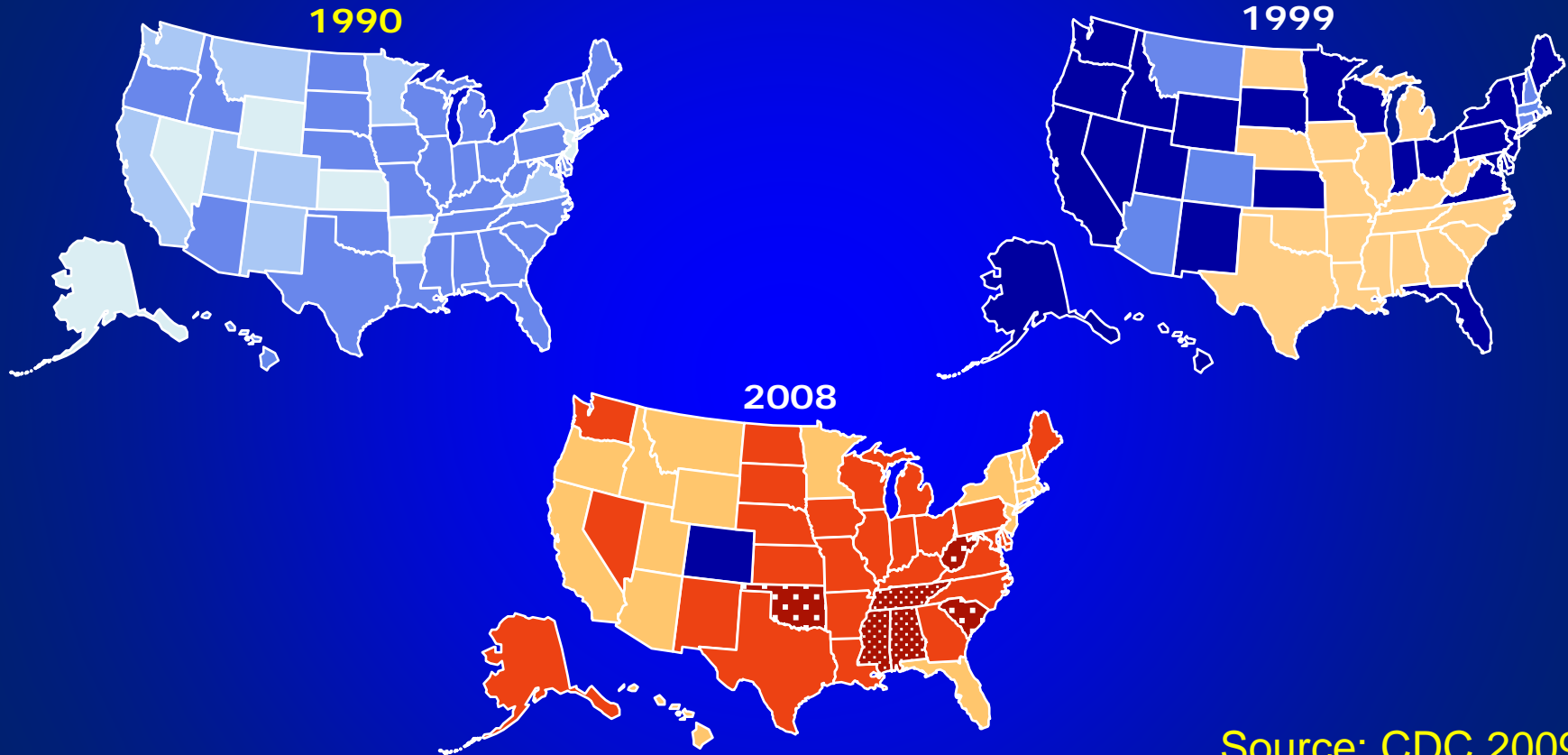




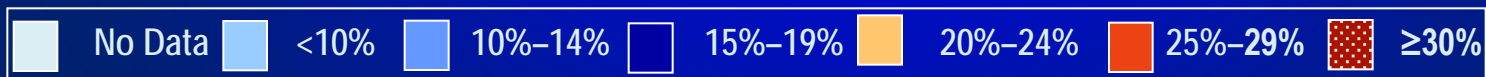
Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1999, 2008

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



Source: CDC 2009



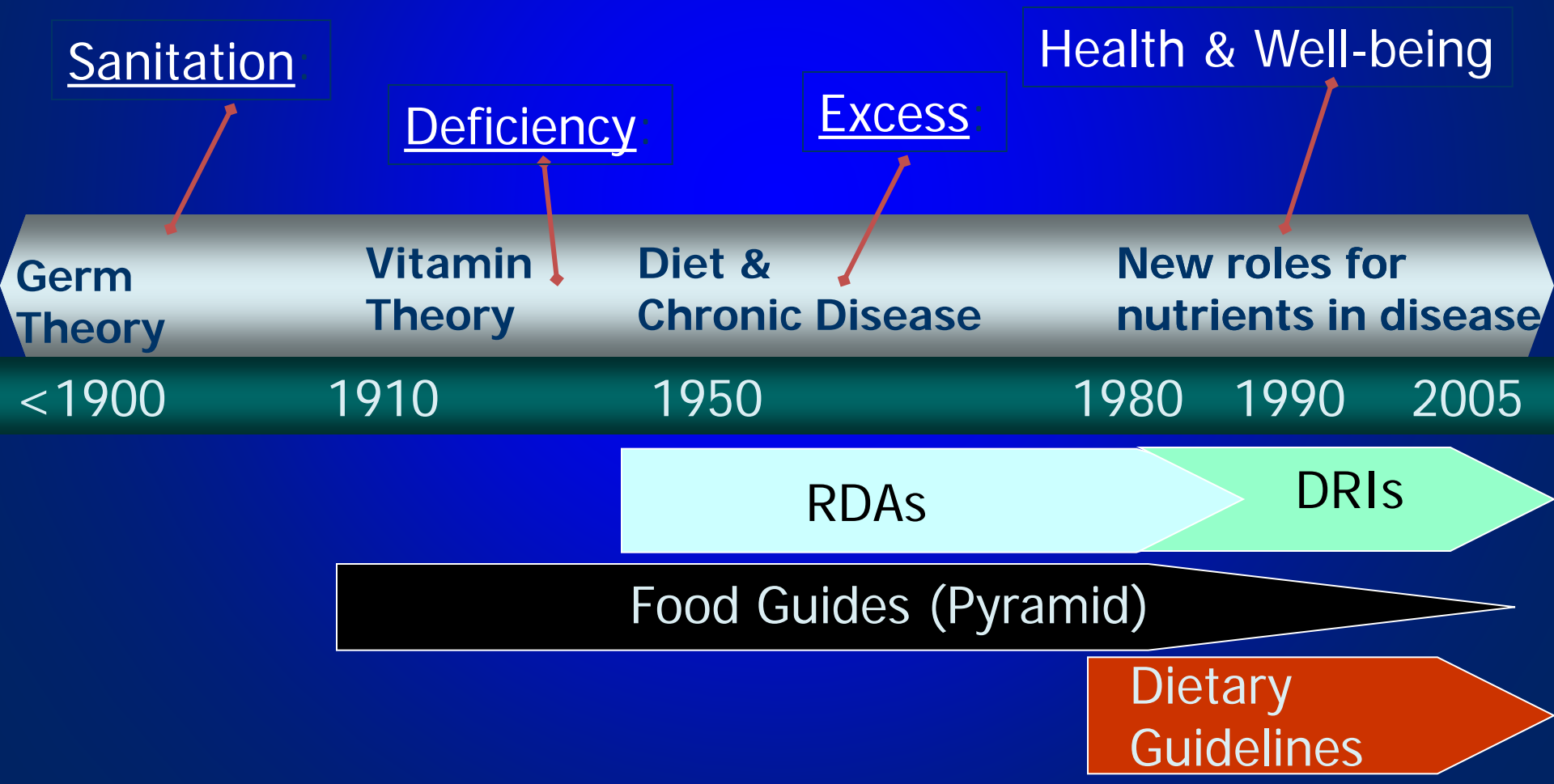
Obesity in Children and Adolescents

- Obesity Rates
 - aged 2–5 years- 12.4%
 - aged 6–11 years- 17.0%
 - aged 12–19 years -17.6%
- This group is more likely to have risk factors associated with cardiovascular disease (such as high blood pressure, high cholesterol, and Type 2 diabetes)
- Obese children and adolescents are more likely to become obese as adults

Background

- Major causes of morbidity and mortality are related to a poor diet and sedentary lifestyle
 - cardiovascular disease
 - type II diabetes
 - hypertension
 - osteoporosis
 - certain cancers
- 1/3 U.S. adults are obese BMI >30
- 16% of children are obese

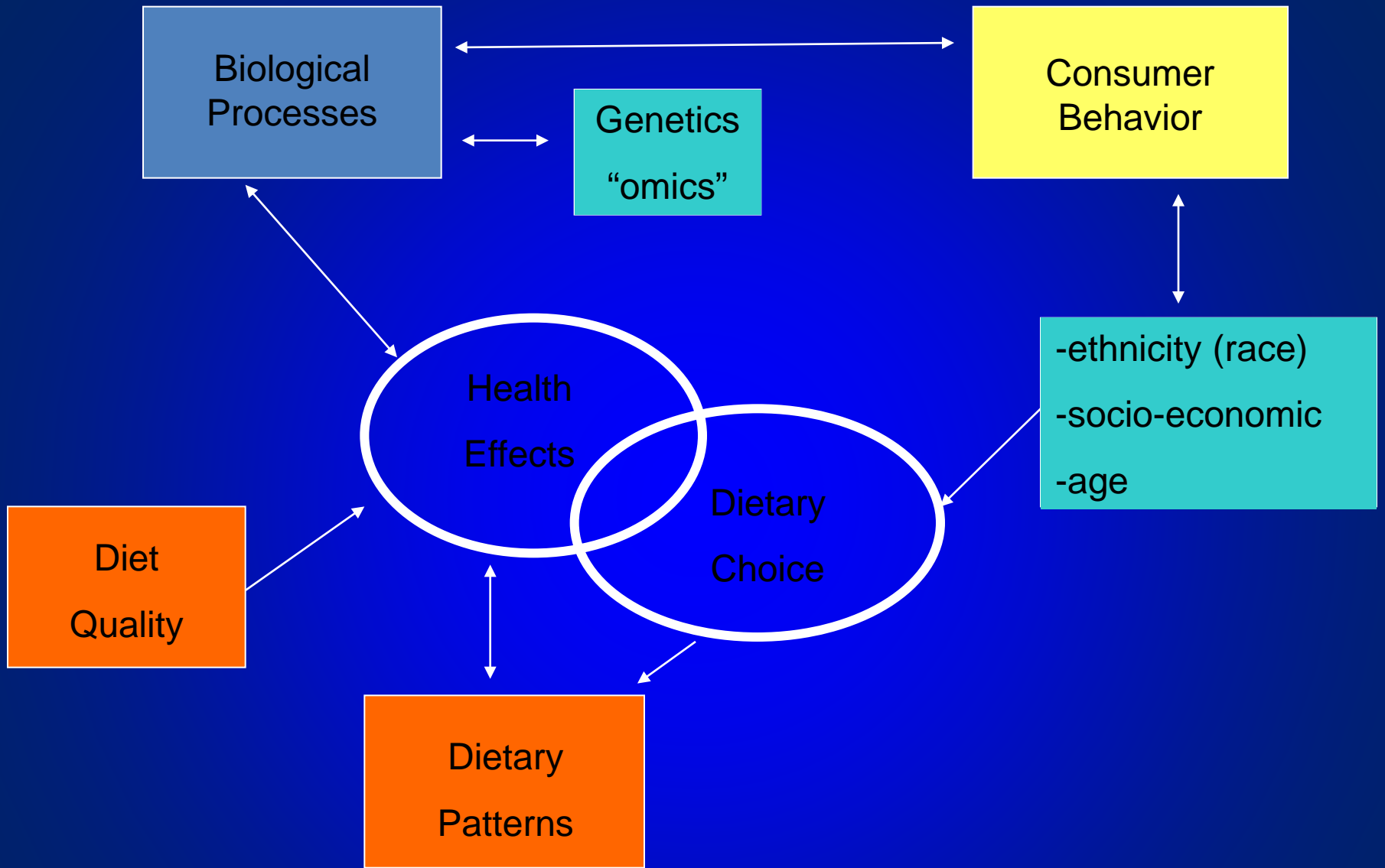
Relationship of Food, Nutrition, and Health





U.S. Nutrition Policy

- **Dietary Guidelines for Americans (HHS and USDA)**
- **Food Guidance System (USDA)**
- **The Nutrition Labeling and Education Act (NLEA) of 1990**
 - **The Nutrition Label (FDA)**



Goals of this Workshop

- Describe the current research
- Identify the research gaps
- Prioritize research needs





Planning Committee

- Sanford Miller, Ph.D., University of MD, JIFSAN
- John Milner, Ph.D., NIH, National Cancer Institute
- Janet Novotny, Ph.D., USDA, Agricultural Research Service
- Etta Saltos, Ph.D., USDA, National Institute for Food and Agriculture
- Peter Scholl, FDA, Center for Food Safety and Applied Nutrition



Thank You