


Are Dietitians' Needs for Data Being Met?

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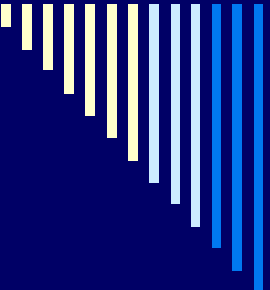
The Focus

- Do dietitians have the **food composition data** they need to carry out their **duties and responsibilities**?
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Food Composition Data

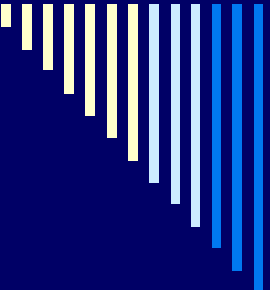
- Values expressing the quantities of constituents in a specific food
 - Energy
 - Macronutrients
 - Micronutrients
 - Other food components
 - Other Information
 - Dietary Folate Equivalents
 - Glycemic index and glycemic load
 - Food Group Classification
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How Dietitians Use this Data Varies with their Duties and Responsibilities

□ The Dietitian's Role

- Plan Individual Diets and Group Feedings
 - Develop Modified Diets
 - Monitor Dietary Intakes of Individuals or Groups
 - Plan Nutrition Education
 - Monitor Food-Drug Interactions
 - Counsel Individuals and Groups
 - Plan and Conduct Human Nutrition Research
 - Develop Recipes, Formulate New Food Products
 - Many Others....
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How Dietitians Use this Data Varies with their Duties and Responsibilities

- The population they serve
 - Age
 - Culture
 - Education
 - Health status
 - Group vs individual
 - The current evidence-based guidelines
 - Optimal health
 - Chronic and acute disease treatments
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THE Food and Nutrition Expert

- ADA's presentation of the dietitian
 - Requires extensive food knowledge
 - What different foods exist?
 - Variety? Size? Taste? Serving size?
 - How to select, store, prepare, serve
 - Needs extensive knowledge of “nutrients” and other constituents in food and formulas
 - Initial nutrient content
 - How values changes in processing and storage
 - How the body uses different forms of a nutrient
 - How humans absorb and use nutrients at different stages of the lifespan, especially as the lifespan grows longer
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THE Food and Nutrition Expert

□ The Current Environment

- New varieties of fruits and vegetables are constantly being developed
 - New processing techniques developed
 - New foods are being formulated
 - Existing foods are re-formulated
 - New packaging techniques appear
 - Portion sizes change
 - New food composition data are generated
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THE Food and Nutrition Expert

- Globalization of the food supply
 - The business world, and travel have brought more interest in ethnic foods
 - If an ethnic dish has data available in its country of origin, what differences exist when the dish is imported to another country?
 - Clinicians need more readily available data on ethnic foods and their Americanization
 - What does all this mean to the “food expert?”
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Identifying the Needs

- ❑ Evaluating if needs are being met first requires identifying what needs dietitians have for nutrient databanks
 - ❑ Comparison of what exists with what is needed
 - ❑ Needs occur because there is a gap between what exists and what is needed
 - ❑ Needs arise from current roles and future roles
 - ❑ Needs may appear because of limitations in accessibility or usability of data
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Current Needs

- Dietitians are not optimally using the existing food composition data
 - Most undergraduate programs do not include courses or training in food composition data
 - Dietitians may not know where information can be found quickly, what is and is not available
 - Computers and software may not match the complexity and speed of dietary analysis that clinicians need to truly use these in daily practice
 - Software and hardware may not be available or easily accessible
 - Software may be difficult or slow to use and not optimal for the needs of clinical dietitians
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Good Things are Happening!

- The amount of food composition data is expanding—new fluoride database, new Native American foods database, etc.
 - FAO is supporting a journal whose focus is on Food Composition and Analysis
<http://www.elsevier.com>
 - Young people enter college with more computer skills and rapidly learn to use new software applications
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Good Things are Happening!

□ Websites

- Nutrient Data Laboratory
 - <http://www.ars.usda.gov/nutrientdata>
 - Search Database for Standard Reference
 - Ground beef calculator, flavonoids, other data
 - Food Surveys Research Group
 - <http://www.ars.usda.gov>
 - What's In The Foods You Eat *Search Tool*, 2.0
 - Restaurants, Food Companies, Other Groups
 - International Food Composition
 - http://www.fao.org/infoods/directory_en.stm
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Good Things are Happening!

- International Nutrient Databank Directory
 - <http://medicine.uiowa.edu/gcrc/nndc/survey.html>
 - Email
 - Listserves of practice and other specialty groups
 - ADA 'Daily News'
 - Easily contact experts around the world
 - Software is evolving
 - Conferences
 - National Nutrient Databank Conference
 - Joint meeting with ADA
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How Do New Needs Arise?

- Research increases our understanding of the relationship between food and health
 - Animal or basic science studies identifies a new food constituent and shows some effect(s)
 - Lay press picks up story about a new “miracle” food component
 - Clients begin asking dietitians to tell them what to eat, how much to eat
 - Animal studies don’t provide human dose response nor food composition data
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How Do New Needs Arise?

- Research increases our understanding of the relationship between food and health
 - Clinical trials may follow that provide proof of effects on human
 - Clinical trials usually provide a limited number of food choices and a limited amount of analyzed data on the food constituents
 - Need for more food data is now evident but where's the funding and when can the analyses be completed?
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Future Needs and Questions

- A gap will always exist between what a nutrient databank contains and what clinicians need in that databank
 - What can we do to reduce this gap?
 - What gaps are most important to fill given limited resources of money and manpower and technology?
 - How accurate and how extensive does the data need to be?
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Future Needs and Questions

- If we reduce the gap between “have” and “need”, what else will be needed?
 - Are undergraduate programs or even graduate programs preparing dietitians to fully use existing and future data?
 - How do **WE** keep up with the expanding profusion of new foods, exotic foods, and modification of current foods?
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Future Needs and Questions

- ❑ How do we articulate and secure the funding needed to update nutrient databanks to match practice needs?
 - ❑ Should we promote more publications about nutrient databanks?
 - ❑ Should there be a new “practice” group or interest group within ADA whose focus is on food composition and nutrient analysis?
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Significance

- ❑ Dietitians must make their needs known if databases are to meet current and future needs
 - ❑ Are your needs for nutrient data being met?
 - ❑ To share your thoughts, contact Beverly McCabe-Sellers at:
bmccabe-sellers@spa.ars.usda.gov
or contact the Nutrient Data Laboratory or Food Surveys Research Group
 - ❑ Support for Dr. McCabe-Sellers provided by USDA,ARS #6152 53000 004 0D
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