

Update on . . .

What We Eat in America, NHANES



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NHANES Consortium Meeting via Web



Survey Integration Responsibilities

- DHHS – sample design and survey operations
- USDA -- dietary methodology, data collection and processing, nutrient values of food
- DHHS and USDA – jointly release dietary data



Dietary Intake Component

... since 2002

Two 24-hr dietary recalls

Day 1: in-person in MEC

Day 2: telephone

Bilingual dietary interviewers



USDA Automated Multiple-Pass Method

Step 1

Quick List

... listing of all foods and beverages



Step 2

Forgotten Foods

... Probes for forgotten food items



Step 3

Time & Occasion

... Ask for each food



Step 4

Detail Cycle

... Standardized probes and questions for each food

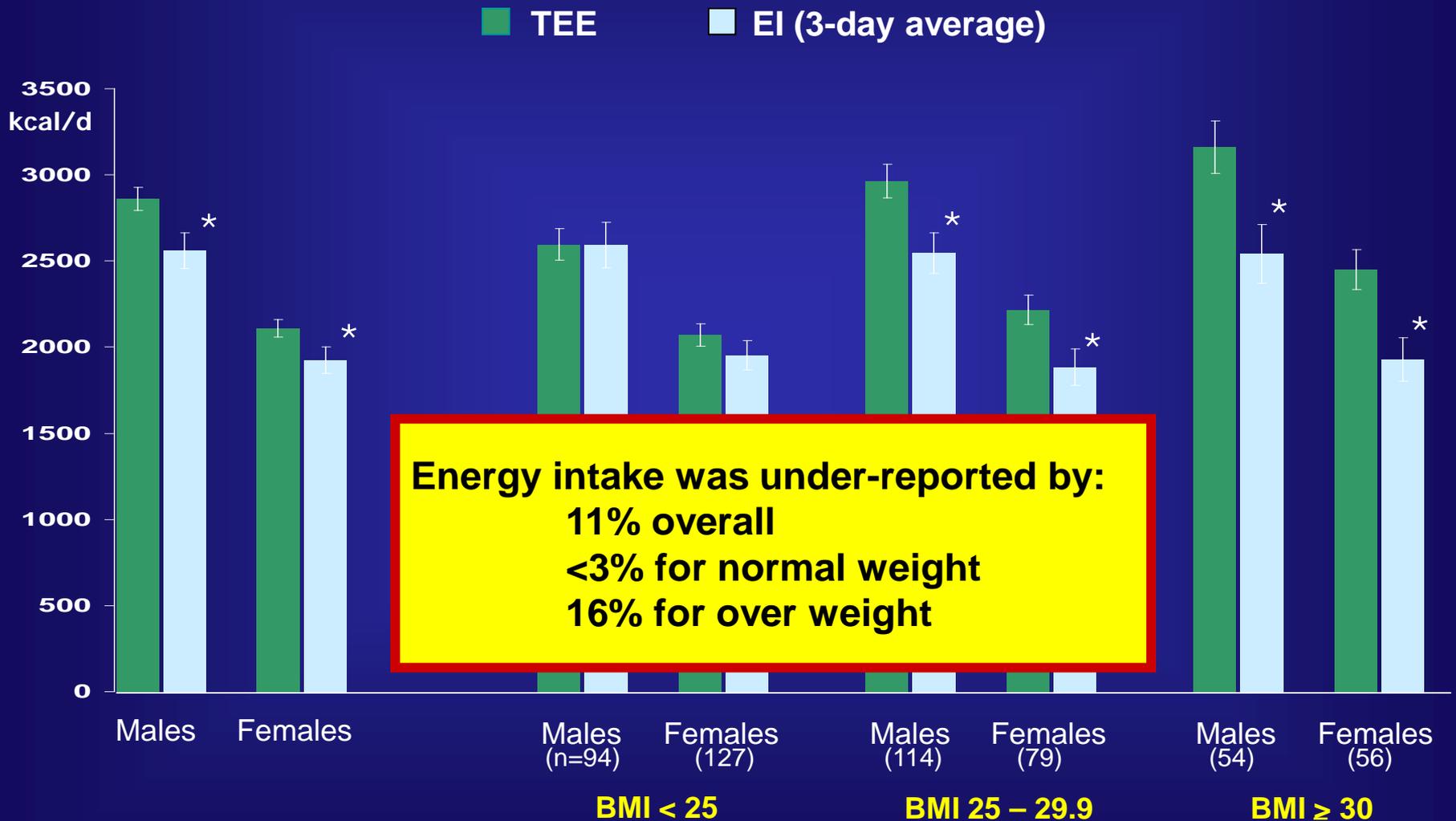


Step 5

Final Probe

... A final probe for anything else

Results of AMPM Validation Study



* Significant at <5%

Source: Moshfegh et al, *AJCN* 2008;88:324-32



What We Eat in America, NHANES Data Release Schedule

- **2007-2008 data** – planned for late summer 2010
FNDDS 4.0 (based on SR 22) – planned for early summer 2010
- **2005-2006 data** – July 2008
FNDDS 3.0 (based on SR 20) – May 2008
- **2003-2004 data** – October 2006
FNDDS 2.0 (based on SR 18) – June 2006
- **2001-2002 data** – October 2004
FNDDS 1.0 (based on SR 16.1) – June 2004



Food and Nutrient Database for Dietary Studies

- database of foods, their nutrient values, and weights for foods reported in WWEIA
- used to analyze data from WWEIA
- values for 64 nutrients/components based on USDA National Nutrient Database for Standard Reference
- New FNDDS is released with each two-year release of WWEIA

Additions to FNDDS

FNDDS 1.0 (WWEIA, NHANES 2001-2002)

Vitamin A -- as retinol activity equivalents (RAE)

Vitamin E -- as alpha-tocopherol (mg)

Folate -- as dietary folate equivalents (μg)

folic acid (μg) and food folate (μg)

5 individual carotenoids: alpha carotene, beta carotene, beta cryptoxanthin, lycopene, and lutein + zeaxanthin (μg)

Total sugars (g)

Vitamin K (μg)

FNDDS 2.0 (WWEIA, NHANES 2003-2004)

Added vitamin E (mg)

Added vitamin B-12 (μg)

FNDDS 3.0 (WWEIA, NHANES 2005-2006)

Choline, total (mg)

Vitamin D (D2 + D3) (μg) as a supplement to FNDDS 3.0

FNDDS 4.0 (WWEIA, NHANES 2007-2008)

Vitamin D (D2 + D3) (μg)



What We Eat in America, NHANES Data Products

- Reports comparing usual nutrient intakes to Dietary Reference Intakes
 - WWEIA, NHANES 2001-2002: Usual Nutrient Intakes Compared to 1997 DRIs*
 - WWEIA, NHANES 2005-2006: Usual Nutrient Intakes Compared to 1997 DRIs for Vitamin D, Ca, P, and Mg*
- Summarized data tables
 - WWEIA, NHANES 2005-2006—28 tables
 - WWEIA, NHANES 2003-2004
 - WWEIA, NHANES 2001-2002
- Peer-reviewed scientific journal articles
- MyPyramid Equivalents Database for USDA Survey Foods 1994-2002

To keep informed about dietary data products...

- Join the FSRG Listserv at:

www.ars.usda.gov/ba/bhnrc/fsrg



Thank you

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