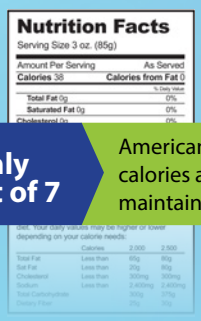
Nutrition Research Improves Health

American Society for Nutrition
Excellence in Nutrition Research and Practice
www.nutrition.org/researchagenda

$270 billion:
Economic cost of overweight and obesity (2011).

$2,741 increase:
Amount obesity increases annual medical costs per each obese individual (2012).

4 out of 10 leading causes of death are diet-related: **heart disease**, certain types of **cancer**, **stroke**, and **type 2 diabetes**.



Only 1 out of 7 Americans know how many calories are needed daily to maintain their weight.

1 out of 3
U.S. children are overweight or obese.

2 out of 3
U.S. adults are overweight or obese.

8%
Portion of the National Institutes of Health (NIH) budget devoted to nutrition and obesity research.

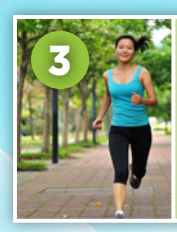
ASN's six Nutrition Research Priorities require strong investment and interdisciplinary collaboration to promote the innovative research that will lead to enormous benefits for all of society.

1 Variability in Responses to Diet & Food

Achieving personalized nutrition with dietary recommendations tailored to each person's needs.

2 Healthy Growth, Development and Reproduction

Understanding how nutrition during critical, early periods of development (including pregnancy) impacts future health.



3 Health Maintenance

Improving health with noncommunicable disease prevention and weight maintenance.

4 Medical Management

Slowing disease progression through nutrition with improved responses to therapy and survival rates.

5 Nutrition-Related Behaviors

Understanding how the human brain influences food choice and nutrition-related behaviors.

6 Food Supply & Environment

Realizing the potential of the food environment to improve diet and lifestyle choices.

Increased support for nutrition research through the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) will lead to prevention and treatment of obesity and noncommunicable diseases that affect millions of Americans each day.

Investment-Driven Outcomes: *Increased Healthcare Savings; A Healthier Nation; Healthier Communities; Healthier Children; Usable Nutrition Guidance; More Nutritious Foods*

Learn more at nutrition.org/researchagenda

Nutrition Research Priorities: Increasing Discovery, Improving Health

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Frequently Asked Questions

Q. What are the Nutrition Research Priorities?

A. The American Society for Nutrition (ASN) identified six urgent Nutrition Research Priorities whose advancement will have substantial impacts on global health and well-being. These research priorities require interdisciplinary collaboration to drive the innovations that will solve issues that touch us all, including food security and childhood obesity. ASN also identified five tools which are essential to advance these cutting-edge, translatable nutrition research areas.

Q. How were the Nutrition Research Priorities developed?

A. The Nutrition Research Priorities are the result of a three-year process undertaken by ASN. The process included initial outreach to 75 global thought leaders, a multidisciplinary eight-member expert panel, discussions at the 2011 and 2012 ASN Annual Meetings, additional engagement with ASN members, and finalization by the ASN Board of Directors.

Q. Why were they developed?

A. In this time of dwindling resources and competing priorities, the Nutrition Research Priorities provide a focus for future research that can positively impact health. The Nutrition Research Priorities cover the entire scope of nutrition science and focus on providing solutions to a wide array of health-related issues, rather than just one issue in particular.

Q. How will the Nutrition Research Priorities be disseminated?

A. ASN has disseminated the Nutrition Research Priorities to nutrition scientists and researchers, policymakers, and healthcare professionals and other stakeholders through a number of means, including an article published in all ASN journals, a Congressional briefing, scientific symposia, social media, and more. Download "Nutrition research to affect food and a healthy life span" in *The American Journal of Clinical Nutrition* (Am J Clin Nutr August 2013 98: 620-625).

Q. How will the Nutrition Research Priorities be updated?

A. ASN plans to update the Nutrition Research Priorities at least every 10 years though a similar, inclusive approach.

Q. How can individuals be involved and find out more about the Nutrition Research Priorities?

A. Learn more at **www.nutrition.org/researchagenda** or contact **sohlhorst@nutrition.org** to share your input. ASN would like to learn how the Nutrition Research Priorities influence your work. Are you conducting cutting-edge investigations in a Nutrition Research Priority area? What other nutrition research areas do you think need immediate attention?