

The Role of Nutrition in Managing Disease

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ASN reaches over 36 million people annually with the highest quality nutrition information

Our 6,500 members reside and work in more than 75 countries

Work Setting

- ✓ Academia
- ✓ Clinical Practice
- ✓ Industry
- ✓ Trades
- ✓ Government
- ✓ NGOs



Career Stage

- ✓ Students
- ✓ Postdocs
- ✓ Mid-Career
- ✓ Tenured
- ✓ Emeritus

Rise of Nutrition-related Diseases

- 39.8% of US adults in 2015-16 were **obese**
 - 18.5% of children and adolescents
- ~1 out of 10 Americans have **type 2 diabetes**
 - More than 1 out of 3 have prediabetes
- **Heart disease** is responsible for 1 in every 4 deaths

PREVENTABLE!



Rise of Nutrition-related Diseases

- **Cardiovascular diseases: \$317 billion/year**
($\$193$ B in direct healthcare, $\$124$ B in lost productivity)
- **Type 2 diabetes: \$320 B/y**
($\$112$ B in direct healthcare, $\$208$ B in lost productivity)
- **All obesity-related conditions: \$1.42 trillion/y**
($\sim 8\%$ of U.S. gross domestic product)

American Heart Association, *Heart Disease and Stroke Statistics*, 2016; The Milken Institute, *Weighing Down America*, 2016

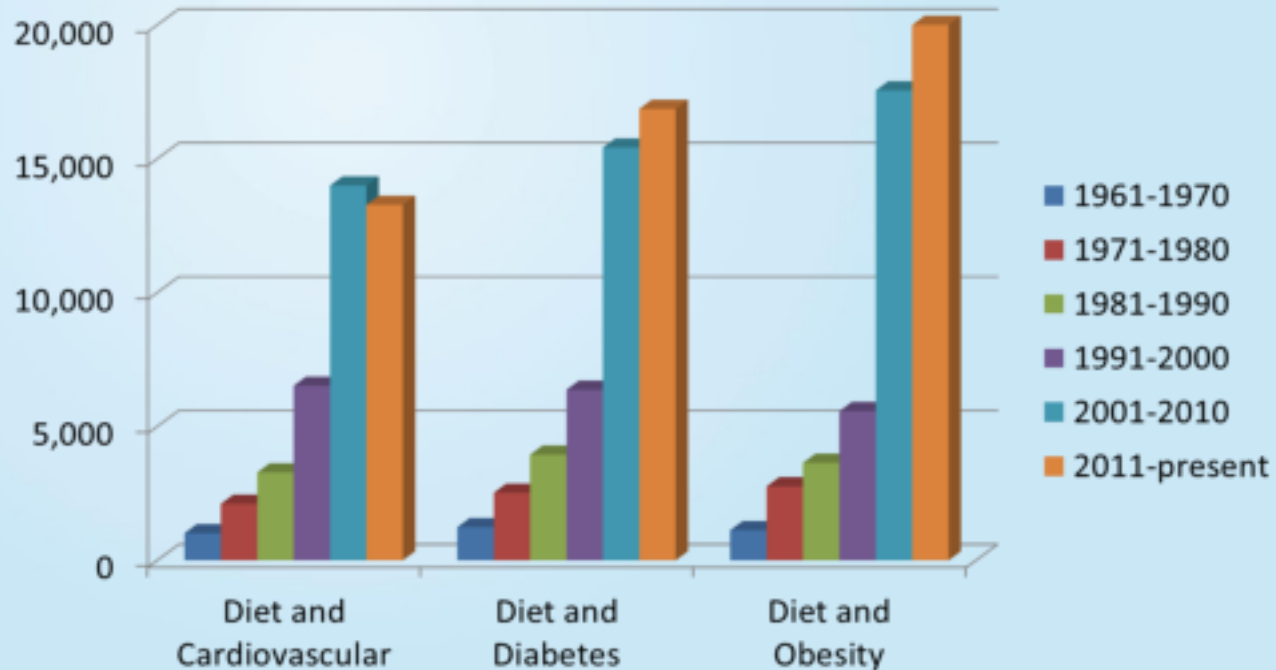


Nutrition Science is Evolving



Rise of Nutrition Science

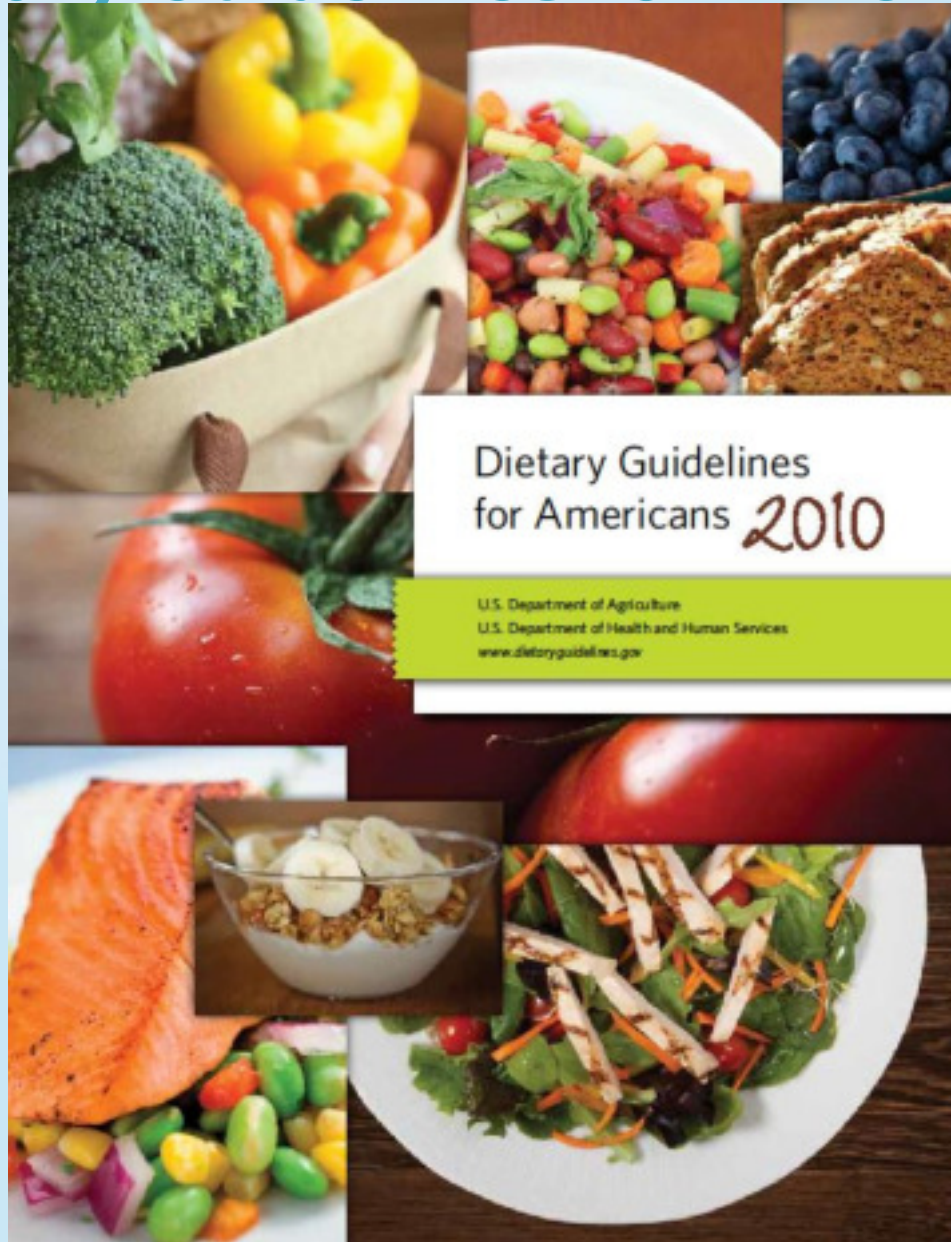
Number of Scientific Publications



Source: Pubmed/Medline (to Aug 2016)

Slide content from Dariush Mozaffarian, MD

Dietary Guidelines for Americans



Dietary Guidelines for Americans 2010

U.S. Department of Agriculture
U.S. Department of Health and Human Services
www.dietaryguidelines.gov

Dietary Reference Intakes



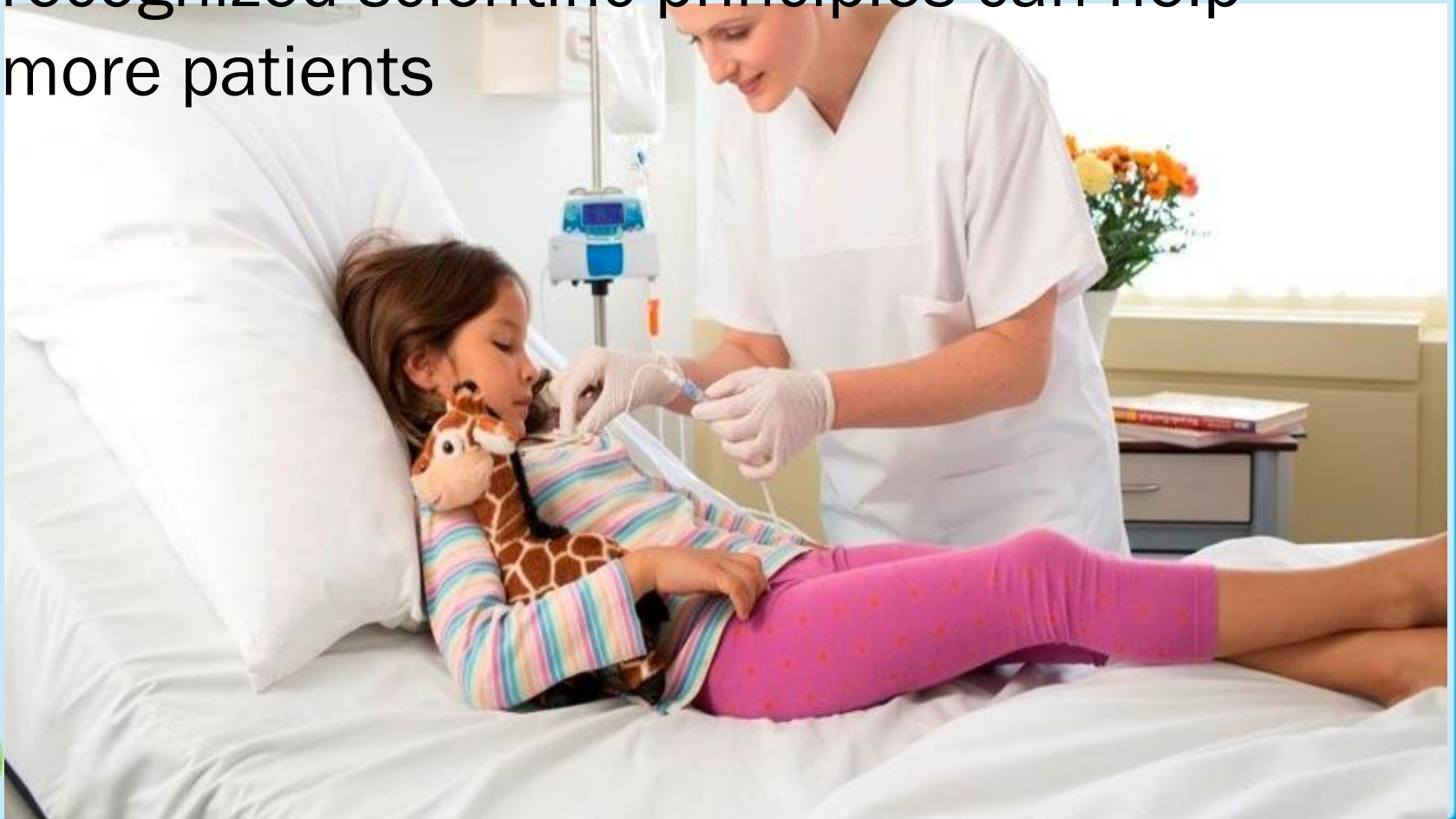
Role of nutrition in managing a disease

- Able to better understand and identify Distinctive Nutritional Requirements
- Nutritional requirements different for certain chronic disease patients than the normal population



Distinctive Nutritional Requirements

- Defining and identifying DNRs based on recognized scientific principles can help more patients





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Thank you!