The Role of Nutrition in Managing Disease

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

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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!**

www.CDC.gov, 2017-2019
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
  (~8% of U.S. gross domestic product)

Nutrition Science is Evolving
Rise of Nutrition Science

Source: Pubmed/Medline (to Aug 2016)

Slide content from Dariush Mozaffarian, MD
Dietary Guidelines for Americans
Dietary Reference Intakes

Guiding Principles for Developing Dietary Reference Intakes Based on Chronic Disease
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.
Thank you!