

***Policy Context and Implications of the  
USDA Food and Nutrition Service  
School Nutrition Dietary Assessment  
Study (SNDA-III)***

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# Policy Context

- **Childhood Overweight/Obesity is a global problem in developed nations, and continues to worsen**
- **USDA's School Meals Initiative for Healthy Children (SMI) final rule published in 1995**
- **School Food/Nutrition Environment is a focus of major policy debate**
  - National
  - State legislation
  - Local wellness policy now required by law
- **New DRIs provide**
  - updated values (EAR, RDA, AI, UL, AMDR)
  - ability to assess the percent inadequate
- **New DGAs 2005**



## School Nutrition : Select Events Chronology 1989-present

- 1989 NRC Diet and Health Report
- 1990 Dietary Guidelines for Americans, 3<sup>rd</sup> edition (fat & sat.fat)
- 1991-92: SNDA-1 data collected (RDAs good; fat/sat.fat average: 38%/15%)
- 1992-93: Dietary Guidelines implementation funding began (\$2m)
- 1993: SNDA-1 findings published; work begins on SMI rule
- 1994: SMI proposed rule published for comment
- 1995: DGA 1995; SMI final rule published; *Team Nutrition* begins
- 1996: NET Program appropriations end
- 1997-98: SMI Implementation Study began 3 year data collection
- 1998-99: SNDA-2 data collected
- 1999: FNS Healthy School Nutrition Environment forum
- 2000: Call to Action (USDA, 5 leading medical associations)  
DGA 2000; *Changing the Scene* toolkit published by USDA
- 2001: SNDA-2 report published
- 2002: SMI Implementation Study 3<sup>rd</sup> & final report published
- 2004: CN & WIC Reauthorization (*June 30, 2004*)
- 2005: DGA 2005; *HealthierUS* School Challenge;  
*Making it Happen*; SNDA-3 Data Collected

Update RDAs to DRIs



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# SNDA-III Part of a Long Tradition

- National Evaluation of the School Nutrition Programs (NESNP-I) in 1980 was the first national study by FNS to assess the effects of school meals
- SNDA-I (SY 1991-92) highlighted high fat content of school meals and helped motivate SMI.
- SNDA-II (SY 1998-99) provided an early look at SMI implementation
- Since SNDA-II, growing concern about child obesity and changes in standards for healthy diet (DRIs and revised Dietary Guidelines)
- SNDA-III (SY 2004-05) provides updated data to assess SMI and directions for the future



*The School Nutrition  
Dietary Assessment Study*

SUMMARY OF FINDINGS



Prepared by Mathematica Policy Research, Inc., Princeton, NJ,  
under Contract with the  
Food and Nutrition Service, U.S. Department of Agriculture

**SNDA-I  
1993**

**Data from  
School year  
1991-92**



# School Nutrition Dietary Assessment Study-II

SUMMARY OF FINDINGS

April 2001



## SNDA-II 2001

# Data from School year 1998-99



# **SNDA-III will come in Three Volumes and a separate *Consumer-friendly Summary***

## **Volume I: School Foodservice Operations, School Environment and Meals Offered and Served**

- menu planning system used,
- characteristics of school environment (school policies on lunch time, open campus)
- availability of competitive foods (vending, a la carte, other)

## **Volume II: Student Participation and Dietary Intakes**

- Reasons for participation, satisfaction with school meals, characteristics of participants-nonparticipants
- Dietary intake at lunch and breakfast and over 24 hours
- Types of foods consumed, food sources of calories/nutrients
- Frequency and sources of competitive foods
- Appendices

## **Volume III: Sampling and Data Collection**





# SMI Reviews Promote Compliance

- *The School Meals Initiative for Healthy Children (SMI)* requires states to monitor local school food authority (SFA) compliance with NSLP/SBP
  - Menu planning requirements
  - Food and nutrition standards
- All SFAs are reviewed at least once every 5 years
- Corrective action plans and follow-up are required to correct deficiencies
- FNS monitors state compliance with the SMI review requirements
- FNS provided a nationwide series of regional SMI trainings for the States in FY 2005
- In FY 2006, FNS will provide SMI field training for state review teams



# Competitive Foods

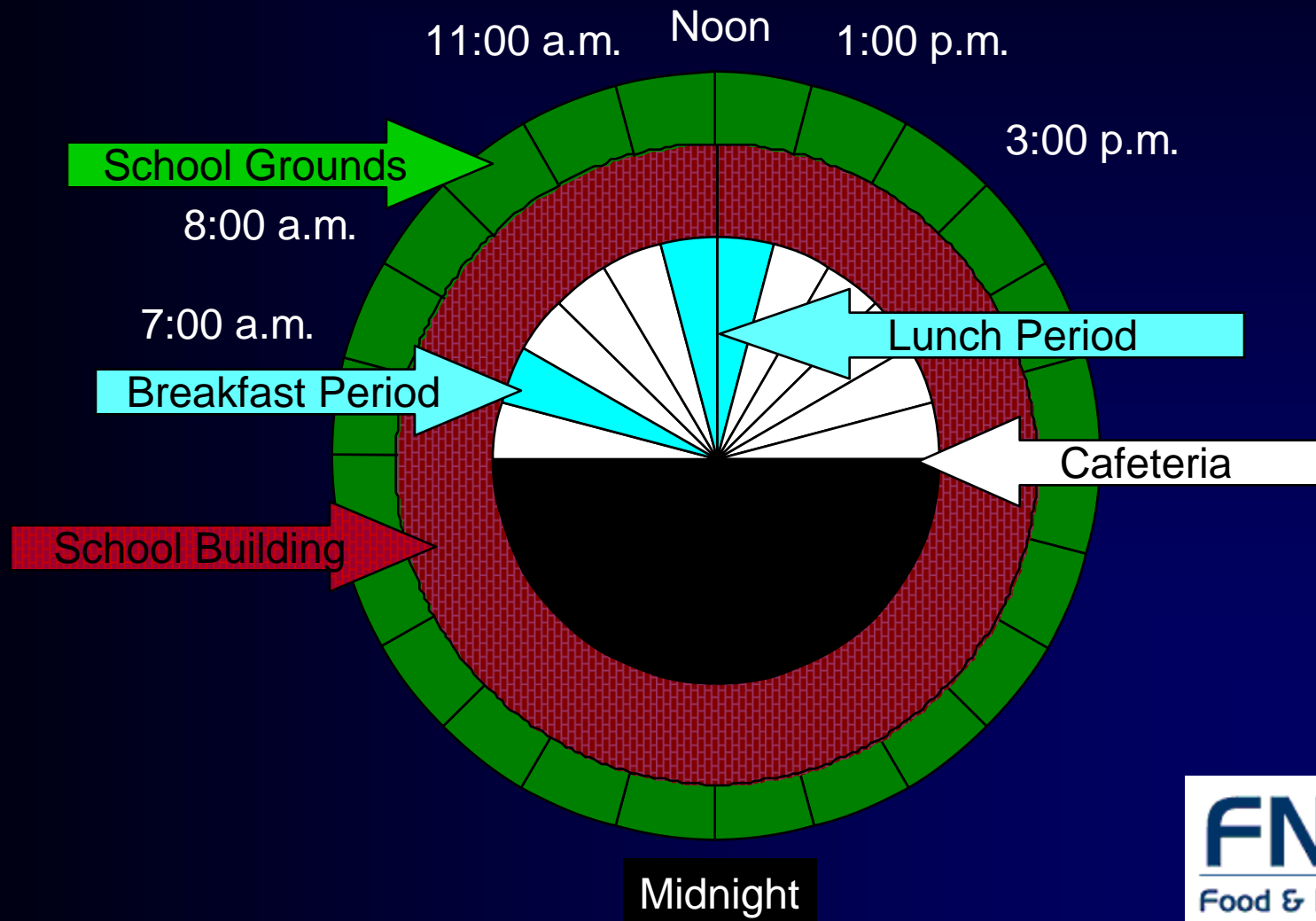
## NSLP Definition

*(as a result of a Court decision)*

- *Competitive foods* means any foods sold in competition with the Program to children in food service areas during the lunch (breakfast) periods.



# USDA Authority to Regulate School Foods is Legally Limited to *NSLP/SBP Meal Times and Eating Areas*



## Why is change needed?

- First published in 1943 to serve as goals for planning food supplies and interpreting food consumption by groups
- 1968: 101 pages
- 1974: 128 pages
- 1980: 185 pages
- 1989: 284 pages
- DRIs 1997-2002:
  - 4,223 pages

**The current NSLP/SBP  
Rules are based  
on the 1989 RDAs**

# Why is change needed?

## Dietary Reference Intakes: A New Approach to RDAs

1994: began creation of the *Dietary Reference Intakes* (DRIs), including new RDAs

- Joint US + Canada effort
- “*there has been a significant expansion of the research base, an increased understanding of nutrient requirements and food constituents...*”

# Why is change needed?

## Dietary Reference Intakes: A New Approach to RDAs

- **1997:** DRIs for Calcium, Phosphorus, Vitamin D, and Flouride (a.k.a. the bone nutrients) **432 pages**
- **1998** DRIs for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline (a.k.a. the B vitamins report) **564 pages**
- **2000:** DRIs for Vitamin C, Vitamin E, Selenium and Carotenoids (a.k.a. the antioxidant report) **506 pages**
- **2001** DRIs for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc (a.k.a. the micronutrient report) **773 pages**
- **2002** DRIs for Energy, Carbohydrates, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (a.k.a. the macronutrient report) **1331 pages**
- **2004** DRIs for Water, Potassium, Sodium, Chloride, and Sulfate (a.k.a. the electrolyte report) **617 pages**
- ➔ **TOTAL: 4,223 pages**

*not including two additional reports on  
uses of the DRIs in assessment and planning*



# Why is Change Needed?

## A Bit of History on the Dietary Guidelines for Americans (DGAs)

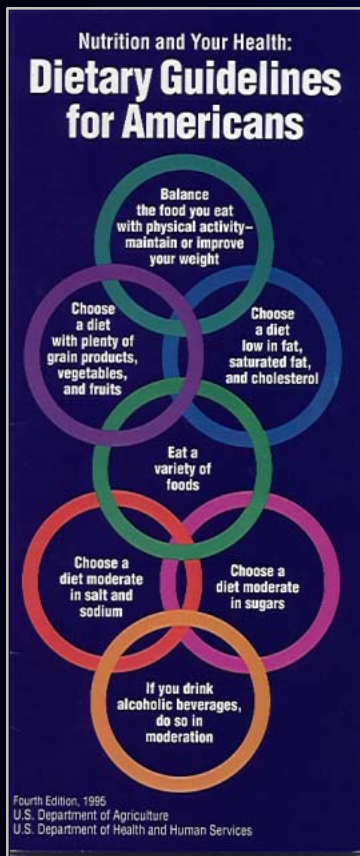
- First issued in 1980 by USDA and DHHS
- By law, updated every 5 years



- 1990: first DGA quantitative recommendations for:
  - percent of calories from total fat (not more than 30% of total calories)
  - saturated fat (less than 10% of total calories)

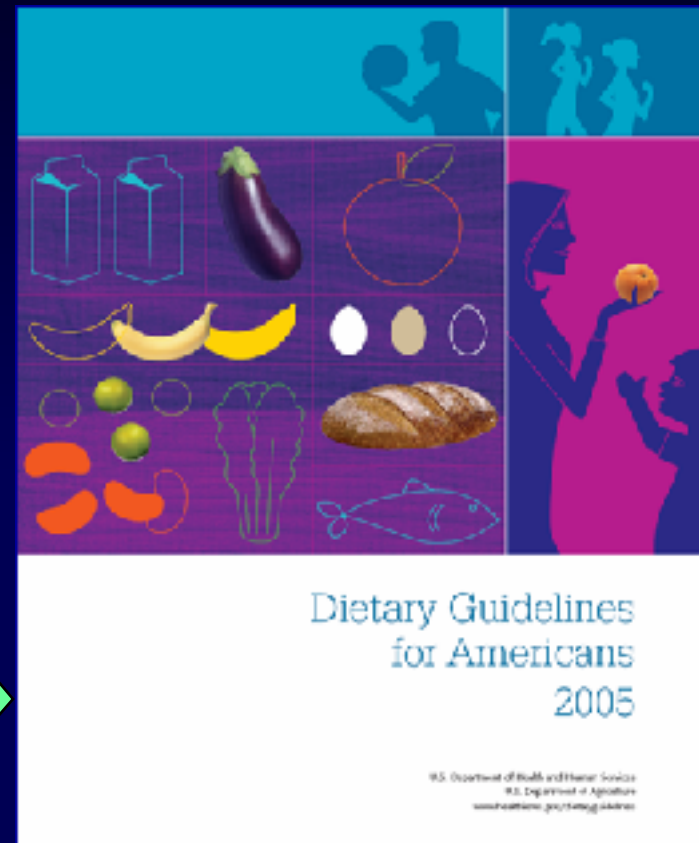
# Why is Change Needed?

## The New Dietary Guidelines for Americans (DGAs)



**The current  
NSLP/SBP  
Rules are  
Based on  
the  
1995 DGAs**

**2005 DGAs  
10 years  
newer;  
Reflect  
the DRIs**





# Why is Change Needed?

## The 2005 Dietary Guidelines for Americans (DGAs)

- New quantitative recommendations for certain foods and nutrients
  - Nutrients:
    - **total fat:**
      - ages 2 - 3 years = 30 to 35% of calories
      - ages 4-18 years = 25 to 35 % of calories
      - mostly from fish, nuts and vegetable oils
    - **saturated fat:** less than 10% of total calories
    - **cholesterol:** less than 300 mg/day
    - **sodium:** less than 2,300 mg/day
    - **fiber:** 14 grams per 1,000 calories
  - Foods:
    - **fat-free or low-fat milk:**
      - 2 cups/day for ages 2-8
      - 3 cups/day for ages 9-18
    - **whole grains:** at least ½ of bread/grain consumption





# 2005 DGAs: Nine Focus Areas

1. Adequate nutrients within calorie needs
2. Weight management
3. Physical activity
4. Food groups to encourage
5. Fats
6. Carbohydrates
7. Sodium and potassium
8. Alcoholic beverages
9. Food safety



## Basic premises of the Dietary Guidelines...

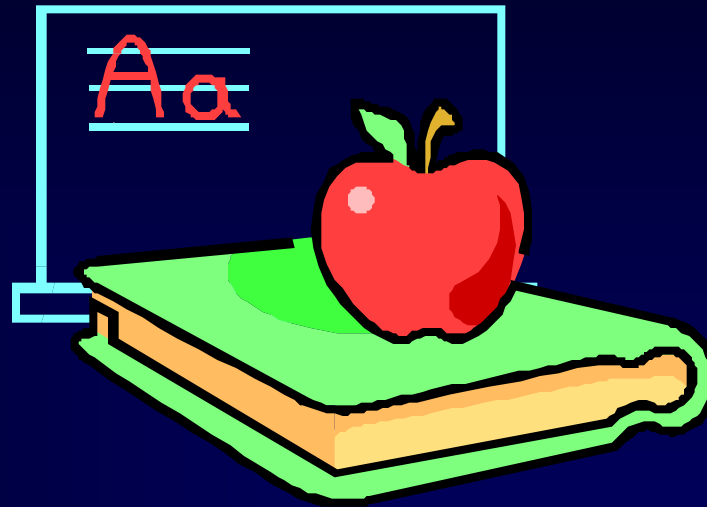
*“Good nutrition is vital to good health and is absolutely essential for the healthy growth and development of children and adolescents.”*

*“...nutrient needs should be met primarily through consuming foods.”*



# Nutrients of Concern for Children

- Calcium
- Potassium
- Fiber
- Magnesium
- Vitamin E



# Thank You States

Alabama

Arizona

California

Colorado

Connecticut

Florida

Georgia

Illinois

Iowa

Kansas

Kentucky

Louisiana

Maryland

Massachusetts

Michigan

Minnesota

Mississippi

Missouri

Nebraska

New Jersey

New Mexico

New York

North Carolina

Ohio

Oklahoma

Oregon

Pennsylvania

South Carolina

Tennessee

Texas

Utah

Vermont

Virginia

Washington

Wisconsin

Wyoming

## Thank you to:

**Ann Gordon, MPR Project Director**

**and many others from the MPR Staff**

**Patricia McKinney, FNS SNDA Project Officer**



# Next Steps for SNDA-III

- **Comments have been received from peer reviewers**
  - Generally very positive about the quality of the study
  - Suggestions for editorial changes are under consideration
- **Publication:**
  - FNS will publish a summary version of the report (as was done for SNDA-I and SNDA-II)
  - FNS expects to publish a series of short topic reports
  - The full report (approx. 1000 pages) will be available only on the FNS website.
- **The SNDA-III findings are being considered in developing a proposed rule for updating the NSLP and SBP meal patterns and nutrient standards**



**For additional information, please  
visit the FNS web site:**

**General: [www.fns.usda.gov/fns](http://www.fns.usda.gov/fns)**

**Research/Studies: [www.fns.usda.gov/OANE](http://www.fns.usda.gov/OANE)**

