



# Impacts of Nutrition Change in the U.S

**Source: USDA's Agricultural Research Service and Food  
Data Central**

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# Agenda

**01 Background**

**02 The Questions**

**03 Results and Analysis**

**04 Solutions**

# Introduction

A Leading killer in  
America



Obesity is the leading  
cause of death in the  
United States

“Poverty-Obesity”  
Paradox



Obesity is also linked to  
lower income and food  
insecurity

Food Analysis



Given the FF and SR  
data, nutrient content  
in different food groups  
have changed over time



01

**The USDA, Food,  
and Income**

# United States Department of Agriculture

Poor Nutrition is a  
leading cause of illness  
in the United States



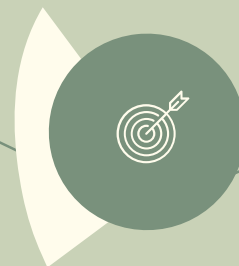
**Nutrition  
Security**

Poor nutrition is  
leading to higher rates  
of obesity in the United  
States



**The  
Problem**

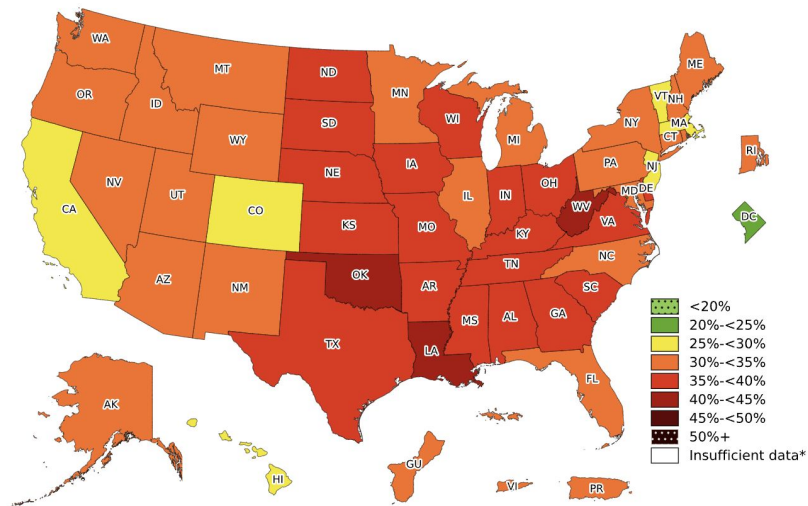
Ensure healthier, more  
prosperous future for  
*ALL* Americans



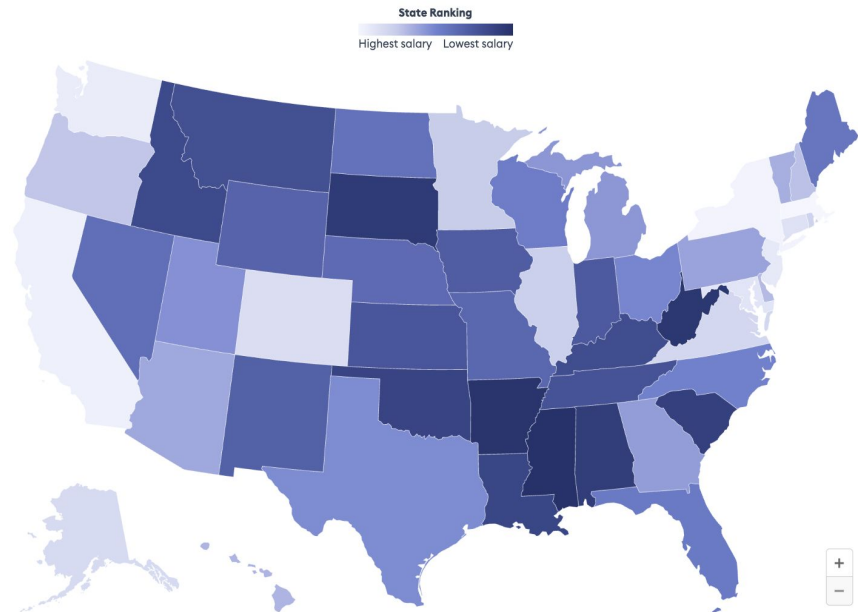
**Goals**

## Map: Overall Obesity

Prevalence<sup>†</sup> of Obesity Based on Self-Reported Weight and Height Among U.S. Adults by State and Territory, BRFSS, 2022

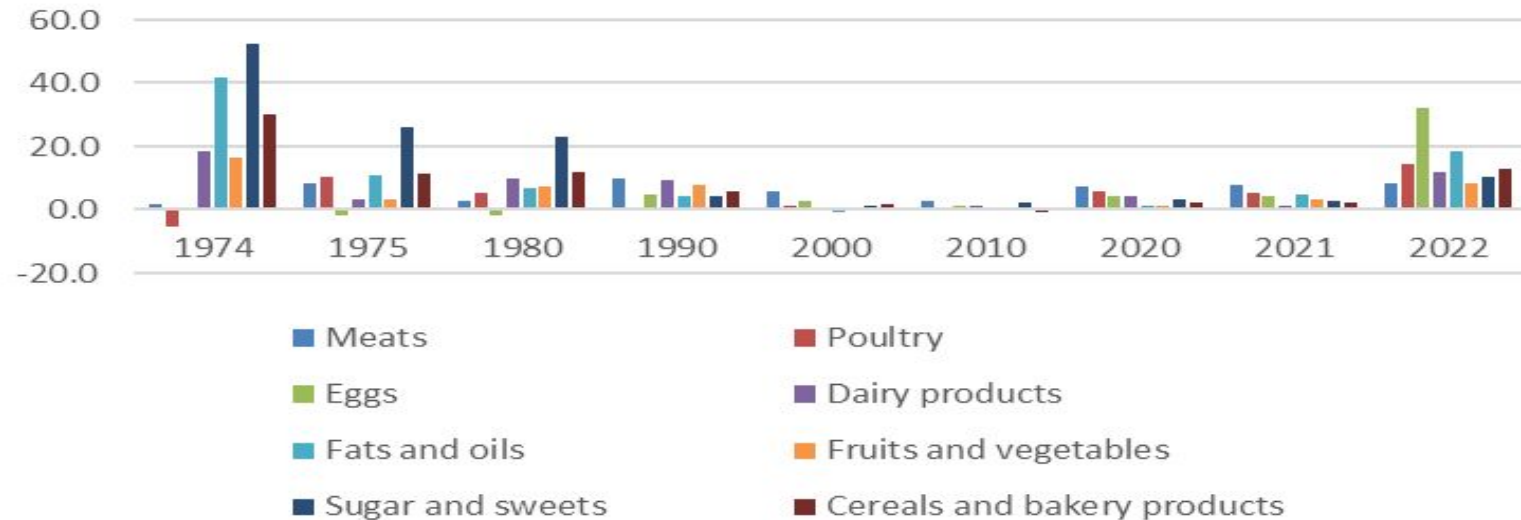


## Average Salary by State in the U.S. 2024



# Changes In Food Prices

Changes in Consumer Price Indexes for Food Groups



# Top 5 nutrients

Vitamin A



Calcium



Vitamin B



Iron



Vitamin D



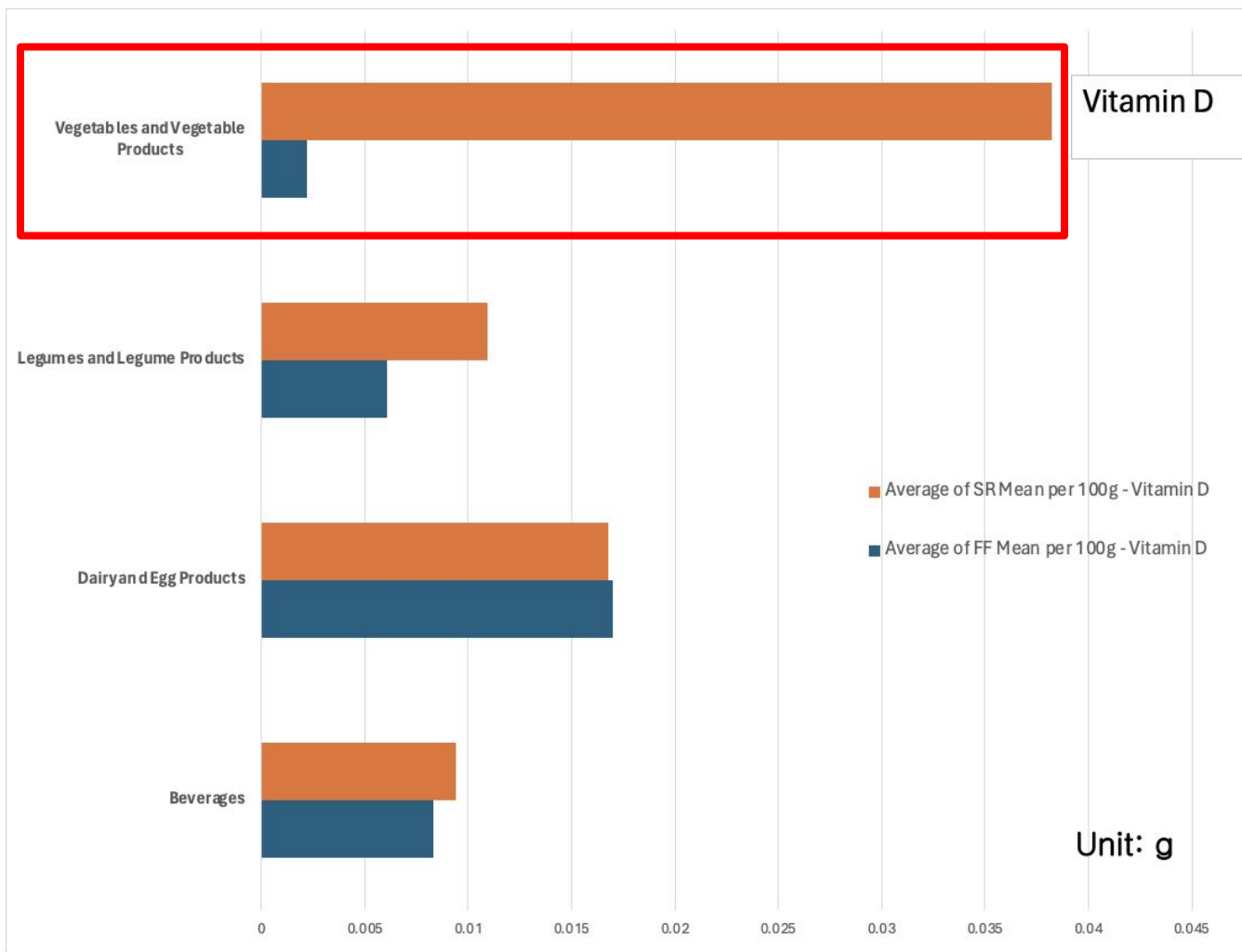


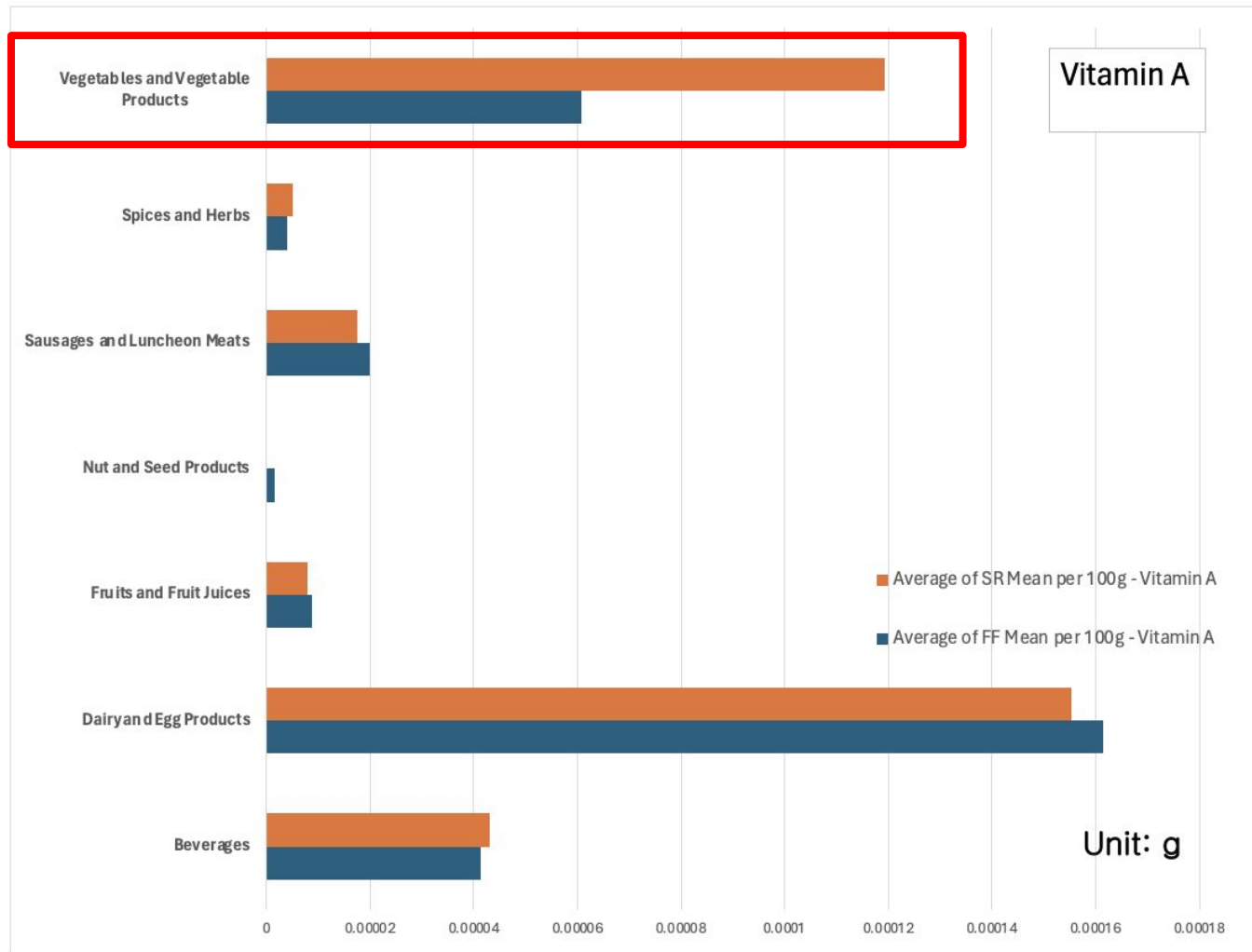
## 02 Guiding Questions

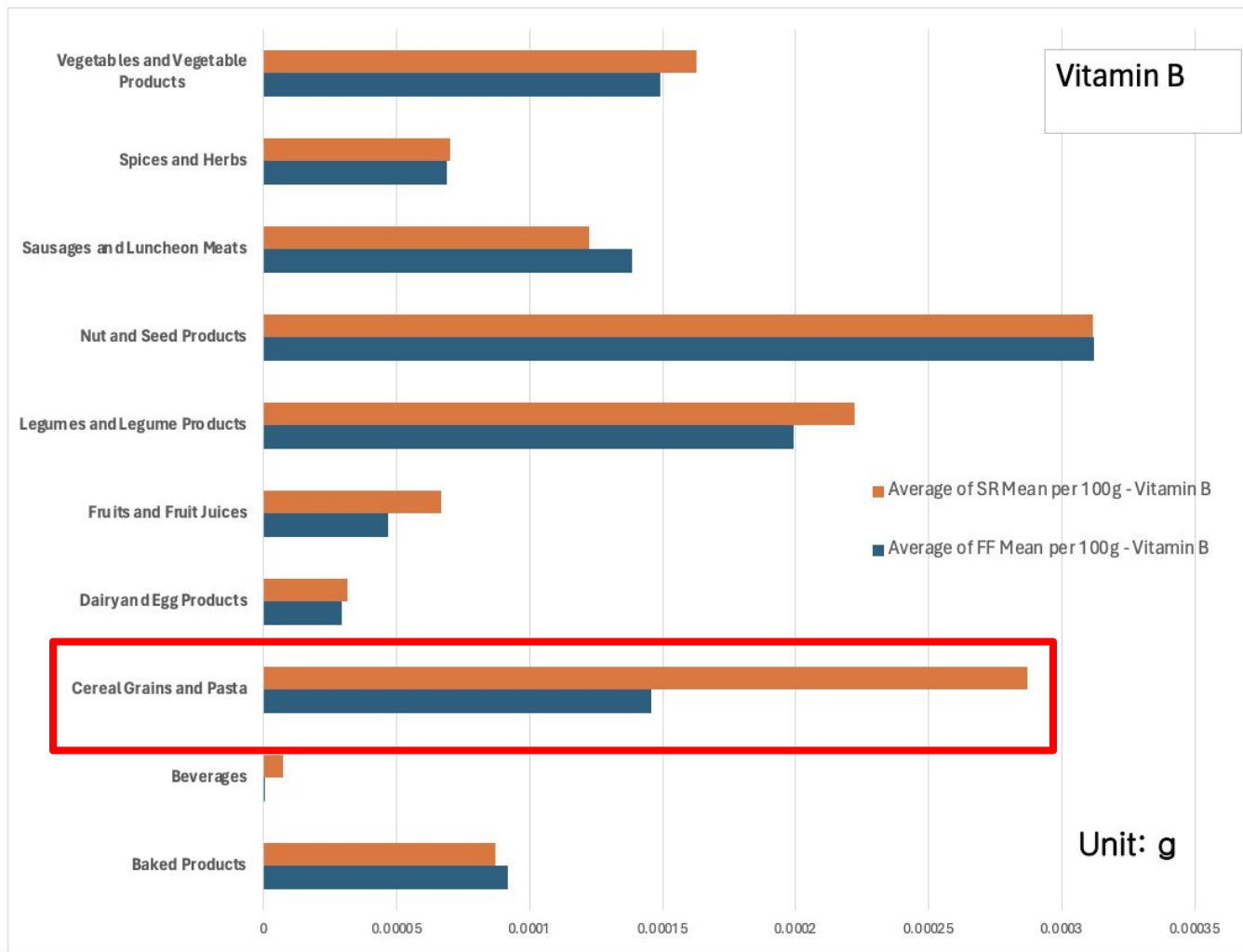
- How does the FF and SR data change across the years for each food group?
- Does a change in obesity-mitigating nutrients correlate with obesity rates in the U.S.?
- Does lower income correlate with reduced availability of nutritionally dense foods?



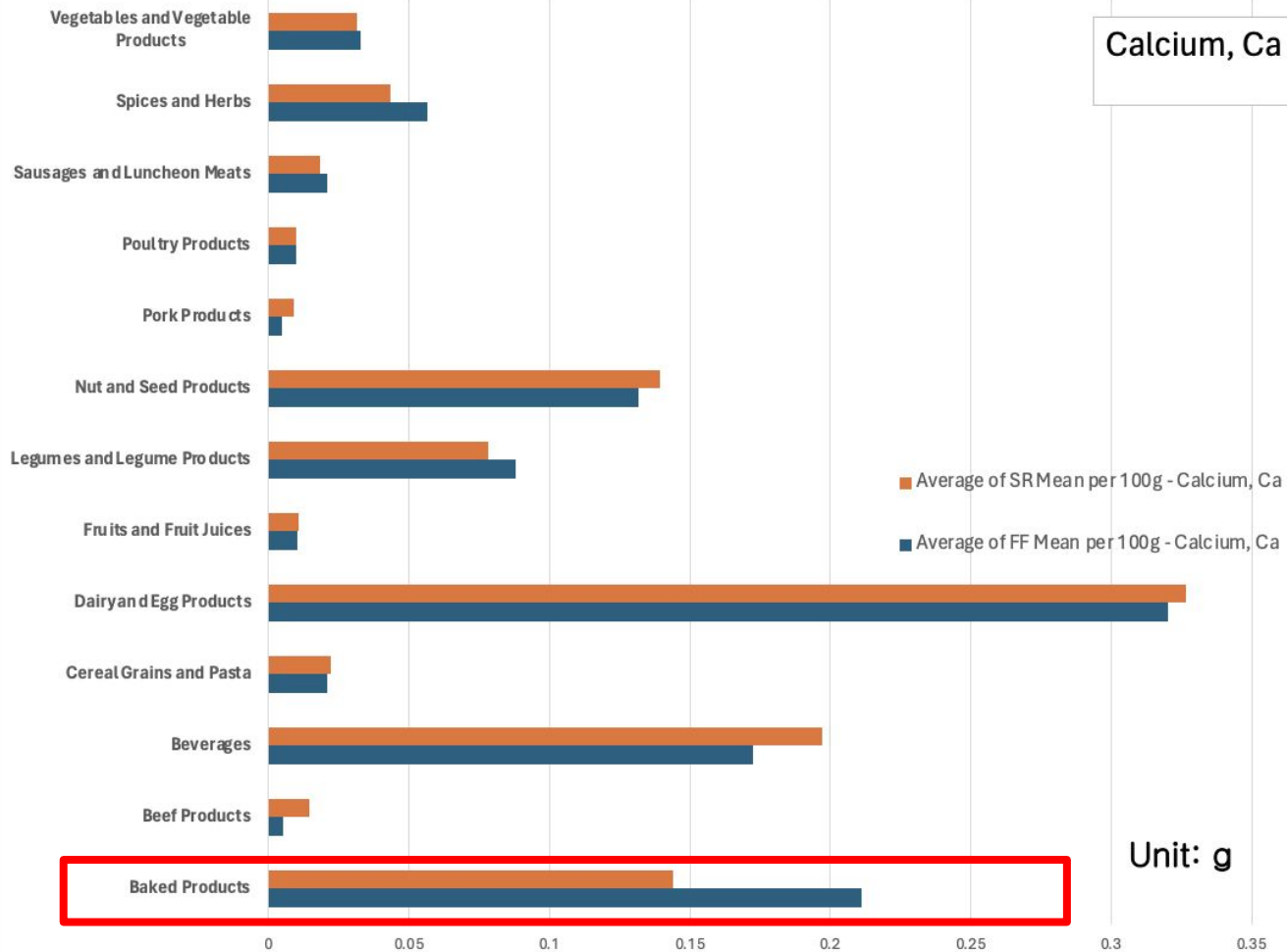
# 03 Data Analysis

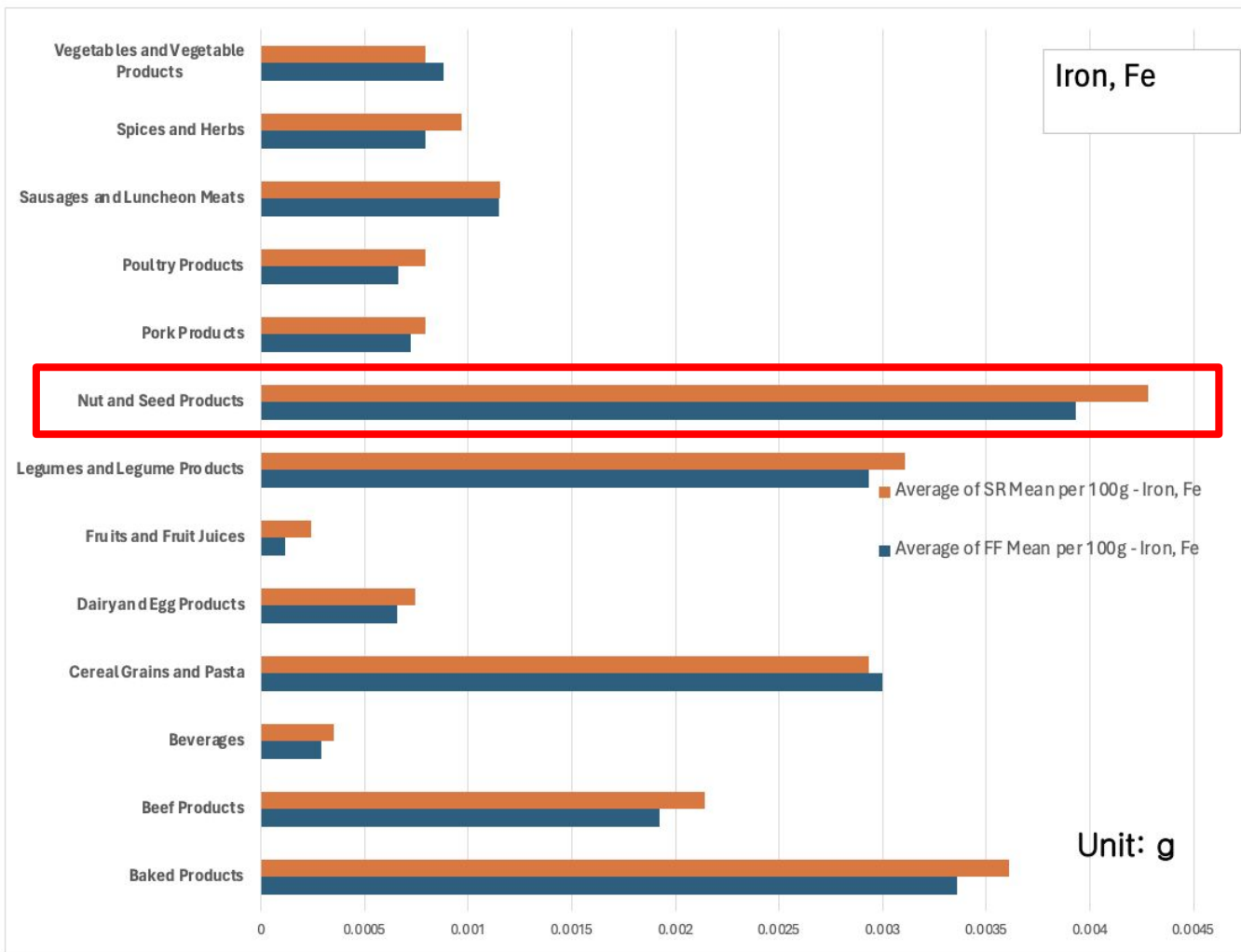






## Calcium, Ca





# Analysis

## Correlations

Decrease in obesity-mitigating nutrients correlate with an increase in obesity rates



## The Data

Significant changes between the SR and FF data

## Nutrients

Nutrient Content overall decreases from SR to FF data



# 04 Solutions



## Monetary

Reducing taxes on nutrient-dense, low-calorie foods or taxing high-calorie foods, i.e. sugary drink tax



## Agricultural Practices

- Crop biofortification
- Selective plant breeding
- Limiting genetically modified seeds, pesticides, and synthetic fertilizers.



# References

- "Food and Nutrition Security," U.S. Department of Agriculture, <https://www.usda.gov/nutrition-security>
  - "Beltsville Human Nutrition Research Center: Beltsville, MD," U.S. Department of Agriculture Agricultural Research Service, <https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/>
  - "Food price outlook," U.S. Department of Agriculture Economic Research Service, <https://www.ers.usda.gov/data-products/food-price-outlook/>
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# Thank You!

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