



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



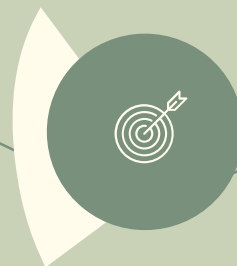
**Nutrition
Security**

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



**The
Problem**

Ensure healthier, more
prosperous future for
ALL Americans

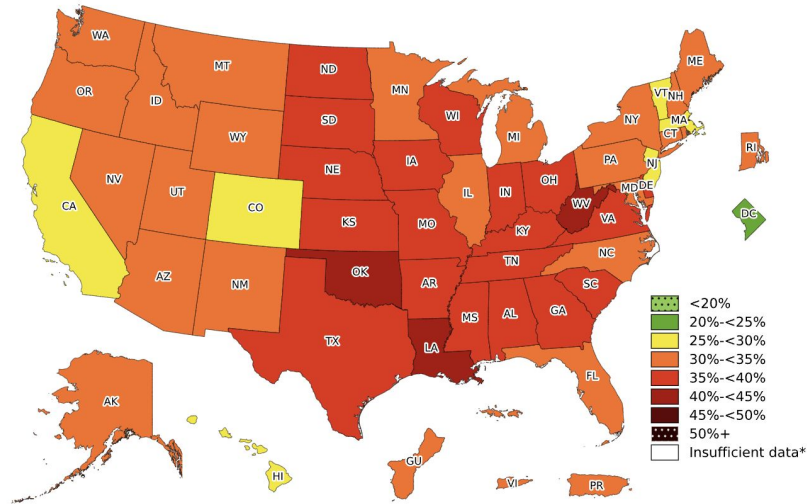


Goals

2024

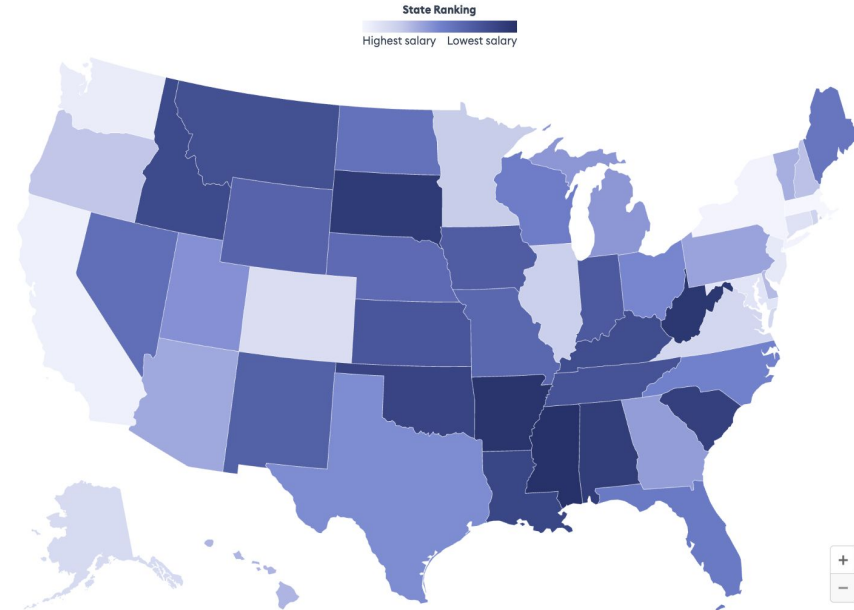
Map: Overall Obesity

Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among U.S. Adults by State and Territory, BRFSS, 2022



Source: [Behavioral Risk Factor Surveillance System](#)

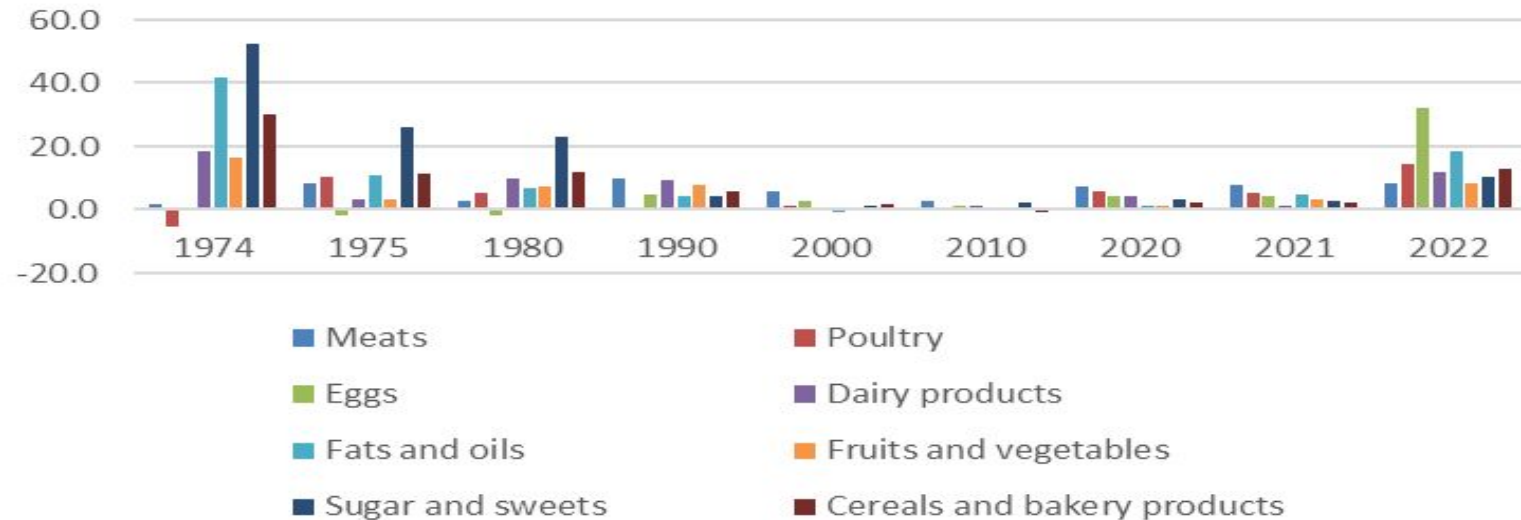
Average Salary by State in the U.S.




Source: Bureau of Labor Statistics

Changes In Food Prices

Changes in Consumer Price Indexes for Food Groups

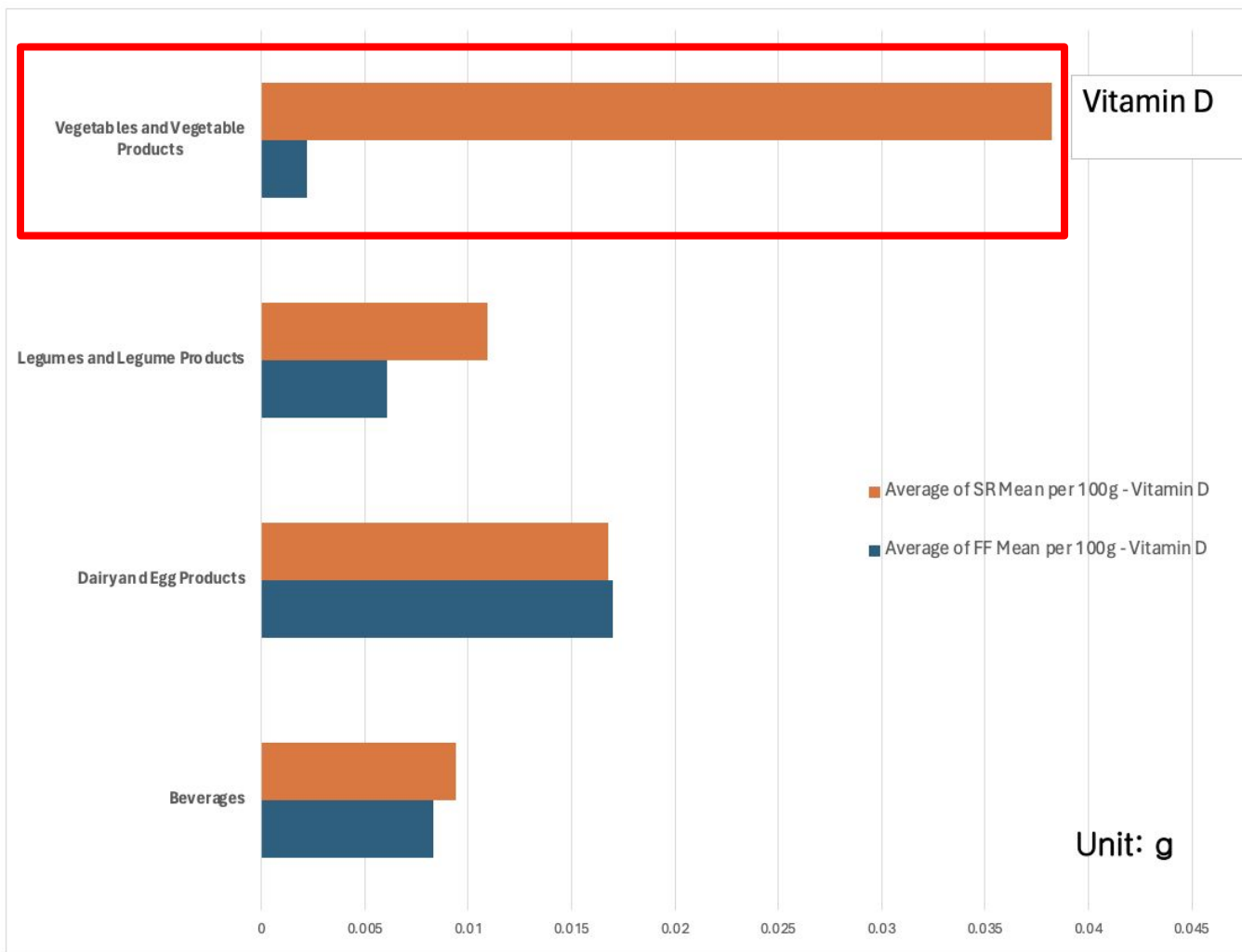


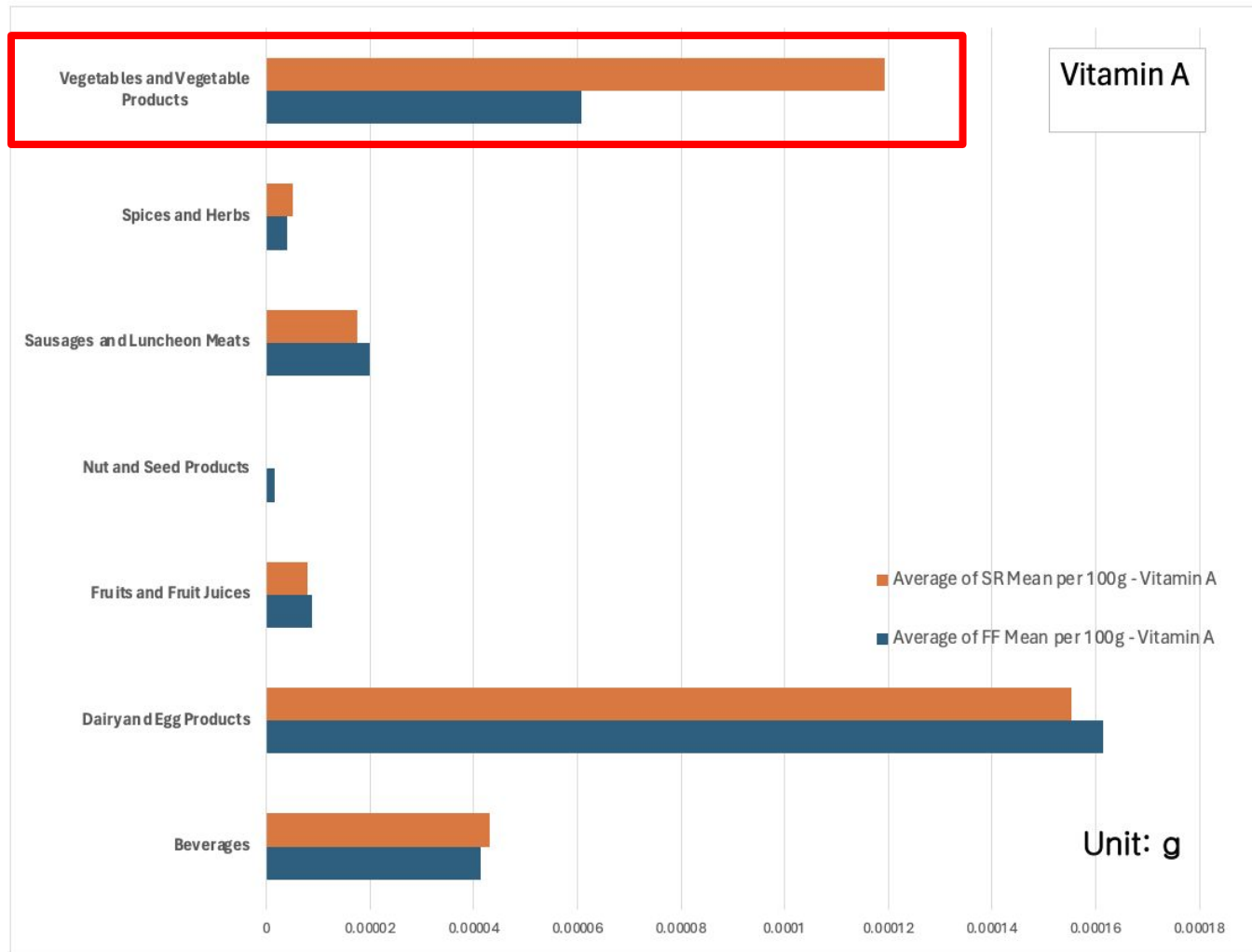


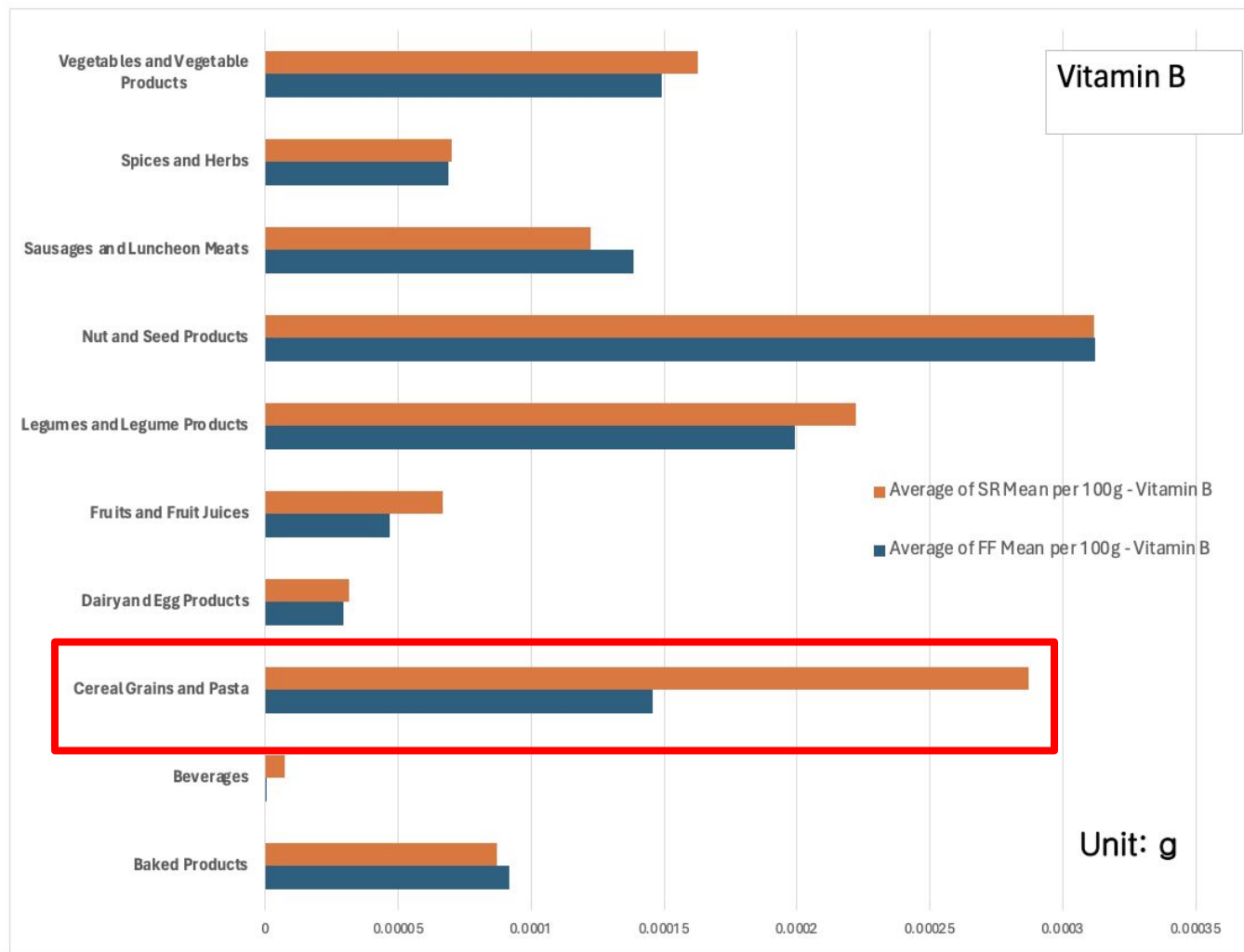
03 Data Analysis

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?

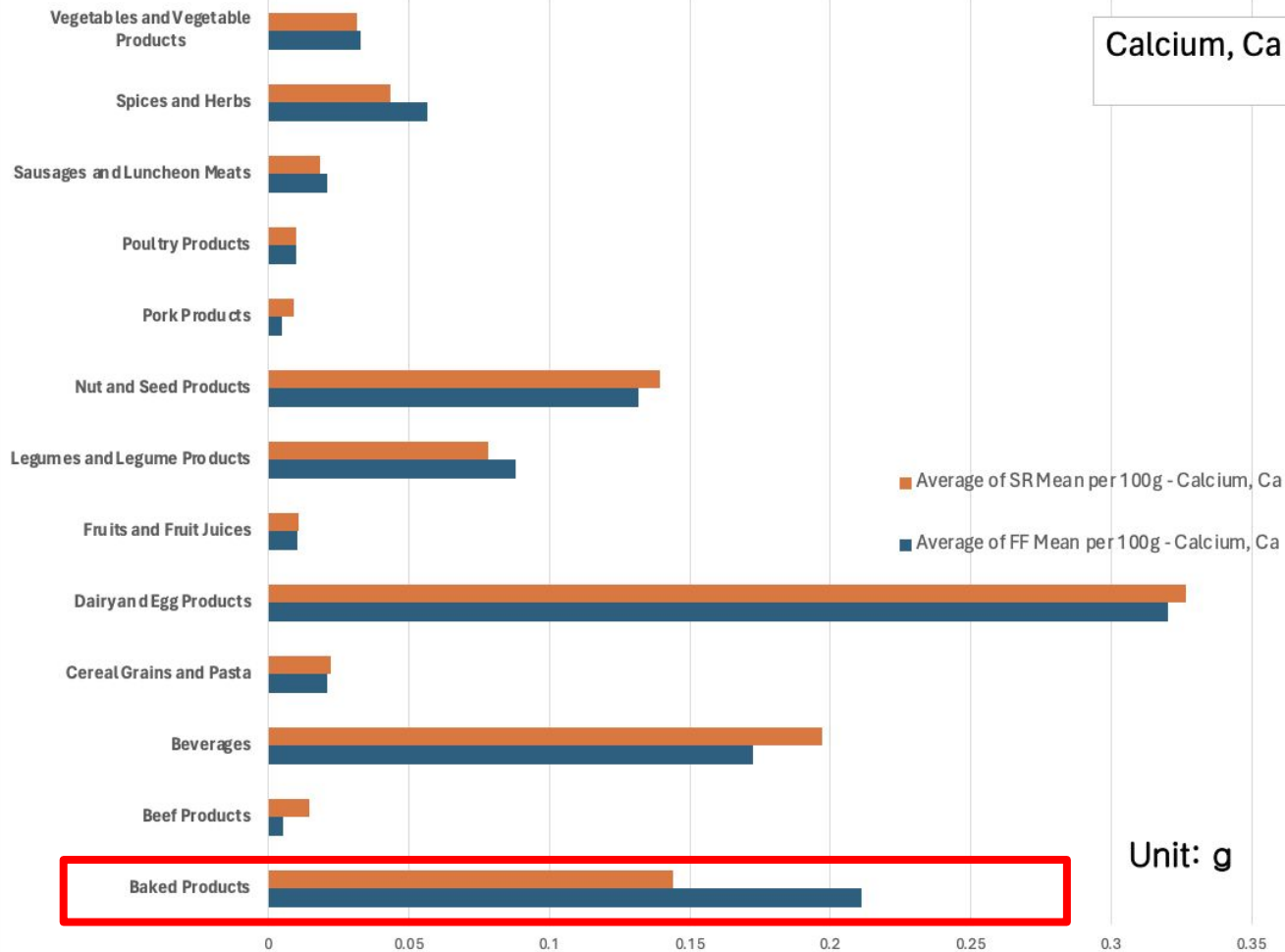


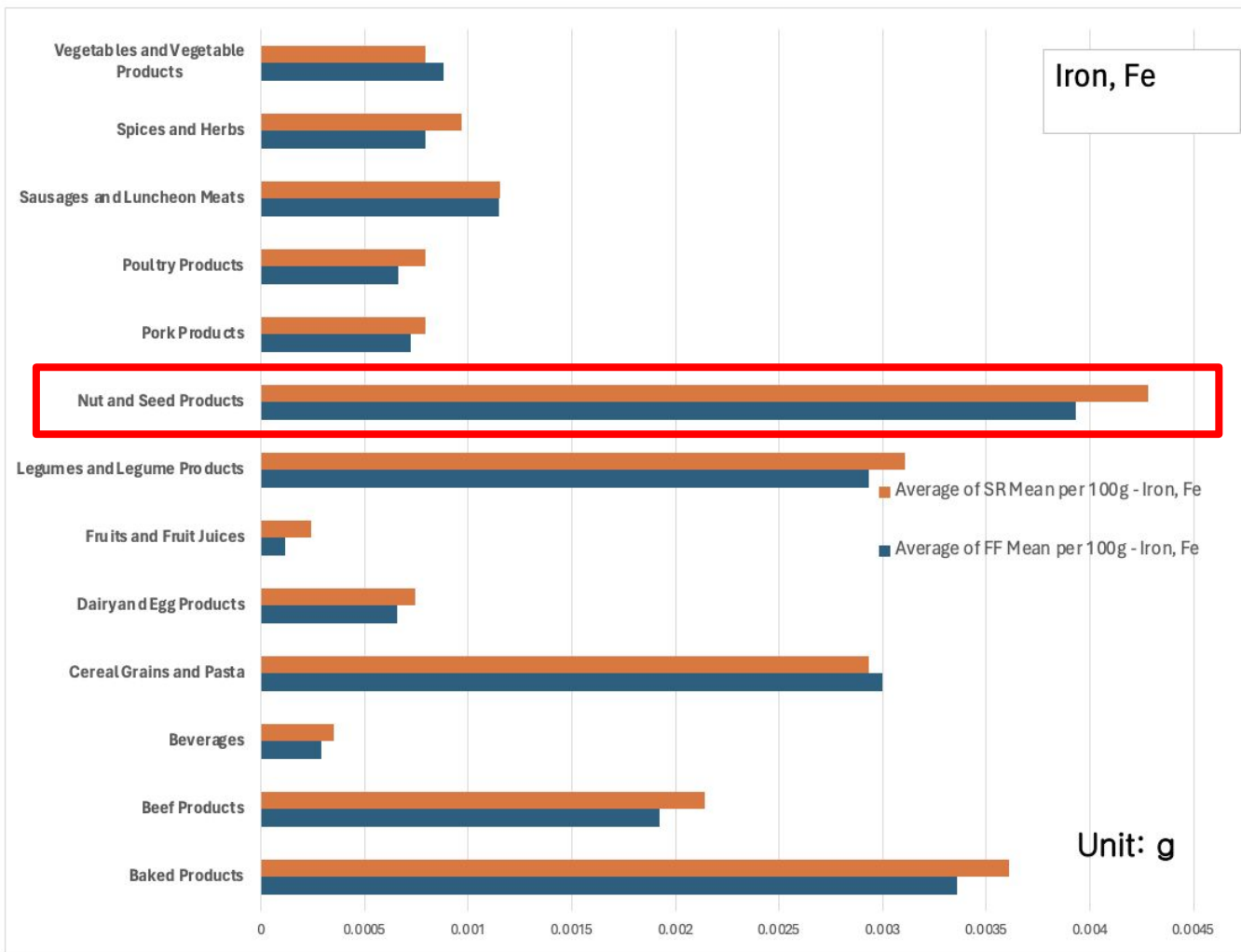






Calcium, Ca





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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