USDA's Data on Nutritional Composition

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Introduction - With heart disease and obesity being among the leading causes of death in the United States, finding a correlation between changes in the nutrient composition of food and changes in obesity rates in the United States could prove critical to developing solutions to mitigate obesity, starting at the agricultural level.

Objective - The primary objective of this project is to find the changes between Foundation Foods' (FF) and SR Legacy's (SR) data for the top six nutrients that are most effective in combating obesity and compare our results to obesity rates across the United States based on location.

Methodology/Approach - We will first organize all the foods in the dataset by their respective food group number and calculate the changes between the FF and SR data for each of our six nutrients using the given means, where the changes will vary by year. We will also obtain data on obesity in the United States and how its prevalence varies based on location and income. After obtaining this information, we can conclude how location, access to food, and nutritional composition contribute to obesity in the different states and hopefully use the results of this project to make broader implications about contributing factors to obesity. With these results, we will present a solution that addresses the high obesity rates in the United States by involving the management of nutritional value in U.S.-produced foods.