

Session: #250 – LNC: 2020

Dietary Supplement Use in the USA: Who's Using What and Why

Speakers:

Mary Frances Picciano, PhD, NIH

Johanna Dwyer, DSc, RD, NIH

Joanne Holden, MS, USDA

Presiding:

Leila G Saldanha, PhD, RD

Handout: M56-M61



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About This Session

This session presents current data on, why people use dietary supplements, how to collect and assess information about them, and some authoritative resources that dietitians can use.



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What is a Dietary Supplement?

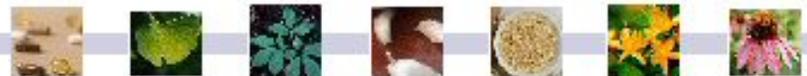
1994 Dietary Supplement Health & Education Act (DSHEA) definition

- A product other than tobacco
- Intended to supplement the diet
- That contains one or more dietary ingredients
- Intended to be taken by mouth
- Labeled as being a dietary supplement



Dietary Ingredients - DSHEA

- “(a) a vitamin; (b) a mineral; (c) an herb or other botanical; (d) an amino acid;
- (e) a dietary substance for use by man to supplement the diet by increasing the total dietary intake;
- or (f) a concentrate, metabolite, constituent, extract, or combination of any ingredient described in clause (a), (b), (c), (d), or (e).”



DSHEA

- Defined dietary supplements
- Established regulatory framework
- Called for creation of the Office of Dietary Supplements at the NIH



How Products are Regulated

What is the intended use?

Not ingested,
applied to the body

COSMETIC

Diagnose, cure,
or treat a disease

DRUG

Intended
use is food

FOOD

Ingested to
affect structure
or function of
body

Ingested to
supplement
the diet

**DIETARY
SUPPLEMENT**



Office of Dietary Supplements (ODS) Programs & Activities

- Analytical Methods (AOAC) and Reference Materials (NIST)
- Botanical Research Centers
- **Communications and Information**
- **Dietary Supplement Databases**
- Disease Prevention and Health Promotion
- Evidence-Based Reviews (AHRQ)
- Health Effects of Bioactive Factors
- International Collaborations
- **Surveys of Supplement Use**
- Training and Career Development
- Workshops and Conferences



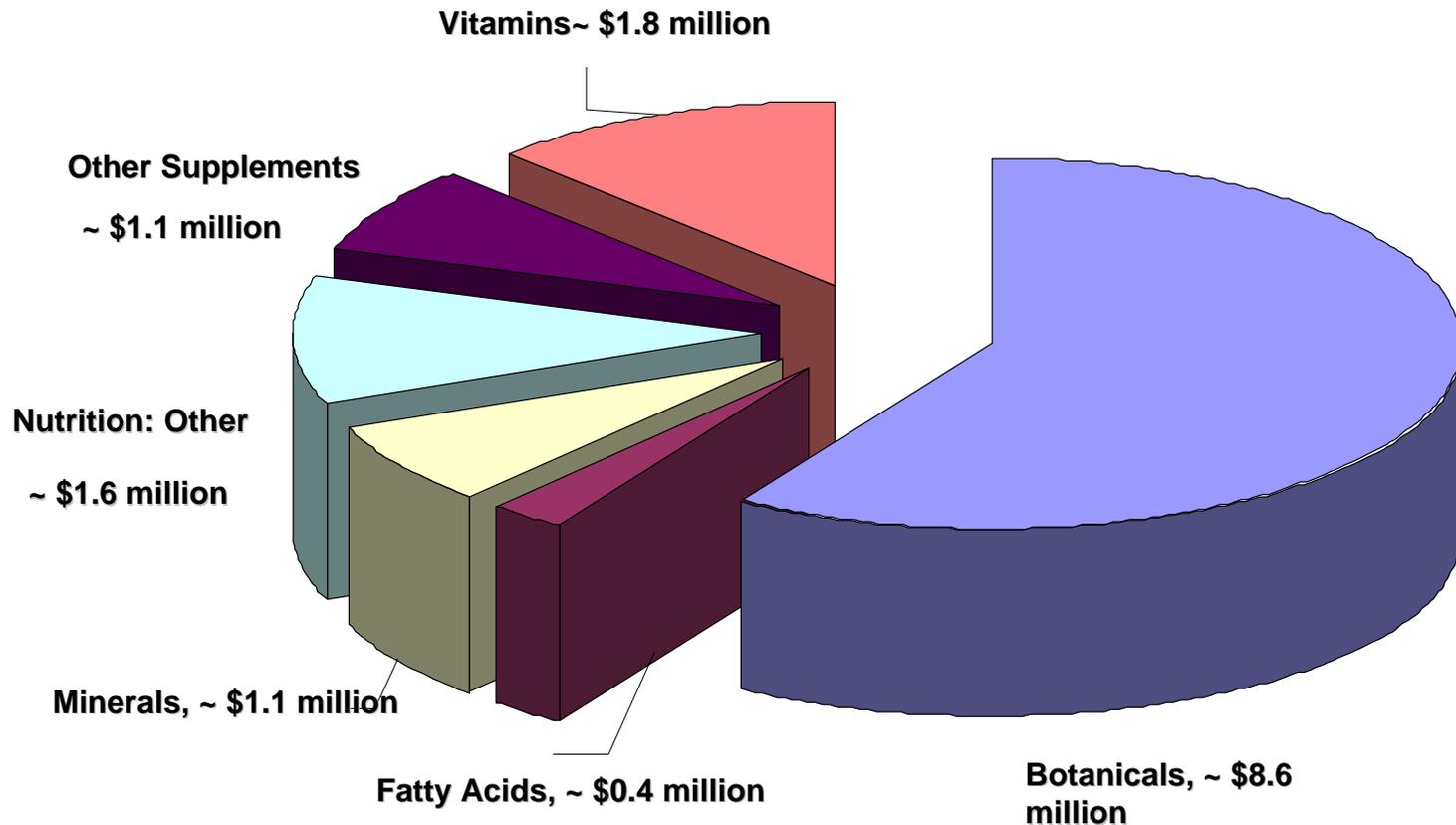
ODS 2004-2009 Strategic Plan

Five Major Goals

- Expand evaluation of dietary supplement in reducing risk for chronic disease
- Foster research on dietary supplement in optimal health and performance
- Stimulate understanding of basic effects of dietary supplement on biological systems
- Improve methodologies
- Expand outreach/information



NIH's Office of Dietary Supplements Research Funding - 2004-5



Speakers

Mary Frances Picciano, PhD

- **Senior Nutrition Scientist, Office of Dietary Supplements, NIH**
- **Responsible for expanding and enhancing training and career development programs in dietary supplement research.**
- **Previously Professor of Nutrition at Penn State and University of Illinois.**
- **Who Is Using Dietary Supplements and What are They Using?**



Speakers

- *Johanna Dwyer, DSc, RD*
- **Senior Scientist, Office of Dietary Supplements, NIH**
- **Director of the Frances Stern Nutrition Center at New England Medical Center, Professor of Medicine (Nutrition) and Community Health at the Tufts University Medical School, and Professor of Nutrition at the Friedman School of Nutrition Science and Policy at Tufts University.**
- **Why Do Americans Use Dietary Supplements?**



Speakers

- *Joanne Holden, MS*
- **Research Leader in Nutrient Data Laboratory, Agricultural Research Service (ARS), USDA.**
- **Previously Research Nutritionist in the Food Composition Laboratory, Human Nutrition Research Center, Beltsville.**
- **Dietary Supplement Ingredient Database (DSID): Results of USDA Pilot Studies.**



NIH Databases & Research Resources

- Annual Bibliographies of Significant Advances in Dietary Supplement Research
- **CARDS** -- **Computer Access to Research on Dietary Supplements** provides access to information about federally funded research pertaining to dietary supplements
- **Clinical Trials Database** provides access to information about Federal and private medical studies involving patients and others.
- **CRISP** -- **Computer Retrieval of Information on Scientific Projects** provides information about federally funded biomedical research projects
- **IBIDS** -- **International Bibliographic Information on Dietary Supplements** provides access to bibliographic citations and abstracts from published, international, and scientific literature on dietary supplements.



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IBIDS

International Bibliographic Information on Dietary Supplements

National Institutes of Health, Office of Dietary Supplements
 USDA Agricultural Research Service, National Agricultural Library

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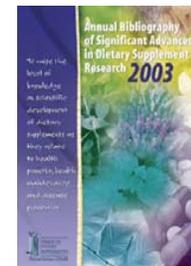
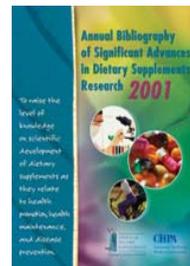
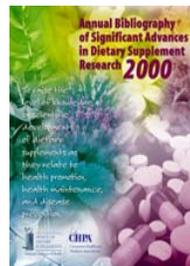
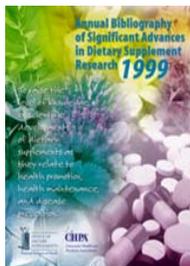
Round-leaf Chaste
 Courtesy of the State of Hawaii, Office of Environmental Quality Control

- ### Health Outcome/Supplement Sets
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Highlights: Notable Citations Select to see citations and abstracts of articles that have been cited and abstracted by the Office of Dietary Supplements for the Annual Bibliography of Significant Advances in Dietary Supplement Research

Annual Bibliographies of Significant Advances in Dietary Supplement Research

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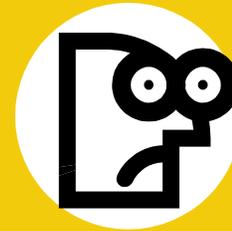
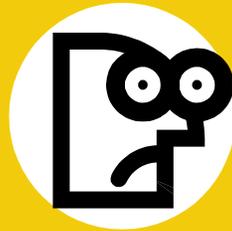
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Web site <http://ods.od.nih.gov>

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