

Please stand by for realtime captions. We will be getting started in two in two minutes. Good afternoon everyone and welcome to the FDLP Academy that we've got another terrific webinar for you today, stay up-to-date with nutrition, the natural -- national agricultural Library and resources. My name is Joe and I'm with my colleague Ashley today. With us today is our speaker from the national agricultural Library. And Kim crew toe and I'm going to read a little about each of them, they've got impressive resumes but they want me to make sure you understood that in addition to all of their qualifications three of them are registered dietitians. Wendy shies the Branch Chief of the information products division and custom service branch at the national agricultural Library directing program development for food and nutrition information center F NIC, nutrition.gov and the Food Safety research information office. Animal welfare information center, alternate farming systems and information center, rural information center and water and agricultural research Center. Is also a professor at George Washington University, where she teaches lifestyle nutrition courses. Before joining USTA she worked in the private sector as a communications consultant for the food industry in federal government. She holds an MBAMBA from Loyola, a BA in clinical dietetics from the University of Pittsburgh and she's a registered dietitian., Marcia is currently technical information specialist for USTA, she's been a registered dietitian for 39 years and received a BS in home economics from hunters college and has an MS degree in food nutrition and institutional administration from the University of Maryland. She's health leadership program positions with the Academy of nutrition and dietetics including chairperson of dietitian and business and the chair of the District of Columbia metropolitan dietetic Association. Kim also is a registered dietitian and is a technical information specialist for USTA food nutrition information center at NAL and primary works with nutrition.gov and the historical dietary guide. Kim was formerly a clinical dietitian working in rehabilitation and has been a dietitian for 10 years graduated from Rutgers with a nutrition degree and also a Masters in science from GW, so that is an impressive combination. So, before we get started, I've got to go through some of the usual housekeeping issues. If you have questions or comments, feel free to chat them in the chat box. They are going full-screen mode so you have to go to the top of the screen and you should see a blue bar, click on that and you should be able to activate the chat box. So, please chat the questions there. I will keep track of the questions that come in at the end of the presentation and will read them back to Wendy, Marcia and Kim and they will answer all of them. We are recording today's session and will email a link to the recording and slides to everyone who registered. We will also send you a certificate of precipitation using the email that you used to register for the webinar. If anyone needs additional certificates because multiple people are watching with you, please email and include the title of the webinar along with the names and email addresses of those that need certificates. Finally, at the end of the session we will share a webinar satisfaction survey and we will let you know when it's available in the URL will appear in the chat chat box. We very much appreciate your feedback and please keep in mind to reserve comments about presentation, style and value for the survey and use the chat box for questions you would like to ask the presenters and to report technical issues. With that long introduction, I will hand the microphone over to Wendy, Marcia and Kim who will take it from here.

>> Hello. This is Wendy, I will start with the initial part of the presentation. Today we are going to provide you with a brief overview of the national ultra library and resources available, following we will go through the nutrition websites and digital collections and then the frequently asked questions or reference questions into the library from the general public and scientists. The national agricultural Library is one of five U.S. national libraries, our collections are devoted to agriculture and related sciences. As was mentioned we have eight information centers across various topics and one is nutrition and, NAL is under the agricultural research centers, one of the arms of USTA, we collaborate within USTA and outside of USTA with many other federal agencies, and you can find a website at [WW.NAL.USDA.gov](http://WW.NAL.USDA.gov) so anything we discussed today will be found and linked from the main website. These are the main resources and databases we have available, comments help with the data sets

across the science and USTA you can find resources in the library both hardcopy and digital, with agricultural research as well as health and clinical related research that we have here. This is a compliment. Then we have a digital collection that we will get into this in a moment. We do have a historical dietary guide that we will brief you on is one of many digital collections on file as well as Food Safety and canning exhibits. We have assessors that you can use which is -- a thesaurus that you can use to help with your search to find resources in the library then I already mentioned we have the information centers or content areas here in the library.

>> For nutrition and food safety resources, today we will highlight the four main websites and collections. The food and nutrition information center website is dedicated to dietitians, health professionals and educators, nutrition.gov targets the consumer audience, the Food Safety research information center, this is a federally mandated program that targets the food safety scientists, then the historical dietary guide and digital collection is a collection that was just released a couple years ago from the 1800s to date, nutrition education materials that have been developed across the federal government .

>> Now I will pass the microphone to Marcia .

>> Thank you, Wendy. Hello to everyone. As Wendy mentioned, we have very valuable resources that we will describe. The first is the food and nutrition information center, a website established by the food and agriculture act of 1977 as a permanent entity within NAL. Of course, there was no Internet at the time so we waited until 1995 to create the first innovation of the food and nutrition information center website. The audience is really the educator or the health professional or researcher. I like to think that this is devoted to someone who has an education about nutrition and food but would like to get a broad breadth of information about a topic rather than just top-level fact sheet. So, this one gives you much more depth of information and a variety of points of view on different topics. The content highlights include the dietary reference intake calculator for health professionals, and the 2015, 2020 dietary guidelines, one of the more popular pages and of course the FAQ page that we will go into a little more depth. So, having mentioned the DRI calculator for healthcare professionals, what this is, it's basically a way to calculate the nutrient recommended by the health and medicine division at the national academies of sciences, engineering and medicine. So, it takes a little bit of background to understand but I'm sure you understand this that my plate tells you which foods are helpful to eat and the dietary reference intakes are more geared towards nutrients. So, that with the calculator, one would fit in data entry points like male or female, age, height and weight and activity level, and this calculator will then give you a results page with information about individualized and tailored for your personal needs of nutrients.

>> The first heading and the results page tells you where to access information about diet planning, this is not going to tell you how to eat, this is going to tell you what nutrients you need, hopefully people will go to choose my plate.org skewers me,.gov and nutrient databases or the USDA food surveys research group to provide information about eating patterns. But, the calculator will spend more time explaining the nutrients so you get nutrient recommendations as far as based on your BMI, your calorie needs, your macronutrients, and this is all in the same report that you get as a results page, all the vitamins and minerals that are recommended, each one of these nutrients is linked to a fact page, so that someone who doesn't know anything about vitamin K can click on that and it discusses all about vitamin K, what food it is found in, what it does in your body, why it's necessary and how much is the appropriate level, the right-hand side tells you the tolerable intakes and upper level intake so if someone is taking a supplement, they will know how much of the nutrient is too much or if there are approaching an upper level of health .

>> Going beyond the calculator, the content includes topics such as dietary guidance, lifestyle nutrition, this is for what's appropriate eating and eating patterns for all the age groups, diet and health, dependent on what health impact you might have, such as osteoporosis or diabetes, these are distant --

listed by different sources. Research is another topic, food composition is where if someone wants to know something about a fruit or vegetable or other food items, you might find it there including international ones, professional career advice, we get a lot of questions and people who want to be involved in the nutrition fields, we have some links there, Food Safety goes to the Food Safety research information office which we will talk about later, dietary supplements have a lot of different fact sheets mostly from NIH, food labeling gives a lot of important information about creating food products and labeling them and links to FDA. The nutrition assistance program talks a lot about ways that USDA helps people that need assistance getting adequate nutrition that we will talk a little bit about the FAQ page and then click links. The popular topics are listed in an easy to access way of getting information, if you come to the website, on the home page you will see things like dietary guidelines for Americans you will see the DRI calculator and how to evaluate health information for people who are trying to discuss with the patient how to judge credible information about their health and there is also a task that is what happening in use and what is currently being talked about in nutrition .

>> It's an extremely robust site I don't think you will find too many other sites have such a different variety of interview and background information that's been built on .

>> I will now give Kim a chance to tell you about nutrition.gov, the other website .

>> Thank you.

>> They revitalized nutrition.gov in 2004 is a consumer focused source of information with special interest in weight management and obesity. It serves as a gave way to reliable information on nutrition, healthy eating, physical activity and Food Safety and consists mostly of information published by government agencies, but we also link out to some information from universities and food and nutrition focused organizations. The audience is the consumer or the general public, patients, students, educators, and some of our highlights include my plate resources, a page on diet and health conditions and a page for weight management .

>> The next slide shows what nutrition will look like in coming months on the website. We've been working on a website migration that will give it a brighter more modern look and feel, because it's not been transitioned since 2004 so, it will have a more modern look and feel and we made enhancements to the functionality of the site, so on the home page, on the right side, you will see links to our most popular pages front and center, one of them being my plate resources and another one is diet and health conditions, those change based on the most popular pages of the quarter, the next slide shows featured resources that are also on the homepage, featured resources right now, they could change in the future but right now there the digital collection of the historical dietary guide, the USDA food composition database, popular resource for anybody trying to find the nutrient composition of foods, for example, someone with kidney disease who needs to know how much potassium is in the food they are eating, could find this a useful tool. Also, there's a branded food products database that shows food label information including ingredients and it eight stamp of when it was entered into the database. Another feature resource is the food keep her which is a Food Safety tool and app that can maximize the food freshness and quality of food and then we have a resource page that the compilation of food and nutrition related resources from departments that support nutrition.gov including the Agricultural Research Service, the economic research service, the national agricultural statistics service the national Institute of food and a vulture, so, in the new site we have a new page and this is the topics page it shows all of the content at a glance, with clickable title so the user can go right to the information they are searching for this should be going live, hopefully by the end of the year if if not early next year so the look and feel is changing but the information is not changing too much. These are the main subjects, so we have an audience section, this has nutrition information from infant to older adult, diet and health conditions which has nutrition information for diabetes, heart disease, kidney disease, high blood pressure, osteoporosis and a number of health conditions. We have a food assistance program section with information on programs like WIC and SNAP our shopping, cooking and food safety section is

where you can go to find healthy recipes, food storage, safety tips, and more. We have a basic nutrition section that links to general healthy eating pages also information about eating vegetarian or eating for exercise and sports. We have an online tool section that can help you figure out your BMI and also gives you access to the my plate plan which tells you your food group target. Again, this information is for the general public so it's not as technical. We have a dietary sub human section where you will find information about a variety of supplements and their relation to health. We have a healthy weight section for reaching and maintaining a healthy weight status and what is and food which is a more popular page shows you more information about carbohydrates, fats, proteins, vitamins, minerals, etc. I also wanted to show you one of the most popular pages right now. This was created in response to frequent requests we get here at the library for principal materials for classrooms, doctors offices, health fairs and other health related events. It went live in May and list sources of principal materials from agencies like U.S. DA and food and nutrition service and HHS, FDA CDC so that's kind of a good one stop shop for finding principal materials, that are free and easy to print.

>> Now, back to Marsha who will talk about the Food Safety research information office.

>> So, Kim mentioned the food keeper, that is the Food Safety inspection service that gives a lot of interesting and useful consumer food safety information. This Food Safety research information office is different in that the mandate is different, it was designed for the Food Safety researcher to keep up on what research is going on in Food Safety and not to have too many overlaps or waste time researching something that's been done before. The Food Safety information office, was created in 2001 and again, the audience is a Food Safety researcher and provides quick access to grants on Food Safety and projects and publications. We are in the process of adding videos about different research projects and the researchers themselves. The mission is to provide Food Safety on publicly and privately funded Food Safety research. There are two different databases that are very useful and are fairly new. The database of current and archived research projects, each month there's a download of research projects and publications that are being researched throughout the world, so there is both internal U.S. research projects as well and I will show you a little more about that in a minute, then there's a peer review which is an automated feed of the latest Food Safety publications so more than 90 peer-reviewed journals.

>> So, if one wanted to find out what research -- what researchers are doing and what projects they are working on projects they are working on , this would be the place they would come. They would browse the Food Safety categories, you can look at it by filtering in different categories like food types and funding agencies. So, you could, if you are looking for British Food Safety agencies, you can look at grants that were given out by them or NAH, grants from them.

>> You can also now sort by relevance, to whatever topic you are researching a date or title. So, it's a nice way to prevent redundancy and research. The Food Safety research information office publications feed, is really about peer-reviewed journals, this is constantly being updated, it looks and takes information from 90 journals and it will capture Food Safety research articles that have been published. So, if someone is doing a project on a particular topic, or they want to know what are USDA or FDA articles on a particular topic and what was published, it will show up here, it's a very handy way of making sure that all the research is coordinated.

>> Kim will talk a little about our historic dietary guide digital collection.

>> Thank you .

>> The historical dietary guide collection was created in response to popular interest in historical dietary guidance materials from the U.S. government. It contains more than 1200 digitized items including nutrition related posters, radio transcripts, recipes and early nutrition research papers. The intended audience is researchers, educators, students, health professionals and the general public.

>> We also made recent updates to the website, one of them being that now you can see a preview of each document with a thumbnail image that will appear to the left of each item making browsing a lot

easier. There are more sorting options oldest to newest, by title, by relevance, or by publication year. This is an intro graphic that we created to use for social media and the homepage for the collection. It's sort of like a little sampling of what the collection has, so it shows a timeline of nutrition trends through the decades starting in the 1890s with the early human nutrition research and ending with the most current image which you are probably familiar with. This slide shows some of the popular items from the collection in the 1940s, the basic seven food groups which some of you may have seen before. 1929, is an early food guide for children 10 1942, there was a lot of posters about fighting food waste, during World War II. In 1966, this one shows the four food groups, so in the 40s it was seven and in the 60s it was for, with a daily food guide. But, again, our collection has over 1200 items in it, so if you get a chance go check it out. I'm going to move on now to talk a little bit about some of the frequently asked questions we get from library patrons. The answer between 500 and 600 reference questions per year about food and nutrition. The other information centers answer questions also but we focus on mostly the nutrition ones, of course. So, again, I mentioned this before but one of the most popular questions is a request for handouts and printable materials for people to use that health fairs or sometimes they want to decorate their waiting room at a doctor's office and they just want to make the room colorful. We also get a lot of questions about the nutrients in food, so I mentioned this earlier someone with kidney disease needs to know how much phosphorus is in the foods they eat are potassium, we will get questions like that, and of course we point them to the food composition database. We get questions about supplements people asking should they take us up lament how do the supplements work, can I take this step lament to lose weight, lots of questions like that. We often refer them to the office of dietary supplements, NIH. We get a lot of food labeling questions how to read food labels, questions about weight management, people often tell us some of their stats and want to know what kind of diet is best for them but of course, we don't do nutrition counseling or give personalized dietary guidance, but we point them to resources from our website and tell them it's not a replacement for a visit with your Dr., this is just general information. We usually recommend seeing a registered dietitian or nutritional list also. We also get questions from food companies or people creating their own food product and they want to know how to create a nutrition label. So for those questions we send them to the FDAFDA .

>> We are going to show you where to go on our website to see some of the other frequently asked questions.

>> Thank you, Kim. So, we answer questions for a lot of people asking about food and nutrition at the USDA. So, we get questions from all over the world, just this week, and it's only Tuesday, I had a question from somebody in India, Scotland and South Africa. So, we are answering questions about many issues international, as well as people who are researching how to label products, different health issues, so what I wanted to show you is that a lot of these questions have been asked many times and if you go to the website, this one has a section called frequently asked questions and as you can see, the questions are all listed, for instance, here is how can I request a speaker for an event? This is the answer that will be available for how to get a speaker for an event. We have lots of questions listed that can help people with dietary guidance, Food Safety, weight management, supplements, food labeling and allergies. So, most of the questions that people are interested in knowing more about our already answered there. This is the website for health professionals, educators and researchers. If it's a question of the public, FAQs on nutrition.gov, they are a pretty full line of question and answers on there and you can find out a lot of your answers in these different sites on the website. Each site page has its own, but they are easy to find through the tab on FAQs .

>> Then, for the Food Safety research information, again there is the FAQ right there. Sorry, knew it was there.. Right there .

>> There are a lot of questions and answers here about things that might interest a researcher looking to find out more about other people's research or different topics of interest in Food Safety .

>> Those are the FAQs. And now we will go back to where you can find the FAQs, I understand these slides are all available after the talk so you can refer back to them at another time., If you want to visit the websites, this is where you can find us, the information that we update regularly, would you look at the websites to make sure we are linking to accurate and current information. So these are the websites that you can visit. Lastly, we thank you for your attention.

>> Thank you, fantastic webinar, Ashley and I were looking at each other saying we will go back on this site, can you stop screen sharing so we can see the chat if you could? There we go. Okay. Any questions for Wendy, Marcia or Kim?

>> This is terrific stuff .

>> The questions are coming in and I just want to say that I did the calculator and credited out my results. Thank you .

>> Mary made a comment that this was great, didn't know a lot about this and will share with my library patrons because Emily said, I learned a lot .

>> I second all of that. Let me throw out a quick question. For the peer review journal article database, is it compatible with link resolvers and academic libraries? I don't totally understand that and I don't know if you do.

>> Does that make sense to you?

>>, Will be able to get more information about what was comparing it to. There's a feed that links it directly, that links directly to specific publications. If you are interested in more detail on how it's developed, were happy to answer questions. Were not sure if you have the answer but we can definitely get it.

>> Jen will be in touch and we can work some more off-line questions or if there are more details she can put them in the chat are there any other questions for the presenters today? Let me throw out a quick question. I have colleagues in -- that are vegetarian and missing a mineral or vitamin I don't know if your database -- if you're familiar with that issue or can comment on that .

>> What you are thinking of is vitamin B12 because it's only found in animal products .

>> Could be .

>> So what we would recommend is the dietary guidelines meal patterns and there is a vegetarian meal pattern developed by the advisory committee of the dietary guidelines for Americans and again this is found in our website. There's also a meal pattern for vegetarians .

>> Fantastic, thank you .

>> Kate says thank you so much for a great presentation, do you have resources to help students evaluate nutrition claims .

>> Yes, on the food and nutrition information center in the middle section where it says popular topics, the last popular topic is how to evaluate health claims.

>> Great any more questions for our group? Let me throughout another personal question here, I've read a good bit about the paleo diet, saying that basically, people's bodies having evolved much from the caveman so we should eat as they did I don't know if your site or if you have comments on that at all.

>> As you said, I've been a dietitian for many years and I've seen a lot of diets come and go, what we do is we try to stick to the sound research, evidence-based research that went into developing dietary guideline patterns. So in all cases we would refer to the dietary guidelines for Americans .

>> Thank you.

>>, A bunch of shout outs for people, loving the presentation., You mentioned DigiTop, is that open to the public or USDA. DigiTop is only acceptable to U.S. -- DS less USDA employees but if you visit the library impression you can access DigiTop here. If you have interest in accessing any of the literature that were happy to speak to you off-line if it's something you're interested in.

>> Lisa has asked the question, are the full documents available through the database?

>> That's a great question. If you were on our journal feed and you have access to the journal through an agreement then, yes you would have access to that journal. The next step would be up to what you have access to any more questions for our panelists, this is terrific, great information.

>> While were waiting, food keeper, very interesting. I've always wondered, my wife and I attend a lot of baseball games and we are always concerned about how to keep the food safe and I was at a State Fair and a kid did a presentation and concluded there was no way of doing it, no matter what way you try, I don't know if food keeper would address that are not.

>> They might. I guess it depends on if you are keeping something hot or cold, ice packs keeping things cold for longer than two hours .

>> I guess it's keeping it cold. It seems to be almost impossible to do unless you have some elaborate thing that no one will let you bring in the ballpark.

>> Food Safety.gov, there's a lot of information and they answer a lot of those types of questions on the website. Also, the Food Safety information service --

>> They take reference questions as well?

>> Yes, we refer to them for the consumer related Food Safety questions, such as that one.

>> Check out the food keeper app because it has really helpful information on that.

>> Any other questions for our panelists?

>> I will put the satisfaction survey into the chat box, we have plenty of time for questions. So please keep them in their -- There.

>> Fasting and intermittent fasting .

>> What is the question? Spent .

>> We follow what the U.S. government says and they don't have a paper on intermittent fasting. Until they do we don't refer to it. There is some good research, if you were to go to any of our databases, there would be information on intermittent fasting and mostly it's coming from the animal side research, but there hasn't been a lot of good human evidence-based research done yet.

>> The satisfaction survey is in the chat box, please fill that out., NAL and USDA have been great. Let's put links in for some of our new things in for some of our new things , if you want to see past webinars. We have a new file repository that's terrific, it's easy to navigate four webinars for the last two years., Like I say, we've had a good working relationship with NAL and USDA, here are some past webinars that you might want to check out, great information that we've done. One last thing I will put in the chat box, if you want to read more about the Academy, there's a great article by all the things we do, please check out this article by Scott Poly. It talks about it there. Let's see if we have more questions, any last questions for our panelists? I'd like to thank our presenters once again, this is one of my favorite webinars. I'd also like to thank my colleague Ashley for great work today as tech-support, keeping everything running smoothly. Thank you audience, I hope that you enjoyed the webinar as much as we did. Don't forget our upcoming webinar's scheduled for November, that's this Thursday entitled identity theft, your one stop resource to help people recover from identity theft. Plus we have three more webinars scheduled for December. You will receive notice of all of our upcoming webinars if you sign up for our email alert service and, from the Academy webpage, which is linked to in the index section at the bottom of the homepage, you can view a calendar of upcoming webinars and events, access past webinars from the archive and link to a web form, I know there are people in this audience who could present a nice webinar, it could be about running a depository or any topic of interest, so please give that a thought. Let's check out lot -- last questions from the audience .

>> I don't see that. I think you've covered everything tremendously well. I would like to thank our presenters one last time, terrific webinar, I really enjoyed it, thank you audience, please come back again for war -- more webinars, have a great rest of your day. Thank you .

>> Goodbye. [ event concluded ]