



NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

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NUTRITION PROGRAMS OFFICE TRANSFERRED TO AGRICULTURAL RESEARCH ADMINISTRATION

With this issue of the Nutrition News Letter, I am retiring from responsibility for administrative supervision of this publication, which Dr. Sebrell and I carried jointly as part of the defense and wartime phases of the nutrition program.

This is in accordance with the resolution of a problem that has been recurring since the termination of the War Food Administration. This problem has been a question of where the functions of the Nutrition Programs Office might best be placed for administrative purposes with respect to the longer range considerations involved in this work. That office has now been transferred from the Production and Marketing Administration to the Agricultural Research Administration, where its functions will be continued under the direction of Dr. Hazel K. Stiebelling, Chief of the Bureau of Human Nutrition and Home Economics.

These new arrangements will permit closer concentration on the program's objectives, building on the progress that has been made since the National Nutrition Conference for Defense in 1941.

They will also permit continuation of service to the Inter-Agency Nutrition Planning Committee and maintenance of contact with State nutrition committees which have been the major functions of the Nutrition Programs Office.

My experience with the nutrition program and particularly in working with the Inter-Agency Nutrition Planning Committee and the State and local committees has made me believe deeply and sincerely in the effectiveness of cooperation among all agencies working toward mutual objectives in this field. Closer relationship with the basic responsibilities of BHNHE will make it possible to move still further in this direction.

The Nutrition News Letter will continue to be issued as a medium for exchanging information about nutrition committee activities and other matters of interest in the field of nutrition.

I want to express my appreciation to the readers of the Nutrition News Letter and others who have contributed to this program.—M. L. WILSON

COORDINATION OF NUTRITION ACTIVITIES TO CONTINUE

Recent surveys show that families in this country now have diets that are better nutritionally than in the early 1940's. But even in a period of economic prosperity and with food plentiful, the diets of many are less satisfactory than they should be. This is a challenge to a nation that has the food resources and the knowledge to carry out an effective nutrition program.

We all know from experience that nutrition programs can be fully effective only with close cooperation of those concerned with research, education, food production, and food distribution. The nutrition coordination staff recently transferred to this Bureau is the focal point of that coordinated effort. In this new administrative home, this small staff will continue its services to the State and local nutrition committees and to the Inter-Agency Nutrition Planning Committee.

We look to the Inter-Agency committee to take leadership in planning a far-reaching program that they can mutually advance. The Bureau of Human Nutrition and Home Economics is glad to support in every way possible programs that encourage research in food and nutrition and help families put the results into everyday use.—HAZEL K. STIEBELING

OCTOBER 24 IS UNITED NATIONS DAY

October 24 has been designated "United Nations Day" in commemoration of the signing of the United Nations Charter in 1945 in San Francisco. Since the UN can

be effective only as citizens everywhere believe in it and support it, there is need to reach everyone with information about its purposes and activities. Material on the UN for use in community and other observances is available from the National Citizens' Committee for UN Day, 70 Jackson Place NW., Washington 6, D. C.

Nutrition has a place in the programs of three of the specialized agencies of the UN—the Food and Agriculture Organization, the World Health Organization, and the International Children's Emergency Fund. A brief statement by FAO on its current program follows. Statements from the other agencies will appear in later issues.

FAO STUDIES PHYSIOLOGICAL REQUIREMENT FOR CALORIES

No rational program of nutrition and, consequently, of food production and distribution can be developed without having first of all a clear picture of the targets at which to aim. During the period immediately following the second world war, the food and nutrition situation in many countries was so acute that FAO was called upon to define emergency subsistence and temporary maintenance levels, and help countries to attain them. It now seems reasonable for FAO to assist countries in basing their programs on a sound knowledge of the physiological requirements of their populations for calories and nutrients, translated into foods which will supply them and which can be produced or easily imported.

The establishment of recommended allowances for calories and nutrients has proved to be a formidable task, even in a single country such as the United States. On a world-wide basis it is still more difficult. Nevertheless, the Nutrition Division is giving this task an important place in its program, and has undertaken first of all an extensive study of calorie requirements.

A committee of international experts convened by the Nutrition Division is meeting in Washington in September. It is hoped that the recommendations of the committee will lay the basis for establishing a scale of calorie requirements appropriate for various climates and conditions, and that suggestions along which work should be developed will be made.

If a practical, even though tentative, method for estimating physiological re-

quirements of calories is agreed upon by experts of international repute, it will represent a considerable step forward. FAO will then have at its disposal a means of determining whether the food supplies of a country meet the calorie requirements of its population. It will also be of value in establishing satisfactory food production targets for individual countries.

NOVEMBER FAO CONFERENCE TO BE HELD IN WASHINGTON

The Fifth Session of the FAO Conference will begin on November 21, 1949, in Washington, D. C. It will be organized in three commissions as it was last year:

- I. World Review and Outlook
- II. Program of Work of FAO and National Programs of Governments
- III. Constitutional, Administrative, and Financial Questions.

NATIONAL SCHOOL LUNCH WORKSHOP HELD AT IOWA STATE COLLEGE

The first National School Lunch Workshop was held at Iowa State College on July 11 to 29. The 32 participants represented 20 State Departments of Education, the five area offices and the Washington Office of the U. S. Department of Agriculture, and the National Health and Welfare Department of Canada.

There were group discussions and lectures on such phases of the school lunch program as child nutrition, management, program planning, education, needed research, equipment and facilities, and training of personnel.

Staff members of Iowa State College and several other colleges and universities and representatives of Government Agencies served as consultants. A report of the conclusions reached by the study groups will be published in the near future.

NUTRITION IN INDUSTRY CONFERENCES

Industrial health, with emphasis on nutrition, was discussed in a series of four conferences held in Cambridge, Mass., last spring. Representatives of management as well as nurses, physicians, and dietitians in industrial plants and others were invited.

The conferences were sponsored by the Nutrition Advisory Council, a committee of the Health Division of the Cambridge

Community Council. The program represented a joint effort on the part of industry, voluntary and public health agencies, and other community organizations.

The most recent developments in nutritional research were described in one session. Another was devoted to the means by which persons working in industrial health can best take advantage of the opportunities for presenting nutrition information, and its importance to the general well-being of the worker. The third conference concerned the clinical aspects of nutrition counselling.

A panel discussion at the final meeting reviewed previous conclusions and considered ways and means of carrying on a future program.

An intensive follow-up is planned for the fall, and Simmons College has chosen this program as a training ground for their classes in food and nutrition, with emphasis on nutrition in industry.

Although this particular undertaking is directed toward industry, it is recognized that an effective program must influence the community as a whole. It is hoped that through the community council a coordinated plan may evolve, directed toward all age groups in all sections of the city.

NEWS OF STATE COMMITTEES

PENNSYLVANIA:—At the June 1 meeting of the Pennsylvania Nutrition Council, Chairman Herbert T. Kelly outlined the need for nutritional appraisal in all fields, and stressed the importance of nutrition education. If a nutrition program in the school is to function successfully, he said, the teachers themselves must have a working knowledge of the subject. Courses in all phases of nutrition, incorporated into the regular curricula of teachers colleges, would be an important step forward in training them for classroom nutrition education.

Following a talk on Nutrition in the Elementary Course of Study, members discussed what they might do to assist with the nutrition training of teachers in State teachers colleges. They voted to prepare a brief to be submitted to the curriculum committee of the teachers colleges, stating what they wished to accomplish, how it could be done, and what it should include.

Much of the meeting was devoted to reports of work in nutrition being

carried on by the agencies represented by the members present. These included Departments of Public Assistance, Health, Public Instruction, and Welfare; Society of Farm Women, Farmers Home Administration, Tuberculosis Society, Ellen H. Richards Institute, the Pennsylvania State College, and the Extension Service.

MAINE:—The Nutrition study of Bangor school children (July 1948 NNL) is being published in a bulletin entitled "Remodeling the School Lunch for the Teen-Ager." It contains a brief résumé of the results of the diet studies, physical examinations, and blood tests. Chief emphasis is on the eight school lunch menus served in the two junior high schools at the time of the study and on eight revised menus.

Chairman Mary M. Clayton reviewed the results of this study at the May 16 meeting of the Maine Nutrition Committee in Orono and said that similar studies were made last year in Skowhegan, Newport, and Bucksport.

A chairman appointed by the Maine Congress of Parents and Teachers will work actively on school lunch programs, it was reported. The Extension Service is also promoting school lunches and the use of enriched flour.

A talk on results of a nutrition survey of the Indians at Pleasant Point, Maine, made by the U. S. Public Health Service Nutrition Unit at Brattleboro, Vt., opened the program.

NEW YORK STATE:—With 150 registrants and an additional audience of summer school students and faculty of Cornell University, the Eleventh Annual State Nutrition Institute was held in Ithaca July 19 and 20.

During the 2-day program there were talks on "Changing Food Habits," "Some Obstacles in the Path Toward an Adequate Diet," "Your Foods and Mine Under the Federal Food, Drug, and Cosmetic Act," and "The Role of Recent Research on B-Vitamins in Human Nutrition."

Chairmen of the school lunch, nonfat dry milk, improvement of baked goods, legislation, and industry subcommittees made annual reports. There were also reports on regional meetings and on bread hearings.

Part of the session was devoted to group meetings of county nutrition representatives with regional advisors. Industrial nurses also met.

The institute closed with discussions of "Nutrition Surveys" and "Working Together in the Community."

Frances Scudder was elected chairman of the State Committee.

CHICAGO, ILL.:—The June issue of "Chicago Nutrition Association Reporting" is given over to the annual report of the association. Most of the association's activities have been reported in this periodical during the year.

The major projects are carried forward by committees, according to the report. They are organized into an effective program of work through a committee composed of chairmen of the various committees under a coordinating chairman.

Along with the chairmen 64 members served on committees; in addition a number of consultants and assistants were called upon from outside the membership. The influence of these persons is felt in Chicago; the association was endorsed by the Chicago Association of Commerce and Industry as a recognized, nonprofit organization in Chicago.

The association has three types of memberships—sustaining, active, and participating. Forty-one active members joined during the year. It maintains an office and a part-time executive secretary. Dr. George Wakerlin is the new president.

WEST VIRGINIA:—Dr. Bertlyn Bosley, formerly chairman of the North Carolina Nutrition Committee, spoke on "Nutrition Education Interrelationships" at the June 15 meeting of the West Virginia Nutrition Committee.

The Federation of Women's Clubs representative reported that a survey of breakfast problems of club members showed that making breakfast enjoyable and serving foods that are liked are important in getting the family members to eat. The Federation is planning to get the clubs to follow up with a Better Breakfast Program.

Members of the committee ate a typical Type A lunch at the School Lunch Workshop held at the university and toured the experiment station nutrition laboratories. Methods used in taking a blood sample and determining its content of carotene, vitamin A, and ascorbic acid were demonstrated, as well as the materials necessary to obtain a diet record.

Chairman Eloise Cofer appointed a committee to help write short, snappy, nutrition articles for publication. Three radio stations are still sponsoring nutrition broadcasts.

VIRGINIA:—The State Nutrition Council is proceeding with an educational program on bread and flour enrichment, according to Chairman Janet Cameron. The members prepared for State-wide distribution a mimeographed statement explaining why bread and flour enrichment is important to all Virginia people.

NEW YORK CITY:—Tasting parties for school children in the lower grades were suggested as part of a nutrition education program in the Kips Bay-Yorkville Area.

The new nutrition clinic at Amsterdam House is operating on Monday, Tuesday, and Thursday afternoons.

The nutrition teaching project at the Morrisania Hospital prenatal clinic shows an encouraging trend. The demonstration will continue for at least a year longer to get enough control and instructed cases to be statistically significant.

MINNESOTA:—A Brochure of Nutrition Education Activities in Minnesota has recently been published by the Minnesota Nutrition Council. Its purpose is to acquaint persons working to improve nutritional status in local communities with the work being done by others in the field. It is hoped that this will result in more effective cooperative relationships among those working in communities, counties, and the State.

NEW MATERIALS

"Meat Selections of City Families," 9 pp., processed, August 1949, contains figures on meat consumption taken from the BHNHE 1948 studies of food consumption in cities. Meat selections of city families and some factors affecting consumption are described. Available from Bureau of Human Nutrition and Home Economics, USDA, Washington 25, D. C.

Reprints of "Nutrition Surveys," by H. R. Sandstead and E. F. Osborne, Jr., published in the North Carolina Medical Journal, vol. 10, pp. 304-308, June 1949, may be obtained by writing Dr. Sandstead, U. S. Public Health Service, Federal Security Agency, Washington 25, D. C.