



# Evidence: Support with Research

Nutrition in Disease:  
*Integrating Research Findings*

# Evidence

- Varying levels of support by research
  - Strongest = large trial of intervention that is randomized, placebo-controlled, double-blinded, cross-over, and longitudinal using sensitive and precise measures for appropriate outcomes
  - Weakest = case study, consensus

# Evidence-Based Guidelines

## ■ Process

- Answers specific question
- Consider all available evidence graded for appropriateness and strength
- Allow for strong, intermediate, weaker, and no recommendations both for and against practice or treatment

# [ Current Papers Nutrition/HIV ]

- Position papers
- South African guidelines
- FANTA-sponsored guidelines work
- WHO technical review

# [ Compendium ]

- Purpose:
  - Review of current knowledge, practices
- Featured evaluations:
  - Nutrient requirements
  - Guidelines evaluation

# [ Outputs ]

- Topics and summaries
  - HIV: Nutrition-Related Implications
  - HIV: Food-Related Implications
  - HIV and Food Insecurity
  - Issues in Developed Countries
  - Issues in Developing Countries: Effort in Food Aid and Development
  - Implications for Program Development
- Papers in journals

# Practical Research Questions

- Target population requirements
- Expected impacts
  - Numbers and measures
- Impact of other disease states
  - TB, Malaria, etc.
- Practical recommendations

# [ Summary ]

- The importance of evidence
- Working it into the mix of activities
- Dealing with human populations
- WISHH technical assistance support