

**【W2-3】****The Development of Nutrient Reference Values for Australia and New Zealand**

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Nutrition is one of the most important determinants of the health and wellbeing of all populations. It has only been in the past 50 years that nutrition science has advanced to the extent that accurate estimates of human nutritional requirements can be made. In Australia the term Recommended Dietary Intakes (RDIs) has been used, but this is now being replaced with Nutrient Reference Values. The early versions of RDI's in Australia were based directly on US and FAO documents. The most comprehensive review published in 1991 was undertaken under the during the 1980's and was an evidence-based assessment based on original publications.

It has taken considerable lobbying by nutritionists over a period of six years to gain approval for the current review. The preparation of a report on the necessity of revising the RDI's was a pivotal step in the process. While the US/Canadian documents were the starting point in the current Australian/New Zealand review, reviewers and subcommittees of the review working party were asked to specifically use the review processes which have been adopted by the NHMRC. The basis is the NHMRC levels of evidence documents as modified for use in the recent review of Australia's Dietary Guidelines. The main difference between the US and the Australian approach is that ultimately the US is a consensus process while the Australian review is working to become more evidence based. In addition reviewers were asked to consider the use of animal and human studies and whether more recent data has become available since publication of the US/Canadian values. The final outcomes will be available in 2005.