

# Quality of Dietary Fat

## Task Force Report Form 2020



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## Summary of activities in 2020

In 2020, the group of Task Force member was completed and the work of the Task Force formally established. The Task Force held online meetings to agree on the work plan, and to proceed with the work. The original plan of organising one or more face to face meetings was abandoned considering the limitations induced by the pandemic, and it was agreed that the work shall proceed based on digitally facilitated communication and decision making.

Members of the Task Force performed and completed two systematic reviews relating to adult populations, led by the German Cochrane Centre:

1. i) Schwingshackl et al, A scoping review of current guidelines on dietary fat and fat quality;
2. ii) Schwingshackl et al, Dietary fat and fat quality and health outcomes: a scoping review of systematic reviews of prospective studies.

Both manuscripts were thoroughly reviewed by all Task Force members, comments and suggestions were submitted and evaluated, and the manuscripts were revised accordingly. The final manuscripts were shared again with all task force members and submitted to the journal of IUNS, Annals Nutrition and Metabolism, and they are currently in the review process.

In consideration of the results of the two systematic reviews, the Task Force members individually formulated proposals for conclusions and recommendations which the task force chair compiled and shared with the Task Force members as the basis for the planned discussion and consensus development process.

The Task Force members identified that the systematic reviews did not address the dietary needs of the particularly sensitive population groups of pregnant and lactation women, and infants and children. The Task Force members concluded that the IUNS recommendation that is to be developed should also address these vulnerable population groups. Therefore, the Task Force decided that Dr. Bernadeta Patro- Golab, in collaboration with Dr. Lukas Schwingshackl, should lead a task to perform systematic reviews on existing recommendations and on available evidence on health outcomes on these population groups that should be completed in 2021.

Initially the Task Force had assumed that funds allocated in the planned budget for the cancelled face to face meeting of the Task Force could be used to cover the costs of these further systematic reviews. However, the IUNS treasurer shared that the budget did not suffice because a) one of the supporters of the Task Force activities had provided less monies than originally promised, and b) the costs of the German Cochrane centre were higher than originally anticipated. Therefore, the Task Force decided to explore options for additional fund raising.

## Plans for the year 2021

We have set up a doodle to determine the date of the next Task Force meeting presumably in January or February 2021 to discuss the proposals for conclusions and recommendations and to start developing a consensus. Once this outcome is achieved, we will begin to draft a manuscript to report on the methods, considerations, methodological approaches, conclusions and recommendations of the Task Force.

We expect the results of the peer review of the first two systematic reviews and anticipate to prepare a response to reviewer comments and a revised manuscript for re-submission.

We will try to raise additional funds to support the planned additional systematic reviews addressing the sensitive population groups of pregnant and lactation women, and infants and children. If successful, we hope to have these systematic reviews performed and completed in 2021. Based on the results we shall develop respective conclusions and recommendations of the Task Force. These shall be incorporated into the manuscript reporting on the considerations, methodological approaches, conclusions and recommendations of the Task Force.

The Task Force will develop a programme proposal for a session at the IUNS conference in Tokyo in 2022 to present the outcomes of our work.

The Task Force will explore further options for strategies for broad dissemination, for example via digital tools that are scalable in a cost-effective manner.



Berthold Koletzko, Task Force chair