

**MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC)
MEETING, NATIONAL INSTITUTES OF HEALTH (NIH)**
Rockledge 2, Conference Room 9100-9104, Bethesda, MD
September 2, 2010 2:00 – 4:00 PM

WELCOME

RADM Van Hubbard, Director, NIH Division of Nutrition Research Coordination (DNRC), convened the meeting at 2:02 PM and welcomed participants. Phone participants included the following: Dr. Lynn Bosco, NIH OBSSR; CAPT Shirley Blakely, FDA; Dr. Kathy Ellwood, FDA; Dr. Gilman Grave, NIH NICHD; Dr. Molly Kretsch, USDA ARS; Dr. Clarence Lamb, OS ODPHP; Ms. Holly McPeak, OS ODPHP; Dr. Charlotte Pratt, NIH NHLBI; Dr. Dan Raiten, NIH NICHD; and Ms. Joanne Spahn, USDA CNPP. The agenda for the meeting is provided as Appendix A, and the list of attendees is provided as Appendix B.

**IN MEMORIAM – DR. MARY FRANCES PICCIANO, SENIOR NUTRITION
RESEARCH SCIENTIST, OFFICE OF DIETARY SUPPLEMENTS (ODS)**

RADM Hubbard opened the meeting with a moment of silence in honor of Dr. Mary Frances Picciano, a colleague of many associated with the NCC, who died of cancer on August 29, 2010. She will be greatly missed.

Ms. Marguerite Klein also shared a few remarks of recognition on behalf of ODS. Dr. Picciano joined ODS in 1999 as a Visiting Scientist and then became a Senior Nutrition Research Scientist in 2001. As Director of the ODS Training and Career Development Program, Dr. Picciano created the ODS Research Seminar Series and the Dietary Supplement Research Practicum, an annual course now in its fourth year, to provide fundamental knowledge of dietary supplements to teachers and their doctoral or post-doctoral students/fellows.

Dr. Picciano also headed the ODS Vitamin D Initiative, a comprehensive and multifaceted approach to the challenges in vitamin D research and their application to public health policy. Working closely with colleagues throughout the NIH and in other federal agencies in the U.S and Canada, her efforts resulted in significant advances in the field.

Dr. Picciano had wide and varied research experience in maternal, infant and child nutrition. Her research focused on dietary requirements for iron, folate, and selenium and bioavailability of these nutrients in reproducing women and their children. Author of over 100 professional and technical papers, she also co-authored a textbook entitled

Human Nutrition and co-edited two other books in her areas of research. She is widely recognized for her research accomplishments having received the Borden, Lederle, and Agnes Higgins Awards from national professional organizations, and the Funk and Pattishall Awards from her home institutions for distinguished research achievements.

More details about Dr. Picciano can be found on the ODS website.

[http://ods.od.nih.gov/About/Senior Nutrition Research Scientist .aspx](http://ods.od.nih.gov/About/Senior_Nutrition_Research_Scientist_.aspx)

NEW NCC MEMBER

CAPT Margaret McDowell, DNRC, introduced Dr. Amber Courville, a metabolic research dietitian, who is the new representative from the Clinical Center. The NCC looks forward to working with her.

APPROVAL OF MINUTES FROM THE JUNE 3, 2010 NCC MEETING

Minutes from the June 3, 2010 NCC meeting had previously been sent to NCC members via email. RADM Hubbard asked if there were any other corrections to the minutes. There were none. Ms. Marguerite Klein, NIH Office of Dietary Supplements (ODS), made a motion to approve the minutes, and Dr. Dave Klurfeld, USDA Agricultural Research Service (ARS), seconded the motion. The minutes were thus approved and will be posted on the DNRC website, <http://www.dnrc.nih.gov>, along with the minutes from the previous NCC meetings.

SCIENTIFIC PRESENTATION: “VALIDATED BIOMARKERS OF CALORIC RESTRICTION IN RATS: MARKERS OF DISEASE RISK IN HUMANS”

Dr. Bruce Kristal, Department of Neurosurgery at Brigham and Women’s Hospital and the Department of Surgery at Harvard Medical School, discussed his research on validated biomarkers of caloric restriction in rats and markers of disease risk in humans. Dr. Kristal identified caloric restriction (CR) as the most potent, most robust, and most reproducible known means of reducing morbidity and mortality in mammals, and he hypothesizes that long-term, low-calorie diets induce changes in metabolism that persist throughout the lifespan. He predicts that CR alters the sera “metabolome” and that a “CR Serotype” exists, reflecting beneficial physiological status (i.e. serotype defines health without reference to disease). The four main goals of his research are to 1) develop insights into the mechanism of CR; 2) recognize CR in other organisms (e.g., non-human primates); 3) biochemically determine the effective, long-term caloric intake of an individual (e.g., for epidemiological studies); and 4) identify predictive markers of disease (e.g., to intervene/prevent/focus resources; focus on disease where intervention is possible). In order to study these complex biological/clinical questions in humans,

where the ability to manipulate and analyze the system is limited, high throughput and/or data density studies are needed.

To study complex systems at the level of small molecule metabolites, a high-performance liquid chromatography (HPLC)-based approach coupled with coulometric array detectors can be used. Dr. Kristal and colleagues created and validated a working model of the CR serotype in both male and female rats that chromatographically identified critical markers and had a wide capture of the metabolome. Profiles distinguished diet in blinded studies across the lifespan and across extent of diet. A secondary model also distinguished duration. Additional studies show that markers are passing analytical tests in human plasma with good inter/intra-individual variability. The methodology is robust and can even handle the worst case shipping conditions. In addition, rat profiles pass key tests in human case/control studies and are correlated with food frequencies at the population level. The metabolomic markers and profiles identified appear analytically and biologically suitable for studies in defined human populations such as national clinical trials and epidemiological cohorts.

Dr. Kristal also shared data from a set of studies that are part of the NIH-sponsored Genes and Environment Initiative. Because no systematic study of the relationship between diet and mitochondria previously existed, the aim was to discover and confirm plasma metabolomic biomarkers for dietary intake of subclasses of fats and carbohydrates and their effects on mitochondrial function. To do this, Dr. Kristal and his colleagues are establishing an informatics pipeline that flows from data validation, data normalization, missing data decisions, and inclusion/exclusion criteria, to internal and external validation and optimization. Their studies link the relationship between dietary macronutrients and mitochondria composition and function.

SATURATED FAT AND CARDIOVASCULAR DISEASE (CVD)/CORONARY HEART DISEASE (CHD)

In response to a previous request, Dr. Catherine Loria, NHLBI, provided an evaluation of a recent article published in the American Journal of Clinical Nutrition that concluded, *a meta-analysis of prospective epidemiologic studies showed that there is no significant evidence for concluding that dietary saturated fat is associated with an increased risk of CHD or CVD*. The full text of the article, "Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease" by Patty Siri-Tarino and colleagues can be found at <http://www.ajcn.org/cgi/content/full/91/3/535>.

Dr. Loria emphasized a key flaw of this meta-analysis was that the authors only considered prospective epidemiological studies, therefore excluding an important body of evidence from other types of studies such as feeding trials, intervention studies, and ecological studies when drawing their conclusions. Due to the long latency of saturated fat intake and CVD morbidity and/or mortality, studies examining the influence of saturated fatty acids (SFA) on serum total and LDL cholesterol and other correlates of CVD risk are important to consider. Only data from multivariate analyses were used in the meta-analysis. No unadjusted or minimally adjusted results were presented thus raising questions about potential over adjustment. In addition, the issue of dietary data quality was not adequately addressed. As summarized in an editorial by Jeremiah Stamler, “The meta-analysis reported its findings as independent of a quality score including diet assessment. Of the 16 CHD studies, 4 relied on one 24-h dietary recall; the SFA-CHD RR was >1.00 for only one of these studies. Seven used a food-frequency questionnaire (FFQ); the RR was >1.00 in 3 of these studies. Five used dietary history or multiday food record; the RR was >1.00 in all 5 studies, even though 3 were adjusted for serum or dietary lipids. These facts, which were unnoted in the meta-analysis, prompt the question: Did low-level reliability (reproducibility) of dietary SFA data drive RR values toward 1.00? No data on SFA reliability are given.” (<http://www.ajcn.org/cgi/content/full/91/3/497>)

In conclusion, Dr. Loria found several flaws with the meta-analysis and did not feel the conclusions should change any recommendations about saturated fat intake. NHLBI is currently re-reviewing all related literature as part of the update to their clinical practice guidelines, and this information should be available in the spring.

Related Event:

Dr. Loria also announced an upcoming activity related to the topic of CVD topic that may be of interest to NCC members.

- Dr. Daan Kromhout will be visiting staff at NHLBI on September 13th. There is an opportunity to join in a brief presentation (approximately 20 minutes) and follow-up dialogue with Dr. Kromhout from 9:30 AM - 11 AM in Rockledge 2 in Conference Room 10091.

Recently, Dr. Daan Kromhout presented the results of the Alpha Omega Trial at the Congress of the European Society of Cardiology in Stockholm (The main results will be published online in the New England Journal of Medicine (<http://www.nejm.org/doi/pdf/10.1056/NEJMoa1003603>)).

A summary of the findings from the media is as follows: Researchers in the Netherlands report that among heart-attack survivors, those who boosted their omega-3 intake had the same risk of a second heart attack as those who did not supplement their diet with added omega-3s. The study involved 4,837 men and women who were being treated for heart disease with medications ranging from cholesterol-lowering statins to antihypertension drugs. The members of the experimental group, who ate about four teaspoons of omega-3-enriched margarine a day (which provided them with an additional 400 mg of the fats daily) for more than three years, did not experience any fewer heart events than patients in the placebo group who ate unadulterated margarine.

This opportunity to meet with Dr. Kromhout is being offered by Lawrence J. Fine, MD DrPH, Chief, Clinical Applications and Prevention Branch Division of Prevention and Population Science, National Heart, Lung, and Blood Institute with the assistance of Pamela Brockington (brockingtonp@nhlbi.nih.gov). Please contact NHLBI staff if additional information is needed.

NIH HEALTH AND WELLNESS COUNCIL

Ms. Rachel Fisher, DNRC, provided an update on the NIH Health and Wellness Council. Formal letters requesting Wellness Council nominees and Ex Officio members will be sent to the IC Directors and Executive Officers in early September. The first official meeting of the Council will be October 6th. Going forward, meetings will be held on the first Wednesday of every month.

The Council is planning a Wellness Expo on Wednesday, September 8th from 11 AM – 4 PM at the Natcher Conference Center. It will feature a wide range of activities including health screenings, fitness assessments, fitness classes, demonstrations, wellness speakers, and a number of booths with health information. More information can be found on the Expo website: <http://dats.ors.od.nih.gov/wellness/expo2010.htm>.

The Health and Wellness Council is planning for an increased number of “Focus on You” wellness lectures in the coming year. They will be held on the 1st and 3rd Thursday of each month. All lectures will be videocast. In order to ensure that nutrition presentations are given by individuals with appropriate credentials and experience, the DNRC would like to provide a list of experts at NIH who would be willing to participate in these lectures or other wellness-related events. We feel it is extremely important to tap into the wealth of resources within the NIH community. As a result, the DNRC is calling on the NIH nutrition community to participate in an NIH Nutrition Speakers Bureau. If you are interested in becoming part of this Bureau, please contact Rachel Fisher (Rachel.Fisher@nih.hhs.gov) and indicate what topics you would be willing to present.

Please pass this request to other dietitians and nutrition professionals in your office that you think might be interested.

REPORTS FROM NCC MEMBERS AND LIASONS

- Dr. Charlotte Pratt, NHLBI, announced that four grants pertaining to childhood obesity and treatment were recently awarded. A press release with more details will be going out next week.

UPDATE FROM THE OFFICE OF DISEASE PREVENTION AND HEALTH PROMOTION (ODPHP)

Ms. Holly McPeak, ODPHP, provided the following update:

Office Name Changes Within HHS

- Office of Public Health and Science (OPHS) will be renamed the Office of the Assistant Secretary for Health (OASH). OASH reports to Dr. Howard Koh as the ASH. OPHS, prior to a 1995 HHS reorganization, was known as OASH. Renaming OPHS to OASH makes the reporting relationship clearer. This name change will not affect operations in any way.
- The Office of Adolescent Health (OAH) has been officially added to the Department. The OAH will advise the Office of the Secretary (OS) and the ASH about various health concerns related to adolescents, including teenage pregnancy.
- The name of the President's Council on Physical Fitness and Sports has been changed to the President's Council on Fitness, Sports and Nutrition to reflect an Executive Order issued on June 22, 2010.

Healthy People 2020

- Departmental clearance comments have been forwarded to Workgroup Coordinators this past week. ODPHP asks that workgroups reply back with responses by Sept 8. The Federal Interagency Workgroup (FIW) will consider changes at their next meeting on Sept 15.
- Healthy People tools for communication are being developed, (i.e. a communications strategy and a new Web site). The launch for HP2010 is still scheduled for December, 2010.
- A State Coordinator's Meeting will be held in Washington, DC, Sept 27 and Sept 28.

2010 Dietary Guidelines for Americans

- ODPHP thanked NIH for the detailed and careful comments on the Dietary Guidance Advisory Committee Report as well as for comments on the 2010 Dietary Guidelines draft policy document. Each and every comment has been reviewed within HHS and discussed. A similar process took place within USDA. HHS/USDA plan to finalize the policy document for peer review and final HHS and USDA Departmental clearance next week. Plans are still in place to release the Dietary Guidelines 2010 policy document in December.

2010 Dietary Guidelines for Americans Communications Effort

- Plans are still in place to launch communications tools next spring. ODPHP met with CNPP's Director of Marketing and Communications and Executive Director (Jackie Haven and Rob Post) to discuss communications strategies and timeframe. USDA/CNPP is pleased that ODPHP has its own strategies and partnerships and are moving forward with their plans.
- Recap of ODPHP Communication Plans:
ODPHP sat with many NCC members last fall to collect "Expert Opinions" in order to identify barriers and gaps related to nutrition communications. They received great advice. Recently, ODPHP convened a conference call with agency representatives to share their research/focus group results and efforts to focus on low health literacy principles. ODPHP will be contacting each agency to discuss communication tools that will be updated or created in order to implement the 2010 Dietary Guidelines. The next step will be to schedule a follow-up conference call with agency representatives. As part of the communications effort, ODPHP is working with American Institutes for Research (AIR) to develop a number of fact sheets with accompanying videos, and they hope that NCC members will want to partner in the development or help disseminate these tools.
- As mentioned above, another focus of the communications effort is health literacy principles. ODPHP has scheduled a Health Literacy Workshop on Thursday, October 7th at the HHS headquarters, which is accessible by metro. There is space for 50 people. All Dietary Guidelines writers, drafters, and reviewers are encouraged to attend. Contractors who work on the development of nutrition education materials are also welcome and encouraged to attend. The invitation is attached in Appendix C.
- In addition to the workshop, ODPHP is sponsoring a series of 3 Health Literacy Webinars that can each accommodate up to a 1,000 viewers. They hope to reach local and state-level educators, nutritionists, cooperative

extension, community level trainers, etc. Information about the webinars will be disseminated through various E-Lists and professional contacts. ODPHP plans to reach out to USDA to disseminate information about the webinars as well. Each webinar will be 1 hour from 2:00 – 3:00 p.m. on a Wednesday, starting on Oct 6th. The second webinar will be on Oct 20th and the last one will be Nov 3rd. The invitation for the webinars will be sent soon and you are encouraged to help share the announcement.

- If you have any questions about communication efforts at ODPHP or how to partner with them, please contact Rachel Hayes (Rachel.Hayes@hhs.gov).

UPDATE FROM THE NIH OFFICE OF DIETARY SUPPLEMENTS (ODS)

Due to the mourning of Dr. Mary Frances Picciano, no additional updates were provided.

UPDATE OF DNRC ACTIVITIES

Nutrition Education Subcommittee (NES):

CAPT Margaret McDowell, DNRC, provided an update on NIH-NCC NES activities. The NES welcomed Dr. Amber Courville as the new Clinical Center representative to the NES following Nancy Sebring's retirement from the Commissioned Corps and transition to part-time employment earlier this year.

The NES has reviewed 3 documents since the July 2010 NCC meeting as follows:

- CDC "Vital Signs" Fact Sheet on Obesity
- NIDDK Flyer entitled, "A Parent's Guide to Creating a Healthy Lifestyle"
- USDA-FNS Recipes "Harvest of Recipes Cookbook"

To date, the NES has completed 12 reviews in 2010. NIH organizations submitted 10 requests for review: NHLBI (3); ODS (4), NCI (2); NIDDK (1). The other submissions were for materials prepared by CDC (1) and USDA (1).

International Committee:

Dr. Dan Raiten, NICHD, provided a brief update on WHO guidelines development. As mentioned at a previous NCC meeting, the World Health Organization (WHO) has recognized the need to use more rigorous processes to ensure that health care recommendations, including guidelines and policy, are informed by the best available research evidence. As a result, they have established a new guideline development process, which is now being applied in several areas. He also gave a brief update on the BOND initiative, a project driven by the need for valid and reliable nutrition

assessment measures that would be applicable and relevant to users throughout the global food and nutrition community and in both the public and private sectors. It has received generous funding from the DNRC and ODS and is awaiting final funding decisions before moving forward with the next exercise.

RADM Hubbard shared an opportunity for further discussion with members of the European Commission (EC) regarding potential areas for collaboration on obesity-related research. A brief meeting is planned with EC staff during the 2010 Obesity Society Annual Meetings, which will take place in San Diego this October. More information will be shared as it becomes available.

NEXT NCC MEETING

The next NCC meeting will be Nov 4, 2010

ADJOURNMENT

The meeting was adjourned at 3:56 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for September 2, 2010

Appendix B: NIH NCC Meeting Attendees for September 2, 2010

Appendix C: Invitation to the Health Literacy Workshop

APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING AGENDA

1. **Welcome**.....Van Hubbard
2. **Approval of Minutes of the June 3, 2010 meeting**.....Van Hubbard
3. **Scientific Presentation: “Validated Biomarkers of Calorie Restriction in Rats: Markers of Disease Risk in Humans**.....Dr. Bruce Kristal
Brigham and Women’s Hospital & Harvard Medical School
4. **Saturated Fat and CVD**.....Cay Loria, NLHBI
5. **NIH Health and Wellness Council**
.....Rachel Fisher, Margaret McDowell, & Karen Regan
6. **Reports from NCC Members and Liaisons**.....NCC Members
7. **ODPHP Activities Update**.....Holly McPeak
8. **ODS Activities Update**.....Marguerite Klein
9. **Current DNRC Update of Activities**.....DNRC Staff¹
 - Nutrition Education Subcommittee Update.....Margaret McDowell
 - International Committee Information..... Pam Starke-Reed/Dan Raiten
 - HNRIM Update..... Jim Krebs-Smith/Karen Regan
10. **Next Meeting**.....November 4, 2010

¹ Updates will be included in the minutes of the meeting only

APPENDIX B: NCC MEETING ATTENDEES FOR SEPTEMBER 2, 2010

	<u>Members Present</u>	<u>Members Absent</u>	<u>Alternates Present</u>
DNRC Director (Chair)	V Hubbard		
DNRC Deputy-Director	P Starke-Reed		
<u>NIH MEMBERS</u>			
NCI		J Milner	
NHLBI	J DeJesus		
NIDCR		R Nowjack-Raymer	
NIDDK	C Miles		R Kuczmarski
NINDS		M Mitler	
NIAID	R Sawyer		
NIGMS		S Somers	
NICHD	G Grave		D Raiten
NEI		N Kurinij	
NIEHS		E Maull	
NIA		J Hannah	
NIAMS		J McGowan	
NIDCD		B Wong	
NIMH		M Chavez	
NIDA		G Lin	
NIAAA		R Breslow	
NINR		P Cotton	
NCCAM		L Duffy	
NCMHD		D Tabor	
NCRR		K Arora	
FIC		M Levintova	
NHGRI		S Basaric	
<u>NIH LIAISONS</u>			
CC	A Courville		
CIT		J Mahaffey	
CSR	S Kim		
NLM		M Corn	
OBSSR	L Bosco		
ODS		P Coates	
OD/ODP	B Portnoy		
PRCC		M Vogel-Taylor	
<u>AGENCY LIAISONS</u>			
AHRQ		I Mabry-Hernandez	
CDC/NCCDPHP		H Blanck	
CDC/NCHS		C Johnson	
FDA	K Ellwood		S Blakely
HRSA		M Lawler	
IHS		T Brown	
ODPHP		K McMurry	H McPeak
USDA	K Klurfeld		M Kretsch
DOD	K Friedl		

DNRC: N Bulger, R Fisher, W Johnson-Askew, M McDowell, K Regan

Guests: J Boyington (NHLBI), A Ershow (NHLBI), D Finkelstein (NIA), J Finley (USDA ARS), Y Kim (NCI), M Klein (ODS), B Kristal (Brigham and Women's Hospital), C Lamb (OS ODPHP), C Loria (NHLBI), M Miller (NIDDK), C Pratt (NHLBI), J Spahn (USDA CNPP), X Wang (NIAMS)

Appendix C

YOU ARE INVITED Health Literacy Workshop: Challenges and Solutions

To: All Dietary Guidelines Reviewers and Authors, Communicators, Educators, and Public Health Advisors (Note: contracted writers/editors are also welcome)

Health Literacy Workshop: Challenges and Solutions
Thursday, October 7, 2010
9:00 am to 12:00 p.m.
The Hubert H. Humphrey Building
200 Independence Avenue S.W. Conference ROOM 705A
Washington, D.C., 20201

METRO: Federal Center, SW
Bring Federal Government ID

Are your nutrition materials reaching the people you hope to reach? Learn how to motivate and communicate key actions in the Dietary Guidelines for Americans 2010 to make healthier eating easier!

Health Literacy Workshop: Challenges and Solutions

HHS' Office of Disease Prevention and Health Promotion would like to invite you to participate in an exciting and interactive workshop designed to focus on Health Literacy. This 3- hour workshop offers participants "hands on" techniques for using health literacy principles when developing and reviewing print and on-line consumer nutrition education materials. Emphasis will be placed on communication strategies and multi-media approaches to help consumers move from the "thinking phase" to making healthier lifestyle choices. Learn how to use health literacy principles to assure messages are universally accessible to the public.

Topics:

- The health literacy challenge, literacy levels of US adults
- Meaning of health literacy and plain language
- Implications for materials development
- Planning and organizing your material
- Writing principles (including hands-on practice)
- Graphics and layout: principles and application, analysis exercise

- Cultural considerations in creating materials
- Communication strategies to ensure your health message is understood
- Creating materials for persons with Limited English Proficiency (LEP)
- Options for assessing readability and health literacy

Register today, space is limited. Please email your “signature block” as a “Yes” reply to: HealthLiteracy@air.org