

**MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC)  
MEETING, NATIONAL INSTITUTES OF HEALTH (NIH)  
Rockledge 2, Conference Room 9100-9004, Bethesda MD  
May 5, 2005, 2:00-4:00 PM**

**WELCOME**

Dr. Pamela Starke-Reed, Deputy Director, Division of Nutrition Research Coordination (DNRC) convened the meeting at 2:00 PM and welcomed participants. Dr. Van Hubbard, Director, DNRC, was on travel and joined the meeting via phone. Also participating via phone were Dr. Sue Yanovski, National Institute for Diabetes and Digestive and Kidney Diseases (NIDDK); Dr. Elizabeth Maull, National Institute of Environmental Health Sciences (NIEHS); Dr. Deborah Galuska, Centers for Disease Control and Prevention (CDC); Ms. Margaret McDowell, National Center for Health Statistics (NCHS), CDC; Ms. Jennifer Weber, Department of Health and Human Services (DHHS) Office of Disease Prevention and Health Promotion (ODPHP); Dr. Karl Friedl, Department of Defense (DoD); Dave Bullock, Department of Transportation (DoT); and Dr. Peter Fischer, Dr. Mary L'Abbe, and Dr. Hasan Hutchinson from Health Canada. Dr. Starke-Reed thanked the representatives from Health Canada for joining the meeting and indicated that they would be most welcome at future NCC Meetings. The agenda for the meeting is provided as Appendix A, and the list of attendees is provided as Appendix B.

**APPROVAL OF MINUTES FROM THE MARCH 3, 2005 NCC MEETING**

Minutes from the March 3, 2005, NCC Meeting had previously been sent to NCC members via email. Dr. Starke-Reed asked if there were any corrections to the minutes. There were none. Dr. Becky Costello, Office of Dietary Supplements (ODS), made a motion to approve the minutes, and Dr. Deb Olster, Office of Behavioral and Social Sciences Research (BSSR), 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 previous NCC Meetings.

**USDA FOOD GUIDANCE: MYPYRAMID**

Dr. Eric Hentges, US Department of Agriculture (USDA) Center for Nutrition Policy and Promotion (CNPP), described the activities that have occurred since the release of the new USDA food guidance system, MyPyramid. He offered his thanks to those in DHHS who provided reviews of the USDA food guidance interactive tool and other related materials. There were fewer than a dozen corrections to the food guidance system since its release. The MyPyramid website received 200 million hits in its first week and 100 million hits in the second week. CNPP is convinced that the choice of delivery through the Internet was a good one. Over 5,000 email comments have been received, most of which requested additional information. CNPP plans to evaluate these comments and respond as needed. They will also do evaluations with nutrition educators and consumers and revamp the MyPyramid website as necessary. Another evaluation will be done in a year's time. Because MyPyramid is driven

by food composition data, CNPP plans to work closely with the USDA Nutrient Data Laboratory to find ways to efficiently update the USDA national food composition database. Studies on food patterns are being planned to document that the MyPyramid food guide meets DRI recommendations within caloric needs.

A print rider for hardcopies of the MyPyramid materials was sent to Ms. Kathryn McMurry, ODPHP. She will send it to Dr. Hubbard who will then forward it to NCC members. Other groups (ADA, commodity groups) are also printing the materials. Many requests for materials have come in from schools, and the USDA Food and Nutrition Service (FNS) will take care of these needs. An advisory committee will do a formal evaluation of MyPyramid after three years to determine its effectiveness. There was some discussion about negative press of MyPyramid and about the accessibility of the MyPyramid materials for those without access to the Internet.

### **CDC OBESITY MORTALITY STUDIES**

Dr. Deborah Galuska, CDC, noted that in the past year, two papers published in *Journal of the American Medical Association (JAMA)* by CDC reported different numbers of deaths associated with excess weight. In the paper "Actual Causes of Death in the United States, 2000," Mokdad and colleagues (2004) reported that 365,000 deaths per year were attributable to poor diet and physical inactivity (350,000 to overweight and obesity). In the paper, "Excess Deaths Associated with Underweight, Overweight, and Obesity," (KM Flegal, BI Graubard, DF Williamson, MH Gail. *JAMA* 293:1861-1867, 2005), the authors reported that compared to a referent group of normal weight, obesity was associated with 111,909 excess deaths and overweight was associated 86,094 fewer deaths.

There are two major factors that account for the differences between the 2004 and 2005 CDC studies. The most important factor is that the 2005 study included two newer national data sets that more accurately reflect the current health status of US adults, including the well-documented decline in heart disease mortality. The second factor relates to a number of methodological differences between the two studies. These differences include: a) the 2004 study used a formula for the population attributable fraction that did not fully account for confounding factors; b) the 2005 study accounted for the modifying effect of age on the relation between obesity and mortality; and c) the two studies used somewhat different "normal weight" categories to define the body mass index referent group.

### **US 2005 DIETARY GUIDELINES FOR AMERICANS**

Ms. Kathryn McMurry, DHHS ODPHP, noted that since the release of the *2005 Dietary Guidelines for Americans (DGAs)* in January 2005, eight sets of dietary guidance materials have been reviewed by DHHS/USDA for consistency with them. Any form of dietary guidance for the general public is required by law to be consistent with the DGAs. If there are questions as to whether materials need to be reviewed, the materials should be brought to the agency's representative to the DHHS Committee on Dietary Guidance. Educational and informational

materials such as the USDA MyPyramid and FDA Nutrition Facts panels are derived from and are related to the DGAs, but it is the DGA document that serves as the basis for consistency in nutrition advice among the Departments. ODPHP is working on some guidance principles with the goal of assisting authors in preparing materials that are consistent with the preponderance of scientific and medical knowledge that is represented by the DGAs. ODPHP is working with some members of the NCC Nutrition Education Subcommittee (NES) on the initial draft, and plans to ask for further input from the broader DHHS Committee on Dietary Guidance. These principles should serve as a reference point to illustrate some overarching principles of the DGAs. ODPHP is tracking common areas of disagreement among reviewers and will prepare them for discussion at a future meeting of the DHHS Committee.

ODPHP will soon begin planning for the 2010 edition of the DGAs. For that edition, the responsibility for administrative management of the Advisory Committee will rotate to USDA. All activities related to the DGA development are accomplished jointly by DHHS and USDA. Healthy People 2010 is preparing for its Midcourse Review, which is to be published in 2006. There will be a public comment period this summer on the updated objectives. The dates have been set for the Third Annual DHHS Prevention Summit; it will be held on October 24 and 25, 2005 in Washington DC.

Ms. Kim Stitzel, ODPHP, discussed some of the DGA outreach activities. She mentioned new and existing materials specifically for older Americans, African-Americans, American Indians, children, and Latinos. The DGA health professional's toolkit was developed with ADA and will go through review on May 15, 2005. Ms. Stitzel welcomed participation from NCC members in the development of DGA-related materials.

### **DIETARY REFERENCE INTAKES (DRIs) RESEARCH RECOMMENDATIONS**

Dr. Starke-Reed noted that each of the DRI Reports developed by the National Academy of Sciences (NAS) Institute of Medicine (IOM) contained a section on research recommendations. The collection of these research recommendations (66 pages) will be sent to NCC members as an action item. NCC members will be asked to respond to indicate how they use the DRIs. A subcommittee will compile the results to determine what the Federal uses of the DRIs are and the challenges of incorporating them into research. The results will be used to formulate how to move ahead with future DRIs.

### **NIH OFFICE OF DIETARY SUPPLEMENTS (ODS)**

Dr. Becky Costello, ODS, provided an update of the activities of that Office. Five Dietary Supplement Research Centers focusing on studies of botanical products have been jointly funded by the National Center for Complementary and Alternative Medicine (NCCAM) and ODS. Research conducted by these centers will advance the scientific base of knowledge about the safety, effectiveness, and mechanisms of the actions of botanicals.

- At the Botanical Center for Age-Related Disease at Purdue University, principal investigator Dr. Connie Weaver and researchers at partner institutions (West

LaFayette, Indiana; University of Alabama at Birmingham, Alabama; Rutgers University, New Brunswick, New Jersey) will investigate the health effects of polyphenols (a diverse group of chemical components widely distributed in plants) from sources such as soy and kudzu. They will study the ability of these agents to prevent and treat common conditions associated with aging, including osteoporosis, cognitive decline, and cataracts.

- At the Center for Botanical Dietary Supplements for Women's Health at University of Illinois at Chicago IL (UIC), principal investigator Dr. Norman Farnsworth and other UIC scientists are conducting a clinical trial to determine if black cohosh and red clover provide relief of menopausal symptoms including hot flashes. In addition to conducting basic and clinical research looking at standardization, metabolism, and toxicity of botanicals, the Center will support research training in pharmacognosy (the study of natural products).

- Principal investigator Dr. William Cefalu and researchers at partner Institutions (Pennington Biomedical Research Center, Baton Rouge, Louisiana; Center of Agriculture and the Environment of Rutgers University, New Brunswick, New Jersey) will study extracts of Russian tarragon, Shilianhua (a Chinese herbal product), and grape seed to determine how they may influence molecular and cellular processes associated with the metabolic syndrome, which consists of obesity, insulin resistance, development of type 2 diabetes, and accelerated cardiovascular disease.

- At the Memorial Slone-Kettering Cancer Center (MSKCC) Research Center for Botanical Immunomodulators in New York, New York, co-principal investigators Dr. Barrie Cassileth and Dr. Philip Livingston along with researchers at partner institutions (Weill Medical College of Cornell University, New York, New York; The Rockefeller University, New York, New York; Institute of Chinese Medicine at the Chinese University of Hong Kong, China) will investigate botanicals with reported ability to modulate immune function (echinacea, astragalus, turmeric, maitake, and a traditional Chinese formula) and their relevance for the treatment of cancer and infectious disease.

- At the Wake Forest and Harvard Center for Botanical Lipids, principal investigator Dr. Floyd Chilton with researchers at partner institutions (Wake Forest University, Winston-Salem, North Carolina and Harvard University, Cambridge, Massachusetts) will examine biological mechanisms and clinical applications of polyunsaturated fatty acids derived from botanicals, such as flaxseed, echium, and borage. The studies will focus on the anti-inflammatory actions of botanical oils and their potential to prevent and treat inflammatory diseases, such as atherosclerosis and asthma.

ODS is holding a Public Meeting on May 20, 2005 at the Marriott Conference Center in Bethesda MD. Information about the meeting was distributed and is on the ODS Web site (<http://www.scgcorp.com/odspublicmtg>). IC and other Agency representatives on the ODS Trans-NIH/Agency Working Group have been invited to attend, and others are also welcome.

On March 10, 2005, ODS issued a memo for support for dietary supplement research: grants and conferences and workshops. To coordinate the ODS review activities with those of the ICs, a June 2005 review session has been

added. Those who would like to submit a grant or conference/workshop proposal for ODS co-funding should contact Dr. Costello for details.

A conference on *Use and Misuse of Biomarkers as Indicators of Cancer Risk Reduction Following Dietary Manipulation* will be held at the NIH Lister Hill Auditorium, NIH Campus, Bethesda, MD 20892 on July 12-13, 2005. Additional information is available at <http://www.scgcorp.com/biomarkers2005/>.

## **UPDATE OF DNRC ACTIVITIES**

Dr. Starke-Reed summarized some activities related to the DNRC's *Workshop on Vitamin E* held in March 2005. She also noted that the NCC will be establishing a subcommittee to evaluate nutrition reviews since the Center for Scientific Review's (CSR) reorganization of study sections.

*Nutrition Education Subcommittee (NES)*. Dr. Jean Pennington, DNRC, provided an update of the activities of the NIH NCC NES. Since the beginning of 2005, 18 items have come in for review including five from NCI, one from the DNRC, one from the National Institute of Child Health and Development (NICHD), two from the National Heart, Lung, and Blood Institute (NHLBI), one from ODS, four from DHHS, and four from the USDA CNPP. Materials reviewed since the last NCC meeting include:

- *USDA Food Guidance System Sample Menus and Worksheet* (CNPP, USDA)
- *BodyWorks Video Script* (DHHS Office of Women's Health (OWH))
- *IHEI Children Education Messages* (CNPP, USDA)
- *5 A Day Messages* (NCI)
- *We Can! Materials* (NHLBI)
- *BodyWorks Toolkit* (DHHS OWH)
- *Chromium Fact Sheet* (ODS/Clinical Center)
- *Guide to a Healthy Heart* (NHLBI)

The DNRC has developed some information on their website (under NCC) pertaining to the review of nutrition education materials to assist authors who develop these materials. It identifies the materials that need to be reviewed and provides an overview of the NES and joint DHHS/USDA review process. A cover page and checklist (available on request) have been developed for materials to be submitted to NES.

*Subcommittee on International Nutrition Research (SCINR)*. Dr. Daniel Raiten, NICHD, was unable to attend the NCC Meeting, but provided some notes regarding the *World Health Organization (WHO) Consultation on Nutrition and HIV/AIDS in Africa*, which took place on April 10-13, 2005 in Durban South Africa. The Consultation was attended by over 200 participants including officials from 20 countries of Southern and Eastern Africa, United Nations agencies (UNAIDS, WHO, UNICEF, WFP, FAO), US Government agencies (NIH, CDC, OGAC, USAID), 22 non-government organizations, regional networks, people living with HIV/AIDS, researchers and members of civil society and produced a "participants statement" that will be included in an official report to the Executive

Board of the WHO meeting in May 2005. The results of this consultation represent the first step in the development and promulgation of recommendations and guidelines by WHO for the full integration of nutrition into all aspects of prevention, care, and treatment of HIV/AIDS in resource-limited settings such as sub-Saharan Africa. The delegation from NIH included Dr. Yvonne Maddox, Deputy Director NICHD; Dr. Faye Calhoun, Deputy Director for the National Institute on Alcohol Abuse and Alcoholism (NIAAA); and program staff from NICHD, OAR, and the National Institute for Allergy and Infectious Diseases (NIAID). The support for this meeting came from a consortium that included CDC, USAID, OGAC, DHHS (Office of the Health Attache in South Africa), and several departments within WHO. NIH support came from NICHD, ODS, NIAID, OBSSR, and the Office of AIDS Research. Dr. Raiten, HSA, OPRIP, Endocrinology, Nutrition and Growth Branch, NICHD, has played an active role in these activities as a member of the WHO Advisory Group for Nutrition and HIV/AIDS and as a member of the core consultation organizing committee. Mr. Gray Handley, on detail from NICHD to the US Embassy in Pretoria, South Africa, where he serves as Health Attache and DHHS Regional Representative, played an active and integral role in the planning and conduct of this event.

*Human Nutrition Research and Information Management (HNRIM) System Update.* Mr. Jim Krebs-Smith, DNRC, provided a status report of the HNRIM System. He thanked the Institutes and Centers (ICs) for their timely response and efforts in providing Fiscal Year (FY) 2004 data for HNRIM. At present, only a few final confirmations remain outstanding, and an email notice will go out to these ICs tomorrow (Friday, May 6, 2005). The ODS review of dietary supplement-related coding is also underway, and Mr. Krebs-Smith encouraged ICs to respond as promptly as possible to ODS requests for code modifications. He reminded NCC members that HNRIM codes 36 and 37 are used to identify projects for the ODS CARDS database. In follow-up to a request from the previous NCC meeting, guidance from the NIH Office of Budget on submitting data for HNRIM has been posted to the home page of the HNRIM Update website. (Contact Mr. Krebs-Smith if login information if needed.)

#### **REPORTS FROM NCC MEMBERS AND LIAISONS**

Dr. Wendy Johnson-Taylor, DNRC, and Dr. Amy Yaroch, NCI, announced a *Diet and Communication Workshop* which is to be held at the Lister Hill Auditorium on NIH Campus (Building 38A), Bethesda, Maryland on July 14-15, 2005. This Workshop is sponsored by the Behavioral Research Program of NCI and by the DNRC. The Workshop will focus on media and policy issues, specific populations, and strategic campaigns. The website address is <http://www.scgcorp.com/dietcomm2005/>.

Dr. Darla Danford, NHLBI, noted that May is National High Blood Pressure Education Month, and this year it coincides with the NHLBI release of *Prevent and Control High Blood Pressure: Mission Possible*

(<http://hin.nhlbi.nih.gov/mission/>). *Mission Possible* provides accurate, up-to-date facts about the impact of high blood pressure on the Nation, and materials and information that can be freely used by community organizations, corporate wellness programs, health care providers, schools, other organizations, and individuals to combat high blood pressure in the community and nationwide. No further permission is required to use any of the content on this site, both during National High Blood Pressure Education Month 2005 and the rest of the year. The materials include the 2005 National High Blood Pressure Education Month Community Kit, fact sheets on high blood pressure for specific target audiences, healthy eating tips, physical activity tips, Spanish-language fact sheets, Spanish-language radio spots, a hyperlink, a Call to Action publication to help reach out to new partners, and ideas for new kinds of partnership activities.

### **NEXT NCC MEETING**

The next NCC Meeting is scheduled for June 2, 2005.

### **ADJOURNMENT**

Dr. Starke-Reed adjourned the meeting at 3:40 PM.

### **LIST OF APPENDICES**

Appendix A - NIH NCC Meeting Agenda for May 3, 2005

Appendix B - NCC Meeting Attendees for May 3, 2005

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**APPENDIX A. NIH NCC MEETING AGENDA FOR MAY 5, 2005**

2:00-4:00 PM, Rockledge 2, Conference Room 9112-9116, Bethesda MD

1. **Welcome**.....Pamela Starke-Reed
2. **Approval of Minutes of the March 3, 2005 Meeting**....Pamela Starke-Reed
3. **USDA Food Guidance: MyPyramid**.....Eric Hentges, USDA
4. **CDC Obesity Mortality Studies**.....Deborah Galuska, CDC
5. **US Dietary Guidelines**.....Kathryn McMurry, DHHS ODPHP
6. **DRI Research Recommendations**.....Federal DRI Steering Committee
7. **Office of Dietary Supplements Update**.....Becky Costello
7. **DNRC Activities Update**
  - Nutrition Education Subcommittee.....Jean Pennington
  - Subcommittee on International Nutrition Research... ..Daniel Raiten
  - HNRIM .....Jim Krebs-Smith
8. **Reports from NCC Members and Liaisons**.....NCC Members
9. **Next Meeting: April 7, 2005**.....Pamela Starke-Reed
10. **Adjournment**.....Pamela Starke-Reed



**APPENDIX B. NCC MEETING ATTENDEES FOR MAY 5, 2005**

	<b>Members Present</b>	<b>Members Absent</b>	<b>Alternates Present</b>
<b>Chairperson:</b>	V Hubbard		P Starke-Reed

**NIH Members:**

NCI		J Milner	
NHLBI	D Danford		
NIDCR		R Nowjack-Rayner	
NIDDK	C Miles		
NINDS		M Mitler	
NIAID	M Plaut		
NIGMS		S Somers	
NICHD		G Grave	
NEI		N Kurinij	
NIEHS	E Maull		
NIA	J Finkelstein		
NIAMS		J McGowan	
NIDCD		B Wong	
NIMH		P Muehrer	
NIDA		G Lin	
NIAAA		V Purohit	R Breslow
NINR		Y Bryan	
NCCAM	M Klein		
NCCR		S Kayar	
FIC		N Tomitch	
NCHGR		K DeLeon	

**NIH Liaison Members:**

CC	N Sebring		
CIT		J Mahaffey	
CSR	S Kim		
NLM		S Phillips	
OBSSR	D Olster		
OC		M Stern	
ODS		P Coates	B Costello
OD/ODP	B Portnoy		
OLPA			
ORWH			
PRCC		M Vogel-Taylor	

**Agency Liaison Representatives:**

CDC/NCCDPHP	D Galuska		
CDC/NCHS		V Burt	
FDA	K Ellwood		
HRSA		M Lawler	
IHS		T Brown	
ODPHP	K McMurry		
USDA		M Kretsch	
DoD	K Friedl		

**DNRC:** W Johnson-Taylor, J Krebs-Smith, J Pennington, K Regan, L Somuah

**Guests:** T Agurs-Collins (NCI), R Breslow (NIAAA), D Bullock (DoT), C Davis (NCI), C Davis (CNPP/USDA), A Ershow (NHLBI), P Fischer (Health Canada), E Hentges (CNPP/USDA), H Hutchinson (Health Canada), S Krebs-Smith (NCI), M L'Abbe (Health Canada), J Lyon (CNPP/USDA), M McDowell (NCHS/CDC), S Pope (NIDKK), J Reedy (NCI), K Stitzel (ODPHP), R Troiano (NCI), J Weber (ODPHP), S Yanovski (NIDDK), A Yaroch (NCI)