

**MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC)
MEETING
NATIONAL INSTITUTES OF HEALTH (NIH)
Rockledge 2, Conference Room 9112, Bethesda MD
January 2, 2003, 2:00-4:00 PM**

WELCOME

Dr. Van Hubbard, Director of the Division of Nutrition Research Coordination (DNRC), convened the NCC Meeting at 2:00 PM and welcomed the participants to the first NCC Meeting of 2003. The agenda for this meeting is provided as Appendix A, and the list of attendees is provided as Appendix B. The meeting previously scheduled for December 5, 2002 was cancelled due to a snowstorm. Dr. Hubbard noted that one of the items on the December 5th agenda had been the formation of Food and Drug Administration (FDA) Subcommittees on infant formula, health claims, and general nutrition. No one from FDA was able to discuss this topic at today's meeting, so this item will be deferred to the next NCC Meeting.

Dr. Hubbard noted the recent deaths of two individuals who had made many contributions to the field of nutrition science. Dr. Victor Herbert, Professor of Medicine and Chief, Mount Sinai Nutrition Center and Hematology and Nutrition Research Laboratory at the Veteran's Affairs Medical Center, Bronx, New York, died from melanocytoma on November 19, 2002. Information is available at <http://www.victorherbert.com/>. Dr. Herbert was buried at Arlington National Cemetery in Washington DC on December 18, 2002; a public memorial service is planned for January 6, 2003 at the New York Academy of Medicine in Manhattan, New York. Dr. Roland Weinsier, Professor and Director, Clinical Nutrition Research Center at the University Alabama, Birmingham, died of colon cancer on November 27, 2002. Dr. Weinsier's research focused on the role of metabolism in the causation of obesity using the post-obese model. A symposium to honor his lifelong contributions was held shortly before his death on November 22, 2003 at the Center for Psychiatric Medicine in Birmingham, Alabama (<http://main.uab.edu/show.asp?durki=33715>).

APPROVAL OF MINUTES FROM THE OCTOBER 3, 2002 NCC MEETING

Minutes from the October 3, 2002, NCC Meeting had previously been sent to NCC members via email. Dr. Pamela Starke-Reed, DNRC, asked if there were any comments or corrections to the minutes. There were none, and Dr. John Milner, National Cancer Institute (NCI), made a motion to approve the minutes. Dr. Wendy Johnson-Taylor, DNRC, seconded the motion, and the minutes were thus approved. They will be posted on the DNRC website, <http://www.dnrc.nih.gov> along with the minutes from previous NCC Meetings.

OFFICE OF DIETARY SUPPLEMENTS (ODS) UPDATE

Dr. Anne Thurn from ODS provided an update of the activities of that office. She noted two items (ephedra and omega-3 fatty acids) under the Evidence-Based

Review Program. The final report on ephedra, commissioned by ODS and the National Center on Complementary and Alternative Medicine (NCCAM) and being done by RAND through the Agency for Healthcare Research and Quality's (AHRQ) Evidence-Based Practice Center Program, will be completed in mid-January. ODS and NCCAM are organizing a working group of experts to provide NIH with options for future research on ephedra. The group is expected to meet in late February 2003.

A report on the omega-3 fatty acids has also been commissioned through AHRQ's Evidence-Based Practice Center Program. ODS worked with NIH liaisons to develop questions on the health benefits of omega-3 fatty acids. This is a two-year project being done by a partnership between three of AHRQ's Evidence-Based Practice Centers - New England Medical Center, University of Ottawa, and RAND. The end product will be a series of reports on a number of topics including cardiovascular disease, cancer, autoimmune diseases, and mental health that NIH can use to develop a research agenda for omega-3 fatty acids.

With regard to ODS support for workshops and conferences, a memo was sent to Institute and Center (IC) Directors in mid-November 2002 offering ODS co-funding for workshops and conferences. This program has been in place for several years, and ODS has co-sponsored 91 conferences with virtually all of the ICs. Deadline for receipt of requests was December 20, 2002, however it may still be possible to submit a request. Contact Dr. Rebecca Costello in ODS for more information. Institutes that submitted proposals will be notified of funding decisions in early February 2003. ODS uses this annual solicitation as the standard mechanism to make decisions about co-funding workshops and conferences. At other times of the year, Institutes may contact ODS to inquire about the possibility of funding additional conferences or workshops.

ODS and the National Institute on Aging (NIA) are co-sponsoring a conference on *Dietary Supplement Use in the Elderly* on January 14-15, 2003 in the Natcher Auditorium, NIH Campus, Bethesda, Maryland. The registration fee is waived for NIH employees, but employees must register (<http://www.scgcorp.com/dsuse>). Contact Dr. Costello in ODS for further information about this conference.

A website (<http://www.nns.nih.gov>) with details of the *National Nutrition Summit*, which was held in May 2000 in Washington DC, has been launched. This website contains the publications that have issued subsequent to the Summit. The website also contains information about the *1969 White House Conference on Food, Nutrition, and Health*. For further information, contact Dr. Mary Frances Picciano in ODS.

OBESITY RELATED ACTIVITIES

Dr. Hubbard led the discussion of activities related to efforts to reduce and prevent obesity in the US.

NIH. Obesity has been elevated as a priority within the NIH as Dr. Elias Zerhouni, Director of NIH, has identified obesity as a topic of primary concern.

On December 19, 2002, a meeting was held with representatives of the American Obesity Association and Dr. Zerhouni, and it was attended by various NIH Institute Directors and other representatives from the National Heart, Lung, and Blood Institute (NHLBI), National Institute for Child Health and Development (NICHD), National Institute on Aging (NIA), National Institute on Mental Health (NIMH), National Institute on Diabetes and Digestive and Kidney Diseases (NIDDK), NCI, and Office of Behavioral and Social Science Research (OBSSR). There were initial comments from Mr. Morgan Downey, Executive Director of the American Obesity Association and Dr. Richard Atkinson, Med Star Obesity Research Institute affiliated with Georgetown University in Washington DC and President of the American Obesity Association. Dr. James Hill, University of Colorado; Dr. Jeffery Friedman, Rockefeller University; Dr. Shiriki Kumanyika, University of Pennsylvania, and Dr. Rena Wing, Brown University participated as representatives of the extramural obesity research community. There was discussion of a possible separate NIH institute for obesity, but the likelihood of this developing is low due to logistical problems and co-morbidities of obesity with other diseases. There will be a follow-up meeting with Institute Directors regarding specific areas of interest concerning obesity. Institutes have been asked to provide a summary of their research concerning obesity, and this summary will be shared with NCC members. Other ICs that want to be involved in this effort should contact Dr. Hubbard.

Dr. Hubbard discussed the need to share information about conferences that are being planned on the topic of obesity so that each conference can have a significant impact and make a contribution to increasing the knowledge about overweight and obesity. There was discussion about a mechanism to coordinate obesity activities at NIH and about using the DNRC to fulfill this role. There was discussion about a NCC subcommittee on obesity as it was noted that the DNRC must address various issues related to nutrition and cannot focus solely on obesity. Dr. Hubbard will be in contact with NCC members within the next week to set up a meeting regarding a NCC subcommittee or task force on obesity.

Federal Trade Commission (FTC). The FTC held a workshop to explore alternative approaches to reducing deceptive claims in advertising for weight-loss products on November 19, 2002 (<http://www.ftc.gov/bcp/workshops/weightloss/>). The FTC report on the *Impact of Weight Loss Advertising on Public Health* is available at <http://www.ftc.gov/bcp/reports/weightloss.pdf>.

Surgeon General's Call to Action on Obesity to Prevent and Decrease Overweight and Obesity. The DHHS Region 8 Health Office held a meeting on obesity in Denver, Colorado on November 20-21, 2002. This resulted in some follow-up activities in surrounding states. Other meetings regarding obesity are planned for Region 10 (Seattle, Washington) in the fall of 2003, Region 1 (Boston, Massachusetts) in early 2003, and Region 3 (Philadelphia, Pennsylvania) in the summer of 2003. The *Summary of the Surgeon General's Listening Session on Overweight and Obesity* (held in December 2000) was published in the December 2002 issue of *Obesity Research* (vol 10, No 12, pp

1299-1305). Copies are available on request from the DNRC Office. Dr. Wendy Johnson-Taylor, DNRC, is credited with having collated all the comments for this document.

National Academy of Sciences

The Institute of Medicine (IOM), National Academy of Sciences (NAS) has initiated an *Action Plan To Prevent Obesity in Children and Youth*. This 21-month study will assess the nature of obesity in children and develop an action plan (focusing on prevention) to decrease its prevalence. The study will assess the social, environmental, medical, dietary, and other factors responsible for the increasing prevalence of childhood obesity and identify the most promising methods for prevention, including interventions and policies for immediate actions and in the long term. Primary emphasis will be directed to environmental and cultural factors, social constructs that encourage appropriate eating patterns, and other broader environmental factors. The goal is the development of a well-documented basis for profiling the most likely contributing factors, identifying promising methods for prevention that can be undertaken by public and private sectors, and developing a research agenda. NIH (NICHD, NIDDK, NHLBI), the DHHS Office of Disease Prevention and Health Promotion (ODPHP), and the Centers for Disease Control and Prevention (CDC) are contributing to this effort. The final report should be completed by June 2004. Additional information is available from Dr. Linda Meyers, IOM (lmeyers@nas.org).

Doubly Labeled Water

Dr. Hubbard reported on a meeting that took place on December 5, 2002 at NIH concerning the availability of the oxygen isotope 18, which is used to make doubly labeled water for use in research studies on energy expenditure. A small business has reactivated some of the oxygen 18 columns at the Los Alamos Department of Energy and has thus made oxygen 18 available for studies. Contact Dr. Hubbard if you want more information on this topic or want to participate in the meetings on this subject.

2005 Dietary Guidelines for Americans

Ms. Kathryn McMurry, DHHS ODPHP, provided an update of the progress of the *2005 Dietary Guidelines for Americans*. The Memorandum of Understanding (MOU) between DHHS and the United States Department of Agriculture (USDA) regarding the formation of the Dietary Guidelines Advisory Committee was completed in October 2002, and the Charter for the Committee has been sent to DHHS Secretary Tommy Thompson for approval. The next step is to develop a slate of nominees for the Advisory Committee. A *Federal Register* notice requesting nominations will be issued in January 2003. The Advisory Committee meetings will begin in April 2003; there will be 3-4 meetings over the next year, and the Committee report will be submitted by June 2004. This will be followed by interdepartmental negotiations and public comment sessions. The recent IOM Dietary Reference Intake (DRI) reports will be used by the Committee in developing the guidelines, especially the recent report on macronutrients and

physical activity and the upcoming report on electrolytes and water. Options are being explored for providing the Committee with a scientific review of evidence related to alcohol intake. One option may be a NIH state-of-the-science consensus conference. The 6th edition of the *Dietary Guidelines* is expected to be available to the public by January 2005. Ms. McMurry noted that Dr. Elizabeth Majestic, formerly with CDC, is now the Acting Deputy Assistant Secretary for Health and Director of ODPHP. ODPHP will be leading two key initiatives for Secretary Thompson – the President’s *HealthierUS* and the Secretary’s Prevention Initiative: *Steps to a HealthierUS*. Together, these initiatives focus both on preventing disease by addressing major risk factors (such as physical inactivity and poor nutrition) and on reducing the burden of disease through appropriate health screenings and prevention of secondary conditions. The Secretary’s initiative will have a special emphasis on diabetes, obesity, and asthma.

HealthierUS

Dr. Karyl Thomas, DHHS ODPHP, provided an update of *HealthierUS*, an initiative launched on June 20, 2002 by President George Bush. The Administration has identified four pillars for a healthier America - to be physically active each day, eat a nutritious diet, get preventive screenings, and make healthy choices. Key Federal departments and agencies have been directed to develop plans to better promote fitness and health. A Personal Fitness Interagency Working Group was formed, and the President’s Council on Physical Fitness and Sports has been reinvigorated. Other activities around the *HealthierUS* initiative include: Public Health and Recreation, a MOU between DHHS, USDA, the Department of the Interior (DOI), and the Army Corps of Engineers; Healthier Children and Youths, a MOU between DHHS, USDA, and the Department of Education; and promotion of the 5 A Day Program, a MOU between NCI and USDA. Federal departments and agencies were requested to propose revisions to their existing programs that will result in improved health and fitness for Americans. They were also asked to complete an employee health program checklist to evaluate health promotion efforts for employees. The *HealthierUS* Program Coordination Subcommittee has reviewed 255 Federal Government programs related to the *HealthierUS* initiative, has assessed potential collaboration opportunities among Federal departments and agencies, and has made recommendations for program collaboration and MOUs. These recommendations are in the draft version of the second White House Report and are currently being reviewed by the Secretary’s Office. This White House Report will be circulated through Federal departments and agencies soon. Additionally, a Summit to be held in Baltimore on April 15th and 16th will highlight *HealthierUS* and the Secretary’s Prevention Initiative *Steps to a HealthierUS*, using Healthy People 2010 as the framework. See www.healthypeople.gov for more information about the Summit.

UPDATE OF DNRC ACTIVITIES

HNRIM. Mr. James Krebs-Smith, DNRC, was not in attendance due to illness and will provide an update of activities related to the Human Nutrition Research Information Management (HNRIM) System at the next meeting.

Nutrition Education Subcommittee. Dr. Jean Pennington, DNRC, provided an update of the activities of the NIH Nutrition Education Subcommittee (NES). The NES received 32 documents for review during 2002. Those reviewed since the last NCC meeting include *Mission Possible Fact Sheets* from NHLBI, *Super Sleuth Website Game* from CDC, *Background Information About Botanical Dietary Supplements* from ODS, and *Questions and Answers About Valerian for Insomnia and Other Sleep Disorders* from ODS, *Recipes for Heart Health* from NHLBI, *Bone Health Fact Sheets* from CDC, and *Tri-City Challenge Passport* from DHHS. The NES currently includes representation from four Institutes (NIDDK, NICHD, NCI, and NHLBI), ODS, and the Clinical Center. Participation from other ICs would be welcomed. Please contact Dr. Pennington if you would like to join the NES.

Trans-NIH Subcommittee on International Nutrition Research (SCINR). Dr. Rachel Nugent from the Fogerty International Center (FIC) reported that the fourth SCINR meeting was held on December 17, 2002 in the Natcher Building on NIH Campus. The meeting was cochaired by Dr. Nugent and Dr. Daniel Raiten, NICHD. The CoChairs provided opening remarks and then each representative was given an opportunity to provide an overview of their IC's activities, interests, and ideas. There was a guest presentation by Dr. Lorelei DiSogra, NCI Director of the 5 A Day Program, on the topic, *5 a Day for Health: An International Perspective*. Dr. Nugent noted that the SCINR discussed the rising epidemic of obesity-related chronic diseases in the world and recognizes the need to work with others at NIH to address this global problem. Dr. Nugent provided an update of the WHO document *Diet, Physical Activity and Health*, and Dr. Allen Holt, FIC discussed NIH regional activities in East Asia and Southeast Asia. Dr. Nugent noted that minutes from SCINR meetings are available on request.

REPORTS FROM NCC MEMBERS AND LIAISONS

Dr. Hubbard mentioned the FDA press release on the Consumer Health Information for Better Nutrition initiative (<http://www.fda.gov/bbs/topics/NEWS/2002/NEW00859.html>). The text of the initiative is available at <http://www.fda.gov/oc/nutritioninitiative/whitepaper.html>; the executive summary of the dietary supplement enforcement report is available at <http://www.fda.gov/oc/nutritioninitiative/executivesummary.html>; and the dietary supplement enforcement report is available at <http://www.fda.gov/oc/nutritioninitiative/report.html>.

Dr. Deborah Olster, OBSSR, mentioned the activities of the Trans-NIH Physical Activity Group, and noted that she could be contacted for more information.

Dr. Mel Mathias, CSREES, USDA, announced the *Annual Meeting of the Association of Nutrition Departments & Programs* in Houston, Texas on February 3-4, 2003. It will be hosted by the USDA Agriculture Research Service (ARS) Children's Nutrition Research Center in Houston. Information about the agenda is available at <http://andpnet.org/agenda03.htm>.

Dr. Lorelei DiSogra, NCI, announced that the third international 5 A Day symposium, *Globalizing 5 A Day-From Science to Practice* will be held at the International Congress Centre in Berlin, Germany on January 14-15, 2003. Information about the program is available at www.5aday.com.

Dr. Marshall Plaut, National Institute for Allergy and Infectious Diseases (NIAID), noted that NIAID would soon be forming an Expert Panel on Food Allergy.

Dr. John Milner, NCI, noted that a conference on free radicals will be held on June 26-27, 2003 and that NCI would have a visiting scientist on sabbatical from the University of Illinois.

ADJOURNMENT

The meeting was adjourned at 4:20 PM.

NEXT NCC MEETING

The next NCC Meeting is tentatively scheduled for February 6, 2003.

LIST OF APPENDICES

Appendix A - NIH NCC Meeting Agenda for January 2, 2003

Appendix B - NCC Meeting Attendees for January 2, 2003

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APPENDIX A. NIH NCC MEETING AGENDA FOR JANUARY 2, 2003

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

1. **Welcome**..... Van Hubbard
2. **Approval of Minutes of the October 3, 2002 NCC Meeting**Pamela Starke-Reed
3. **Office of Dietary Supplements Update**.....Anne Thurn
4. **Obesity-Related Activities**.....Van Hubbard
 - NIH
 - Federal Trade Commission
 - Surgeon General’s Call-To-Action
 - National Academy of Sciences
5. **2005 Dietary Guidelines for Americans**.....Kathryn McMurry
6. **Healthier US**.....Karyl Thomas
7. **DNRC Update of Activities**
 - HNRIM Update.....James Krebs-Smith
 - Nutrition Education Subcommittee.....Jean Pennington
 - Subcommittee on International Nutrition ResearchRachel Nugent
8. **Reports from NCC Members and Liaisons**.....NCC Members
9. **Next Meeting**.....Van Hubbard
- 10 . **Other Business**.....NCC Members

APPENDIX B. NCC MEETING ATTENDEES FOR JANUARY 2, 2003

	<u>Members Present</u>	<u>Members Absent</u>	<u>Alternates Present</u>
Chairperson:	V Hubbard		
NCI	J Milner		
NHLBI		D Danford	K Donato
NIDCR		R Nowjack-Rayner	
NIDDK		S Yanovski	R Kuczmarski
NINDS	P Turner		
NIAID	M Plaut		
NIGMS		S Somers	
NICHHD	G Grave		D Raiten
NEI	N Kurinij		
NIEHS		M McClure	
NIA		J Finkelstein	T Harris
NIAMS		J McGowan	G Pollen
NIDCD		B Wong	
NIMH		P Muehrer	
NIDA		G Lin	
NIAAA		V Purohit	R Breslow
NINR		K Helmers	
NCCAM	M Klein		
NCRR	F Taylor		
FIC		N Tomitch	R Nugent
NCHGR		K Hudson	
<u>NIH Liaison Members:</u>			
OD/ODP		B Portnoy	
CC	N Sebring		
CIT		J Mahaffey	
CSR	S Kim		
OLPA			
NLM		S Phillips	
OC		M Stern	
ODS		P Coates	
PRCC		M Vogel-Taylor	
ORWH		G Hartmuller	
OBSSR	D Olster		
<u>Agency Liaison Representatives:</u>			
FDA		E Yetley	S Blakely
CDC/NCHS		J Wright	
CDC/NCCDPHP		S Kuester	
HRSA		M Lawler	
ODPHP	K McMurry		K Thomas
USDA		W Wolf	
DOD		K Friedl	
<u>DNRC:</u>	S Frazier, W Johnson-Taylor, K Regan, J Pennington, P Starke-Reed		
<u>Guests:</u>	R Ballard-Barbash (NCI), L DiSogra (NCI), V Green (NCI), S Krebs-Smith (NCI), M Mathias (CSREES/USDA), L Nebeling (NCI), E Rodas (NIDCD), A Thurn (ODS), R Troiano (NCI), A Yaroch (NCI)		