

**MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC)
MEETING, NATIONAL INSTITUTES OF HEALTH (NIH)**

Rockledge 2, Conference Room 9100-9104, Bethesda, MD

March 3, 2011 2:00 – 4:00 PM

WELCOME

Dr. Van Hubbard, Director, NIH Division of Nutrition Research Coordination (DNRC), convened the meeting at 2:05 PM and welcomed participants. Phone participants included the following: Dr. Krishan Arora, NIH NCRR; CAPT Shirley Blakely, FDA; Dr. Josephine Boyington, NIH NHLBI; Dr. Amber Courville, NIH CC; Dr. Judy Hannah NIH NIA; Dr. Sarah Johnson, NIH OBSSR; Dr. David Klurfeld, USDA ARS; Ms. Michelle Lawler, HRSA; Dr. Elizabeth Maull, NIH NIEHS; Ms. Holly McPeak, OS ODPHP; Dr. Daniel Raiten, NIH NICHD; Dr. Etta Saltos, USDA NIFA; Dr. Derrick Tabor, NIH NIMHD; and Dr. Paula Trumbo, FDA. 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 FEBRUARY 3, 2011 NCC MEETING

Minutes from the February 3, 2011 NCC meeting had previously been sent to NCC members via email. Dr. Hubbard asked if there were any other corrections to the minutes. There were none. Dr. Regan Bailey, NIH Office of Dietary Supplements (ODS), made a motion to approve the minutes, and Dr. Sharon Ross, NIH National Institute of Cancer (NCI), 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.

UPDATE FROM THE OFFICE OF DISEASE PREVENTION AND HEALTH PROMOTION (ODPHP) – 2010 DIETARY GUIDELINES FOR AMERICANS

Ms. Kathryn McMurry, ODPHP, provided an overview of the 2010 Dietary Guidelines for Americans policy document which was released on January 31, 2011 by the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS). By law (Public Law 101-445, Title III, 7 U.S.C. 5301 et seq.), the *Dietary Guidelines for Americans* are reviewed, updated if necessary, and published every 5 years. The *Guidelines* allow the Federal Government to speak with one voice regarding recommendations for healthy eating. The *Guidelines* are based on sound scientific evidence and are intended for Americans ages 2 years and older, including those at increased risk of chronic disease. In 2010, evidence was gathered using a Nutrition Evidence Library Systematic approach by which 130 research questions were

addressed, a food pattern modeling analysis (USDA Pyramid System), and an analysis of consumption data.

The 2010 *Guidelines* are organized into 6 chapters followed by 16 appendices. The two overarching concepts are: 1) Maintain calorie balance over time to achieve and sustain a healthy weight, and 2) Focus on consuming nutrient-dense foods and beverages. Over 20 key recommendations are identified, listed by the chapter in which they are discussed in detail, as well as 6 additional recommendations for specific population groups.

More than ever, HHS and USDA are considering how to communicate the messages of the *Dietary Guidelines* to the American public in a way that is simple and actionable. Six messages were released as “selected messages” to initially accompany the *Guidelines*. The wording of these messages has been consumer-tested. The messages are as follows: 1) Enjoy your food, but eat less; 2) Avoid oversized portions; 3) Make half your plate fruits and vegetables; 4) Switch to fat-free or low-fat (1%) milk; 5) Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers; and 6) Drink water instead of sugary drinks.

Both Departments have invested time and resources into consumer research, attempting to ascertain the best methods for communicating the *Dietary Guidelines* in a way that increases the likelihood of healthy behavior changes. Over the coming months, HHS and USDA will be releasing a variety of materials for consumers, both print and electronic, educational and interactive. Social media and viral messaging will also be employed. The hope is that the *Guidelines* “stay alive” over their five year lifespan. HHS is also making a special effort to ensure that the principles of health literacy are being used in all material development to ensure that the information is accessible and actionable to all consumers.

Other agencies and departments will be developing nutrition-related materials to suit their program needs as well. These materials are, by law, reviewed by HHS and USDA to ensure consistency with the *Dietary Guidelines*. A number of non-government organizations have also expressed interest in building their consumer materials based on *Dietary Guidelines* messages. By keeping communication channels open, we can work together to ensure that consumers are ultimately hearing the same messages from many voices (rather than mixed messages).

To assist health professionals when presenting the 2010 *Dietary Guidelines for Americans*, USDA’s Center for Nutrition Policy and Promotion has prepared a

PowerPoint set deck. The slides available for download at <http://www.cnpp.usda.gov/DGAs2010-SlidePresentation.htm>

Other updates:

- Ms. McMurry noted that the GPO printing should be completed by the end of April, and a request to ride the print order will be available shortly.
- Rear Admiral Penny Slade-Sawyer will assume a new position as an advisor to the Assistant Secretary for Health so ODPHP will be looking for a new Director.
- Ms. McMurry announced that Ms. Holly McPeak will now be taking over her responsibilities for dietary guidance review coordination.

USDA COMPETITIVE GRANTS PROGRAM IN NUTRITION-RELATED AREAS

Dr. Susan Welsh from the National Institute of Food and Agriculture (NIFA) at the US Department of Agriculture shared information about their plans for research, education, and extension programs in obesity prevention. NIFA was created in 2009 as a result of the Food, Conservation and Energy Act of 2008 (Farm Bill). The bill authorized NIFA research, education and extension in 6 priority areas, one of which is food safety, nutrition and health. In addition to the 2008 Farm Bill, several additional factors (such as Strategic Plans in nutrition from USDA and HHS; seminal reports such as the New Biology, Healthy People 2020, and the 2010 Dietary Guidelines) have played a role in defining NIFA's future directions.

NIFA's primary grants program, the Agriculture and Food Research Initiative (AFRI), ran for the first time in 2009 and was based on the "New Biology" 2010 report. AFRI solicits its core program through seven separate RFAs, one of which is Childhood Obesity Prevention (<http://www.nifa.usda.gov/funding/rfas/afri.html>). This Initiative provides potential opportunities for constructive interactions and collaborations with NIH program staff.

There are several differences between the 2011 and 2010 Childhood Obesity Prevention RFA. The first is that the 2011 RFA is only for integrated projects whereas the 2010 RFA included single function research, education, and extension projects and Coordinated Agricultural Projects (CAP). The target population is also different and is specifically for 9-14 year-olds, whereas the target population was 2-8 yrs in 2010 and in 2012 it will be 15-19 yrs. The top priority of the Initiative is to generate new knowledge about behavioral (not metabolic) factors that influence childhood obesity. The information should be used to develop and implement effective family and/or school-based interventions for preventing overweight and obesity in children 9-14 years of age.

Behavior should be defined in a broad sense to include individual patterns of behavior and how individuals respond to others, the environment and policy.

Dr. Welsh also shared information about the establishment of virtual Communities of Practice as part of the land-grant university Cooperative Extension System. The one focused on childhood obesity prevention is “Families Food and Fitness.” The vision is for the site to become a source of research-based information for families as they work to eat smart, move more and achieve a healthy weight. The site provides a platform where extension agents contribute articles, videos and FAQ that can be viewed by consumers. More information can be found at:

http://www.extension.org/pages/Families_Food_and_Fitness_Community_Page

NCCOR’S CATALOGUE OF SURVEILLANCE SYSTEMS

Dr. Sue Krebs-Smith, NCI, provided an overview and demonstration of the Catalogue of Surveillance Systems put together by a development team from the National Collaborative on Childhood Obesity Research (NCCOR), which consisted of representatives from NIH, CDC and RWJF, as well as several other organizations. The purpose of the Catalogue is to address concerns that research on childhood obesity has traditionally focused on individual-level factors, and much less is known about its organizational, community and macro-level determinants. In addition, knowledge of all the available data resources is limited, especially for those new to the field. Relatively little research and analysis has linked data from resources across the ecological spectrum. The Catalogue provides an online directory designed to raise awareness of relevant and available data resources, increase productivity and spur innovation in obesity research.

In brief, the Catalogue collects and summarizes data resources relevant to childhood obesity in one convenient location. It provides access to data related to environmental and policy factors, as well as health behaviors, outcomes and determinants of obesity. It currently includes over 75 systems with national, state and local data resources maintained by federal, state, academic, and private sector institutions. Information on geocoding and other linkage variables is provided for each system, encouraging data-linkage between systems.

Systems included in the Catalogue track factors in a wide range of obesity-relevant fields and domains including: nutrients, individual health and behavior, household activity and food-related practices, school wellness policies, community crime statistics and national medical expenditures. In order to be included in the Catalogue, systems need to:

- 1) be relevant to childhood obesity research
- 2) have collected data within the last 10 years. (Note that the data collection need not be ongoing, but some data must have been collected within the last 10 years)
- 3) provide publically available, “raw” data (that is, data which can be downloaded or somehow accessed and manipulated by the researcher). Note that although data must be publically available, they are not necessarily free; some systems provide data for a fee
- 4) be gathered in the United States

The Catalogue allows users to identify and locate surveillance systems of interest, search by topic, easily compare different systems, and access detailed information on each system, such as study design, key variables, data access and cost, and helpful resources such as the survey instrument. It aims to accelerate and improve the efficiency, effectiveness and applicability of childhood obesity research.

To view or use the catalogue, visit www.nccor.org/css. Dr. Krebs-Smith requested that NCC members establish active links to the Catalogue directly from their IC or agency website in order to help increase exposure and traffic to the site. A Registry of Measures is also scheduled to be released by NCCOR in April and will be another valuable tool for researchers.

REPORTS FROM NCC MEMBERS AND LIASONS

- Dr. Sharon Ross, NCI, reminded everyone about the upcoming STARS in Nutrition and Cancer lecture that will take place in Lipsett Amphitheater on March 15th at 3:00. Dr. John P.A. Ioannidis, the C.F. Rehnberg Professor in Disease Prevention and Professor of Medicine and Director of the Stanford Prevention Research Center at Stanford University School of Medicine, will present a talk entitled, *False Positives, False Negatives, and Small Effects: Genome, Exposome, and Nutrition*
- Ms. Janet De Jesus announced that a Nutrition Coordinator (GS 14) position is open at NHLBI, though the announcement has not yet been published. They are hoping to do a government transfer, so if you are interested in learning more about the position, please contact Dr. Denise Simons-Morton (simonsd@nhlbi.nih.gov).
- Dr. Van Hubbard, DNRC, announced that Dr. Paula Trumbo is the new NCC representative from FDA and welcomed her on the call.

UPDATE FROM THE NIH OFFICE OF DIETARY SUPPLEMENTS (ODS)

ODS Activities Update

Dr. Regan Bailey provided several updates from ODS:

- Vitamin D Standardization Program- Dr. Christopher Sempos travelled to Cork, Ireland for a meeting of the Vitamin D Standardization Program which ODS coordinates. The meeting took place on February 21-22, 2011. The overall goals of the program are to standardize the blood measurement of vitamin D, i.e. 25-hydroxyvitamin D or 25(OH)D, in national health surveys around the world in order to develop evidenced-based clinical and public health guidelines that are based on a common standard for measuring 25(OH)D. Attending the meeting were representatives of national health surveys from Australia, Canada, Germany, Ireland, UK and USA. The goals of the meeting were to develop protocols for a series of pilot studies to assess the potential for standardizing the measurement of 25(OH)D scheduled to take place in September 2011. The vanguard surveys from Canada, Germany, Ireland, the UK and the USA will all participate in the pilot studies and Australia is considering participation. The meeting was very successful and it met all of its goals.
- The ODS now has a quarterly consumer newsletter called *The Scoop*. ODS also has *ODS Update* which comes out 4-6 times per year and includes news about ODS programs, publications and presentation, dietary supplement fact sheets, and many more topics. If you would like to receive either of these publications please visit the ODS website and subscribe, <http://ods.od.nih.gov/>
- Registration is now open for the 5th Mary Frances Picciano Dietary Supplement Research Practicum. The dates are June 6-9, 2011. Please visit <http://odspracticum.od.nih.gov/> for complete details.

UPDATE OF DNRC ACTIVITES

Nutrition Education Subcommittee (NES):

Dr. Margaret McDowell, DNRC, reported that the NES was asked to complete an expedited review of nine "Inside the Pyramid" information sheets that were prepared by USDA/CNPP. The information is web-based. The updated information reflects the

recommendations of the 2010 *Dietary Guidelines for Americans*. The information sheets are as follows:

1. Inside the Grain Group
2. Inside the Vegetable Group
3. Inside the Fruit Group
4. Inside the Dairy Group
5. Inside the Protein Foods Group
6. Inside Oils
7. Inside Empty Calories (revision to discretionary calories)
8. Inside Physical Activity
9. Tips and Resources (includes vegetarian diets, eating out)

Upcoming Meeting:

Dr. Margaret McDowell will attend an American Dietetic Association “2011 Future Connections-Summit on Future Dietetics Practice, Credentialing and Education” in Baltimore, MD on March 24-26, 2011.

The summit will provide a forum for educators, practitioners and employers to explore their visions for educating, developing, and advancing careers for future dietetic professionals.

Meetings are being held simultaneously at 7 sites around the country. The summit groups will convene via webcast during the course of the summit to exchange information. Planning for the meeting is underway.

Dr. McDowell may contact the NIH ICs and agencies to solicit information to report at the summit regarding NIH nutrition research interests and diverse program activities related to nutrition (intramural, extramural, public & professional education).

International Subcommittee Information

Dr. Dan Raiten, NICHD, provided several international updates and indicated several topics for future discussion.

Non-communicable diseases (NCD):

As a general topic of discussion for the NCC there were a couple of recent documents that were circulated on a limited basis throughout NIH.

- In anticipation of the UN General Assembly special session on non-communicable diseases in September, OS/OGHA prepared a summary

statement. Dr. Raiten pointed out that the NCC was not involved in this activity nor given appropriate time to comment on the document, yet it was the type of activity that the NCC should have been involved in.

- NIH “White Paper on NCDs:” An NIH “white paper” on NCD was prepared under the direction of NHLBI with input from international reps from various ICs. Again, it was something that should be vetted or at least seen by the NCC.
- Interagency committees: Dr. Raiten has been involved in several activities of interest to the NCC
 - Interagency steering committee on research for Feed the Future:
 - USAID implementations committees to support integration of nutrition into family planning and related activities (connected to GHI)
 - WHO Nutrition Guidelines Development Advisory Group (NUGAG): there are 8 sub-committees under the aegis of the NUGAG: the sub-committee on single and multiple micronutrients will be meeting on March 14-17.
 - MEPI Medical Education Partnership Initiative (MEPI) - supports foreign institutions in Sub-Saharan African countries that receive PEPFAR support for medical training. A small working group including NICHD, NCI and FIC has met to discuss how to exploit the opportunity presented by this program to integrate nutrition into medical training for clinicians in 14 PEPFAR countries. This program is an important part of Director Collins’ global health initiative. It has great potential and is something for NCC to consider if interested.

ACTION ITEM: If interested in further discussions of the NCD issue, please indicate this to Dr. Hubbard in an email (hubbardv@mail.nih.gov).

BOND:

An “All-Hands” meeting of the BOND Steering Committee and the newly constituted Nutrient Expert Panels (6 panels: iron, zinc, folate, B12, iodine and vitamin A) will meet June 14-15 in Bethesda, to launch the nutrient review process and the development of the BOND query-based web resource. Interested NCC members should contact Kripa Raghavan (Ramkripa.Raghavan@nih.gov) or Dan Raiten (Daniel.Raiten@nih.gov) at NICHD for more information.

HNRIM

Coding of the NIH FY09 nutrition projects in HNRIM has been completed, and the data is now available on the website ([//hnrnim.nih.gov](http://hnrnim.nih.gov)). A new tool for HNRIM coding is in

development and ICs will soon be invited to test the prototype. If your IC would like to get an early start coding their FY10 data, the RCDC nutrition project lists (BASE and ARRA) can be accessed & downloaded via the “Categorical Spending” link on the NIH RePORT (Research Portfolio Online Reporting Tool) website ([//report.nih.gov](http://report.nih.gov)).

National Nutrition Month Activities

There are many activities planned across NIH in support of National Nutrition Month.

- *Food for Thought: Good Nutrition Begins at Home* - Look for the 2011 NIH DNRC National Nutrition Month brochure to learn about quick ways to prepare tasty and nutritious meals at home! Your personal copy will be delivered to you during the first week of March.
- *Communicating Nutrition Messages: Strategies for Diverse Audiences*: The DNRC meeting mini-symposium entitled, “Communicating Nutrition Messages: Strategies for Diverse Audiences” will be held at the NIH Natcher Center, Balcony C on Friday, March 4th from 8:30 a.m. to noon. The meeting is open to all and there is no pre-registration to attend. The objective of the meeting is to discuss health communication principles and evidence-based research for communicating nutrition messages to consumers, including diverse population subgroups.

The symposium will feature 5 presentations on health communication principles, health literacy, and strategies for communicating with gender, age, and cultural groups. Following the presentations, Sylvia Rowe, President, SR Strategy, DC will moderate a panel discussion. Copies of the seminar programs are available. The meeting is being taped and the recording, conference materials and other health communication resources will be posted on the DNRC website following the meeting.

- *Registered Dietitian Day Event*: NIH Registered Dietitians will be available to answer your questions at several NIH dining facilities on March 9th. If you attend, you will also have an opportunity to learn about healthy eating at home and at work and sample tasty menu items from the new NHLBI cookbook *Keep the Beat™ Recipes: Deliciously Healthy Family Meals*. Copies of this cookbook will be raffled during the event.
- *STARS in Nutrition and Cancer lecture*: As mentioned earlier in the minutes, John Ioannidis, MD, DSc, Professor in Disease Prevention and Professor of

Medicine and Director of the Stanford Prevention Research Center, Stanford University School of Medicine will speak on the topic of “False Positives, False Negatives, and Small Effects: Genome, Exposome, and Nutrition.” The lecture and discussion will be held on Tuesday, March 15 in the Lipsett Amphitheater, Building 10 from 3-5 p.m. All are welcome!

- Focus on You lectures:
 - The March 16th lecture will feature Paul Thomas, from ODS speaking on “Dietary Supplements and What You Need to Know” from 1:00-1:45pm in Building 45/Con. Rm C1/C2.
 - The March 29th lecture will feature Michael Donovan from NCI speaking on “Healthy Nutrition Tips for Eating Out.” It will take place in Rockledge Two 9112/9116 from 1:00-1:45pm.
- Portion Distortion Event – On Tuesday, March 22nd, two NIH Dietetic Interns will be available in the Building 31 cafeteria to answer questions and provide information that will help you to make informed food choices. Please stop by to see them between 11:00 and 1:15!
- NNM Events at the Humphrey Café: There will be educational events each week on Thursday’s during the lunch hour, from 11:00 – 2:00 p.m. Similarly, USDA will be hosting events on Wednesday’s in March.

NEXT NCC MEETING

The next NCC meeting will be on May 5, 2011. The April meeting will be canceled since there several pre-Experimental Biology workshops being held in the Washington D.C. area on April 7 and 8, 2011.

ADJOURNMENT

The meeting was adjourned at 4:03 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for March 3, 2011

Appendix B: NIH NCC Meeting Attendees for March 3, 2011

APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING AGENDA

1. **Welcome**.....Van Hubbard
2. **Approval of Minutes of the February 3, 2011 meeting**.....Van Hubbard
3. **ODPHP Update/Dietary Guidelines for Americans**.....Kathryn McMurry
4. **USDA Competitive Grants Program in Nutrition-Related Areas**.....Susan Welsh and Etta Saltos, USDA
5. **NCCOR's Catalogue of Surveillance Systems**.....Sue Krebs-Smith, NCI
6. **Reports from NCC Members and Liaisons**.....NCC Members
7. **ODS Activities Update**.....Regan Bailey, ODS
8. **Current DNRC Update of Activities**.....DNRC Staff
 - Nutrition Education Subcommittee Update.....Margaret McDowell*
 - International Subcommittee Information..... Pam Starke-Reed/Dan Raiten
 - HNRIM Update..... Jim Krebs-Smith/Karen Regan
9. **Next Meeting**.....May 5, 2011

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

APPENDIX B: NCC MEETING ATTENDEES FOR MARCH 3, 2011

	<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	S Ross
NHLBI	J De Jesus		
NIDCR		R Nowjack-Raymer	
NIDDK		R Kuczmariski	
NINDS		M Mitler	
NIAID		P Sato	
NIGMS		S Somers	
NICHD		G Grave	D Raiten
NEI		N Kurinij	
NIEHS	E Maul		
NIA	J Hannah		
NIAMS		J McGowan	
NIDCD		B Wong	
NIMH		M Chavez	
NIMHD	D Tabor		
NIDA		G Lin	
NIAAA		R Breslow	
NINR		P Cotton	
NCCAM		L Duffy	
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	S Johnson		
ODS		P Coates	
OD/ODP		B Portnoy	
PRCC			
AHRQ		I Mabry-Hernandez	
CDC/NCCDPHP		H Blanck	
CDC/NCHS		C Johnson	
FDA	P Trumbo		S Blakely
HRSA	M Lawler		
IHS			
ODPHP	K McMurry		H McPeak & R Hayes
USDA	D Klurfeld		
DOD		K Friedl	

DNRC: R Fisher, S Frazier, W Johnson-Askew, J Krebs-Smith, C McDade-Ngutter, M McDowell, K Regan

Guests: R Bailey (ODS), J Boyington (NHLBI), C Davis (NCI), A Ershow (NHLBI), J Finley (USDA ARS), J Karimbakas (NIDDK), S Krebs-Smith (NCI), A Laposky (NHLBI), E Saltos (USDA NIFA), X Wang (NIAMS), S Welsh (USDA NIFA)