

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

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

May 5, 2011 2:00 – 4:00 PM

WELCOME

Dr. Van Hubbard, Director, NIH Division of Nutrition Research Coordination (DNRC), convened the meeting at 2:07 PM and welcomed participants. Phone participants included the following: Dr. Thomas Fungwe, USDA CNPP; Dr. Peter Gao, NIH NIAAA; Dr. Sarah Johnson, NIH OBSSR; Dr. Lyndon Joseph, NIH NIA; Dr. David Klurfeld, USDA ARS; Dr. Sue Krebs-Smith, NIH NCI; Ms. Michelle Lawler, HRSA; Ms. Kathryn McMurry, HHS ODPHP; Ms. Patricia MacNeil, USDA CNPP; Dr. Mary Poos, FDA; Dr. Daniel Raiten, NIH NICHD; Dr. Etta Saltos, USDA NIFA; Dr. Derrick Tabor, NIH NIMHD. 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, 2011 NCC MEETING

Minutes from the March 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. John Milner, NIH National Cancer Institute (NCI) made a motion to approve the minutes, and Dr. Paul Coates, NIH Office of Dietary Supplements (ODS), 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.

ADOLESCENT OBESITY IN THE U.S. VIRGIN ISLANDS—THE FIRST MEASUREMENT SURVEY

Mr. Edward Jones, an Instructor on Community Nutrition at Howard University and Doctoral Candidate in the Division of Nutritional Sciences at Cornell University, presented highlights from his dissertation research examining adolescent obesity in the U.S. Virgin Islands. Based on Mr. Jones' observations and anecdotal data, there appeared to be a rise in the prevalence of childhood obesity, but no systematic measurements had previously been conducted in this population. Most of the obesity estimates for the U.S. territories, including the U.S. Virgin Islands, are based on self-reported information. Mr. Jones therefore conducted the first measurement survey of overweight and obesity among high school students in the U.S. Virgin Islands. A central focus of his research was to explore the impact of migration on weight status. Many current residents of the U.S. Virgin Islands come from other Caribbean Islands of a lower socio-economic status where the environment is often less urban, more

conducive to walking, and less likely to have an abundant availability of energy-dense, commercially prepared convenience foods.

Mr. Jones obtained anthropometric measurements on convenience samples of 1,079 high school students enrolled in four public, three parochial, and three private schools in the U.S. Virgin Islands. Private schools were much more expensive to attend and generally had students of a higher socio-economic status. He also obtained measurements from 198 high school students who attended two public high schools in Dominica, which is one of the primary sources of migration to the U.S. Virgin Islands. In total, he collected measurements on 1,277 students. Approximately 82% were black, 13% were Hispanic, and 5% were white. Mr. Jones used a gender-specific questionnaire, which included height-standardized silhouette scales for female and male body image assessment designed specifically for the population of interest.

Mr. Jones reported that females experienced more persistent obesity while males experienced higher rates of extreme obesity. Among black Dominican females in public schools, there was a significantly higher percentage of overweight and obesity among girls born in the U.S. Virgin Islands compared to those born in Dominica. He also observed a linear, inverse relationship between BMI-for-age and socio-economic status (re: type of school) among black females. This may also be due to an environmental effect as there were generally less commercial eateries in the more rural locations of the private schools.

Mr. Jones' study may be the first survey to describe a migration effect in BMI-for-age in a cross-sectional study. He would like to see policies to collect systematic anthropometric and other nutritional data in U.S. territories and feels this would be an opportunity to obtain useful data which would help us to understand the nutrition transition in black populations.

SUPPORT FOR THE MYPYRAMID EQUIVALENTS DATABASE

Dr. Sue Krebs-Smith, NCI, described the five strategic plan goal areas of the National Collaborative on Childhood Obesity Research (NCCOR), a partnership between NIH, CDC, the Robert Wood Johnson Foundation, and USDA. One goal of the NCCOR initiative is to increase and improve national, state, and local surveillance of childhood obesity. One activity identified to achieve the goal is to strengthen the process for updating USDA's food guidance-based database, the MyPyramid Equivalents Database (MPED).

Dietary databases constitute the basic infrastructure for all types of dietary studies. They translate the foods reported into quantities of dietary constituents of interest. For the National Health and Nutrition Examination Survey dietary intake data (What We Eat in America) two databases are used: the Food and Nutrient Database for Dietary Studies (FNDDS) and the MPED. The FNDDS provides information on nutrient/food components (e.g. calories, calcium, sodium, etc.) while the MPED provides information on guidance-based food groups (e.g. cups of fruit, milk cup equivalents, total grains, etc.) Both are available free for users. However, there has only been an MPED data release for the 2001-02 and 2003-04 survey periods, both of which were released four years past the end of data collection. The goal of the NCCOR effort is to retool MPED so that updates can be more timely, the process can be more self-sustaining, and new food groups of interest can be included.

Without additional support, USDA has planned an MPED data release for the 2007/08 survey period in 2013 and an MPED data release for the 2011/12 survey period in 2014. However, with stakeholder support, USDA will be able to have an MPED release for the 2005/06 and the 2009/10 survey periods as well. NCCOR is hoping to get enough support to make the timely release of data for these additional survey periods a reality. In total, they are looking for stakeholder support of \$400,000, though \$250,000 would allow for an MPED release from one of the survey periods listed above. Dr. Krebs-Smith has been working on the interagency agreement and would be happy to answer any questions. If your group would like to contribute to this effort, you can email her at: krebssms@mail.nih.gov.

AN INVITATION TO A LISTENING SESSION TO IDENTIFY POTENTIAL SYSTEMATIC REVIEW TOPICS TO INFORM POLICY

Ms. Joanne Spahn, the Director of the Evidence Analysis Library (NEL) Division at the USDA Center for Nutrition Policy and Promotion invited interested scientists to a listening session designed to elicit input on topics to inform federal nutrition policies and programs. Two target questions will be posed. They are as follows: (1) In your research, what food and nutrition topics, relevant to the Dietary Guidelines, do you think would benefit from a systematic evidence-based review of the scientific literature? (2) In your opinion, what topic areas covered by the Dietary Guidelines for Americans, 2010 policy document should continue to be monitored to provide a potential foundation for the 2015 DGAC and what areas are “settled science” and therefore need no further evidence monitoring at this time?

If anyone in the NCC is interested in participating in a listening session or if you know of someone from your IC who might be interested, please contact Dr. Van Hubbard or Dr.

Pam Starke-Reed from the DNRC so they can coordinate the date, time and location of the meeting.

Ms. Spahn also discussed the challenges encountered by the 2010 Dietary Guidelines Advisory Committee (DGAC) and their recommendations to improve the question development process for the NEL. She shared ways in which involvement from the NCC community would be extremely valuable and asked for future participation.

In order to improve the question development process, the DGAC recommended broader input to assist in identifying important research questions that need to be addressed, identification of criteria for prioritizing topics, and increased focus on food and dietary pattern related questions. The NEL's proposed action plan, therefore, is to create an infrastructure that provides expert input and consultation to guide future NEL systematic reviews and other monitoring efforts that are needed to support federal food and nutrition policy and programs, such as the Dietary Guidelines for Americans. This infrastructure would include Stakeholder Groups, the NEL Scientific Coordinating Committee, and Technical Expert Collaboratives. Input from individuals across NIH would be helpful in all areas.

The role of the Stakeholder Groups would be to provide input on the identification of topics (with rationale) that would benefit from systematic reviews. The NEL would like to engage experts from USDA, HHS, and non-governmental groups in informal listening sessions, as mentioned above. The NEL Scientific Coordinating Committee's role will be to prioritize topics identified by the Stakeholder Groups that warrant monitoring or full systematic review. The Committee, which will include both USDA and HHS scientists and leaders, will also assist in refining topics to ensure that targeted questions meet policy needs and will provide input for coordination of NEL systematic reviews to ensure that a well-balanced body of reviews is available to support future nutrition policies and programs. A Technical Expert Collaborative (TEC) is a group of subject matter experts (6 to 8) that collaborate with NEL staff to conduct systematic reviews for specific topic areas. Multiple TECs will be formed to conduct full systematic reviews and the members will be identified based on input from Stakeholders Groups, the NEL Scientific Coordinating Committee, and NEL staff.

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

Ms. Kathryn McMurry provided a brief overview of several ODPHP activities.

Dietary Guidelines for Americans, 2010

- ODPHP is working to promote the 2010 Dietary Guidelines and has been conducting webinars to educate the public and health practitioners. Consumer materials are also being developed and will be available later this year.
- On Tuesday, May 10th, Ms. McMurry will give a short presentation on the 2010 Dietary Guidelines for Americans at the annual meeting of the President's Council on Fitness, Sports, and Nutrition. The Council is working to include a nutrition component as part of the Presidential Active Lifestyle Award (PALA). The annual meeting is open to the public and the agenda can be found at the following site: <http://www.fitness.gov/presidents-council-may-10-meeting-agenda.pdf>.

DRIs

Linda Meyers, from the Institute of Medicine, is leading a small group of US and Canadian government scientists who are working to develop a process for future updates of the DRIs.

New Staff

Richard Olson, MD, MPH, will be joining ODPHP from Indian Health Services in a few weeks and will be serving as the Prevention Science Team Lead.

UPDATE FROM THE OFFICE OF DIETARY SUPPLEMENTS

Dr. Paul Coates provided an overview of several activities taking place at ODS.

Iodine Workshop, May 12-13, 2011

ODS will bring together federal and non-federal researchers, health professionals, regulators, and policymakers to shape the development of an iodine initiative at the NIH. Information about the workshop can be obtained from Christine Swanson in ODS (SwansonC@od.nih.gov).

NHANES Monitoring of Biomarkers of Folate and Vitamin B12 Status: A Roundtable Review

ODS, along with CDC and NIST, sponsored a roundtable last year to address methodological needs in monitoring folate and vitamin B12 status in NHANES. The publication of that roundtable will appear as a supplement to the AJCN in July 2011.

Evidence Report: Safety of Probiotics to Reduce Risk and Prevent or Treat Disease

AHRQ recently released an evidence-based review entitled “Safety of Probiotics to Reduce Risk and Prevent or Treat Disease.” The review was conducted by RAND, one of AHRQ’s evidence-based practice centers and co-sponsored by ODS, NCCAM and CFSAN/FDA. The commonly accepted WHO definition states that probiotics are live microorganisms, and when administered in adequate amounts, confer a health benefit to the host. In the U.S., probiotics are most commonly marketed in foods and supplements. There are no marketed probiotic drugs in the U.S.; however, when used in research to prevent or treat disease, they are regulated as drugs, or live biotherapeutics. The purpose of the review was to catalog what is known about the safety of interventions containing strains in six genera (*Lactobacillus*, *Bifidobacterium*, *Saccharomyces*, *Streptococcus*, *Enterococcus*, and/or *Bacillus*) used as probiotic agents in research to reduce the risk of, prevent, or treat disease. The literature search identified 11,981 publications of human studies of which 622 were included in the review to answer 30+ questions posed by the co-sponsors. The investigators found that there is a lack of assessment and systematic reporting of adverse events in probiotic intervention studies, and interventions are poorly documented. The available evidence in RCTs does not indicate an increased risk; however, rare adverse events are difficult to assess, and despite the substantial number of publications, the current literature is not well equipped to answer questions on the safety of probiotic interventions with confidence. The report is available at: <http://www.ahrq.gov/clinic/tp/probiotictp.htm>.

New Appointment in ODS

ODS notes, with pleasure, that Christine Taylor, Ph.D. has joined their staff as a consultant.

REPORTS FROM NCC MEMBERS AND LIASON

- Dr. Abby Ershow, NHLBI, announced that the symposium articles from the NIH-DOD July 2010 workshop (*Virtual Reality Technologies for Research and Education in Obesity and Diabetes*) were published in the March 2011 issue of the Journal of Diabetes Science and Technology

The electronic version of the symposium is available (all articles at free access) at: www.journalofdst.org. NHLBI has a few spiral bound hard copies. Please contact Abby (ErshowA@nhlbi.nih.gov) if you are interested in obtaining one.

- Dr. Sharon Ross, NCI, announced a new webinar series from the Division of Cancer Prevention, Nutritional Science Research Group entitled *Frontiers in Nutrition and*

Cancer Prevention: Online CME Series. The first webinar, *Is Curcumin the Spice of Life? A look at Cancer Prevention Evidence*, will take place on May 17th, 2011 from 1:00-2:30 pm. For more information and to register, visit:

<http://dcp.cancer.gov/programs-resources/groups/ns/webinars>

UPDATE OF DNRC ACTIVITIES

- Dr. Pam Starke-Reed informed the NCC that Dr. Wendy Johnson-Askew is no longer at the DNRC and has taken a position at Nestle. She will be missed, but we wish her well in her new adventure.

- Dr. Starke-Reed also reminded everyone that federal employees are eligible to receive a free copy of any National Research Council, National Academy of Sciences, National Academy of Engineering, or Institute of Medicine publication. So, if you are interested in obtaining a hard copy of the final Dietary Reference Intakes for Calcium and Vitamin D report, Dr. Starke-Reed encouraged you to use the following link to order a free copy:
<http://www7.nationalacademies.org/ocga/RequestReport.asp>

- Dr. Crystal McDade-NGutter announced that the Food Drug and Law Institute will be conducting a webinar on FDA's Proposed Menu Labeling Rule on May 24, 2011 from 12:00 – 2:00 p.m. ET. There is a fee for the webinar, so the DNRC has registered and invites anyone who is interested to join us in Democracy II, Room 786.

- Since the last NCC meeting was held in March, the DNRC was involved in several activities on campus.
 - On March 4th the DNRC mini-symposium, Communicating Nutrition Messages: Strategies for a Diverse Audience was held. It was attended by approximate 100 people. If you are interested in watching the Videocast, you can access it from the DNRC website: <http://dnrc.nih.gov/reports-events.asp>
 - NIH dietitians staffed NIH cafes on National Registered Dietitian Day-March 9th
 - DNRC and Eurest, Inc. staff organized "Take Your Child to Work" events held on April 28th. Two sessions entitled, "What's Cooking at NIH?" were held at the NIH Bldg 31 café. Approximately 20 children and several parents toured the café, observed food preparation, and engaged in cooking and nutrition education activities.

Nutrition Education Subcommittee (NES):

Dr. Margaret McDowell, DNRC, reported that the NES completed reviews of the following dietary guidance materials:

- NIH, National Institute on Aging (NIA), web brochure entitled, “Eating Well as You Get Older”
- A USDA, Center for Nutrition Policy Promotion (CNPP) “Super Tracker” information packet which will be part of a comprehensive interactive, web-based tool to promote nutrition and physical activity.
- NIH, Office of Dietary Supplements (ODS) Iodine “Quick Facts” information sheet

The NES is currently reviewing an NIH/NIA brochure entitled “What’s on Your Plate? Smart Choices for Healthy Aging.”

The NES and several NIH health communications staff will participate in a HHS/USDA-CNPP dietary guidance webinar meeting on May 19th. The webinar agenda includes the following topics: an overview of key recommendations from the 2010 *Dietary Guidelines for Americans*, an update on dietary guidance review and online tracking procedures, and interactive tools and resources to for dietary guidance communication and health literacy.

International Subcommittee Information

Dr. Dan Raiten, NICHD, reminded everyone that an “All-Hands” meeting of the Biomarkers of Nutrition for Development (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.

NIH Health and Wellness Council

The next meeting will be held Wednesday, May 18th from 1:00 to 3:00pm in Building 45 Conference Room C1/C2. Meetings are normally held the first Wednesday of the month, and this schedule will resume in June. Currently, the HWC is in the process of drafting a Strategic Plan as well as a Communications plan.

On a related note, Dr. Collins recently wrote an article for the May/June issue of the Arrive magazine discussing his personal wellness story (<http://www.arrive->

digital.com/arrive/20110506#pg68). An NIH site was created to accompany this piece with a list of NIH's wellness resources for the public (<http://www.nih.gov/health/wellness>). Both went live at the end of April.

NEXT NCC MEETING

The next NCC meeting will be on June 2, 2011.

ADJOURNMENT

The meeting was adjourned at 4:25 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for May 5, 2011

Appendix B: NIH NCC Meeting Attendees for May 5, 2011

APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING AGENDA

1. **Welcome**.....Van Hubbard
2. **Approval of Minutes of the March 3, 2011 meeting**.....Van Hubbard
3. **Adolescent Obesity in the U.S. Virgin Islands –**
4. **The First Measurement Survey**.....Edward C. Jones, Howard University
5. **Support for the MyPyramid Equivalents Database**.....Sue Krebs-Smith, NCI
6. **An invitation to a listening session to identify potential topics to inform systematic review policy**.....Joanne Spahn, CNPP, USDA
7. **ODPHP Update**.....Kathryn McMurry, ODPHP
8. **ODS Update**.....Paul Coates, ODS
9. **Reports from NCC Members and Liaisons**.....NCC Members
10. **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
 - PPWG.....Crystal McDade-Ngutter
 - NIH Health and Wellness Council.....Rachel Fisher
11. **Next Meeting**.....June 2, 2011

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

APPENDIX B: NCC MEETING ATTENDEES FOR MAY 5, 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 Kuczmarski		M Evans
NINDS		M Mitler	
NIAID		P Sato	
NIGMS		S Somers	
NICHD		G Grave	D Raiten
NEI		N Kurinij	
NIEHS		E Maul	
NIA		J Hannah	L Joseph
NIAMS		J McGowan	
NIDCD		B Wong	
NIMH		M Chavez	
NIMHD	D Tabor		
NIDA		G Lin	
NIAAA	R Breslow		P Gao
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	M Poos		S Blakely
HRSA	M Lawler		
IHS			
ODPHP	K McMurry		
USDA	D Klurfeld		
DOD		K Friedl	

DNRC: N Bulger, R Fisher, J Krebs-Smith, C McDade-Ngutter, M McDowell, K Regan

Guests: J Boyington (NHLBI), A Ershow (NHLBI), J Finley (ARS, USDA), T Fungwe (CNPP, USDA), E Jones (Howard University), J Karimbakas (NIDDK), P Maruvada (NIDDK), P MacNeil (CNPP, USDA), M Miller (NIDDK), S Krebs-Smith (NCI), E Saltos (NIFA, USDA), and J Spahn (CNPP, USDA)