

**MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC)
MEETING, NATIONAL INSTITUTES OF HEALTH (NIH)
Rockledge 2, Conference Room 9100-9104, Bethesda, MD
May 1, 2008 2:00- 4:00 PM**

WELCOME

Dr. Van Hubbard, Director, NIH Division of Nutrition Research Coordination (DNRC), convened the meeting at 2:02 PM and welcomed participants. Participating via phone were Dr. Sharon Adamo, HRSA; Dr. David Berrigan, NIH NCI; Dr. Shirley Blakely, FDA; Dr. Darla Danford, NIH NHLBI; COL Karl Friedl, DoD; Dr. Deborah Galuska, CDC; Dr. Shirley Gerrior, USDA CSREES; Dr. Marya Levintova, NIH FIC; Dr. Elizabeth Maull, NIH NIEHS; Dr. Margaret McDowell, CDC NCHS; Dr. Deborah Olster, NIH OBSSR; Dr. Marshall Plaut, NIH NIAID; Dr. Daniel Raiten, NIH NICHD; Dr. William Riley, NIH NIMH; Dr. Pamela Starke-Reed, NIH DNRC; Dr. Rick Troiano, OS ODPHP; and Dr. Susan Welsh, USDA CRSEES. 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 6, 2008 NCC MEETING

Minutes from the March 6, 2008 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. Mary Frances Picciano, Office of Dietary Supplements (ODS), made a motion to approve the minutes, and Dr. Sharon Ross, National Cancer Institute (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 previous NCC Meetings.

NIH ROADMAP: SCIENCE OF BEHAVIOR CHANGE: Dr. Jonathan King, National Institute on Aging (NIA), is the Roadmap coordinator for the upcoming Roadmap Pilot Initiative on the Science of Behavior Change. His talk centered on the opportunities being addressed through this Pilot. Currently, 17 NIH Institutes support research in areas of behavior change, yet each of these areas are very specific, and there is little integration. The purpose of this Roadmap Pilot is to establish the groundwork for a unified science of behavior change that capitalizes on both the emerging basic science and the progress already made in the design of behavioral interventions in specific disease areas. By focusing basic research on the initiation, personalization, and maintenance of behavior change, and by integrating work across disciplines, this Roadmap effort and subsequent trans-NIH activity could lead to an improved understanding of the underlying principles of behavior change. This should drive a transformative increase in the efficacy, effectiveness, and (cost) efficiency of many behavioral interventions.

As part of the Pilot, there will be three trans-NIH conferences on aspects of behavior change held in FY2009 and FY2010. The conference themes are as follows: 1) Getting Started: Initiation and Personalization of Behavior Change, 2)

New Ideas in Adherence and Maintenance: Incentives, Systems, & Technology, and 3) Beyond the Lab: Translation, Scaling, & Cost Effectiveness. Other Roadmap Pilot activities, beginning in FY2010, will be 2-yr R21 RFAs to plan transdisciplinary initiatives in behavior change. Possible R21 topics that have been discussed include neuroimaging changes as predictors of long-term behavior change maintenance; behavioral economics approaches to treatment adherence; biomarker predictors of responsiveness to behavior therapy; virtual reality as a tool for behavior change; and the psychology of eliciting lifestyle changes.

The results of this Pilot will be used both to assess what larger scale Roadmap activities in the science of behavior change will be most productive and to ensure that an interdisciplinary scientific community is prepared to undertake the transformative research on behavior change that will be required.

Details for this initiative are still being formulated; to date, 15 ICs have nominated program staff members to serve on the workgroup. Other ICs interested in participating should contact Dr. King as soon as possible (Jonathan.King@nih.hhs.gov).

DECISION MAKING WORKSHOP: Dr. Wendy Johnson-Taylor, Division of Nutrition Research Coordination, gave a brief summary of the workshop, *Decision Making in Eating Behavior: Interacting Perspectives from the Individual, Family, and Environment* that was held on April 14-15th at the NIH Lister Hill Auditorium. The meeting was well attended with 120 in-person participants and over 60 registrants participating via webcast. The success of this effort was due in part to the support of several Institutes/Offices including the DNRC, NCI, NHLBI, NICHD, NIDDK, and OBSSR. For those of you who missed the workshop and are interested in viewing it, the VideoCast is now available at: www.videocast.nih.gov (Scroll down to the bottom of the web page to Past Events. Search at the top of the Past Events page by entering the text, “Decision Making”).

In addition to generating excitement and a dynamic discussion across several disciplines, the meeting served as a venue to discuss some possible funding opportunities in the decision making and behavior change arena. For example, Dr. Susan Czajkowski, National Heart, Lung, and Blood Institute (NHLBI), shared a Request for Information (RFI) that was recently issued in order to gather input from the scientific community regarding topic areas and research findings in the basic behavioral and social sciences that have potential for aiding the development of innovative interventions to reduce obesity and improve obesity-related behaviors. The comment period for this RFI has closed, but the responses will aid the development of the upcoming Funding Opportunity Announcement (FOA) that seeks applications to translate basic behavioral and social science research findings into obesity-reducing interventions and will

inform the development of future programmatic activities in the area of health behavior change.

CDC'S NATIONAL REPORT ON SELECTED BIOCHEMICAL INDICATORS OF DIET AND NUTRITION IN THE U.S. POPULATION, 1999-2002

Dr. John Osterloh, Chief Medical Officer within the Division of Laboratory Science (DLS) at CDC's National Center for Environmental Health (NCEH), gave a brief overview of the DLS and their newest report. With six different branches, the DLS mission is to provide a wide range of analytical and support services. As a recent service, the group has embarked on a very important undertaking to publish *CDC's National Report on Biochemical Levels of Selected Dietary and Nutritional Indicators in the U.S. Population, 1999-2002*. This is the first time that CDC has published information on such a wide range of dietary and nutritional indicators in a single document, making it much easier for people to find and use the information.

Dr. Christine Pfeiffer, Acting Branch Chief, Nutritional Biomarkers Branch (NBB), provided more extensive details about the report, which contains information by age, sex, and race/ethnicity on 27 indicators in people's blood or urine who participated in CDC's National Health and Nutrition Examination Survey (NHANES) during all or part of the four-year period from 1999 through 2002.

These indicators include:

- Water-soluble vitamins: serum folate and vitamin B12, red blood cell folate, plasma homocysteine and methylmalonic acid,
- Fat-soluble vitamins: serum vitamin A, vitamin E, gamma-tocopherol, various carotenoids and vitamin D,
- Iron-status indicators: serum ferritin, iron, total iron binding capacity and transferrin saturation, and erythrocyte protoporphyrin,
- Trace elements: urinary iodine, and serum selenium,
- Phytoestrogens: urinary daidzein, O-desmethylangolensin, equol, enterodiol, enterolactone and genistein.

Using advanced laboratory science and innovative techniques, the Division of Laboratory Sciences has been in the forefront of efforts to assess the nutritional status of the U.S. population through monitoring nutritional indicators. Research shows that good nutrition can help to lower people's risk for many chronic diseases, including heart disease, stroke, some cancers, diabetes, and osteoporosis. However, a large gap exists between dietary recommendations and what Americans actually eat. Although recommendations about diet have been made, it is not widely known for most nutritional indicators what levels are actually in people. The aim of this report was to begin to narrow this gap.

REPORTS FROM NCC MEMBERS AND LIASONS

Dr. Rachel Ballard-Barbash, NCI, reported that the planning committee for the CDC/NIH/Robert Wood Johnson Foundation Obesity Collaborative will be meeting on May 9, 2008. The goal of the collaborative is to better integrate the

obesity efforts already taking place across these organizations. This is an exciting collaborative that has garnered strong enthusiasm from senior leadership in each of the partner organizations. A Coordinating Center should kick off in June or July of this year.

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

Dr. Rick Troiano, ODPHP, provided several updates related to the Physical Activity Guidelines:

The Physical Activity Guidelines Advisory Committee Report is being completed. It appears that the report will run close to 600 pages or more. Completed sections are being converted to HTML code and 508 compliant pdfs. The initial distribution plan is to post the complete report as well as individual chapters and appendix tables as pdf files on the www.health.gov/paguidelines web site. The report should be posted by the end of May. A request for public comments will also be published in the Federal Register at that time. At a later date, a limited number of hard copies will be produced, and we expect that copies will also be available through the Government Printing Office.

The Physical Activity Guidelines writing group will meet next week at the Humphrey Building to complete the draft Guidelines document. Approval has been received to provide embargoed copies to subject matter reviewers for Departmental clearance ahead of receipt through Executive Secretary channels. Please contact Rick Troiano (Richard.Troiano@hhs.gov) if you would like to be part of this review group. Information is available at <http://www.health.gov/paguidelines> .

Ms. Kathryn McMurry provided several additional updates from ODPHP:

Dietary Guidelines for Americans 2010

The call for nominations for the Dietary Guidelines Advisory Committee was published in the Federal Register on April 11 and nominations will be accepted through May 24. It can be accessed at <http://edocket.access.gpo.gov/2008/pdf/E8-7614.pdf>.

The first meeting is expected to be held in Fall, 2008. USDA has the administrative lead for this edition. Information about the process will be available at www.cnpp.usda.gov

Dietary Reference Intakes (DRIs)

Review of Dietary Reference Intakes Workshop: The final summary of the joint US/ Canadian workshop that was held in September, 2007 is available for sale at www.iom.edu/driworkshop2007 . NCC members can contact Kathryn McMurry (Kathryn.McMurry@hhs.gov) for a free, electronic copy.

In addition, there are 6 volumes of DRI reports, and they are all accessible for free download or reading at <http://fnic.nal.usda.gov/DRIreports>. Federal employees can also obtain hard copies of these reports free of charge. Federal employees can request a complimentary copy of any National Research Council, National Academy of Sciences, National Academy of Engineering, or Institute of Medicine publication by visiting the following website:

<http://www7.nationalacademies.org/ocga/RequestReport.asp>

Summary tables are also available at <http://www.iom.edu/CMS/3788/7292.aspx>.

A follow-on project, a background paper on the DRI framework, has been completed by Dr. Christine Taylor. It further distills the learning from the workshop to lay out an interim DRI framework that can be used to guide future updates as well as further refinements to the process. This was a collaborative effort between Health Canada and representatives of the US DRI Steering Committee.

Healthy People 2010:

- The Progress Review for Nutrition and Overweight was held on April 3; the report is in draft and slides are about ready for posting.
- The Progress Review for Physical Activity and Fitness is rescheduled for June 26, 2008.

Summaries of Progress Reviews can be viewed at www.healthypeople.gov

Healthy People 2020

The federal advisory committee has held one meeting and will hold a webinar meeting later today. All 10 regions will be participating in Healthy People 2020 Regional Meetings in 2008.

Four regional meetings have taken place to date:

- March 17th in Atlanta, GA
- April 1st in San Francisco, CA
- April 14th in Fort Worth, TX
- April 30th in Chicago, IL

Two more meetings are scheduled for:

- May 14th in New York, NY
- May 28th in Bethesda, MD

OFFICE OF DIETARY SUPPLEMENTS (ODS) UPDATE

Ms. Marguerite Klein provided several updates on behalf of ODS.

- The second offering of the Dietary Supplement Research Practicum (DSRP) will be held from June 9th to 13th at NATCHER. At present there are about 100 registrants and the limit is 110, so if there are any NIH people who would like to attend, please contact Mary Frances Picciano (PiccianM@mail.nih.gov), Paul Thomas (thomaspau@mail.nih.gov), or Regine Laroche (lrocher@od.nih.gov) at ODS. Information about the

practicum may be found at the following website:
<http://odspracticum.od.nih.gov/> .

- The proceedings of the conference, *Vitamin D and Health in the 21st Century: An Update*, which was held September 5-6, 2007, will appear in the August 2008 issue the American Journal of Clinical Nutrition. This includes information on Vitamin D intake/status, deficiency, groups at risk of inadequacy, and risks of excessive intake.
- ODS recently posted on its website (<http://dietary-supplements.info.nih.gov/factsheets/vitamind.asp>) an updated factsheet entitled "Dietary Supplement Fact Sheet: Vitamin D."
- The next ODS seminar will be held Wednesday, May 7, 2008, 11:00 a.m. – 12:00 p.m., Executive Plaza North, 6130 Executive Blvd., Room J. Susan Mayne, PhD, Professor of Epidemiology and Public Health, Yale University School of Medicine, will present "Controversies and Solutions in Epidemiologic Studies of Diet and Cancer: What is Diet and How do we Measure it?"

UPDATE OF DNRC ACTIVITIES

Nutrition Education Subcommittee (NES). Dr. Jean Pennington, DNRC, provided an update of the activities of the NIH NCC NES. Dr. Daniel Raiten, Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), has joined the NES to replace Dr. Susanne Strickland, who recently moved from NICHD to NCI. Dr. Strickland will still continue her role with the NES. Since January 2008, the NES has reviewed (or forwarded for joint DHHS/USA review) 10 documents, 8 from NIH (1 from ODS, 2 each from NHLBI and NICHD, and 3 from NIA). Materials reviewed/forwarded since the last NCC meeting are:

- *BodyWorks for Guys* (DHHS Office of Women's Health)
- *Spot the Block* (FDA)
- *Exercise the Physical Activity: Your Everyday Guide* (NIA)
- *Healthy Eating After 50* (NIA)

The DNRC listing of NIH nutrition education materials has been updated and should appear soon on the DNRC website

(http://dnrc.niddk.nih.gov/nutrition_education/index.shtml). NCC members are requested to check the information on the website and provide any needed changes or new materials to Karen Regan, DNRC. The DNRC also keeps hardcopies of NIH publications in display shelves for staff and visitors. We have recently discarded the older materials and would appreciate receiving 10-20 copies of newer nutrition-related publications for display/distribution purposes. Please send them through interoffice mail to Dr. Pennington, Democracy 2, room 629.

International Committee Information: Dr. Daniel Raiten reported that NICHD recently hosted a well attended workshop on iron supplements and malaria. He

also reported an upcoming meeting that will be held in partnership with the Office of AIDS Research at the National Institute of Allergy and Infectious Disease. For more information about either of these meetings, please contact Dr. Raiten (raitend@mail.nih.gov).

In response to an effort initiated by the World Health Organization (WHO) to look at the global burden of foodborne illness, Dr. Van Hubbard will be meeting with Dr. Claudia Stein of the WHO prior to the convening of the World Health Assembly, which begins on May 19th in Geneva.

HNRIM: Mr. Jim Krebs-Smith reported that the FY07 nutrition data collection has been completed, and final concurrence memos from the last few ICs are being pursued. A table showing number of projects funded and nutrition related obligations by IC will be distributed at the next NCC meeting.

HHS Obesity Related Activities: As part of the Childhood Overweight and Obesity Prevention Initiative, "Healthy Youth for a Healthy Future," Acting U.S. Surgeon General Steven Galston will be visiting communities across the country to encourage discussions and foster best practices related to helping kids stay active, to encourage healthy eating habits, and to promote healthy choices. Currently, his staff is trying to identify events around the country where the Surgeon General's presence may be of mutual benefit to both the community and the Initiative. If you are aware of any such events taking place, please share the information with Dr. Hubbard who is the NIH representative to the HHS Childhood Overweight and Obesity prevention Council chaired by the Acting Surgeon General. Dr. Hubbard will send an email with the list of cities the Surgeon General will be visiting once it becomes publicly available.

NEXT NCC MEETING

The next meeting will be June 5, 2008 (tentative)

ADJOURNMENT

The meeting was adjourned at 3:41 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for May 1, 2008

Appendix B: NIH NCC Meeting Attendees for May 1, 2008

Appendix C: ODS Spring Seminar Series, Flyer for May 7, 2008

**APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING
AGENDA**

1. **Welcome**..... Van Hubbard, DNRC
2. **Approval of Minutes of the March 6, 2008 meeting**..... Van Hubbard
3. **NIH Roadmap: Science of Behavior Change**Jonathan King, NIA
4. **Decision Making Workshop**.....Wendy Johnson-Taylor, DNRC
5. **CDC’s National Report on Selected Biochemical Indicators of Diet and Nutrition in the U.S. Population, 1999-2002**
.....John Osterloh/Christine Pfeiffer, CDC
6. **Reports from NCC Members and Liaisons**.....NCC Members
7. **ODPHP Activities Update**.....Rick Troiano/Kathryn McMurry, ODPHP/OS
8. **ODS Activities Update**Marguerite Klein, ODS
9. **Current DNRC Update of Activities**DNRC Staff
 - Nutrition Education Subcommittee Update.....Jean Pennington*
 - International Committee Information.....Pam Starke-Reed/Dan Raiten*
 - HNRIM Update.....Jim Krebs-Smith/Karen Regan
 - HHS Obesity Related Activities..... Van Hubbard
10. **Next Meeting** – Tentatively June 5, 2008

Special post meeting item: We will be linking to The Secretary’s Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2020 meeting via WebEx from 4:00 P.M. to 5:30 P.M. (EDT). Anyone who wishes to stay for this is welcome.

APPENDIX B: NCC MEETING ATTENDEES FOR MAY 1, 2008

| | Members Present | Members Absent | Alternates Present |
|--|-----------------|-------------------|--------------------|
| <u>Chairperson:</u> | V Hubbard | | P Starke-Reed |
| <u>NIH Members:</u> | | | |
| NCI | J Milner | | S Ross |
| NHLBI | D Danford | | |
| NIDCR | | R Nowjack-Rayner | |
| NIDDK | C Miles | | R Kuczmarski |
| NINDS | | M Mitler | |
| NIAID | M Plaut | | |
| NIGMS | | S Somers | |
| NICHD | | G Grave | D Raiten |
| NEI | | N Kurinij | |
| NIEHS | E Maull | | |
| NIA | | J Hannah | |
| NIAMS | | J McGowan | |
| NIDCD | | B Wong | |
| NIMH | W Riley | | |
| NIDA | | G Lin | |
| NIAAA | | R Breslow | |
| NINR | | P Cotton | |
| NCCAM | | J McKay | |
| NCRR | K Arora | | |
| FIC | M Levintova | | |
| NHGRI | S Basaric | | |
| <u>NIH Liaison Members:</u> | | | |
| CC | | N Sebring | |
| CIT | | J Mahaffey | |
| CSR | | S Kim | |
| NLM | | S Phillips | |
| OBSSR | D Olster | | |
| OC | | | |
| ODS | | P Coates | R Costello |
| OD/ODP | B Portnoy | | |
| OLPA | | | |
| ORWH | | | |
| PRCC | | M Vogel-Taylor | |
| <u>Agency Liaison Representatives:</u> | | | |
| AHRQ | | I Mabry-Hernandez | |
| CDC/NCCDPHP | D Galuska | | |
| CDC/NCHS | M McDowell | | C. Johnson |
| FDA | K Ellwood | | S Blakely |
| HRSA | | M Lawler | S Adamo |
| IHS | | T Brown | |
| ODPHP | K McMurry | | |
| USDA | | M Kretsch | |
| DOD | K Friedl | | |

DNRC: R Fisher, S Frazier, D Johnson-James, W Johnson-Taylor, J Krebs-Smith, C McDade-Ngutter, J Pennington, K Regan

Guests: R Ballard-Barbash (NCI), D Berrigan (NCI), C Davis (NCI), M Evans (NIDDK), S Gerrior (USDA CRSEES), P Hans (NINDS), M Horlick (NIDDK), J King (NIA), M Klein (ODS), S Krebs-Smith (NCI); M Miller (NIDDK), J Osterloh (CDC/NCEH), C Pfeiffer (CDC/NCEH), MF Picciano (ODS), C Sempos (CSR), R Troiano (OS/ODPHP), and S Welsh (USDA CRSEES).