

**MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC)  
MEETING, NATIONAL INSTITUTES OF HEALTH (NIH)  
Rockledge 2, Conference Room 9100-9004, Bethesda MD  
September 1, 2005, 2:00-4:00 PM**

**WELCOME**

Dr. Van Hubbard, Director, Division of Nutrition Research Coordination (DNRC) convened the meeting at 2:00 PM and welcomed participants. Participating via phone were Dr. Jennifer Seymour, Centers for Disease Control and Prevention (CDC); Dr. Elizabeth Maull, National Institute of Environmental Health Sciences (NIEHS); CAPT Tammy Brown, Indian Health Services (IHS); Dr. Deb Olster, NIH Office of Behavioral and Social Sciences Research (OBSSR); Dr. Judy Finkelstein, National Institute on Aging (NIA); COL Karl Friedl, Department of Defense (DoD); COL Gaston Bathalon, DoD; Ms. Martina Vogel-Taylor, NIH Office of the Director (OD); Dr. Barry Portnoy, NIH OD; Dr. Molly Kretsch, Agriculture Research Service (ARS) USDA; Dr. Susan Welsh, Cooperative State Research, Education, and Extension Service (CSREES), USDA; Dr. Natalie Tomitch, Fogarty International Center (FIC); Dr. Sharon Adamo, and Health Resources and Services Administration (HRSA). Dr. Hubbard welcomed Dr. Lawrence Yager as the new NCC representative from the National Center for Research Resources. 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 JULY 7, 2005 NCC MEETING**

Minutes from the July 7, 2005, NCC Meeting had previously been sent to NCC members via email. Dr. Hubbard asked if there were any corrections to the minutes. There were none. Dr. John Milner, National Cancer Institute (NCI), made a motion to approve the minutes, and Dr. Sooja Kim, Center for Scientific Review (CSR), 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.

**SCIENTIFIC PRESENTATION**

Dr. Jill Reedy, Cancer Prevention Fellow, NCI, provided a presentation on *A Comparison of Three Food Guides: The USDA Food Guide, DASH Eating Plan, and Willett's Healthy Eating Pyramid*. These three food guides are based on different areas of nutritional science and distinct evaluation strategies. The USDA Food Guide, MyPyramid, was designed to align with the *2005 Dietary Guidelines for Americans* while translating the nutrient recommendations from the Institute of Medicine's (IOM) Dietary Reference Intakes (DRIs) into food-based recommendations; its evaluation was based on nutritional adequacy, assuming typical food choices within food groups. The DASH (Dietary Approaches to Stop Hypertension) Eating Plan was derived from the DASH diet-specific foods and amounts fed to participants in the DASH trial and was based on evidence that a given dietary pattern could lead to a significant reduction in hypertension. The study was an eight-week randomized clinical trial, which

found that the DASH diet decreased blood pressure compared to a control diet. Dr. Walter Willett's Healthy Eating Pyramid was developed through epidemiological research that showed specific diet-related measures to be associated with a reduced risk of chronic disease; it was assessed by constructing a diet quality index based on similar, but not identical, measures and finding that it predicted chronic disease risk in a given cohort. The presentation compared the food-based recommendations of the three food guides and the nutritional adequacy of diets that meet them. To compare the nutritional adequacy, the USDA composite approach was used which assumes typical choices within each food group based on population-weighted estimates. There were similarities among the food guides regarding almost all food group recommendations for both amount and type of foods. Overall nutritional adequacy was also similar.

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

Dr. Beth Yetley, ODS, provided an update of the activities of that Office. Upcoming ODS conferences and workshops include:

- September 14, 2005. *Workshop on Animal Diets for Evaluating Dietary Phytoestrogens*. Sponsored by ODS and NIEHS. Research Triangle Park NC. Contact Dr. Yetley, ODS, or Dr. Jerry Heindel, NIEHS.
- October 3, 2005. *Conference on the Role of Betaine in the Treatment of Alcoholic Liver Disease*. Sponsored by the National Institute for Alcohol Abuse and Alcoholism (NIAAA) and ODS. Holiday Inn, Bethesda MD. Registration information at <http://www.blsmeetings.net/2525/>. Contact Dr. Vishnu Purohit, NIAAA, or Dr. Christine Swanson, ODS.
- October 6, 2005. *Workshop on Evaluating Alternative Treatments for Children and Adolescents with Autism*. Contact Dr. Paul Coates, ODS. There will be limited seating capacity for this workshop.
- October 24-25, 2005. *Frontiers in Metabolomics for Cancer Research*. Sponsored by NCI and ODS. Rockville MD. Contact Dr. Young Kim, NCI, Dr. Padma Maruvada, NCI, or Dr. Yetley, ODS.

The AHRQ Evidence-Based Review on *Soy, Effects on Health Outcomes* requested by National Center for Complementary and Alternative Medicine (NCCAM) and ODS has been completed. This was a systematic review to describe the range of soy products and outcomes that have been studied, to summarize the effects of soy consumption to prevent a wide variety of medical conditions in healthy adults, and to summarize adverse events related to soy consumption. The conclusions of this review are: Soy products appear to exert a small benefit on LDL and triglycerides; these effects may be of small clinical effect in individuals, although possibly large enough to have a population-wide effect. The inconsistent association between soy protein dose and effect, and the lack of association between soy isoflavone dose and effect, limit possible determination of an appropriate amount of soy product needed for lipid reduction. Soy products may reduce menopausal symptoms in post-menopausal women. The current literature does not support other effects of soy products. However, other than menopausal- and menstrual-related symptoms, no clinical outcomes

were evaluated. The evidence from human studies does not suggest any worrisome adverse events beyond mild gastrointestinal intolerance. Conclusions were often limited due to small numbers of studies or heterogeneity across studies. Given the large amount of heterogeneity and inadequate reporting, particularly related to soy protein and isoflavone dose, many questions remain as to whether specific soy products in adequate doses may be of benefit in specific populations. Further, well-conducted studies are needed to clarify the effect of soy dose on lipid parameters and to determine whether soy components other than protein or isoflavones may be responsible for the lipid effects seen (<http://www.ahrq.gov/clinic/tp/soytp.htm>). [Summary (Publication No. 05-E024-1); Evidence Report (Publication No. 05-E024-2) ([PDF Files Download](#))].

The AHRQ Evidenced-Based Report on *Omega-3 Fatty Acids, Effects on Child and Maternal Health* has been completed with the following summary: Studies investigating the influence of omega-3 fatty acids on child and maternal health revealed the absence of a notable safety profile (i.e., moderate-to-severe adverse events). Pregnancy outcomes were either unaffected by omega-3 fatty acid supplementation, or the results were inconclusive. Results suggested the absence of effects with respect to the impact of supplementation on the incidence of GHT, preeclampsia or eclampsia, as well as on infants being born SGA. However, regarding evaluations of the duration of gestation, some discrepancies were observed, although most of the studies failed to detect a statistically significant effect. Biomarker data failed to clarify patterns in pregnancy outcome data. Results concerning the impact of the intake of omega-3 fatty acids on the development of infants are primarily, although not uniformly, inconclusive. The inconsistencies in study results may be attributable to numerous factors. Reliably ascribing definite child outcome-related benefits, or the absence thereof, to specific omega-3 fatty acids is difficult. Biomarker data failed to clarify patterns in child outcome data. Future research should likely consider investigating the impact of specific omega-6/omega-3 fatty acid intake ratios. To produce results that are applicable to the North American population, populations consuming high omega-6/omega-3 fatty acid intake ratios should likely be randomized into trials also exhibiting better control of confounding variables than was observed.

The NIH State-of-the-Science Conference on the *Role of Multivitamins/Minerals (MVM) in Chronic Disease Prevention* is in the planning stages and is scheduled for May 15–17, 2006. The Program Committee for this Conference is provided as Appendix C. The Conference Questions are:

- (1) What are the current patterns and prevalence of the public's use of MVM?
- (2) What is known about the dietary nutrient intake of MVM users versus non-users?
- (3) What is the efficacy of single vitamin/mineral supplement use in chronic disease prevention?
- (4) What is the efficacy of MVM in chronic disease prevention in the general population of adults?

- (5) What is known about the safety of MVM for the generally healthy population?  
(6) What are the major knowledge gaps and research opportunities regarding MVM use?

### **POTENTIAL TRANS-NIH ACTIVITIES**

Dr. John Milner, NCI, discussed the National Food and Nutrient Analysis Program (NFNAP) which allows for the generation of nationally representative analytical data for frequently consumed US foods for the USDA National Nutrient Databank for Standard Reference (SR) and also for the development of databases for additional food components of current research interest. The SR and other food composition databases are available at [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp). The data in SR and the other databases are widely used by NIH Institutes and Centers (ICs) as well as by other agencies in DHHS (FDA, CDC, IHS). For many years, Dr. Abby Ershow, National Heart, Lung, and Blood Institute (NHLBI), has coordinated the contribution of NIH and other DHHS funds to NFNAP. Dr. Milner has now taken over this activity and welcomes IC interest and contributions. Contact Dr. Milner for more information about contributing to NFNAP.

Dr. Milner also introduced the topic of Biomarkers as an activity that should be considered by the NCC members. He discussed the importance of biomarkers with regard to NIH research and proposed that the NCC could (1) develop a collaborative venture across agencies to identify and validate biomarkers for exposure, effect, and susceptibility and (2) develop working groups to deal with the “omics” of nutrition as related to health.

**Action item:** Please provide a name or a point of contact within your organization to work with Dr. Milner and others on this initiative. Contact Dr. Milner for more discussion and information about this topic.

Dr. Milner announced a presentation by Dr. Robert Weinberg from the Whitehead Institute for Biomedical Research at the Massachusetts Institute of Technology, Cambridge MA on *Mechanisms Leading to the Formation of Human Malignancies* on September 28, 2005, 9-11 AM at the Lipsett Amphitheater, Building 10, Main NIH Campus, Bethesda MD.

Also of interest to NCC members was the announcement of a workshop on *Frontiers in Metabolomics for Cancer Research* on October 24-25 at the Double Tree Hotel in Rockville MD. Additional information is available from Dr. Young Kim, NCI at 301 496-0216 or [kimyoung@mail.nih.gov](mailto:kimyoung@mail.nih.gov).

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

Ms. Kathryn McMurry, ODPHP, provided an update of the Dietary Reference Intake Subcommittee activities. As mentioned at the last NCC Meeting, the DRI Federal Steering Committee has been exploring several aspects of the DRI process. The agencies represented on this Steering Committee include several from Health Canada, DHHS, USDA, and DoD. The Committee is pursuing a

request for a new task order for the Institute of Medicine (IOM) to prepare a synthesis of the research recommendations from the individual DRI reports with partial funding from ODS, DNRC, and ODPHP. Additional funds are expected from USDA and Health Canada. This will become part of a larger process to identify where gaps exist, assess federal activities, and consider research priorities. Ongoing discussions have been held to explore various approaches to assessing lessons learned from the current DRI process and ways to enhance future evaluations. It is important to do this before embarking on any new studies. A small group has met with the leadership of IOM to explore options for working collaboratively on these assessments. This will be discussed in further detail with the Steering Committee at a meeting at the end of September 2005.

Ms. Chris Dobday, ODPHP, and Ms. Kim Stitzel, ODPHP, discussed the DHHS book, *A Healthier You: Based on the Dietary Guidelines for Americans*. The purpose of the book is to get the *Dietary Guidelines for Americans* (DGAs) to consumers. The book is consumer friendly and maintains the integrity of the DGAs. It is based on information from focus groups and is written in plain language. It contains over 100 heart healthy recipes as well as the DGAs. A quick DHHS/USDA review of the book is requested to allow for copies to be distributed at the October 24-25, 2005 3<sup>rd</sup> National Prevention Summit: *Innovations in Community Prevention*

(<http://www.healthierus.gov/steps/summit.html>). The book will be available in local bookstores and may be downloaded from the web at no cost. Copies for federal employees with the print rider are \$3.50. Five copies of the draft book were sent to the DNRC for review and were given to Dr. Darla Danford (NHLBI), Dr. Sue Krebs-Smith (NCI), Dr. Carolyn Miles National Institute for Diabetes and Digestive and Kidney Diseases (NIDDK), Dr. Yetley (ODS)/Ms. Martina Vogel-Taylor (NIH OD), and Dr. Jean Pennington (DNRC). Comments are due to Dr. Pennington by noon on September 8, 2005. The comments will be collated at the DNRC and forwarded to ODPHP on September 12, 2005.

#### **UPDATE OF DNRC ACTIVITIES**

*Nutrition Education Subcommittee (NES)*. Dr. Jean Pennington, DNRC, provided an update of the activities of the NIH NCC NES. Since the beginning of 2005, 42 items have come in for review including 18 from NIH (five from NCI, one from the DNRC, two from the National Institute for Child Health and Development (NICHD), three from NHLBI, two from ODS, two from the Weight-control Information Network (WIN), and three from NIDDK; nine from DHHS; 14 from USDA; and one from the Department of Defense (DoD). Materials reviewed since the last NCC meeting include:

- *Choosing Food for a Day* (Food and Nutrition Service (FNS), USDA)
- *Three Spotlights* (National Agriculture Library (NAL), USDA)
- *Consumer Gameplan Toolkit* (NIDDK)
- *Fact Sheet on Carnitine* (ODS)
- *Fact Sheets for Older Adults* (Administration on Aging (AoA))
- *Fact Sheets on Nutrition Facts and Trans Fat* (FDA)
- *Through the Eyes of the Eagle* (2 children's books) (CDC)

- *Keep the Beat Heart Health Calendar* (NHLBI)
- *Power Plan: Snack Smart; Choose Drinks that Count* (FNS, USDA)
- *A Healthier You: Based on the dietary guidelines for Americans* (ODPHP)

#### *International Committee*

Dr. Daniel Raiten, NICHD, noted that there would be an NIH workshop on *The Role of NIH in International Research* at the International Nutrition Congress in Durbin, South Africa in September 2005. Attending this workshop from NIH will be Dr. Sooja Kim, CSR; Dr. John Milner, NCI; Dr. Pam Starke-Reed, DNRC; and Dr. Raiten. The focus for the workshop will be outsiders looking in (at NIH) and insiders looking out. Contact Dr. Raiten for more information.

*Human Nutrition Research and Information Management (HNRIM) System Update.* Mr. Jim Krebs-Smith, DNRC, provided a status report of the HNRIM System. The Fiscal Year (FY) 2004 report of NIH nutrition research and training has been completed and is available on the public HNRIM website (<http://hnrnim.nih.gov>). Powerpoint slides of tables from this report will also be available within the next few days. Mr. Krebs-Smith also reported that modifications of the HNRIM public and restricted-access websites are underway. These changes will provide users with more options for generating, viewing, and printing reports and will link records to related PubMed publications. Completion of these enhancements is expected by the end of September 2005.

#### *DHHS Obesity-Related Activities*

Dr. Hubbard noted that the Committee on Science of the Office of Science and Technology Policy (OSTP) (Executive Office of the President) would convene a conference in early in 2006 to focus on obesity. An OSTP planning meeting is scheduled for September 22, 2005. Dr. Elias Zerhouni has been asked to lead the organization of this conference, which is to involve agency heads from all federal agencies.

Dr. Hubbard also noted that he will be serving a part-time detail to DHHS to be the Chair of a DHHS workgroup to coordinate efforts on obesity. He will be involved in the OSTP planning and will communicate through the NCC on these activities.

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

Dr. Sue Krebs-Smith, NCI, mentioned a grant from the University of Arizona for the International Dietary Assessment Methods Conference which is to be held in Denmark on April 27-29, 2006. NCI will provide partial support for this grant; Dr. Krebs-Smith invites other interested NIH co-sponsors to contact her.

Dr. Mary Frances Picciano, ODS, announced the following seminars from the ODS Fall Seminar Series:

- Josh Berman, MD, Director, Office of Clinical and Regulatory Affairs (OCRA), NCCAM. "Botanical Drugs as of 2005: the view from OCRA." September 21, 2005 at 11:00 AM in room 2B03, 6100 Executive Boulevard, Rockville MD.



- Leann L Birch, PhD, Distinguished Professor of Human Development, The Pennsylvania State University. "Psychosocial Determinants of Childhood Obesity." October 5, 2005 at 11:00 AM. Location TBA.

Dr. Picciano also announced that the ODS Trans-NIH/Agency Working Group will meet October 27, 2005 at the Neurosciences Center, 6001 Executive Boulevard, Rockville MD from 1:30-3:00 PM. An agenda will be provided later this month.

### **NEXT NCC MEETING**

The next NCC Meeting is scheduled for October 6, 2005.

### **ADJOURNMENT**

Dr. Hubbard asked for a motion to adjourn the meeting, and a motion was so made by Dr. Milner, NCI. The meeting was adjourned at 4:10 PM.

### **LIST OF APPENDICES**

Appendix A - NIH NCC Meeting Agenda for September 1, 2005

Appendix B - NCC Meeting Attendees for September 1, 2005

Appendix C - Planning Committee for the NIH State-of-the-Science Conference  
on the Role of Multivitamin/Mineral Supplements in Chronic  
Disease Prevention

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**APPENDIX A. NIH NCC MEETING AGENDA FOR SEPTEMBER 1, 2005**  
 2:00-4:00 PM, Rockledge 2, Conference Room 9112-9116, Bethesda MD

1. **Welcome**.....Van Hubbard
2. **Approval of Minutes of the July 7, 2005 Meeting**.....Van Hubbard
3. **Scientific Presentation:**  
     “A Comparison of Three Food Guides: the USDA Food Guide, DASH Eating Plan, and Willett’s Healthy Eating Pyramid” by Dr. Jill Reedy, Cancer Prevention Fellow, National Cancer Institute
4. **Update from the Office of Dietary Supplements**.....Beth Yetley
5. **Update from ODPHP**.....Kathryn McMurry  
     DHHS A Healthier You: Based on the Dietary Guidelines for Americans Dietary Reference Intake Subcommittee
6. **Potential Trans-NIH Activities**.....John Milner  
     National Food and Nutrient Analysis Program  
     Biomarkers of Disease Risk
7. **DNRC Activities Update**  
     Nutrition Education Subcommittee.....Jean Pennington  
     International Committee.....Pam Starke-Reed/Dan Raiten  
     HNRIM .....Jim Krebs-Smith  
     DHHS Obesity-Related Activities.....Van Hubbard
8. **Reports from NCC Members and Liaisons**.....NCC Members
9. **Next Meeting:** October 6, 2005.....Van Hubbard
10. **Adjournment**.....Van Hubbard



**APPENDIX B. NCC MEETING ATTENDEES FOR SEPTEMBER 1, 2005**

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

**NIH Members:**

NCI	J Milner		
NHLBI	D Danford		
NIDCR		R Nowjack-Rayner	
NIDDK	C Miles		
NINDS		M Mitler	R Desrocher
NIAID	M Plaut		
NIGMS		S Somers	
NICHD		G Grave	D Raiten
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		
NCRR	L Yager		
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	
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		J Charles-Azure
ODPHP	K McMurry		
USDA	M Kretsch		
DoD	K Friedl		

**DNRC:** W Johnson-Taylor, C McDade-Ngutter, J Pennington, K Regan, L Somuah

**Guests:** S Adamo (HRSA), G Bathalon (DoD), C Davis (NCI), J De Jesus (NHLBI), C Dobday (ODPHP), A Ershow (NHLBI), J Holden (ARS, USDA), A Jerkins (CSR), E Obarzanek (NHLBI), MF Picciano (ODS), J Reedy (NCI), S Ross (NCI), J Seymour (CDC), K Stitzel (ODPHP), R Troiano (NCI), Susan Welsh (CSREES, USDA), S Yanovski (NIDDK), B Yetley (ODS)

**APPENDIX C. Planning Committee for the NIH State-of-the-Science Conference on the Role of Multivitamin/Mineral Supplements in Chronic Disease Prevention**

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