

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

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

April 5, 2012 2:00 – 4:00 PM

WELCOME

Dr. Pam Starke-Reed, Deputy Director, NIH Division of Nutrition Research Coordination (DNRC), convened the meeting at 2:04 PM and welcomed participants. Phone participants included the following: CAPT Shirley Blakely, FDA; Dr. Judy Hannah, NIH NIA; Dr. Lyndon Joseph, NIH NIA; Dr. Natalie Kurinij, NIH NEI; Dr. Joan McGowan, NIH NIAMS; Dr. Megan Miller, NIH NIDDK; Dr. Linda Nebeling, NIH NCI; Dr. Samara Joy Nielsen, CDC NCHS; and Dr. Nancy Sheard, NIH CSR. 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 2, 2012 NCC MEETING

Minutes from the February 2, 2012 NCC meeting had previously been sent to NCC members via email. Dr. Starke-Reed asked if there were any other corrections to the minutes. There were none. Dr. Paul Coates, NIH Office of Dietary Supplements (ODS), made a motion to approve the minutes, and Ms. Karen Regan, DNRC/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.

Dr. Starke-Reed opened the meeting with a few announcements:

Ms. Yvonne Chow, a Master's student in Public Policy at American University, recently joined the DNRC staff. Ms. Chow will be handling all NCC communications and administrative tasks. The DNRC welcomes her to the team.

The DHHS Assistant Secretary for Health, Dr. Howard Koh, recently announced his support of the reactivation of the Interagency Committee on Human Nutrition Research (ICHNR). The committee was originally established in 1983 to improve coordination and increase the effectiveness and productivity of federal agencies engaged in nutrition research. As in the past, the ICHNR will be co-chaired by the Assistant Secretary for Health (DHHS) and Deputy Undersecretary for Research, Education and Economics (USDA). Dr. Molly Kretsch, USDA, and Dr. Van Hubbard, DNRC, are currently working on an agenda for the first meeting. More information will be available soon.

UPDATE ON NUTRITION LABELING

The Food and Drug Administration plans to publish a proposed rule on the Nutrition/Supplement Facts Label later this year. Dr. Paula Trumbo, from the FDA Office of Nutrition, Labeling and Dietary Supplements, Center for Food Safety and Applied Nutrition, described some of the issues FDA is considering.

The first set of issues Dr. Trumbo discussed pertained to the serving size. Serving sizes must be based on Reference Amounts Customarily Consumed (RACCs). Current RACCs were derived in 1993 from nationwide food consumption surveys performed in 1977-1978 and 1987-1988. It will have to be determined if the 1993 RACCs should be updated, whether dual labeling (per serving and per container) will be required, and if the definition of a single serving container should be changed (currently products packaged and sold individually and contain less than 200% of the applicable RACC must be labeled as a single serving container. However, products that have a large RACC and contain between 150-200% of the RACC may be labeled as either containing 1 or 2 servings).

FDA is also looking at strategies for calorie labeling and the percent daily values (DVs). For example, should calories be more prominently declared? Should calories from fat be included? Should there be a percent daily value (DV) for total calories? For the DVs, which Dietary Reference Intake should be used? Are there other nutrients of public health concern that are not currently included on the label that should be? Should there be a joint DV for saturated fat and *trans* fat?

Dietary Fiber is another topic under discussion. Current regulation does not provide a definition of dietary fiber, though definitions are provided by Codex and the Institute of Medicine. FDA is looking at these definitions as well as current available analytical methods to determine how fiber should be labeled. Issues regarding the DV footnote and units of measure that appear on labels (e.g. IUs) for nutrients and food components will be addressed by the FDA.

Several information sources will inform the proposed rule. FDA will consider public comments to previous ANPRMs, citizen's petitions, IOM reports, the 2010 *Dietary Guidelines for Americans*, NHANES data reports, more recent scientific evidence, and results reported from consumer research studies. After the proposed rule is published, public comments to the proposed rule and all previously mentioned relevant information will be taken into consideration to publish a final rule.

Before closing, Dr. Trumbo also provided a brief update on the Front-of Package (FOP) Labeling initiative. During a Public Hearing held in 2007, issues were raised about the economic impact of FOP labeling, the nutrition criteria for FOP labeling, and the need for more consumer research. The agency initiated several projects in response to the hearing. In 2008, FDA conducted consumer research on FOP labeling to answer questions about exposure/awareness, product perception, helpfulness in product selection, and the label's ability to communicate nutrition characteristics. In 2009, FDA and CDC responded to a Congressional directive and asked the IOM to undertake a two-phase review of FOP nutrition rating systems and symbols. Both phases have been completed. The IOM recommended that a new FOP system be implemented. The new FOP system should include one simple, standard symbol and the declaration of calories in common household measurements. The IOM also recommended a multi-stakeholder, multi-faceted awareness and promotion campaign that includes ongoing monitoring, research and evaluation.

HUMAN NUTRITION RESEARCH INFORMATION MANAGEMENT (HNRIM)/ RESEARCH, CONDITION, AND DISEASE CATEGORIZATION (RCDC) UPDATE

Ms. Karen Regan, DNRC/ODS, provided several HNRIM/RCDC updates.

The new HNRIM database is operational within a test site framework and will be publically deployed when the new website design is complete. Target date for the new HNRIM website is approximately 4-6 weeks. The FY 2010 data is complete and will be published when the new HNRIM website goes live. The FY 2011 Nutrition data has been downloaded to HNRIM and a coding request will be going out to the ICs within the week.

There will be a major overhaul of the RCDC Nutrition Fingerprint in 2012. Beginning in FY 2008, the NIH began using a computerized reporting process at the end of each fiscal year to categorize its funding in medical research. RCDC reports NIH funding in over 200 categories, one of which is nutrition. Since the nutrition fingerprint has been put into place, a portion of nutrition projects, such as those having to do with botanical supplements, have been missed. The new fingerprint aims to capture these projects. IC POCs will be notified by RCDC staff as the process begins. HNRIM staff will transmit meeting information to NCC members as well.

ODPHP UPDATE

Ms. Rachel Hayes gave an update on ODPHP activities:

Dietary Guidelines, 2015:

Planning and preparation for the 2015 Dietary Guidelines is underway. ODPHP is meeting with the USDA Center for Nutrition Policy and Promotion on a monthly basis to discuss groundwork and parameters. In general, the hope is that a Dietary Guidelines Advisory Committee will be convened in early 2013. A final decision has not been made on when or how the 0-2 year-old population will be addressed.

Dietary Guidelines, 2010 Communications:

ODPHP has been developing a series of six community workshops based on the principles of the Dietary Guidelines and Physical Activity Guidelines. These workshops, which include stand-alone resources designed for adults with limited health literacy, have been pilot tested in nine sites around the country. Official evaluation results are being compiled, although the top line feedback has been extremely positive. The workshop materials are expected to be released on www.health.gov/dietaryguidelines on April 23rd. ODPHP is currently seeking 100 community sites to implement the workshops.

Physical Activity Guidelines (PAG) for Americans Mid-course Review

ODPHP, along with the President's Council on Fitness, Sports & Nutrition (PCFSN), CDC, and NIH, continues to work on the PAG Mid-course review. The topic is *Effective strategies for achieving the PAG among youth and young adults* and the report will aim to identify intervention strategies that have been shown to be effective in increasing physical activity among children and young adults. A subcommittee of PCFSN has been established and work will begin soon on the literature review and written report. ODPHP hopes to have the report completed in 2012 and are working on developing plans and identifying funding for a communications campaign in 2013.

Healthy People:

The ODPHP-sponsored National Health Promotion Summit will be held at the Omni-Shoreham Hotel in Washington, DC, April 10-11. <http://www.aptrweb.org/2012summit/registration.html> Online registration is closed, but registration is available at the door (\$225).

ODS UPDATES

Dr. Paul Coates informed NCC participants of the following ODS updates:

Co-funding Requests:

The next deadline for submission of grants for ODS co-funding consideration is May 2. Please contact Cindy Davis at Cindy.Davis@nih.gov for further information.

Upcoming Workshop:

ODS will co-sponsor a workshop entitled, “Human Performance and Dietary Supplements” with the American Society for Nutrition, the National Strength and Conditioning Association, Abbott Nutrition, and the Uniformed Services University of the Health Sciences on August 9-10, 2012 at the Marriott Bethesda North Conference Center. More information will follow.

MyDS Mobile App, Version 2:

ODS has recently launched a new version of its mobile app, MyDS. Our app now works on the Apple iPhone, iPad, and iPod devices, Android phones and devices, Kindle Fire, and BlackBerry Touch devices running OS6 and above. MyDS will also work on desktop and laptop computers with the Chrome and Safari browsers. My Dietary Supplements (MyDS) gives the consumer an easy way to keep track of the vitamins, minerals, herbs, and other products they take. They can simply enter the names and amounts of the products they take, and they'll be stored for their use anytime, anywhere—for example, when seeing their doctor or shopping. With MyDS, the user also can email their personal list of products to themselves or to their health care providers and print it out for reference. MyDS is a free application from ODS and can be accessed directly at <http://myds.nih.gov>. More information is available on the ODS website: <http://ods.od.nih.gov/myds>.

Facebook:

ODS has recently joined Facebook. Please visit the ODS page and “like” us to receive timely messages from ODS. <https://www.facebook.com/NIH.ODS>.

Clinical Practice Guidelines for Vitamin D:

Following the publication of a guideline on the evaluation, prevention and treatment of vitamin D deficiency by the Endocrine Society, the IOM committee responsible for the recent DRI report on vitamin D and calcium developed an article in response, an effort headed by Cliff Rosen and with Christine Taylor from ODS as a co-author. It was essentially a rebuttal of a number of aspects of the guideline (authored by Michael Holick and others). The Rosen and Taylor article was accepted for publication in the Journal of Clinical Endocrinology and Metabolism (<http://icem.endojournals.org/content/early/2012/03/22/jc.2011-2218.full.pdf+html>) and will appear in the April issue.

COMMON FUND & NUTRITION

Dr. Pam Starke-Reed initiated a discussion about ways to promote the importance of nutrition as a program area in the NIH Common Fund, which was created in 2006 to support cross-cutting, trans-NIH programs that require participation by at least two NIH Institutes or Centers (ICs) or would otherwise benefit from strategic planning and coordination. To date, the Common Fund has been used to support a series of short term, exceptionally high impact, trans-NIH programs known collectively as the NIH Roadmap for Medical Research. The Common Fund is coordinated by the Office of Strategic Coordination, one of the six offices of the Division of Program Coordination, Planning, and Strategic Initiatives (DPCPSI) within the Office of the Director.

The current Common Fund portfolio does not include a program that deals primarily with nutrition, and this may be an issue the NCC would like to pursue. However, there are opportunities to include nutrition in some of the existing Common Fund categories/initiatives such as those related to Metabolomics, Microbiome 2, and Behavior Change, and these were discussed briefly.

Dr. Linda Duffy, NCCAM, described an opportunity for nutrition in an already existing Common Fund program area: the human microbiome initiative. A paradigm shift in how we look at microbial health is beginning, and Dr. Duffy, along with Dr. John Milner, NCI, and Dr. Cindy Davis, ODS, have been working diligently to elevate the importance of nutrition in this program area. It has required great time commitment, attendance at work group meetings, document sharing, and continued championing.

The DNRC offered to lead a working group from the NCC if there is interest in identifying a list of salient questions that could be addressed through the Common Fund. It is a long process to get a proposal accepted into the Common Fund, so discussions would have to start soon to be ready for the following year.

It was suggested that a few minutes of future NCC meetings be dedicated to this topic. A suggestion to include the Prevention Research Coordinating Committee in future planning efforts was also made due to the transgenerational effects of diet.

REPORTS FROM NCC MEMBERS AND LIAISONS

- Dr. Pam Starke-Reed announced on behalf of Christine Pfeiffer at CDC that the Second National Report on Biochemical Indicators of Diet and Nutrition in the U.S. Population was released on April 2. The report is part of a series of CDC publications that provide an ongoing assessment of the U.S. population's nutrition status. The report covers 58 biochemical indicators – measurements of specific substances in people's blood and urine – and shows us what the actual

levels of nutrition indicators are in the general population as well as in select groups. You can access the report and additional resources at www.cdc.gov/nutritionreport.

- Ms. Kathryn McMurry, NHLBI, announced that Dr. Gary H. Gibbons was selected as the next NHLBI Director. He will assume his role this summer. Dr. Gibbons is the founder and current director of the Cardiovascular Research Institute, chairperson of the Department of Physiology, and professor of physiology and medicine at the Morehouse School of Medicine in Atlanta. He is a nationally recognized clinician-scientist who directs research in the fields of vascular biology, genomic medicine, and the pathogenesis of vascular disease. Dr. Susan Shurin, who has been serving as the Acting Director of the Institute, will return to her position as Deputy Director.
- Ms. McMurry also informed the NCC that the methodology used to develop cardiovascular risk reduction guidelines for adults will be presented at the May NCC meeting. Initially, three reports - cholesterol, hypertension, and obesity guidelines - will be released and they will be integrated as a subsequent step. This will be the first time that all CVD guidelines will be integrated. Several rounds of review will be conducted as each draft report is ready, beginning with members of the Federal Subcommittee of the National Program to Reduce Cardiovascular Risk Coordinating Committee.
- Dr. John Milner, NCI, suggested that a helpful tool might be a quarterly list of newly funded projects pertaining to nutrition. It would be helpful to know about new studies in case there is an opportunity to piggy back off of them.
- On a related note, Dr. Barry Portnoy, ODP, informed the NCC that a subcommittee on prevention science is attempting a portfolio analysis to identify what prevention projects the NIH has funded. In addition, ODP is planning a workshop for December 2012 on the topic of physical activity and prevention of chronic disease.

CURRENT DNRC UPDATE OF ACTIVITIES

Nutrition Education Subcommittee:

The NES reviews materials for consistency with the *Dietary Guidelines for Americans (DGAs), 2010*. NES Chair, Dr. Margaret McDowell, NIH/DNRC, reported that the NES completed 3 dietary guidance reviews since the February NCC meeting:

1) HHS/OASH/ODPHP Community Workshops (Leader's Guide): ODPHP developed a series of six workshop modules to promote the dissemination of the *Dietary Guidelines for Americans, 2010* and *2008 DHHS Physical Activity Guidelines* recommendations. The workshops and corresponding education materials are suitable for all groups of adults, including busy people with limited time and those with low health literacy. Each

of the workshops contains learning objectives, icebreaker activities, talking points, instructions for “stretch” breaks, and interactive, “hands-on” learning activities to promote the Guidelines and support lasting lifestyle changes.

2) USDA/FNS Team Nutrition Mini-Lessons for Grades 7&8: The Department of Agriculture’s Food and Nutrition Service developed lesson plans under its “Team Nutrition” initiative to support national efforts to create school environments that support nutritious food choices and physically active lifestyles. The mini-lessons will be available upon request from the Team Nutrition Web site and in print format for schools participating in the National School Lunch Program. Three mini-lessons (referred to as “Treks”) were developed for each grade level. The lessons are considered “mini” lessons because they are less comprehensive than traditional school curricula. The materials are designed to support school-wide nutrition and physical activity promotion activities. The fun and innovative activities support a variety of ongoing school wellness initiatives.

3) USDA/CNPP Smart Drinks Comparison Chart: The USDA/CNPP “Drink Smart Comparison Chart” was prepared to support the MyPlate Dietary Guidelines Communication Campaign and promote the message, “Drink Water Instead of Sugary Drinks.” The publication is designed to encourage consumers to drink water to manage or maintain a healthier weight; promote healthier beverage options by using the Nutrition Facts label; choosing lower-calorie beverages, or drinking smaller portions; and improve awareness about the calories and sugar in commonly consumed beverages.

International Subcommittee Information

Dr. Dan Raiten, NICHD, announced a number of relevant meetings taking place in 2012 (ILSI Europe Biomarker in Lisbon; ILSI Europe Inflammation in Seville, Spain; Nutrigenomics in Costa Rica and then another in Brazil; and INSPIRE). The NCC will be represented at the nutrigenomics meetings by Dr. John Milner, NCI, in Costa Rica and by BOND members at the Brazil meeting.

A new global health interest group has been established at NIH. On April 10, they will be hosting a lecture entitled, “The Supramap project: Linking pathogen genomes across the globe to fight emergent infectious diseases.” The NCC subcommittee on international nutrition will be interacting with the global health interest group.

Probiotics and Prebiotics Work Group (PPWG)

Dr. McDade-Ngutter has set up a publication list for PPWG members on probiotics, prebiotics, and the microbiome which she receives from pubmed periodically. If you are interested in receiving these listings, please email her at mcdadengutterc@mail.nih.gov

NIH Health and Wellness Council (HWC) Updates

The NIH Wellness website: Big changes are planned for the NIH wellness website! The site will be moved from the Division of Amenities and Transportation Services (“DATS”) home page to the NIH Office of Research Services (ORS) website. The site will have a fresh, new look and plans are to make it a “One Stop Shop” of health information for NIH employees. A few features of the website include an NIH Health and Wellness Council (HWC) member list, meeting minutes archive, a monthly featured health topic, an archive of all featured health topics, and health information resources. The goal is to have the site up and running by May 1st.

NIH Wellness Policy Statement for Employees and Supervisors: The HWC Wellness Policy Committee has been reviewing Office of Personnel Management (OPM) wellness policy guidance documents in hopes of developing a draft policy statement to present to NIH senior leadership. Key to this effort is an endorsement of the concept of an NIH wellness policy by the Office of the Director, and second, is the development of a wellness policy to provide guidance for employees and their supervisors.

National Nutrition Month: NIH Registered Dietitian (RD) Day was celebrated on March 14th at 5 NIH cafes. Seven NIH RDs engaged with café patrons--answering questions, distributing and discussing nutrition education materials, and offering samples of Balanced™ Choice menu items featured in the cafes.

On March 15th, an NIH “Focus on You” live video cast featured Lucy White, an RD-chef from the University of Virginia Hospital and an exercise demonstration with Jawanna Henry, a staff trainer from the NIH Fitness Center. Ms White’s presentation featured a cooking demonstration and recipe makeover using lower sodium ingredients. Ms. Henry demonstrated a variety of strengthening and toning exercises with a Body Blade® device.

Diamond Fitness Program: NIH RW Fitness and Wellness Program is introducing a new fitness program for our mature NIH employees (50+). Diamond fitness is based on the *Community Healthy Activities Model Program for Seniors (CHAMPS)* - a study funded by the National Institute on Aging. It will include functional assessments with follow up, weekly educational lectures, and weekly exercise classes. For additional information please contact Ms. Jawanna Henry henryj@od.nih.gov.

NEXT NCC MEETING

The next NCC meeting will be on May 3, 2012.

ADJOURNMENT

The meeting was adjourned at 3:50 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for April 5, 2012

Appendix B: NIH NCC Meeting Attendees for April 5, 2012

APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING AGENDA

**NIH Nutrition Coordinating Committee Meeting
Agenda**

Thursday, April 5, 2012

2:00 – 4:00 pm

Rockledge 2, CR#9100-9104

1. **Welcome**.....Pam Starke-Reed
2. **Approval of Minutes of February 2 , 2012 Meeting**Pam Starke-Reed
3. **Update on Nutrition Labeling**Paula Trumbo, FDA
4. **HNRIM-RCDC Update**.....Karen Regan & Jim Krebs-Smith, DNRC
5. **ODPHP Update**Rachel Hayes, ODPHP
6. **ODS Update**Paul Coates, ODS
7. **Common Fund & Nutrition**.....Various NCC members
8. **Reports from NCC Members and Liaisons** NCC Members
9. **Current DNRC Update of Activities**..... DNRC Staff
 - Nutrition Education Subcommittee Update.....Margaret McDowell*
 - International Committee Information.....Pam Starke-Reed/Dan Raiten
 - HNRIM Update.....Jim Krebs-Smith/Karen Regan
 - PPWGCrystal McDade-Ngutter
 - Wellness WorkgroupRachel Fisher/Margaret McDowell

10. Next Meeting – May 3, 2012

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

APPENDIX B: NCC MEETING ATTENDEES FOR APRIL 5, 2012

Agencies, Institutes, Centers, and Divisions	Members Present	Members Absent	Alternates Present	Other Individuals Present
DNRC Director		V Hubbard		
DNRC Deputy-Director	P Starke-Reed			
NIH MEMBERS				
NCI	J Milner			L Nebeling
NHLBI	K McMurry			J Boyington
NIDCR		M Cutting		
NIDDK		R Kuczmarski		P Maruvada; M Miller
NINDS		M Mitler		
NIAID		P Sato		
NIGMS		S Somers		
NICHD		G Grave		
NEI	N Kurinij			
NIEHS		K Gray		
NIA	J Hannah		L Joseph	
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		
NIH LIAISONS				
CC	A Courville			
CIT		J Mahaffey		
CSR		S Kim	N Sheard	
NLM		M Corn		
OBSSR		D Sampson		
ODS	P Coates		C Davis	B Sorkin
OD/ODP	B Portnoy			
PRCC		D Stredrick		
AGENCY LIAISONS				
AHRQ		I Mabry-Hernandez		
CDC/NCCDPHP		K Scanlon		
CDC/NCHS		C Johnson		S Nielsen
FDA	M Poos		P Trumbo	S Blakely;
HRSA		M Lawler		
IHS		T Brown		
ODPHP		R Olson	R Hayes	
USDA/ARS		D Klurfeld		

Agencies, Institutes, Centers, and Divisions	Members Present	Members Absent	Alternates Present	Other Individuals Present
USDA/NIFA		D Toombs		
DOD		K Friedl		

Guests: Dr. Nadine Braunstein, Towson University

DNRC: Y Chow; R Fisher; J Krebs-Smith; C McDade-Ngutter; M McDowell; K Regan