

**MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC)
MEETING, NATIONAL INSTITUTES OF HEALTH (NIH)**
Rockledge 2, Conference Room 9100-9104, Bethesda, MD
December 2, 2010 2:00 – 4:00 PM

WELCOME

Dr. Van Hubbard, Director, NIH Division of Nutrition Research Coordination (DNRC), convened the meeting at 2:00 PM and welcomed participants. Phone participants included the following: CAPT Shirley Blakely, FDA; Dr. Josephine Boyington, NIH NHLBI; Ms. Karen Donato, NIH NHLBI; Ms. Jody Engel, NIH ODS; Dr. Judy Hannah NIH NIA; Ms. Rachel Hayes, OS ODPHP; Ms. Michelle Lawler, HRSA; Dr. Jennifer Leighton, FDA; Dr. Elizabeth Maull, NIH NIEHS; Ms. Kathryn McMurry, OS ODPHP; Dr. John Milner, NIH NCI; Ms. Joanne Spahn, USDA CNPP; Dr. Paul Thomas, NIH ODS; Dr. Paula Trumbo, ODPHP/FDA; and Susan Welsh, USDA NIFA. 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 SEPTEMBER 2, 2010 NCC MEETING

Minutes from the September 2, 2010 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. Paul Coates, NIH Office of Dietary Supplements (ODS), made a motion to approve the minutes, and Dr. Sharon Ross, NIH 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 the previous NCC meetings.

DIETARY REFERENCE INTAKES FOR CALCIUM AND VITAMIN D: INSTITUTE OF MEDICINE (IOM) REPORT

The Institute of Medicine's Food and Nutrition Board released a report on November 30th that proposes updated nutrient reference values for calcium and vitamin D. This report marks the first Dietary Reference Intake (DRI) review since the completion of 1997-2004 DRIs. Dr. Christine Taylor, Study Director for the *IOM Committee to Review DRIs for Vitamin D and Calcium*, provided an overview of the Committee's findings and shared highlights of the report.

DRIs for calcium and vitamin D were first set in 1997. Over the past decade the public has heard conflicting messages about the enhanced roles of these nutrients, especially vitamin D, and how much of each nutrient they should consume. There has also been concern of widespread vitamin D deficiency in the population. To help clarify these

issues, the U.S. and Canadian governments asked the IOM to assess the current data on health outcomes associated with calcium and vitamin D and to update the DRIs, as appropriate. To complete this task, the IOM convened an Expert Panel of 14 scientists. The Committee was charged with answering the following questions: What health outcomes do vitamin D and calcium affect? How much is needed? How much is too much?

To answer these questions, the Committee incorporated a risk assessment approach. They assessed more than one thousand studies and reports and listened to testimony from scientists and stakeholders. They also conducted several re-analyses of key data sets and utilized systematic evidence-based reviews, which provided an essential starting point for their effort. The Committee felt it was critical to conduct a thorough review of potential indicators reflecting a health outcome associated with the intake of these nutrients. The committee included over 25 different health outcomes in this review. Examples include cancer/neoplasms, CVD and hypertension, diabetes, falls, immune response, pregnancy outcomes, and skeletal health. Discussions of each health outcome are detailed in Chapter 4 of the report. In sum, with the exception of measures related to bone health, the potential indicators examined were not supported by evidence that could be considered convincing or adequate. Information about the health benefits beyond bone health were from studies that provided often mixed and inconclusive results. Therefore, bone health (characterized by different measures depending upon life stage) was selected as the indicator used for DRI development.

DRIs for calcium and vitamin D were established as EARS and RDAs for all life stage groups except for infants up to 12 months of age for whom AIs were specified (see *IOM Report for specific DRIs*: <http://iom.edu/Reports/2010/Dietary-Reference-Intakes-for-Calcium-and-Vitamin-D.aspx>). For vitamin D, new data allowed for the simulation of a requirement distribution based on serum 25(OH)D concentrations, which serve as a reflection of total vitamin D exposure. After a careful review of the available literature, the Committee concluded that serum 25(OH)D levels of 16 ng/ml (40 nmol/liter) cover the requirements of approximately half the population, and levels of 20 ng/ml (50 nmol/liter) cover the requirements of at least 97.5% of the population. From the Committee's perspective, there has been a considerable over-estimation of levels of vitamin D deficiency in the North American population due to the fact that cut-points greatly exceeding the levels identified in this report have been used. Guidelines regarding the use of serum markers of vitamin D status were beyond the scope of the Committee's charge, but the Committee noted that serum 25(OH)D cut-points have not undergone a systematic, evidence based development process and that there is not a central body responsible for establishing such values for clinical use. However, there is

considerable public health and clinical practice need for consensus cut-points for serum 25(OH)D measures relative to vitamin D deficiency as well as excess.

Tolerable Upper Levels of Intake (ULs) were also established for both nutrients by life stage groups, though this was a challenge due to limited data. These are not recommended intakes but levels above which potential risk for harm increases. To establish the ULs, the Committee had to rely more heavily on observational data because randomized, clinical trial data were difficult to obtain for ethical reasons. Dose-response data was also lacking for both nutrients.

Following the risk assessment model, the Committee conducted a risk characterization and highlighted implications of the DRI outcomes and special concerns, specifically for special population groups. They also identified current information gaps and future research needs. These are detailed in the full report, which can be found at the link listed above.

An article written by members of the IOM Committee summarizing the report for clinicians can be found at the following link:

<http://jcem.endojournals.org/cgi/content/abstract/jc.2010-2704v1>

Dr. Taylor's also shared a short audio clip of the NPR/All Things Considered interview with Cliff Rosen (one of the Committee members). A link to the clip is below:

<http://www.npr.org/2010/11/30/131704380/panel-clarifies-vitamin-d-intake>

TRIGGERS FOR DRI REVIEWS AND OTHER UPDATES FROM THE OFFICE OF DISEASE PREVENTION AND HEALTH PROMOTION (ODPHP)

Ms. Kathryn McMurry (ODPHP), provided an update of recent discussions held by the Federal DRI Steering Committee, which has both U.S. and Canadian participants. As mentioned previously, the DRI review of vitamin D and calcium was the first re-review since the original reports were compiled. Between 1997 and 2005, the IOM published a series of six DRI reports covering a total of 45 nutrients, energy, and other food components. The Federal DRI Steering Committee has been trying to establish the best strategy for which nutrients to review next. While a sequential review would be easiest, this is not practical given limited resources. Instead, a proactive, decision-making framework is needed.

Ms. McMurry described three synergistic projects that could potentially provide input into the decision making process for future DRI reviews. First, our Canadian colleagues have proposed a comprehensive review and monitoring system of nutrient

data. However, recognizing a limited availability of resources, such a comprehensive process may not be feasible. The NIH Office of Dietary Supplements has also been looking at “signals” and decision points to identify the need for updating systematic reviews, which could also inform the DRI process. Thirdly, Dr. Paula Trumbo (ODPHP) recently completed a cursory survey of nutrients and has put together a framework for organizing nutrient information that would identify which nutrient reference values should be revisited next.

The Federal Steering Committee will be meeting with the Food and Nutrition Board next week to discuss future directions. If you have any questions about DRIs or are aware of specific concerns from your constituencies, please bring it to the attention of the NCC by contacting Dr. Hubbard (Van.Hubbard@nih.hhs.gov). The scientific input provided by the ICs is extremely valuable.

2010 Dietary Guidelines for Americans

The 2010 Dietary Guidelines are very nearly in press, but the launch date has not yet been set. Clearance comments provided by both Departments are still being recorded and addressed. In addition, information from the new vitamin D and calcium DRIs must be incorporated. Ms. McMurry noted that there has been broad interest in communication activities for the new Guidelines.

Healthy People 2020

The official launch of Healthy People 2020 took place earlier today. Ms. McMurry announced that all objectives and targets for Healthy People 2020 are now posted on the Healthy People website (<http://www.healthypeople.gov/hp2020/>). There is not currently an objective for vitamin D, but going forward, the process for adding and subtracting objectives will be much more dynamic than it has been in the past.

If you have not previously been involved but would like to be part of any future activities or discussions related to the Healthy People 2020 chapter on Nutrition and Weight Status, contact Dr. Hubbard. In addition, if you are interested specifically in the developmental objective on inappropriate weight gain and would like to be involved in this process, contact Dr. Margaret McDowell (Margaret.McDowell@nih.hhs.gov).

Update – Institute of Medicine Report on Leading Health Indicators (LHIs)

Dr. Barry Portnoy, ODP, provided an additional update regarding Healthy People 2020. The IOM has convened a committee to develop and recommend 12 indicators and 24 objectives for consideration by the U.S. Department of Health and Human Services for guiding a national health agenda and for consideration for inclusion in Healthy People

2020. The product of the committee will be a consensus letter report. More information is available below:

- Study specifics are available at the following website:
<http://www.iom.edu/Activities/PublicHealth/HealthyPeople2020.aspx>
- Those who would like to send information that the IOM Committee can take into consideration while developing the LHIs can do so by contacting Lyla Hernandez at LHernand@nas.edu or China Dickerson at CDickerson@nas.edu.
- ODPHP will receive an advance copy of the report up to 5 days before it is released to the public. This would possibly be the week of February 14, 2011.
- A briefing may be conducted with the Secretary and ASH within this 5-day window so they are aware of the content ahead of the release.
- Next scheduled meetings of the IOM/LHI Committee are:
 - December 6 & 7, 2010
 - January 6 & 7, 2011

NIH HEALTH AND WELLNESS COUNCIL UPDATE

Ms. Rachel Fisher, DNRC, provided an update on the NIH Health and Wellness Council. Dr. Alfred Johnson, the Director of ORS, has been appointed the senior official on wellness at NIH. His office has been charged with the establishment of the NIH Health and Wellness Council and leading employee wellness efforts. Formal letters requesting Wellness Council nominees and Ex Officio members were sent to the IC Directors and Executive Officers in early September. The first official meeting of the Council with seated representatives was held on November 3rd. If you would like to find out who your IC's representative is, please contact Mr. Chris Gaines at ORS (Chris.Gaines@nih.gov).

More information about past and future wellness events at NIH can be found at:
<http://dats.ors.od.nih.gov/wellness/>

REPORTS FROM NCC MEMBERS AND LIASONS

- Dr. Sharon Ross, NCI, introduced Dr. Holly Nicastro to the NCC. Dr. Nicastro is a CRTA fellow with NCI's Nutrition Science Research Group who joins them from the University of California, Berkeley.

UPDATE FROM THE NIH OFFICE OF DIETARY SUPPLEMENTS (ODS)

Dr. Paul Coates provided the following updates:

International Vitamin D Summary

ODS in collaboration with CDC (NCHS & NCEH) and NIST is leading a multi-year effort to standardize the measurement of serum 25(OH)D in national health surveys to the NIST candidate reference method. A pilot study, including surveys from Canada, Germany, Rep of Ireland, UK & USA, is planned for September 2011. The goal is to validate a set of protocols for standardizing serum 25(OH)D from stored samples and samples to be collected in the future. If successful, the protocols will be made available to other national health surveys. Ultimately, the goal of the project is to study world-wide differences and similarities in 25(OH)D distributions and its related health effects – including 25(OH)D₂, 25(OH)D₃ and the new D₃-epimer of 25(OH)D₃.

Nutrition Interventions to Treat Inborn Errors of Metabolism

ODS and the NIH Office of Rare Diseases Research (ORDR) are working on an initiative to develop a systematic approach to evaluate the safety and effectiveness of nutrition interventions, including dietary supplements, used to treat inborn errors of metabolism (IEM). These diseases are rare and typically present in infancy, making evidence-based treatment strategies difficult to develop and implement. ODS and the ORDR will be seeking input from government stakeholders and the genetic-metabolic community to identify gaps that need to be filled with research and to foster collaborative, multicenter clinical trials. The goal will be to inform practice guidelines to ultimately benefit persons with IEM. We welcome Kathryn Camp to our midst, and she will be coordinating this joint ODS-ORDR effort.

PubMed Dietary Supplement Subset

ODS and the National Library of Medicine (NLM) have partnered to create a Dietary Supplement Subset of NLM's PubMed. The subset is designed to limit search results to citations from a broad spectrum of dietary supplement literature including vitamin, mineral, phytochemical, ergogenic, botanical, and herbal supplements in human nutrition and animal models. The PubMed Dietary Supplement Subset succeeds the International Bibliographic Information on Dietary Supplements (IBIDS) database, 1999-2010, which was a collaboration between the two U.S. government agencies, ODS and United States Department of Agriculture National Agricultural Library.

Calcium and Vitamin D DRI Updates on ODS Web site

The Consumer and QuickFacts versions of the ODS fact sheets have already been updated based on the IOM report. The health professional versions of these fact sheets will be updated within the next two weeks.

Vitamin D:<<http://ods.od.nih.gov/factsheets/list-all/VitaminD/>>

Calcium: <<http://ods.od.nih.gov/factsheets/list-all/Calcium/>>

ODS 2011 Grant Review Schedule

Just a reminder, that the ODS entertains proposals for extramural grants, intramural projects, and conference co-funding on a quarterly basis. The table below describes the receipt, review, and notice of award dates for FY2011. Contact Dr. Becky Costello at costellb@od.nih.gov for additional information and application materials.

Reviews will take place according to the following FY2011 schedule:

ODS Receipt Date	ODS Review Date	Notification of Funding to IC
Oct. 22 nd	Nov. 4 th	Nov. 12 th
Jan. 26 th	Feb. 9 th	Feb. 18 th
May 4 th	May 18 th	May 27 th
Aug. 3 rd	Aug. 17 th	Aug. 26 th

Dietary Supplements: There's an app for that

ODS has created a free mobile app for consumers called My Dietary Supplements, or "MyDS", that allows users to keep a convenient, mobile record of the dietary supplements they take. Consumers can easily share this list with their health care providers. The app also includes the QuickFacts version of the ODS fact sheets as well as general information about ODS. MyDS is currently available for the iPhone and iPad. A version for the Android phone is in development as well as a web-based version. More information is available on the ODS Web site <http://ods.od.nih.gov/about/mobile/aboutmyds>. MyDS is also listed on the usa.gov Web site's listing of mobile apps developed by the federal government <http://apps.usa.gov/?v=all>

UPDATE OF DNRC ACTIVITIES

Nutrition Education Subcommittee (NES):

Dr. Margaret McDowell, DNRC, provided an update on NIH-NCC NES activities.

The NES reviewed 3 documents since the September NCC meeting as follows:

- NHLBI booklet entitled "*Your Guide to Anemia*": The booklet is a plain language guide to anemia conditions and was developed with input from the NHLBI Blood Division. The booklet provides useful information about several anemia

conditions. Patient stories and testimonials, photographs, and graphics are included to make the booklet visually appealing.

- NIDDK brochure entitled “*The World Around You*”: This brochure provides tips for healthy eating and physical activity and targets diverse groups of consumers residing in rural areas. The material is geared to a 5th-7th grade reading level.
- Eurest Materials—Informal reviews of nutrient data information sheets, signage, and consumer information guides for the NIH cafes.

Summary for 2010: The NES has completed 15 reviews in 2010. NIH organizations submitted 12 requests for review: NHLBI (4); ODS (4), NCI (2); NIDDK (2). Three other submissions were for materials prepared by CDC (1), USDA (1) and Eurest (1).

International Committee:

Dr. Dan Raiten shared several updates with the NCC. On November 30, 2010 NICHD held the first meeting of the steering committee that will provide oversight and input to the new Biomarkers of Nutrition for Development (BOND) program. NICHD recently received a 3-year grant to provide core funding from the Bill and Melinda Gates Foundation. The BOND program will have two tracks: 1) development of a research agenda targeting discovery, development and implementation of biomarkers for use in research, clinical care, program development/evaluation and to support development of evidence-based policy, and 2) a translational track that will focus on harmonizing the decision making process for selection and use of biomarkers. This track will include the creation of a new website and interactive resource designed to support decisions by users across the entire food and nutrition enterprise (e.g, researchers, clinicians, program developers/implementing agencies, and policy-makers). The Steering Committee includes organizations representing the breadth of the domestic (including NIH, DOD, CDC, USDA, USAID) and international (UN system agencies: WHO, WFP, IAEA, UNICEF), academic and private sectors involved in nutrition and global health. For more information please contact the project leader (Dan Raiten: raitend@mail.nih.gov or project manager: Kripa Raghavan: raghavar@mail.nih.gov)

NICHD staff (Dan Raiten and Sorrel Namaste) attended the recent meetings of the WHO nutrition guidelines development advisory group (NUGAG) in Amman, Jordan, November 15-18, 2010. These meetings included discussion of new guidelines for Micronutrient formulation and delivery targeted infants and pregnant women
Nutritional care of HIV infected adolescents and adults including pregnant and lactating women.

Nutrition and TB care.

Dr. Raiten attended as a member of the NUGAG and Ms Namaste attended as special advisor and presenter consequent to her role as the project manager for the NICHD/Gates supported project on considerations on the safe and effective use of iron interventions in areas of endemic malaria. For more information on the WHO NUGAG process or the iron and malaria project please contact Dr. Raiten (raitend@mail.nih.gov) or Ms. Sorrel Namaste (namastes@mail.nih.gov)

DNRC Website Update

Ms. Rachel Fisher announced that the DNRC is in the process of redesigning their website. If anyone has specific suggestions to make the DNRC site more useful to nutrition researchers, please contact Ms. Fisher (Rachel.fisher@nih.hhs.gov). As part of the website revision, we will be updating the NIH Program in Biomedical & Behavioral Nutrition Research & Training Report. We would like to request that each NCC member update their section on Research Directions. To access the section detailing your current IC Research Directions, please visit the link below. If you could send your updated sections to Ms. Karen Regan (Karen.Regan@nih.hhs.gov) by January 6th, 2011 it would be greatly appreciated.

Report Link: http://www.dnrc.nih.gov/dnrc/program_93-95/

NEXT NCC MEETING

The next NCC meeting will be January 6, 2011

ADJOURNMENT

The meeting was adjourned at 3:56 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for December 2, 2010

Appendix B: NIH NCC Meeting Attendees for December 2, 2010

APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING AGENDA

1. **Welcome**.....Van Hubbard
2. **Approval of Minutes of the September 2, 2010 meeting**.....Van Hubbard
3. **IOM Calcium and Vitamin D Report**.....Chris Taylor, IOM
4. **Triggers for DRI Reviews and other ODPHP updates**.....Kathryn McMurry, ODPHP
5. **NIH Health and Wellness Council**.....Rachel Fisher,
Margaret McDowell, & Karen Regan
6. **Reports from NCC Members and Liaisons**.....NCC Members
7. **ODS Activities Update**.....Paul Coates, ODS
8. **Current DNRC Update of Activities**.....DNRC Staff¹
 - Nutrition Education Subcommittee Update.....Margaret McDowell
 - International Committee Information..... Pam Starke-Reed/Dan Raiten
 - HNRIM Update..... Jim Krebs-Smith/Karen Regan
 - DNRC website update.....Rachel Fisher/Karen Regan/Margaret McDowell
9. **Next Meeting**.....January 6, 2011

¹ Updates will be included in the minutes of the meeting only

APPENDIX B: NCC MEETING ATTENDEES FOR DECEMBER 2, 2010

	<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 DeJesus	K Donato
NIDCR		R Nowjack-Raymer	
NIDDK	C Miles		R Kuczmarski
NINDS		M Mitler	
NIAID	R Sawyer		
NIGMS		S Somers	
NICHD		G Grave	D Raiten
NEI		N Kurinij	
NIEHS	E Maull		
NIA	J Hannah		
NIAMS		J McGowan	
NIDCD		B Wong	
NIMH		M Chavez	
NIDA		G Lin	
NIAAA	R Breslow		
NINR		P Cotton	
NCCAM	L Duffy		
NCMHD		D Tabor	
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		R Costello
OD/ODP	B Portnoy		
PRCC		M Vogel-Taylor	
AHRQ		I Mabry-Hernandez	
CDC/NCCDPHP		H Blanck	
CDC/NCHS		C Johnson	
FDA	K Ellwood		S Blakely
HRSA	M Lawler		
IHS		T Brown	
ODPHP	K McMurry		R Hayes
USDA	D Klurfeld		
DOD	K Friedl		

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

Guests: R Bailey (ODS), J Boyington (NHLBI), K Camp (ODS), C Davis (NCI), J Engel (ODS), P Guenther (USDA, CNPP), J Leighton (FDA), H Nicastro (NCI), C Sempos (ODS), J Spahn (USDA CNPP), C Taylor (IOM), P Thomas (ODS), P Trumbo (ODPHP/FDA), and S Welsh (USDA NIFA)