

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

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

June 2, 2011 2:00 – 4:00 PM

WELCOME

Dr. Van Hubbard, Director, NIH Division of Nutrition Research Coordination (DNRC), convened the meeting at 2:01 PM and welcomed participants. Phone participants included the following: Dr. Krishan Arora, NIH NCRR; CAPT Shirley Blakely, FDA; Dr. Heidi Blanck, CDC; Dr. Rosalind Breslow, NIH NIAAA; Ms. Cecilia Butler, IHS; Ms. Jean Charles-Azure, IHS; Dr. Amber Courville, NIH CC; Dr. Becky Costello, NIH ODS; Ms. Karen Donato, NIH NHLBI; Ms. Michelle Lawler, HRSA; Ms. Joan Lyon, USDA; Ms. Holly McPeak, OS ODPHP; Dr. Megan Miller, NIH NIDDK; Dr. Daniel Raiten, NIH NICHD; and Dr. Baldwin Wong, NIH NIDCD. 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 MAY 5, 2011 NCC MEETING

Minutes from the May 5, 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. Paul Coates, NIH Office of Dietary Supplements (ODS), made a motion to approve the minutes, and Dr. John Milner, 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.

NHANES CHILDREN'S PHYSICAL ACTIVITY AND FITNESS STUDIES: 2011-2012

Mr. Cliff Johnson, Dr. Lori Borrud, and Ms. Vicki Burt presented an overview of the NHANES 2011-2012 physical activity and fitness components. The NHANES Children's Physical Activity Feasibility Study was also discussed as was the proposed NHANES National Youth Fitness Study. HHS is providing Affordable Care Act funds for the Children's Physical Activity Feasibility Study and the National Youth Fitness Study.

Dr. Borrud began with an overview of NHANES including the sample design and eligible population. Some new features in the 2011 survey include an oversampling of Asians, cognitive functioning, and a pubertal maturation assessment. Related specifically to physical activity, the 2011-2012 NHANES will include physical activity questions, body measurements, body composition/DXA, grip strength, and physical activity monitoring.

NCHS will be conducting a Children's Physical Activity Feasibility Study this summer to assess whether other physical activity and fitness measures are feasible in the MEC setting. The study will take place in Gaithersburg using 165 volunteers between the ages of 3-15. Some of the components that will be tested include accelerometers for children ages 3-5, treadmill tests (ages 6-11), lower body muscle strength assessment using a hand-held dynamometer (ages 6-15), modified pull-ups (5-15), a plank test to measure core strength (ages 3-15), a test of gross motor development (TGMD-2) for children 3-5, as well as height, weight, and BMI for all.

Findings from the Feasibility Study will inform the NHANES Youth Fitness Study (NYFS). A dress rehearsal will take place in the last quarter of 2011 though data collection will officially begin during the 2012 calendar year. This will be a separate sample of 1500 children, ages 3-15. Data will be collected at the same sites as the ongoing NHANES though a separate exam trailer will be used. There will be some overlapping tests and questions. Appropriate sample weights will therefore be provided for both combined and separate analyses of the NYFS data.

Ms. Burt reminded everyone that the deadlines have already passed for proposals to include examination, questionnaire, and laboratory content for the 2013-2014 survey periods. However, if you still have urgent needs, contact NHANES as soon as possible to discuss inclusion of any additional content. Ms. Burt also informed everyone that the 24-hour urine sodium calibration study is occurring now. The study is also looking at iodine and includes a 24-hour dietary recall. CDC is leading the effort with the hope of improving the equations used to estimate 24-hour sodium intake.

RECENT ISSUES WITH DIETARY SODIUM

Dr. Cay Loria, a nutritional epidemiologist in NHLBI's Division of Cardiovascular Sciences, provided an update on recent issues related to dietary sodium intake.

On May 11th FDA held a meeting on Aligning Agency Efforts for Successful Sodium Reduction in U.S. Foods. Several other members of the NCC were also in attendance. FDA presented initial plans for gradual reductions in sodium in food supply over time. They would like to set incremental, long-term goals for specific food categories of packaged and restaurant foods, though it is not yet clear if efforts will be voluntary or mandatory. During the development process, FDA plans to engage with stakeholders and will be holding a public meeting later this summer and will be releasing a sodium docket shortly.

There is also an effort underway to improve sodium monitoring of the US food supply. USDA will be looking at a number of sentinel foods (40-200) selected from top sodium contributors and have already started with 40 foods in 2010-2011. They will use the National Food and Nutrient Analysis Program (NFNAP) infrastructure to sample/analyze foods purchased either from supermarkets, fast food, or family style restaurants. Updates will be made accordingly to the standard reference database. CDC has also been involved in monitoring efforts and is supporting USDA's Sentinel Food Surveillance program. In addition, CDC has analyzed stored partial urine samples from previous NHANES and will publish equations to estimate 24h urinary sodium excretion/intake. CDC is conducting a urinary sodium calibration study to improve these equations and is leading a proposal to include 24h urine collection in a subsample of NHANES. The recommendation to include a full 24h urine collection was based on recommendations from a working group NHLBI convened in January 2011 on Methodological Issues in Collecting Urinary Sodium in NHANES. NHLBI and ODS are considering providing funding for the 24h urine collection in NHANES and CDC is looking for other interested cofunders.

Dr. Loria also provided a few brief thoughts on a recent article written by Stolarz-Skrzypek K et al. entitled *Fatal and nonfatal outcomes, incidence of hypertension, and blood pressure changes in relation to urinary sodium excretion*. (<http://jama.ama-assn.org/content/305/17/1777>). Using data from a population-based cohort consisting of participants from 2 studies followed an average of 6.5 years, the authors concluded that changes over time in systolic blood pressure, but not diastolic pressure, were directly correlated with change in sodium excretion. However, this association was not reflected in a higher risk of incident hypertension with higher tertiles of sodium excretion, though lower sodium excretion was associated with higher CVD mortality. Dr. Loria raised some concerns regarding the analytical methods as well as a lack of internal consistency in the paper. The authors used an odd approach for the mortality analysis in which the reference group wasn't one of the tertiles but was the entire study population. It's unclear how this would be interpreted because it's not the standard approach. It is also unclear how this may have affected the findings. Overall, the results of this study do not change the recommendations in the Dietary Guidelines for Americans.

Ms. Janet de Jesus, NHLBI, also informed the NCC that there will be updated sodium guidance as part of the blood pressure treatment guidelines. The goal is to have draft recommendations out for public comment by the end of 2011.

APPROPRIATIONS HEARING BACKGROUND: NUTRITION & DISEASE PREVENTION

Dr. Paul Coates, Acting Associate Director for the Office of Disease Prevention and Director, Office of Dietary Supplements, was approached in January to assist with the process of gathering scientific information that could be used by Dr. Collins and other senior officials who attend appropriation hearings. The goal was to create a mobile data source that would assist Dr. Collins and others in answering questions put forth by appropriators.

A list of topics to be included in this database {Biomedical Research Advanced Information Network (BRAIN)} was shared with Dr. Coates. However, it appeared that a number of critical topics were missing from this list. As a result, he suggested two additional titles: "Dietary Supplements" and "Nutrition Interventions for Chronic Disease Prevention." Dr. Coates was given a template used to provide input into BRAIN and two days to include as much information on the topics as could be incorporated given the tight space limitations. ODS requested that the DNRC, NCI and NIDDK assist in this process. They, in turn, recommended that staff from NHLBI be included as well.

Dr. Coates expressed concern for how the process was handled. For many of the topics in the database, the subject matter is too broad to be handled by a single IC and could greatly benefit from a coordinated effort, with *Nutrition Interventions for Chronic Disease Prevention* as a case in point. He would like to use this as an opportunity to see what can and should be included related to nutrition. This effort should not be a static process. There also appear to be some gaps in the BRAIN template and perhaps additional categories could be added.

One idea to enhance this effort is to create some sort of compendium of nutrition/chronic disease prevention data using the BRAIN template as a jumping off point. Dr. Coates and Dr. Hubbard will discuss some of the issues raised during the NCC meeting and will reconnect with the group in hopes of holding future discussions to move this project forward. In the meantime, **Dr. Hubbard requested that NCC representatives inquire within their own IC to see if any action was taken to assist the appropriations data collection effort and if there is interest to work together to put forth a coordinated document. Any such information obtained should be shared with Dr. Hubbard.**

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

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

USDA launches MyPlate icon

Ms. McMurry announced that the First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled USDA's new food icon, MyPlate earlier today. The new MyPlate icon emphasizes consumption of foods from the fruit, vegetable, grains, protein, and dairy food groups. It replaces the MyPyramid icon. To see to learn more about MyPlate, visit www.ChooseMyPlate.gov.

Dietary Guidelines and Physical Activity Guidelines Communications

ODPHP is continuing to develop a series of community workshops to communicate concepts of the Dietary Guidelines utilizing health literacy principles. The workshops will include a leaders' guide, vignettes, and handouts.

ODPHP is beginning to work on a resource for healthcare providers based on the Dietary Guidelines and Physical Activity Guidelines. Their goal is to produce materials that will be relevant and useful to clinicians as they work with patients, and that are compatible with the USPSTF recommendations that relate to dietary counseling. Any guidance from those who have experience working with this target audience would be appreciated.

ODPHP is also are expanding their use of social media to reach consumers, including twitter and Facebook challenges.

Additionally, they are beginning work on a Spanish translation/ adaptation of the Physical Activity Guidelines consumer materials (The Be Active Your Way booklet and the fact sheet for adults)

Discussions have begun regarding potentially updating the Physical Activity Guidelines in 2013.

HHS will have the lead administrative responsibility for the 2015 Dietary Guidelines.

Dietary Reference Intakes

A small subset of the US and Canadian DRI Steering Committees has worked with Linda Meyers to develop a proposed process for assessing whether DRI updates are warranted. The proposal might include consideration for an IOM Standing Committee.

Next steps are to obtain broader input from the full US and Canadian committees, as well as the Food and Nutrition Board.

Healthy People 2020

A set of Leading Health Indicators will be launched later this year. They will include Healthy People 2020 high priority indicators that summarize the health of the population and reflect major areas of public health concern.

Implementation of HP2020 objectives is underway. An implementation conference is being planned for April 2012.

ODPHP Staffing

ODPHP is very pleased to welcome Dr. Rick Olson, who has joined ODPHP as Prevention Science Team Lead. Dr. Olson has worked for the Indian Health Service in several capacities, most recently as Acting Director for the IHS Office of Clinical and Preventive Services (OCPS), which includes all aspects of Indian health care. The OCPS focuses on health program policy development, agency budget development, national health professional recruitment, health program implementation, emergency services, and managing several grant programs, including those in the Special Diabetes Program for Indians. His special area of expertise is in health facilities planning. He was a member of the PHS Commissioned Corp for over 30 years until his retirement as a Commissioned Officer in 2004.

UPDATE FROM THE OFFICE OF DIETARY SUPPLEMENTS (ODS)

Dr. Paul Coates reported that Dr. Becky Costello and staff recently completed a review of grant applications for co-funding. ICs will be notified of funding decisions shortly.

The receipt deadline for the next grant review cycle will be August 3rd.

REPORTS FROM NCC MEMBERS AND LIASON

- COL Karl Friedl, DoD, and Dr. Abby Ershow, NHLBI, brought spiral bound hard copies of the symposium articles from the NIH-DOD July 2010 workshop (*Virtual Reality Technologies for Research and Education in Obesity and Diabetes*) that were published in the March 2011 issue of the Journal of Diabetes Science and Technology. If you did not receive a copy and are interested in obtaining one, please contact Dr. Ershow (ErshowA@nhlbi.nih.gov).

The electronic version of the articles is also available (all articles at free access) at: www.journalofdst.org.

- Dr. Sharon Ross, NCI, announced that NCI, USDA, and DNRC are planning a workshop on nanotechnology and nutrition, entitled "Using Nanotechnology to Improve Nutrition through Enhanced Bioavailability and Efficacy," that is tentatively scheduled for November 29-30, 2011 in Bethesda/Rockville, MD.
- Dr. Dan Raiten, NICHD, wanted to inform the NCC about a current activity that has come out of the Office of the Director. A group from NSF, USDA, and NIH were asked to identify areas of collaboration across four areas: nutrition, obesity, plant genomics, and the microbiome. If you are aware of any activities under these topic areas where collaboration is already taking place, please contact Dr. Raiten (raitend@mail.nih.gov) so he can share the activity.
- COL Karl Friedl, DoD, announced that a new IOM report on neuroprotective nutrition was recently released from the standing committee on military nutrition research. The report, *Nutrition and Traumatic Brain Injury: Improving Acute and Subacute Health Outcomes in Military Personnel*, is available online at <http://www.iom.edu/Reports/2011/Nutrition-and-Traumatic-Brain-Injury.aspx>
- Dr. Mary Poos, FDA, shared several recent and upcoming activities with the NCC. First, informed the NCC that FDA recently cleared guidance related to new ingredients for dietary supplements. She also mentioned that FDA will reopen the comment period on the proposed rule to define the food labeling term 'gluten-free' and that the docket on sodium reduction in the food supply will be out very soon.

UPDATE OF DNRC ACTIVITIES

Nutrition Education Subcommittee (NES):

Dr. Margaret McDowell, DNRC, reported that the NES completed reviews of the following dietary guidance materials since the May NCC meeting was held:

- NIH-NIA healthy eating guidance booklet for older adults based on the 2010 Dietary Guidelines for Americans entitled, "*What's on Your Plate? Smart Food Choices for Health.*"
- CDC submitted a 1-page "*Sodium Tip Sheet*" for review.

- President's Council on Fitness, Sports & Nutrition (PCFSN): *Healthy Eating Goals for the Presidential Active Lifestyle Award (PALA) Program*.

Background: Nutrition will be integrated into the Council's messages, initiatives, and programs, and the President's Challenge will be revised to include nutrition goals. The NES reviewed the information developed for the PALA nutrition goals. In addition to reporting physical activity, a nutrition goal for each week is suggested. The target audiences can choose 6 out of 8 nutrition goals. The NES reviewed the nutrition information provided on ways to achieve each of the nutrition goals.

Dietary Guidance Communications:

On May 12th, the NES participated in a half-day dietary guidance retreat held at the Hubert H. Humphrey Building in Washington, DC. The retreat was organized and presented by ODPHP to gather input from dietary guidance reviewers and authors. In addition to the NES, on-site and teleconference attendees included representatives from USDA/CNPP and several HHS agencies. Kathryn McMurry presented an overview of the 2010 *Dietary Guidelines for Americans (DGAs)*. Discussion and Q&A's followed the presentation.

On May 19th NES members and NIH health communications staff participated in a dietary guidance webinar meeting sponsored by USDA-CNPP. The webinar featured highlights of the 2010 DGAs presented by USDA and HHS staff and updates on interactive web tools and resources that will be rolled out in the near future to support dietary guidance communication and consumer education initiatives.

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. Seating is limited, but if you are still interested in attending, please contact Kripa Raghavan (Ramkripa.Raghavan@nih.gov) or Dan Raiten (Daniel.Raiten@nih.gov).

PPWG – Probiotic and Prebiotic Working Group

Dr. Crystal McDade-Ngutter announced that the Federation of American Societies for Experimental Biology (FASEB) will be hosting a Summer Research Conference entitled *Probiotics, Intestinal Microbiota and the Host: Physiological and Clinical Implications*, which will take place in Carefree, Arizona on July 24-29. Several of the PPWG

members will be participating in a breakout session on Thursday, July 28th that will highlight funding opportunities at NIH and explore some of the research challenges associated with probiotic and intestinal microbiota research. Registration for this meeting is now open. For more information, refer to the FASEB website, www.faseb.org/src or the agenda (<https://secure.faseb.org/faseb/meetings/Summrconf/Programs/11676.pdf>).

NIH Health and Wellness Council

The next meeting will be held Wednesday, July 6th from 1:00 to 3:00pm in Building 31 Conference Room 10. A sub-committee of the Council drafted a strategic plan, and Chris Gaines, ORS, is working on submitting a package to Dr. Johnson, ORS, to begin the process of reviewing the Draft Strategic Plan. He expects Dr. Johnson to receive it this week and that the Council will have some preliminary comments back in July or no later than August.

NEXT NCC MEETING

The next NCC meeting will be on July 7, 2011.

ADJOURNMENT

The meeting was adjourned at 3:55 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for June 2, 2011

Appendix B: NIH NCC Meeting Attendees for June 2, 2011

APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING AGENDA

1. **Welcome**.....Van Hubbard
2. **Approval of Minutes of the May 5, 2011 meeting**.....Van Hubbard
3. **NHANES Children’s Physical Activity and Fitness**
Studies: 2011-2012.....Clifford Johnson, Vicki Burt, & Lori Borrud, NCHS/CDC
4. **Recent Issues with Dietary Sodium**.....Cay Loria & Janet de Jesus, NHLBI
5. **Appropriations Hearings Backgrounder:**
Nutrition & Disease Prevention.....Paul Coates, ODP
6. **ODPHP Update**.....Kathryn McMurry, ODPHP
7. **ODS Update**.....Paul Coates, ODS
8. **Reports from NCC Members and Liaisons**.....NCC Members
9. **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
10. **Next Meeting**.....July 7, 2011

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

APPENDIX B: NCC MEETING ATTENDEES FOR JUNE 2, 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		K Donato
NIDCR		R Nowjack-Raymer	
NIDDK		R Kuczmariski	
NINDS		M Mitler	
NIAID		P Sato	
NIGMS		S Somers	
NICHD		G Grave	D Raiten
NEI		N Kurinij	
NIEHS		E Maul	
NIA		J Hannah	
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		B Costello
OD/ODP	B Portnoy		
PRCC			
<u>AGENCY LIAISONS</u>			
AHRQ		I Mabry-Hernandez	
CDC/NCCDPHP	H Blanck		
CDC/NCHS	C Johnson		
FDA	M Poos		S Blakely
HRSA	M Lawler		
IHS		T Brown	J Charles-Azure
ODPHP	K McMurry		H McPeak & R Hayes
USDA	D Klurfeld		
DOD	K Friedl		

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

Guests: L Borrud (CDC/NCHS), V Burt (CDC/NCHS), C Davis (NCI), A Ershow (NHLBI), J Karimbakas (NIDDK), S Krebs-Smith (NCI), C Loria (NHLBI), J Lyon (USDA/CNPP), C Peterson (DoD/TATRC), M Miller (NIDDK), E Trujillo (NCI), and P Trumbo (FDA)