

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

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

October 4, 2012 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. Nadine Braunstein, Towson University; Ms. Jean Charles-Azure, IHS; Dr. Mary Cutting, NIH NIDCR; Dr. Judy Hannah, NIH NIA; Ms. Joanne Karimbakas, NIH NIDDK; Dr. Jessica Leighton, FDA CFSAN; Dr. Megan Miller, NIH NIDDK; Dr. Samara Joy Nielsen, CDC NCHS; Dr. Rick Olson, OASH ODPHP; Ms. Dana Sampson, NIH OBSSR; Dr. Kelley Scanlon, CDC; Dr. Barbara Sorkin, NIH ODS; Ms. Joanne Spahn, USDA CNPP; and Dr. Derrick Tabor, NIH NIMHD. 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 6, 2012 NCC MEETING

Minutes from the September 6, 2012 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. John Milner, USDA Agricultural Research Service, made a motion to approve the minutes, and Dr. Paul Coates, NIH Office of Dietary Supplements (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.

THIS MONTH, THERE'S ARSENIC IN MY RICE

Dr. Dave Klurfeld, ARS, USDA, spoke to the NCC to address concerns raised by Consumer Reports about arsenic (As) in rice. A press release detailing findings from a recent study of the arsenic content in rice and rice products was issued on September 19th. The full report can be found in the November issue of Consumer Reports. If you are interested in receiving a copy of the report, contact Dr. Klurfeld (david.klurfeld@ars.usda.gov) for a pdf copy.

Dr. Klurfeld explained that the arsenic content of rice is not a new finding. Studies showing arsenic content date back to the 1960s. Arsenic is also not limited to rice, and in fact, fruits and vegetables contribute higher percentages of inorganic arsenic intake from food. Fish is also high in arsenic, though it is mostly the organic form. However, prior to the 1990's, it was not possible to differentiate between inorganic and organic arsenic. It is inorganic arsenic that increases one's risk for cancer.

The Consumer Reports study tested a variety of products: rice (32), infant cereal (4), hot cereal (3), RTE cereal (6), rice cakes & crackers (5), rice pasta (4), rice flour (3), rice drinks (2), rice syrup (2), and rice vinegar (1). It reported total As (ppb) and inorganic As (mcg/serving). There is currently no federal limit for As in foods, though EPA has established a limit of 10 ppb for water. Consumer Reports used a water standard from New Jersey, which is half that set by the EPA, to compare its results to. Their findings indicated that 11 of the 62 products tested consistently exceed this standard, though none of the products consistently exceeded the EPA standard. To attribute risk, they used a steep cancer risk slope of 25.7 per mg/kg-bw/d based on an EPA report the agency has not yet accepted. However, the existing slope is 1.5 per mg/kg-bw/day for risk of skin cancer so the risk Consumer Reports calculated is 17 times higher than the EPA standard.

FDA is currently analyzing 1200 samples of rice products. The inorganic As levels reported by FDA for about 200 samples are similar to the levels detected by Consumer Reports. Individual samples are reported by country of origin. Other studies have shown that there is a geographical variation in total and inorganic arsenic content of polished (white) rice. This has to do with variations in water and soil content of arsenic as well as history of arsenic-based pesticide use.

While the levels of inorganic As in food may be concerning, Dr. Klurfeld emphasized that we should not get ahead of the science. There is more research to be done, especially among vulnerable populations such as infants, but current studies do not provide enough evidence to advocate for change in dietary practices.

NANOTECHNOLOGY AND NUTRITION CONCEPT

Dr. Sharon Ross, NCI, briefed the NCC about ongoing efforts to promote research in nanotechnology for nutrition and food scientists. Last November, USDA and NIH sponsored a joint meeting on this topic entitled, "The Joint NIH and USDA Workshop on Using Nanotechnology to Improve Nutrition through Enhanced Bioavailability and Efficacy." The goals of the meeting were to discuss and evaluate the state of the science and to identify knowledge gaps in the use of nutrients (and bioactive food components) for disease prevention and opportunities to improve safe, targeted delivery and controlled release of these components to improve absorption, distribution, metabolism, and elimination through nanotechnologies. Nanotechnology is also a tool that can aid in discovering the activities of nutrients within biological systems. Thus, another goal of the meeting was to discuss and evaluate the use of nanotechnologies to identify sites of action (molecular targets) for bioactive food components and characterize biomarkers that reflect exposure, response, and susceptibility to foods and

their components. An additional goal was to catalyze collaborations between nutrition and food science research scientists and stimulate ideas for diet and disease prevention research. An executive summary of the meeting as well as a video archive of all the presentations can be found on the NCI, Division of Cancer Prevention website: <http://prevention.cancer.gov/news-events/events/20111129>

To continue moving the initiative/concept forward, a federal nanotechnology working group was established after the November meeting. The group is planning a commentary for the Journal of Nutrition to discuss research gaps and may consider additional publications in other relevant journals. They are also thinking of issuing a program announcement with special receipt (PAR).

The working group would welcome additional members. There are numerous applications for new technologies in nutrition research, so this is an exciting opportunity to invigorate the science in this area. If you are not the right person from your IC, but you know of other individuals who may be interested, please have them contact Dr. Ross (rosssha@mail.nih.gov).

ODPHP UPDATE

Ms. Holly McPeak provided the following updates from ODPHP:

Dietary Guidance Advisory Committee

ODPHP has updated their website, www.dietaryguidelines.gov, to provide an overview of their plans for the 2015 Dietary Guidance Advisory Committee and DGA Progress. This site will include updates and currently has the tentative timeline, which was available as a hand-out at the meeting and is also attached as Appendix C. In fall/winter, ODPHP will solicit nominations and appoint the DGAC members; in spring/summer, the DGAC will hold their first meeting (April or June) with subsequent meetings thru fall of 2015. HHS Committee Management Officer (CMO) is currently reviewing the proposed Federal Register Notice. Once approved, it is anticipated to be out to the public by mid- October.

ODPHP is promoting the beginning of the DGAC process at the annual Academy of Nutrition and Dietetics' meeting next week at the Food and Nutrition Conference and Expo (FNCE) in Philadelphia. They will be distributing handouts that direct people to the Dietary Guidelines website for updates on the DGAC process, announcements, and more information. ODPHP will also provide the factsheet on the tentatively planned timeline (see Appendix C).

Katrina Butner will be presenting a poster session on the “Eat Healthy-Be Active Community Workshops.” Amber Mosher will attend sessions and do some meet and greets at their booth. ODPHP also invited our Regional Health Administrator, Dalton Paxton and staff to join us at the exhibit hall, and staff will help at the ODPHP booth.

Physical Activity Guidelines (PAG) Mid-course Report Update – Communications Subcommittee

- The PAG Mid-course Review Report is currently in draft form. The PAG Midcourse Report subcommittee will meet October 22nd to finalize conclusions and draft the final report, with an anticipated release of early 2013.
- Over the past few weeks ODPHP has worked quickly to establish a communications subcommittee for the PAG Mid-course Report.
- The objective of this subcommittee will be to determine communication priorities and key messages for the report, and develop a communication plan for disseminating and promoting those messages.
- There is now a communications subcommittee in place with representation from CDC, NIH, and ACF; ODPHP has also reached out to the Dept of Ed and DOD for their involvement.
- Silje Lier (Communications team) and Valerie Delva (Public Relations) from ODPHP will co-lead the subcommittee with Shannon Feaster (Comms Director) from the President’s Council on Fitness, Sports & Nutrition
- The PAG Mid-course Report communications subcommittee will hold their first call in mid-October and will continue to meet on a regular basis for the remainder of the calendar year.

Eat Healthy • Be Active Community Workshops Webinar

- The Community Workshops webinar was held September 12, 2012 and was a great success.
- Over 1,000 individuals registered for the webinar and the live event had a 40 – 50% participation rate (i.e., 400 – 500 participants).
- Participants were engaged throughout the 1-hour webinar and submitted ~130 questions for the presenters. Webinar participants were most interested in how to obtain the workshops and the accompanying materials discussed (particularly short videos and Spanish handouts), and were eager to share their own experiences teaching the workshops.
- A recording and transcripts of the webinar will be archived on the ODPHP website www.health.gov/dietaryguidelines/workshops within the next week.

- At this time, the *Eat Healthy • Be Active Community Workshop* series has been downloaded from the website over 25,000 times.
- Print copies of the workshop series will be available October 18. Through an outreach partnership with FDA/CFSAN, copies are available from the FDA/CFSAN warehouse. A link to request copies can be found on the ODPHP website. If you know of any other programs or other agencies who would like copies, please have them contact ODPHP through the website link. A number of agencies are using the workshops and have ordered copies for their worksite wellness programs (U.S. Secret Service requested four copies). The USDA's SNAP Ed program will be distributing 2,000 copies.
- FREE print copies of the *Eat Healthy • Be Active Community Workshop* series are expected to be available October 2012. Once they are in stock, copies may be ordered online at www.fda.gov/downloads/Food/ResourcesForYou/UCM222258.pdf.

Dietary Reference Intakes:

There will be a meeting on October 24 with the Full Steering Committee. They will meet to set a date for getting nominations. Health Canada has been a helpful contributor to this effort.

Evaluating the Diet-Related Scientific Literature for Children from Birth to Two Years

The Federal Steering Committee (FSC) has scheduled a call for Friday, October 5th to provide a status update on the project. They will discuss the agenda and the plan for the all-hands meeting that will take place on October 15-16. The Oct. 15-16 meeting will include the FSC, the workshop planning committee (WPC), and the thematic working groups (WG). Agenda items will include:

- Introduce and familiarize the FSC, WPC, and WG to the project goals and processes
- Clearly delineate the roles and responsibility of the Nutrition Evidence Library, the FSC, WPC, and WG in developing the final products for the birth-24 month project.

The meeting will be held in the Natcher conference center. If anyone is interested in attending, please contact Van Hubbard (hubbardv@mail.nih.gov) or Holly McPeak (Holly.McPeak@hhs.gov) . They hope to accommodate NCC attendees.

ORISE (Oak Ridge Institute for Science & Education) Fellow needed in ODPHP:

The Department of Health and Human Services' Office of Disease Prevention and Health Promotion (ODPHP) is seeking an ORISE fellow to serve on the Prevention Science Team. Please see the following link:

<http://www.oraui.org/science-education/internships-scholarships-fellowships/description.aspx?JobId=12577>

ODS UPDATE

Dr. Paul Coates provided the following updates from ODS:

ODS welcomes Mary Garcia-Cazarin, Ph.D., as an AAAS Fellow. Mary has already hit the ground running with a portfolio analysis project and will be engaged in other activities of ODS as time goes on. She will be interacting with others in the nutrition research community during her time here.

Patrick Stover, Ph.D., from Cornell University will be giving a seminar entitled, "Mouse models for biomarker discovery and mechanism elucidation of folate-responsive neural tube defects and intestinal cancer" on October 10, 2012, from 11-12 in EPN J.

ODS has sent its FY2013 call for grant co-funding letter to the ICs. The deadlines for requests for this year are November 19, February 5, April 30 and July 30. If you have any questions, please contact Dr. Cindy Davis (davisci@od.nih.gov).

ODS and NLM will release the Dietary Supplement Label Database on October 11. The eventual goal is for the database to contain labels of all supplements marketed in the US. It currently contains about 12,000 labels and is being populated at a rate of 1,000 labels per month. Labels will be updated yearly.

The 2012 annual meeting of the NIH Botanical Research Center Directors will be held on Tuesday and Wednesday, November 27 and 28, in Building 16 (Stone House) on the NIH campus. Registration information and the meeting agenda (once available) may be obtained by contacting Ms. Megan McNamee (Megan.McNamee@icfi.com).

The next biannual Federal Working Group on Dietary Supplements (FWGoDS) will be held next Thursday afternoon, October 11, from 1:00 to 3:30pm at the Neuroscience Center, Room C, at 6001 Executive Boulevard. Presentations will include:

- White House Office of Science and Technology Policy on enhancing global access to emerging nutrition and dietary supplement technologies. Speaker(s) to be announced.
- Steven Wise, our representative from the National Institute of Standards and Technology, on NIST and its supplement-related activities.
- Presentation by Richard Bailen and Johanna Dwyer about the newly launched Dietary Supplement Label Database.

WORKING GROUP ON FUTURE DIRECTIONS FOR IMPLEMENTING NUTRITION ACROSS THE CONTINUUM OF MEDICAL EDUCATION, TRAINING AND RESEARCH

Dr. Charlotte Pratt, NHLBI, provided an overview of a recent meeting that took place on September 10-11, 2012 in Bethesda.

This two-day working group meeting was designed to guide future directions for implementing nutrition across the continuum of medical education and specialty training. The intended outcome was a set of recommendations to medical schools, health professional organizations, the NHLBI and other funding agencies 1) on the content and implementation of nutrition and healthy lifestyle education, training and competency testing across the continuum of medical education, and for practicing physicians and other health care providers, and 2) on integrating medical nutrition education, training and research into patient care.

The working group is in the process of prioritizing the recommendations made during the course of the meeting. An executive summary of the meeting will be posted on the NHLBI public website: <http://www.nhlbi.nih.gov/resources/docs/index.htm>. The working group also plans to publish a full report in the *American Journal of Clinical Nutrition*. Medical institutions will also be informed about any recommendations made by the working group.

Some of the preliminary cross-cutting themes identified by the working group include:

1. Revision of the Nutrition Academic Award (NAA) Curriculum Guide and its update with competencies and learning objectives;
2. Support for a Coordinating Center for medical nutrition education that would provide necessary oversight and would be responsible for revising and continuously updating the NAA Curriculum Guide; and

3. Support for regular review of nutrition content on board exams from medical schools board examinations through fellowship certifications.

Several examples of research recommendations made by the working group are as follows:

1. Conduct a formal study of the efficacy of the two types of training (integrative and traditional) or their combinations on nutrition learning and evaluate patient outcomes of both models;
2. Conduct research on how inter-professional nutrition education contributes to more coordinated care, better performance and patient outcomes; and
3. Test approaches for improving compliance with diet and healthy lifestyle training for residents, fellows, and faculty (e.g. new technology and progress monitoring.)

For more information, contact Dr. Pratt at (prattc@nhlbi.nih.gov).

REPORTS FROM NCC MEMBERS AND LIAISONS

- Dr. Mary Poos, FDA, announced that Dr. Barbara Schneeman, Director of the Office of Nutritional Products, Labeling, and Dietary Supplements at the Center for Food Safety, and Applied Nutrition will be retiring at the end of this calendar year.
- Dr. Namanjeet Ahluwalia, NCHS, announced that Mr. Cliff Johnson, the Director of the Division of Health and Nutrition Examination Surveys, will be retiring after Thanksgiving of this year.
- Dr. Sharon Ross, NCI, announced that the next STARS in Nutrition lecture will take place on November 5, 2012 from 2-3 pm in Lipsett Amphitheater, Building 10. Dr. Zigang Zong, from the University of Minnesota, will present, *Can We Win the War Against Cancer by Prevention?*
- Dr. John Milner, Director Beltsville Human Nutrition Research Center, ARS, USDA, mentioned that they are recruiting for the position recently held by Joanne Holden at the Nutrient Data Laboratory. Dr. Milner also thanked Dr. Paul Cotton, NINR for working with his group through an IPA. Dr. Cotton is now back at NIH.
- Ms. Dana Sampson, Office of Behavioral and Social Sciences Research (OBSSR), informed the NCC that OBSSR will be offering a retreat on Monday, Oct. 22nd for NIH staff trained/employed in behavioral and social science research. Information and registration can be found at:
<http://conferences.thehillgroup.com/OBSSR/2012BSSRetreat/>

CURRENT DNRC UPDATE OF ACTIVITIES

Nutrition Education Subcommittee:

The NES reviews nutrition education materials for consistency with the *Dietary Guidelines for Americans (DGAs), 2010*.

NES Chair, Dr. Margaret McDowell, NIH/DNRC, reported that the NES completed one dietary guidance review since the September NCC meeting.

The Subcommittee reviewed two brief consumer tip sheets that were developed by the U.S. Department of Agriculture (USDA), Food and Nutrition Service (FNS). The tip sheets, entitled: *WIC Tips for Pregnant (or Breastfeeding) Moms* will be available on the USDA/FNS website: <http://www.fns.usda.gov/fns/nutrition.htm>

The NES is currently reviewing NIH/NHLBI's *The Heart Truth: Put Your Heart Into Healthy Eating* Tip Sheet. The primary target audience for the tip sheet is women, ages 40-60 years. The tip sheets will be posted as 508-compliant PDFs on *The Heart Truth's* Web pages (Link: www.hearttruth.gov).

International Subcommittee Information

Dr. Van Hubbard mentioned that the World Health Organization will be serving on the Dietary Guidelines Birth to 24 months Workshop Planning Committee, which is an important step in harmonizing global nutrition efforts.

The Inflammation and Nutritional Science for Programs/Policies: Interpretation of Research Evidence (INSPIRE) workshop will be held November 28-30, 2012 in Bethesda.

NIH Health and Wellness Council (HWC) Updates

The HWC meets the first Wednesday of every month from 1-3 PM in Building 31. The next meeting will take place on November 7th. Dr. Hubbard encouraged members of the NCC to contact the DNRC if they, or others from their IC, have an interest in wellness and are interested in becoming involved in furthering wellness efforts at NIH.

NIH Nutrition Research Report

The DNRC is working on a 2011/2012 NIH Nutrition Research Report. The report will include a section on IC Nutrition Research Directions. Most ICs have already provided this type of information and have an IC profile on the DNRC website. Ms. Karen Regan contacted the current IC representatives via email to request updates to the IC profile

along with some other information that will be included in the 2011/12 Report. If you have received an email and haven't had a chance to respond yet, please do so at your earliest convenience. The DNRC welcomes any feedback or thoughts about additional information that would strengthen the quality and utility of the report, which will be aimed at the research and academic community as well as members of interested professional organizations. Please contact Rachel Fisher with suggestions (Rachel.fisher@nih.hhs.gov).

NEXT NCC MEETING

The next regularly scheduled NCC meeting will be on November 1, 2012.

ADJOURNMENT

The meeting was adjourned at 3:37 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for October 4, 2012

Appendix B: NIH NCC Meeting Attendees for October 4, 2012

APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING AGENDA

Thursday, October 4, 2012

2:00 – 4:00 pm

Rockledge 2, CR#9100-9104

1. **Welcome**.....Van Hubbard
2. **Approval of Minutes of September 6, 2012 Meeting**Van Hubbard
3. **This Month There’s Arsenic in My Rice**..... Dave Klurfeld, USDA
4. **Nanotechnology and Nutrition Concept**.....Sharon Ross, NCI
5. **ODPHP Update**.....Holly McPeak, ODPHP
6. **ODS Update**Paul Coates, ODS
7. **Working Group on Future Directions
for Implementing Nutrition across the Continuum
of Medical Education, Training and Research**.....Charlotte Pratt, NHLBI
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** – November 1, 2012

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

APPENDIX B: NCC MEETING ATTENDEES FOR OCTOBER 4, 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	S Ross			
NHLBI	K McMurry			A Ershow; C Pratt
NIDCR	M Cutting			
NIDDK	R Kuczarski			J Karimbakas; M Miller;
NINDS		M Mitler		
NIAID		P Sato		
NIGMS		S Somers		
NICHD		G Grave		
NEI		N Kurinij		
NIEHS		K Gray		
NIA	J Hannah			
NIAMS	X Wang			
NIDCD		B Wong		
NIMH		M Chavez		
NIMHD	D Tabor			
NIDA		G Lin		
NIAAA		R Breslow		
NINR	P Cotton			
NCCAM	L Duffy			
FIC		M Levintova		
NHGRI		S Basaric		
NIH LIAISONS				
CC	A Courville			
CSR		R Garofalo		
NLM		M Corn		
OBSSR	D Sampson			
ODS	P Coates		C Davis	M Garcia-Cazarin; B Sorkin
OD/ODP		B Portnoy		
PRCC		D Stredrick		
AGENCY LIAISONS				
AHRQ		I Mabry-Hernandez		
CDC/NCCDPHP	K Scanlon			
CDC/NCHS		C Johnson		N Ahluwalia; S Nielsen
FDA	M Poos		S Blakely	
HRSA		M Lawler		
IHS		T Brown	J Charles-Azure	
ODPHP	H McPeak		R Olson	

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

Guests: N. Braunstein, Towson University; Sarah Ohlhorst, American Society for Nutrition
DNRC: Y Chow; R Fisher; S Fleischhacker; C McDade-Ngutter; M McDowell