

**MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC)
MEETING, NATIONAL INSTITUTES OF HEALTH (NIH)
Rockledge 2, Conference Room 9100, Bethesda MD
September 4, 2003, 1:00-4:00 PM**

SCIENTIFIC PRESENTATION (1-2 PM)

Dr. Wendy Johnson-Taylor, Division of Nutrition Research Coordination (DNRC), introduced Dr. Sarena Seifer, who is the Executive Director of the Community-Campus Partnerships for Health in Seattle, Washington. Dr. Seifer provided a presentation entitled *The Role of Community-Based Participatory Research (CBPR)*. The presentation began with a brief introduction about the mission of Community-Campus Partnerships for Health. Dr. Seifer discussed the role of community-campus partnerships within the larger scheme of CBPR, and she highlighted NIH efforts in this area and identified research gaps. Copies of Dr. Seifer's PowerPoint presentation are available from Dr. Johnson-Taylor (wendyj@extra.niddk.nih.gov).

WELCOME

Dr. Van Hubbard, Director DNRC, convened the NCC Meeting at 2:00 PM and welcomed the participants. The agenda for this meeting is provided as Appendix A, and the list of attendees is provided as Appendix B. Ms. Kathryn McMurry, DHHS Office of Disease Prevention and Health Promotion (ODPHP), participated via teleconference. Dr. Hubbard introduced two participants from the DHHS Emerging Leaders Program, Dr. Crystal McDade-Ngutter, who is working with the DNRC, and Ms. Brooke Fisher, who is working with the National Heart, Lung and Blood Institute (NHLBI). There are currently 62 participants in the Emerging Leaders Program and each has been assigned to a sponsoring agency. During the first year of the program, the participants have 2-month rotations to various agencies; during the second year, they are assigned to the location of their first rotation. Dr. McDade-Ngutter has a PhD in food science from the University of Vermont, and, within the DNRC, she will be working on the Healthy People 2010 Progress Review on Nutrition and Obesity. Ms. Fisher has a MS in Physical Activity, Nutrition, and Eating Disorders from George Washington University.

APPROVAL OF MINUTES FROM THE JUNE 5, 2003 NCC MEETING

Minutes from the June 5, 2003, NCC Meeting had previously been sent to NCC members via email. Dr. Hubbard, asked if there were any comments or corrections to the minutes. There were none. Dr. John Milner, National Cancer Institute (NCI), 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 previous NCC Meetings.

UPDATE OF THE NIH OFFICE OF DIETARY SUPPLEMENTS (ODS)

Dr. Paul Coates, Director ODS, provided an update of the activities of that Office. The draft report of the evidence-based review of omega-3 fatty acids and cardiovascular disease has been received by NIH. Staff from ODS, NHLBI, and the National Institute

on Neurological Disorders and Stroke (NINDS), as well as a number of outside experts in the field, are participating in the peer review process. Comments are due back to Agency for Healthcare Research and Quality (AHRQ) by September 19, 2003. The final report is expected to be available in November or December 2003. Recently received for review is another in the series on omega-3 fatty acids, this one on health benefits in asthma. Staff from the National Institute on Allergy and Infectious Diseases (NIAID) and ODS are providing comments by September 26, 2003. Anyone who is interested in commenting on these reports should contact Dr. Anne Thurn in ODS. Dr. Thurn is also interested in hearing from NCC members about topics for future evidence reports. ODS sponsors these reports through the AHRQ Evidence-Based Practice Center Network, as an important tool in assisting NIH to develop appropriate research agendas related to dietary supplement efficacy and safety.

Several Institutes and Centers (ICs), initially the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institute of Child Health and Development (NICHD), NCI, NHLBI, and National Institute of Mental Health (NIMH) and ODS are working with the NIH Office of Medical Applications of Research (OMAR) to develop a State-of-the-Science Conference on the role of multivitamin/multimineral supplements in the prevention of chronic disease. Contact Dr. Susan Rossi in OMAR to keep abreast of the plans for this conference and contribute to its planning.

During Fiscal Year (FY) 2003, ODS had the opportunity to co-fund more than 60 grants with NIH ICs on various aspects of dietary supplement research. This is in addition to a number of interagency agreements with other agencies to fund the development of key research resources. Dr. Coates noted that ODS has appreciated the opportunity to collaborate with many of these organizations in these efforts.

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

Dr. Karyl Thomas Rattay, ODPHP, provided an update of the *2005 Dietary Guidelines for Americans*. A DHHS News Release published on August 11, 2003 (<http://www.os.dhhs.gov/news/press/2003pres/200308111.html>) announced that DHHS Secretary Tommy Thompson and Agriculture Secretary Ann Veneman designated 13 professionals to serve on the Dietary Guidelines Advisory Committee (DGAC). The members of the Committee are Drs. Lawrence Appel, Yvonne Bronner, Benjamin Caballero, Carlos Arturo Camargo, Fergus Clydesdale, Vay Liang Go, Janet King, Penny Kris-Etherton, Joanne Lupton, Theresa Nicklas, Russell Pate, Xavier Pi-Sunyer, and Connie Weaver. The first meeting of the DGAC will be on September 23-24, 2003 from 9:00 AM to 5:00 PM, EDT in Room 800 of the Hubert Humphrey Building, 200 Independence Avenue SW, Washington DC 20201. The meeting is open to the public; however, pre-registration is required. You may call 202 690-7102 by 5:00 PM, EDT, September 16, 2003 or contact Ms. McMurry (kmcmurry@osophs.dhhs.gov) or Dr. Rattay (kthomas@osophs.dhhs.gov) via email. Written comments may be sent electronically to dietaryguidelines@osophs.dhhs.gov or to Ms. McMurry, DHHS Office of Disease Prevention and Health Promotion, Room 738-G, 200 Independence Avenue, SW Washington DC 20201. More details regarding the meeting will be published in a *Federal Register* notice and posted on the Dietary Guidelines Website

(<http://www.health.gov/dietaryguidelines/>). Meeting minutes will also be posted on the Dietary Guidelines Website.

Dr. Rattay stated that they are working on the development of a systematic approach to review scientific evidence from 1999 onward for the revision of the current Dietary Guidelines. An outline has been developed to guide the approach to evidence review. Relevant evidence-based reviews and suggestions for what scientific issues should be addressed by the committee would be appreciated. The time span for the literature review will be from the first to the second meeting, which will be in early January 2004. The scientific issues that will require a thorough review will need to be prioritized by the committee. Dr. Coates mentioned the accelerated evidence-based reviews used by the Food and Drug Administration (FDA) for dietary messages/claims and suggested that these could be used for the Dietary Guidelines topics. Dr. Hubbard noted that as an NCC Action Item, the outline for the approach to the revision of the Dietary Guidelines would be sent to NCC members and attached to these Minutes (Appendix C). Also included in the appendices are the Charge to the DGAC (Appendix D) and Potential Key Questions for Consideration by the DGAC (Appendix E). NCC members are requested to provide input and identify key issues that should be addressed to Dr. Rattay (kthomas@osophs.dhhs.gov) prior to the first DGAC Meeting.

Meetings with the DHHS Assistant Secretary for Health for various *Healthy People 2010 Progress Reviews* have been scheduled. The meeting for Maternal and Child Health will be on October 22, 2003, that for Mental Health will be on December 17, 2003, and that for Nutrition and Overweight will be on January 21, 2004. The Nutrition and Overweight Progress Review will be chaired by Dr. Hubbard and Dr. Christine Taylor, FDA. Dr. McDade-Ngutter announced that a discussion of the Healthy People 2010 Progress Review for Nutrition and Overweight will be held on September 10, 2003 at 3 PM in conference room 905 at 2 Democracy Plaza, Bethesda, Maryland. The agenda for this meeting is provided as Appendix F. Dr. Hubbard encouraged NCC members to indicate their interest in this meeting and to participate in person or via teleconference. There will be a Healthy People 2010 Steering Committee Meeting at 1:00 PM on September 10th.

UPDATE OF DNRC ACTIVITIES

Obesity Related Activities. The current membership of the NIH Obesity Research Task Force is listed in Appendix G. The Task Force is co-chaired by Dr. Barbara Alving, Acting Director NHLBI and Dr. Allen Spiegel, Director NIDDK. A PowerPoint presentation outlining the purpose and activities of the Task Force is available upon request to the DNRC.

As a follow-up to the Surgeon General's Call to Action on Overweight and Obesity, there have been several Public Health Service (PHS) Regional Meetings on this topic. The purpose of these meetings is to allow for community action and activities and to establish relationships between the community and academic/government institutions. PHS Regional Meetings have been held in Region VIII, Region I, and Region VI. A meeting is scheduled for Portland, Oregon (Region X) on September 17-19, 2003 and for Regions II, III, and V in 2004.

The Joint WHO/FAO Report, *Diet Nutrition and the Prevention of Chronic Diseases* was issued in draft form in March 2003 and in final form in April 2003. NCC members reviewed this document last fall and provided many comments that were collated by DNRC and sent forward. Some, but not all of the NIH comments were addressed. The main concern is that there are a number of statements in the document that are not evidence-based. The DNRC has been requested to provide comments on behalf of NIH for the DHHS Office of Global Health Affairs on the final document, so that we have a record of our concerns. Comments have been requested from some NCC members, who were sent the document, the request from the Executive Secretary, the Secretary's talking points on the document, and the previous US Government response. Comments are due to the DNRC Office on September 22, 2003 and will be transmitted to the DHHS Office of the Secretary on September 23, 2003.

Nutrition Education Subcommittee. Dr. Jean Pennington, DNRC, provided an update of the activities of the NIH Nutrition Education Subcommittee (NES). Since the beginning of 2003, the NES has received 22 documents for review (nine from within NIH and 13 from other DHHS or USDA agencies). Documents reviewed or under review since the last NCC meeting include:

- *Interactive Healthy Eating Index Physical Activity Tool Educational Messages* (US Department of Agriculture (USDA) Center for Nutrition Policy and Promotion (CNPP));
- *Improving Your Health: Tips for African American Men and Women* (Weight-control Information Network (WIN), NIDDK)
- *5 to 9 Nutrition Fact Sheet* (NCI)
- *Trans Fat Labeling Web Document* (FDA)
- *Get Moving...For the Health and Fun of It!* (USDA CNPP)
- *Additions to the www.4girls.gov Website* (DHHS Office of Women's Health)
- *US on the Move. Steps to Healthy Aging: Eating Better & Moving More* (DHHS Administration on Aging)
- *Division of Nutrition and Physical Activity Website Material* (Centers for Disease Control and Prevention (CDC))
- *Weight Loss for Life* (WIN, NIDDK)
- *Bone Health Parent Website* (CDC)

The NES has two new members, Ms. Valerie Green and Ms. Alexis Williams, both of whom are with the 5 A Day Program at NCI.

Mechanisms of Obesity Co-Morbidities Workshop. Dr. Pamela Starke-Reed, DNRC, said that the meeting *Adipose Tissue Secretory Function and Its Role in Obesity-Associated Co-Morbidities*, will be held on December 11-13, 2003 at the Renaissance Hotel in Washington DC (http://61.83.46.18/obesity_web). Dr. Hubbard stated that the draft agenda for the workshop is available and that speakers are being identified. He noted that the workshop will include some investigators who are not directly associated with obesity research to encourage an innovative approach.

Health Communications Workshops. Dr. Johnson-Taylor, DNRC, and Dr. Rachel Ballard-Barbash, NCI, reported on the planning for three workshops, the first tentatively

planned for March 2004. The workshops will deal with visual dietary guidance materials (e.g., the Food Guide Pyramid and multimedia efforts) and health communications.

Subcommittee on International Nutrition Research. Dr. Dan Raiten, NICHD, noted that the subcommittee meeting to be held on September 16, 2003 at 6100 Executive Boulevard, Bethesda, Maryland will focus on the *Role of the International Community in Obesity*. Presenters at this meeting will include Dr. Susan Yanovski, NIDDK, and Dr. Ballard-Barbash, NCI. Dr. Raiten also noted reorganization at WHO with the appointment of a new General Director. A technical advisory group on Nutrition and HIV met in May 2003 with a follow-up meeting in Boston last week. A technical report will be available on online in October 2003 with a larger technical report including a literature review to follow. There will be a planned consultation in November 2004 in Africa to discuss the guidelines for nutrition and HIV.

Dr. Raiten noted that NICHD and ODS are co-sponsoring a conference on *Vitamin D and Health in the 21st Century*, to be held on October 9 and 10 in the Natcher Auditorium, NIH Campus, Bethesda, Maryland. This conference also has support from a number of other ICs as well as USDA and CDC. You may register for the conference at either the ODS (<http://dietary-supplements.info.nih.gov/>) or NICHD (<http://www.nichd.nih.gov/>) webbsites.

HNRIM. Mr. James Krebs-Smith, DNRC, noted that the DNRC met with the NIH Office of Financial Management (OFM) to discuss clarification of issues regarding the collection of nutrition data. OFM collects financial data by *disease areas* in January of each year. For the nutrition area only, these figures are considered *estimated actuals* until completion of the HNRIM process, thereby allowing for additions and changes if necessary. Mr. Krebs-Smith sent the OFM guidance to NCC members in late June 2003. Co-funded projects should be submitted by both primary and secondary ICs with zero dollars entered if no IC funds are contributed. ODS is finalizing the coding reviews for projects regarding dietary supplements. Upon completion off code revisions, the HNRIM financial report for FY 2002 will be prepared. The *complete data file* procedure was described and its use encouraged for ICs submitting larger numbers (i.e., hundreds) of projects.

REPORTS FROM NCC MEMBERS AND LIAISONS

Dr. Hubbard acknowledged Dr. Karl Friedl, who is now Commander of the US Army Research Institute of Environmental Medicine (USARIEM) at Natick, Massachusetts. Dr. Friedl mentioned some of the areas of research of his new command and expressed interest in partnerships with ODS and other ICs. Dr. Hubbard indicated that Dr. Friedl would be invited to provide a presentation at a future NCC meeting.

Dr. Ballard-Balbash, NCI, discussed her interactions with FDA in helping to develop a health message for fruits and vegetables. The health message that resulted concerned fruit and vegetable consumption and the decreased risk of chronic disease. It was noted that health messages are different from health claims. Dr. Hubbard suggested that a future NCC presentation from NCI on the 5 to 9 A Day program.

Ms. McMurry, ODPHP, said that a technical report would be issued next week on the research for the revision of the Food Guide Pyramid. Information about the revision of the Food Guide Pyramid is available at <http://www.cnpp.usda.gov/pyramid-update/index.html>.

Dr. Milner, NCI, noted that the group selected for the DGAC was excellent and provided praise for the work of DHHS and USDA in selecting the group.

ADJOURNMENT

The meeting was adjourned at 3:50 PM.

NEXT NCC MEETING

The next NCC Meeting is tentatively scheduled for October 2, 2003.

LIST OF APPENDICES

Appendix A - NIH NCC Meeting Agenda for September 4, 2003

Appendix B - NCC Meeting Attendees for September 4, 2003

Appendix C – Outline for Approach to the Revision of the Dietary Guidelines for Americans

Appendix D – Charge to the DGAC

Appendix E – Potential Key Questions for Consideration by the DGAC

Appendix F - Agenda for Healthy People 2010 Progress Review Meeting, September 10, 2003

Appendix G – Members of the NIH Obesity Research Task Force

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APPENDIX A. NIH NCC MEETING AGENDA FOR SEPTEMBER 4, 2003

1:00-4:00 PM, Rockledge 2, Conference Room 9100, Bethesda MD

1. **Welcome**..... Van Hubbard
2. **Scientific Presentation: 1:00-2:00 PM**
Dr. Sarena Seifer
Executive Director of Community-Campus Partnerships for Health
“The Role of Community-Based Participatory Research”
3. **Approval of June 5, 2003 NCC Meeting Minutes**.....Van Hubbard
4. **ODPHP Update**.....Kathryn McMurry
Dietary Guidelines for Americans
Healthy People (HP) 2010 Progress Reviews
HP 2010 Progress Review Chapter 19.....Crystal McDade-Ngutter
5. **Office of Dietary Supplements Update**.....Paul Coates
6. **DNRC Update of Activities**
Obesity-Related Activities.....Van Hubbard
NIH Obesity Research Task Force
PHS Regional Meetings
WHO Report on Diet, Nutrition, and the Prevention
of Chronic Diseases
Nutrition Education Subcommittee..... Jean Pennington
Mechanisms of Obesity CoMorbidity Workshop..Pamela Starke-Reed
Subcommittee on International Nutrition Research.....Dan Raiten
HNRIM Update.....James Krebs-Smith
7. **Reports from NCC Members and Liaisons**.....NCC Members
8. **Next Meeting:** tentatively October 2, 2003
9. **Other Business**

APPENDIX B. NCC MEETING ATTENDEES FOR SEPTEMBER 4, 2003

Members Present Members Absent Alternates Present

<u>Chairperson:</u>	V Hubbard		
<u>NIH Members:</u>			
NCI	J Milner		
NHLBI	D Danford		
NIDCR		R Nowjack-Rayner	
NIDDK	S Yanovski		
NINDS		P Turner	
NIAID		M Plaut	
NIGMS		S Somers	
NICHD		G Grave	D Raiten
NEI		N Kurinij	
NIEHS		M McClure	
NIA		J Finkelstein	
NIAMS		J McGowan	
NIDCD		B Wong	
NIMH		P Muehrer	
NIDA		G Lin	
NIAAA		V Purohit	
NINR		K Helmers	
NCCAM		M Klein	
NCRR	F Taylor		
FIC		N Tomitch	
NCHGR		K Hudson	
<u>NIH Liaison Members:</u>			
OD/ODP		B Portnoy	
CC	N Sebring		
CIT		J Mahaffey	
CSR	S Kim		
OLPA			
NLM		S Phillips	
OC		M Stern	
ODS	P Coates		
PRCC		M Vogel-Taylor	
OBSSR	D Olster		
<u>Agency Liaison Representatives:</u>			
FDA		E Yetley	
CDC/NCHS		M McDowell	
CDC/NCCDPHP		S Kuester	
HRSA		M Lawler	
IHS		T Brown	
ODPHP	K McMurry		K Thomas Rattay
USDA		W Wolf	
DOD	K Friedl		

DNRC: S Frazier, W Johnson-Taylor, J Krebs-Smith, C McDade-Ngutter, J Pennington, K Regan, P Starke-Reed

Guests: R Ballard-Barbash (NCI), K Carrington (NIAMS), C Davis (NCI), B Fischer (NHLBI), Z Givens (NIA), P Haggerty (NHLBI), B Hamilton (NCI), J Jobe (NHLBI), J Kim (OD, OTT), M Mathias (CREES, USDA), G Pollen (NIAMS), S Pope (NIDDK), S Siefer (CCPH)

APPENDIX C.

Suggested Approach to a Review of the Evidence

The objective of developing methods for a systematic review of the scientific evidence can be summarized as (1) reducing bias and thereby ensuring validity; (2) increasing reliability; (3) maintaining objectivity in evaluating the literature and constructing prudent recommendations that are supported by the literature and (4) building a foundation for future dietary reassessment or revision processes.

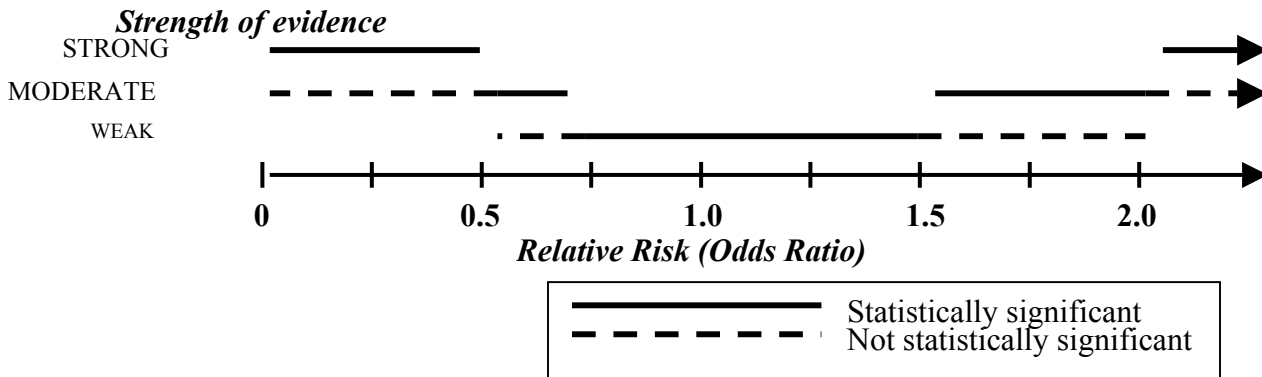
Key steps to evidence-based approach will include:

1. Review of recent review articles/documents
2. Determinations of key issues (in the form of research questions) that require a systematic evaluation of the recent science (DGAC)
3. Determination of the key word terminology for the literature search (DGAC-SC).
4. Determination of database resources to be used (DGAC SC); such as medline.
5. Determination of template for evidence tables, including criteria for rating and/or ranking the studies. (DGAC and DGAC SC's)
6. Determination of the inclusion and exclusion criteria for studies; specifically, publication dates and types of studies (DGAC and DGAC SC's)
7. SYSTEMATIC search and review of the literature
 - a. Literature search using criteria agreed upon *a priori*: key word terminology, date of publication, type of studies considered, literature database resource, etc. (DGMT and/or Contractors with the guidance of the DGAC-SC)
 - b. Review of literature, data extraction and evidence table development (DGMT and/or Contractor with the guidance of the DGAC-SC)
8. Review of the evidence tables. Special populations may need to be considered independently. As part of its deliberation, the DGAC-SC will need to consider the public health impact, economic impact and feasibility of its recommendations. Scientific judgment may need to be applied where evidence is insufficient.
9. Based on these considerations, a draft recommendation with justification statement is put forth. (DGAC-SC)
10. Review of the draft recommendations and deliberation by the full committee (DGAC)
11. Revision and final recommendations (DGAC)

Example: Based on approach by the World Cancer Research Fund (WCRF) and the American Institute for Cancer Research (AICR) for “Food, Nutrition and the Prevention of Cancer”:

- Review process agreed upon by DGAC as a basis for *dietary recommendations*
- Judgments based first on consistency of the body of evidence, then strength and quality of the evidence
- Round 1: Evaluation of **individual studies**: rate by type of study; strength of the evidence (strong, moderate, weak); weaknesses (biases, uncontrolled confounders, generalizability); and power. Consider using ADA ratings for study quality (+, -, ∅) based on a set of questions about validity and reliability.
- Round 2: Summarize a **body of evidence** (Convincing, Probable, Possible, Insufficient)

Round 1:



Round 2:

Summary of Evidence	Criteria	Conclusion
CONVINCING	<ul style="list-style-type: none"> • a substantial number epidemiological studies (or RCT's) • high consistency; low contradiction • include prospective designs, different populations, controls for confounding factors • lab evidence supportive or strongly supportive 	<ul style="list-style-type: none"> • evidence of a causal relationship is conclusive
PROBABLE	<ul style="list-style-type: none"> • epidemiological studies (or RCT's) • presence of some contradiction and/or perceived shortcomings in evidence and/or low number of studies • lab evidence supportive or strongly supportive 	<ul style="list-style-type: none"> • evidence is strong enough to conclude causal relationship is likely
POSSIBLE	<ul style="list-style-type: none"> • epidemiological studies are generally supportive but limited in quantity, quality or consistency; with or without supportive lab data • or few/no epidemiological data but supportive evidence from other disciplines 	<ul style="list-style-type: none"> • causal relationship may exist but evidence is not strong enough to generate recommendations
INSUFFICIENT	<ul style="list-style-type: none"> • evidence based on findings of a few studies which are generally consistent • more well-designed research needed 	<ul style="list-style-type: none"> • evidence is suggestive, but too scanty or imbalanced to make a judgment

APPENDIX D.

Charge to the DGAC Committee

The *Dietary Guidelines for Americans* are science-based eating and physical activity advice for healthy Americans over the age of two. The Dietary Guidelines Advisory Committee shall advise the Secretaries of HHS and USDA if revisions to the 2000 edition of *Nutrition and Your Health: Dietary Guidelines for Americans* are warranted and, if so, shall recommend revisions to the Secretaries. This publication is the basis of food and nutrition education activities and policies carried out by HHS and USDA, is based on the preponderance of scientific and medical knowledge current at the time of publication, and shall be promoted by each Federal agency in carrying out any Federal food, nutrition or health program.

The Committee, whose duties are solely advisory and time-limited, will:

- Examine the 2000 edition of the *Dietary Guidelines* in light of new scientific evidence and current resource documents, and determine whether there is sufficient evidence for modifying any of the ten Dietary Guidelines or the text describing them.
- If the Committee decides that no changes are necessary, the Committee will so inform the Secretaries of the Departments. This action will terminate the Dietary Guidelines Advisory Committee.
- If the Committee decides that changes are warranted, the Committee will:
 - Determine what issues for change need to be addressed;
 - Decide upon a systematic approach to a review of the recent literature;
 - Determine for what issues are currently supported by substantial resource documents or reviews and, therefore, do not require a modified evidenced-based review and determine a separate systematic approach for these issues;
 - Determine for what issues a modified evidenced-based review is not feasible and therefore determine a separate systematic approach for these issues;
 - Given limited resources (time and personnel), determine what issues will require a modified evidenced-based review of the new science (limited by publication dates and types of studies);
 - Review the new scientific evidence;
 - Proceed to recommend specific technical revisions;
 - Submit these technical recommendations and the rationale for these recommendations in a report to the Secretaries. This action will terminate the Dietary Guidelines Advisory Committee.

APPENDIX E.

DRAFT Potential Key Questions for Consideration by the DGAC

(by guideline topics)

Weight

- What are effective strategies for preventing weight gain/ for weight loss?
- What is the relative effectiveness of low CHO vs. High CHO diets in weight loss?
- What effect does energy density of foods have on preventing weight gain/ weight loss?

Physical Activity

- What amount of moderate physical activity does the science support to promote health (child/ adult)?
- What amount of moderate physical activity does the science support to prevent weight gain/ promote weight loss/ maintain weight loss?

Pyramid/ Adequacy

- Is there a sufficient scientific basis for recommending intake of multivitamins by the general population?

Grains

- Is there a relationship between whole grains intake and weight management?

Fruits/ Vegetables

- Is there a relationship between fruit/ vegetables intake and weight management?

Food Safety

- Are there additional steps that consumers need to take to keep their food safe to eat?

Dietary Fats

- What is the relative importance of reducing saturated fat, trans fat, and cholesterol in the diet to reduce CHD risk?
- What are practical ways to reduce these fats in the diet?
- Is there adequate scientific basis for setting/ reaffirming reference values for dietary intake of saturated fat, trans fat, cholesterol, and omega-3 fatty acids?
- Is there sufficient evidence to recommend for or against intake of certain quantities of foods containing these substances?

Sugars

- Is there sufficient scientific basis for setting a recommended maximum intake levels for sugars/ added sugars?

Salt

- Is there adequate scientific basis for recommending a maximum daily intake of salt/ sodium?
- Is there sufficient scientific basis for recommending a certain number of glasses of water daily?

Alcoholic Beverages

What is the relative risk vs. potential benefits of moderate alcohol intake by adults?

APPENDIX F.

AGENDA

Progress Review: Health People 2010/ Nutrition and Overweight

Wednesday, September 10, 2003

3:00pm—2 Democracy Plaza, Conference Room 905

- I. Welcome (Dr. Hubbard--- NIH and Dr. Taylor---FDA, Co-chairs)
- II. Open Discussion (All participants)
 - Objectives to be highlighted at progress review
 - Obesity
 - Healthy Dietary Choices
 - Current status reports on developmental objectives
 - Underline important activities being undertaken to address Nutrition/Overweight issues
- III. Closing Remarks

APPENDIX G. NIH Obesity Research Task Force (updated August 21, 2003)

Co-Chairs:

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Dr. Allen Spiegel, Director, NIDDK

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