

**MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC)
MEETING
NATIONAL INSTITUTES OF HEALTH (NIH)
Rockledge 2, Conference Room 9112, Bethesda MD
March 6, 2003, 1:00-3:50 PM**

WELCOME

Dr. Van Hubbard, Director of the NIH, Division of Nutrition Research Coordination (DNRC), convened the NCC Meeting at 1:00 PM and welcomed the participants. Representatives from the Centers for Disease Control and Prevention (CDC) were in attendance via teleconference. The agenda for this meeting is provided as Appendix A, and the list of attendees is provided as Appendix B. Dr. Hubbard noted that the NCC Meeting was beginning early to have a scientific presentation, and he issued an invitation to NCC members to provide recommendations for speakers for future meetings.

SCIENTIFIC PRESENTATION

Dr. Van Hubbard, DNRC, introduced the speaker, Dr. Joan McGowan, Director, Musculoskeletal Diseases Branch, National Institute of Arthritis and Musculoskeletal and Skin Diseases. Dr. McGowan provided a presentation entitled *The Surgeon General's Report on Osteoporosis and Bone Health*.

APPROVAL OF MINUTES FROM THE FEBRUARY 6, 2002 NCC MEETING

Minutes from the February 6, 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. It was suggested that the CDC website be corrected to read <http://www.cdc.gov/funding>. Dr. Deborah Olster, Office of Behavior and Social Science Research (OBSSR), made a motion to approve the minutes with the previously stated correction, and Dr. Sooja Kim, Center for Scientific Review (CSR), 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.

FOOD GUIDE PYRAMID

Dr. Patricia Britten, Center for Nutrition Policy and Promotion, United States Department of Agriculture (USDA) provided information about the development and future of the Food Guide Pyramid. Dr. Britten explained that the pyramid was intended to be a food based guidance system, not a nutrient based guidance system. The philosophical goals for the development of the Food Guide Pyramid were to focus on improving overall health rather than on a specific disease; to derive recommendations from up-to-date research; and to reflect the total diet, rather than a foundation diet, in a useful, realistic, flexible, and practical format for the public. The reassessment and updating of the Pyramid began in 2000 with special emphasis on meeting new nutritional standards, the Dietary Reference Intakes and the Dietary Guidelines, and on increasing the Pyramid's usefulness to consumers. Input for the update is being sought from the findings of technical

and consumer research. Additional input is being sought from various stakeholders via professional meetings, industry groups, federal meetings etc. Dr. Britten provided her e-mail address (Patricia.Britten@cnpp.usda.gov) to meeting participants for use if they had additional comments or questions.

Sue Krebs-Smith (NCI) gave a presentation entitled "The Food Guide Pyramid Revisited: Principles and Possibilities". She summarized the guiding principles used in the development of the Pyramid's recommendations e.g., for a total diet, rather than a foundation diet; meeting nutrient needs without supplementation; and being current with then-current dietary guidance and consumption patterns. She also highlighted some strengths of the Pyramid (use of range of energy levels and corresponding servings; accounting for all sources of energy; and focus on subgroups) and discussed the extent to which they have been effective. Dr. Krebs-Smith suggested that the upcoming revision clarify and reinforce recommendations by determining appropriate energy level, quantifying the pyramid tip, giving special attention to subgroups, substituting under-consumed foods for over-consumed foods and specifying the appropriate serving size and number of servings within groups. She also recommended that the update focus on serving sizes, include messages to eat less and provide guidance on the type of fat and fruit and vegetable subgroups. Dr. Krebs-Smith recommended that special consideration be given to the wide array of eating patterns and the appropriateness of recommendations in lieu of the wide use of supplements and fortified foods. She suggested that adding information about physical activity and water consumption may be beneficial. Finally Dr. Krebs-Smith recommended that any updates to the pyramid should incorporate findings from more in-depth cognitive and behavioral research.

WHO/FAO Expert Report on Diet, Physical Activity and Chronic Disease

Ms. Mary Lou Valdez, Associate Director, Multinational Affairs, Office of Disease Prevention Health Promotion, Department of Health and Human Services (DHHS) provided an update on Global Health Affairs. Ms. Valdez discussed the impetus for the World Health Organization report on Diet, Physical Activity and Chronic Disease and provided a chronology of the development. She also discussed the Pan American Health Organization's Expert Report on Obesity, Diet, and Physical Activity. Highlights of her report are listed in the Appendix C.

OFFICE OF DISEASES PREVENTION AND HEALTH PROMOTION (ODPHP) UPDATE

Ms. Kathryn McMurry, ODPHP, reported that the second White House Report on *HealthierUS* is undergoing clearance. The Public Health and Recreation and the Healthier Children and Youths MOUs are being merged under *Healthier US*. DHHS is placing a set of pre-approved slides on their intranet site that will be available for use by DHHS employees for presentations. The Secretary's Prevention Summit, *Steps to a HealthierUS*, will take place in Baltimore on April 15-16, 2003. This national summit will highlight policies that promote healthy

environments and model programs from various communities that use *Healthy People 2010* as the cornerstone for planning efforts. Public Health Service Region 3 is planning to use this event as the kick-off to their Tri-City Challenge which will include the cities of Philadelphia, Baltimore and Washington competing for the title of Healthier city. Approximately 750 participants are expected, including community, state and national level decision makers (such as congressional staffers). NCC members are encouraged to share this information with colleagues and to register for the Summit.

OFFICE OF DIETARY SUPPLEMENTS (ODS) UPDATE

Dr. Christine Swanson of ODS provided the following updates of the activities of that Office:

- On February 26, ODS and NCCAM convened a working group to discuss research options to assess the safety and efficacy of ephedra for weight loss and athletic performance enhancement. The discussions were largely based on the AHRQ ephedra report, produced by RAND. The working group is preparing a report for consideration by NCCAM's Advisory Council in mid-March. The AHRQ report on ephedra is available on the ODS and NCCAM web sites. The results of the report will be published in a peer-reviewed journal shortly.
- ODS, NCCAM and NIEHS convened an expert panel on February 21, 2003 to review the Botanical Research Centers Program. The panel's findings, deliberations and recommendations will be summarized in a report and presented to NCCAM and NIEHS Councils.
- The conference proceedings (*Dietary Supplement Use in the Elderly*) will be posted on the ODS and NIA web sites next week.
- The award information for the ODS co-funded workshops and conferences has not been finalized, but the award decisions will be shared with the NCC and ODS liaisons shortly.
- Dr. Ken Fisher is coordinating the development of a new Strategic Plan for ODS. A background document will be available on the ODS website with a request for comments and input from ODS stakeholders. ODS will hold a public meeting May 8-9 in Bethesda to solicit comments and discussion on the future directions of the Office. ODS welcomes input from all ICs and agencies to help develop the Strategic Plan.

UPDATE OF DNRC ACTIVITIES

HNRIM. Mr. James Krebs-Smith, DNRC, provided a status report of the Human Nutrition Research Information Management (HNRIM) System. He issued the annual request for NIH ICs to submit their FY 2002 data for HNRIM, and asked for IC data to be sent no later than Friday, March 7, 2003. Representatives were again encouraged to carefully review their IC's complete research portfolio -- including contracts and intramural research -- to identify all relevant nutrition research, based on the Interagency Committee on Human Nutrition Research (ICHNR) definition of *human nutrition research* (<http://hnrnim.nih.gov/pdf/codesdefins.pdf>). Special attention to research related

to nutrient and non-nutrient dietary supplements was also encouraged. Because the site is currently undergoing modifications, IC's using the HNRIM Update website last year are asked to submit their data in spreadsheet format this year. Any questions regarding data preparation, coding, or submission should be directed to Mr. Krebs-Smith via e-mail or phone.

Nutrition Education Subcommittee. Dr. Wendy Johnson-Taylor announced that the desk-to-desk fliers for National Nutrition Month are in progress and should reach NIH staff by early the week of March 10. She also announced that Karen Regan, DNRC would be doing a National Nutrition Month talk with Dr. Griff Rogers, Deputy Director, NIDDK, on March 17, 2003 at 2:00 p.m. in the Building 31 Cafeteria. The topic of Ms. Regan's talk will be *Weight Loss and Nutrition Myths*.

Obesity Related Activities. Dr. Hubbard provided an update of government activities related to obesity.

Dr. Elias Zerhouni, Director, NIH, held a follow-up meeting of IC directors and/or designees on February 18, 2003 to further discuss NIH obesity initiatives. He suggested that a trans-NIH working group similar to the stem cell task force be created to coordinated NIH obesity activities. IC Directors will lead this group.

REPORTS FROM NCC MEMBERS AND LIAISIONS

Dr. Elizabeth Jeffrey, NCI announced 2 upcoming meetings:

- *Exfoliated Cells, Bioactive Food Components and Cancer Prevention* – organized by Dr. Cindy Davis, NCI to be held May 23 at the Bethesda Marriott.
- *Free Radicals: the Pros and Cons of Antioxidants*- to be held on June 26-27, 2003 in Masur Auditorium, Building 10, NIH Campus on *Free Radicals*: This meeting is sponsored by the American Institute for Cancer Research, the American Society for Nutritional Sciences, and NIH (NCI, NCCAM, and ODS).

ADJOURNMENT

The meeting was adjourned at 3:50 PM.

NEXT NCC MEETING

The next NCC Meeting is tentatively scheduled for April 3, 2003.

LIST OF APPENDICES

Appendix A - NIH NCC Meeting Agenda for March 6, 2003

Appendix B - NCC Meeting Attendees for March 6, 2003

Appendix C - Highlights of Ms. Valdez's Discussion of the WHO/FAO Expert Report on Diet, Physical Activity and Chronic Disease

APPENDIX A. NIH NCC METING AGENDA

1:00-3:50 PM, Rockledge 2, Conference Room 9112, Bethesda MD

1. **Welcome**..... Van Hubbard
2. **Scientific Presentation (1:00-1:30 PM):**
Speaker: Dr. Joan McGowan, Director, Musculoskeletal Diseases Branch,
NIAMS, NIH

Title of Presentation: *"The Surgeon General's Report on Osteoporosis
and Bone Health"*
3. **Approval of Minutes of the February 6, 2003 meeting**..... Van Hubbard
4. **Food Guide Pyramid**.....Patricia Britten , USDA
Sue Krebs-Smith , NIH
5. **WHO/FAO Expert Report on
Diet, Physical Activity and Chronic Disease**..... Mary Lou Valdez, OGHA/OS
6. **ODPHP Update**..... Kathryn McMurry
7. **ODS Activities Update**.....Christine Swanson
8. **Current DNRC Update of Activities**.....DNRC Staff
- HNRIM Update.....Jim Krebs-Smith
- National Nutrition Month.....Wendy Johnson-Taylor
- Obesity Related Activities.....Van Hubbard
9. **Reports from NCC Members and Liaisons**.....NCC Members
10. **Next Meeting** - Tentative (April 3, 2003)
11. **Other Business**

APPENDIX B. NCC MEETING ATTENDEES FOR March 6, 2003
NIH Nutrition Coordinating Committee
1:00-3:00PM Rockledge 2 , CR #9112

Attendance Members	Members	Alternates	
	<u>Present</u>	<u>Absent</u>	<u>Present</u>
Chairperson	V. Hubbard		
<u>Members:</u>			
NCI		J. Milner	
NHLBI	D. Danford		Karen Donato
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	K. Kolsky
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		Steve Phillips	
OC		M. Stern	
ODS		P. Coates	C. Swanson
PRCC		M. Vogel-Taylor	
OBSSR		D. Olster	
<u>Agency Liaison Representatives:</u>			
FDA	E. Yetley		
CDC/NCHS	J. Wright		
CDC/NCCDPHP		S. Kuester	
HRSA	Michele Lawler		
ODPHP	K. McMurry		
USDA	W. Wolfe		
DOD		K. Friedl	

DNRC Staff:

Pam Starke-Reed
W. Johnson-Taylor
Jim Krebs-Smith
Karen Regan
S. Frazier

GUESTS:

Mel Mathis (USDA)	R. Ballard-Barbash (NCI)	Susan Kayar (for NCRR)
Sue Krebs-Smith (NCI)	Leah Pettenati	Mary Lou Valdez (OGHA, OS)
Amy Yaroch (NCI)	Enna Rodas (NIDCD)	P. Britten (USDA)
Ann Jerkins (CSR)	Rick Troiano (NCI)	N. Stegon (DNRC)
Elizabeth Jeffery (NCI)		

Appendix C. Report by Mary Lou Valdez, OGHA, OS, of WHO/FAO Expert Report on Diet, Physical Activity and Chronic Disease

Background/Introduction

At the 55th World Health Assembly, Member States requested the Director General of the World Health Organization to develop a global strategy on Diet, Physical Activity and Health, in consultation with Member States, bodies of the United Nations system, and other stakeholders (professional organizations, international non-governmental organizations and the private sector). Following this, the World Health Organization initiated a series of activities to provide needed input to the Secretariat as part of the global development process:

- A World Health Organization/Food and Agriculture Organization (FAO) expert consultation and report on diet, nutrition and the impact on chronic disease. Draft report was first available in April 2002, with a final version of the report published March 3, 2003.
- The convening of a “reference group” of experts in diet, nutrition, physical activity and chronic disease from around the world to serve as informal advisors to WHO.
- A series of regional consultations with Member States to take place in the first half of 2003. For the Americas Region, this meeting is scheduled for April 24-25, San Jose, Costa Rica.
- Outreach to other stakeholders, e.g., the private sector (a Prince of Wales Forum earlier this year) and a range of ngo-briefings.

In a somewhat parallel track, the Pan American Health Organization, through its governing body process, will address Obesity, Diet and Physical Activity during 2003. PAHO is comprised of the Member States of the Americas Region from Canada to Chile. The United States was one of its founding members and provides 59.9% of its regular funding (and is PAHO’s major contributor for extra-budgetary funding).

Key Issues/Challenges

WHO/FAO report. It has been the focal point for the United States in this debate, that science should drive policy, and it is critical that sound science provide the basis for developing international policies and for resolving possible differences of opinion. We continue to believe that the WHO and the FAO must adopt a comprehensive, evidence-based approach, in which qualified experts rigorously and objectively evaluate the science in a transparent manner and clearly articulate the basis for conclusions and recommendations, reflecting internal consistency and scientific rigor.

The United States provided a range of comments and concerns to WHO and FAO on the draft version of the report on diet, nutrition and the impact on chronic disease, drawing upon experts from NIH, ODPHP, CDC, FDA participated informally, as well as from USAID, DOS, DOC, USDA.

- The first draft of the WHO/FAO Report contained conclusions that were inconsistent with the body of evidence.
- It also contained recommendations outside the scope of the expert consultants competencies.
- The Report also highlighted key areas for intervention strategies that require additional study to provide the quality of evidence needed before launching global food and nutrition policy recommendations of the magnitude anticipated.

While we believe that the expert consultation considered our and others' comments, it is critical that USG experts review and provide expert commentary on the final version of the report.

WHO Guidance for the Global Strategy. The WHO Director-General (January 23) also sent a circular letter to Member States to provide a consultation document to guide the development of a WHO global strategy for diet, physical activity and health. Because this document will help to frame the discussions and planning for the regional consultations, it is important to weigh in now with any concerns or ideas on how the process can be improved.

PAHO - Obesity, Diet and Physical Activity. The PAHO Document, similar to the WHO/FAO draft report, needs to be critically reviewed for the science and evidence it uses as a base and the recommendations being proposed to Member States (which may be outside the competencies and mission of PAHO). Given the U.S. leadership in the areas of obesity, diet and physical activity, and the major role the United States plays in the Organization, it is critical that the United States intervene on these issues during the governing body process.