

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

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

February 2, 2012 2:00 – 4:00 PM

WELCOME

Dr. Van Hubbard, Director, NIH Division of Nutrition Research Coordination (DNRC), convened the meeting at 2:04 PM and welcomed participants. Phone participants included the following: CAPT Shirley Blakely, FDA; Dr. Josephine Boyington, NIH NHLBI; Dr. Rosalind Breslow, NIH NIAAA; Ms. Katrina Butner, HHS ODPHP; Jean Charles-Azure, IHS; Dr. Amber Courville, NIH CC; Dr. Becky Costello, NIH ODS; Dr. Mary Cutting, NIH NIDCR; Dr. Peter Gao, NIH NIAAA; Dr. Patricia Guenther, USDA CNPP; Dr. Judy Hannah, NIH NIA; Ms. Joanne Karimbakas, NIH NIDDK; Dr. Bob Kuczumski, NIH NIDDK; Ms. Michelle Lawler, HRSA MCHB; Ms. Holly McPeak, HHS ODPHP; Dr. Megan Miller, NIH NIDDK; Dr. Richard Olson, HHS ODPHP; Ms. Tricia Psota, NIH CC; Dr. Daniel Raiten, NIH NICHD; Dana Sampson, NIH OBSSR; Kelly Scanlon, CDC NCCDPHP; Dr. Tomoko Shimakawa, FDA; Dr. Derrick Tabor, NIH NIMHS; Dr. Dionne Toombs, USDA NIFA; Dr. Paula Trumbo, FDA; and Dr. Xibin Wang, NIH NIAMS. 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 JANUARY 5, 2012 NCC MEETING

Minutes from the January 5, 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. Cindy Davis, NIH Office of Dietary Supplements (ODS), made a motion to approve the minutes, and Sharon Ross, NIH National Cancer Institute (NCI) seconded the motion. The minutes were thus approved and will be posted on the DNRC website, <http://www.dnrc.nih.gov>, along with the minutes from the previous NCC meetings.

SECOND NATIONAL REPORT ON BIOMEDICAL INDICATORS OF DIET AND NUTRITION IN THE U.S. POPULATION, 2012

Christine Pfeiffer, Division of Laboratory Sciences at the National Center for Environmental Health (NCEH/DLS) which is part of the Center for Disease Control and Prevention (CDC), presented on the Second National Report on Biochemical Indicators of Diet and Nutrition in the U.S. Population. This report is a series of publications that provide ongoing assessment of the U.S. population's nutritional status by measuring blood or urine concentrations of diet-and-nutrition biochemical indicators and will be the most comprehensive biochemical assessment of nutritional status of the U.S. population

to date. The NCEH/DLS conducted the laboratory analyses for biochemical indicators presented in this 2012 report by using specimens from a representative sample of the U.S. population that participated in the National Health and Nutrition Examination Survey (NHANES) during all or part of the four-year period from 2003 through 2006. This report will be significantly larger than the first report that was released in July 2008 and covered nutritional biomarker information from the NHANES 1999-2002. The biochemical indicators analyzed went from 27 in the 1st report to 58 in the current version. In addition to the increase in biochemical indicators, the 2nd report contains more tables and graphs and has an accompanying multi-page executive summary. The biochemical indicator categories in the report include water-soluble vitamins, fat-soluble vitamins and nutrients, trace elements, isoflavones and lignans, and acrylamide hemoglobin adducts. Vitamin B6, vitamin C, fatty acids, iron (transferrin receptor and body iron), and acrylamide hemoglobin adducts are among the new biochemical indicators added to the report. Special features of the report consist of: central 95 percent reference intervals, graphic representation of age patterns, concentrations over time, prevalence estimates and prevalence estimates over time. Since the report has not yet been released, Dr. Pfeiffer could only discuss topic areas that are planned to be highlighted from the report. These areas include: folate, vitamin D, fatty acids (saturated, monounsaturated, and polyunsaturated), iron deficiency, and iodine. The 2nd report is planned to be released in late March. Both reports (1st and 2nd) can be accessed online: <http://www.cdc.gov/nutritionreport>.

Von Roebuck from DLS/NCEH also presented on the release and communication efforts underway for the new Second National Report. The communication team was challenged with developing a communication plan and tactics to broaden audience awareness for a report primarily targeting researchers and scientists and using social media and traditional media to expand awareness of the report. There was extensive planning involved which incorporated pre- and post release activities including this NCC briefing. Once the report is released in late March, the aforementioned website will go live, media interviews will be given, and distribution efforts will begin. The social media outreach strategy will include using a podcast, CDC blog, and Facebook. Mr. Roebuck mentioned that ongoing support for the report will continue through 2012 and beyond through presentations, webinars, and journal publications. He also asked for additional suggestions from NCC members.

OBESITY IN THE U.S. – HAS THE PREVALENCE PLATEAUED?

Cynthia Ogden, CDC National Center for Health Statistics, reported on obesity trends from the latest 2009-2010 NHANES. According to the most recent data, 35.7% adults and 16.9% of children and adolescents in the United States are obese. There was no

change in obesity prevalence between 2007-2008 and 2009-2010 for children or adults. The prevalence of obesity did significantly increase over the past twelve years (1999-2010) for men; however, there was no significant change seen in women overall – although Non-Hispanic black and Mexican American women did have a slight increase in obesity. A similar trend could be found in children and teen boys who showed a significant increase in obesity as compared with girls overall, which showed no significant change between 1999 and 2010. Any changes during this 12 year period appear to have occurred during the early years; there was no significant change in prevalence in any group between 2003-2004 and 2009-2010. Likewise, international studies (England) seem to also suggest the prevalence of obesity may be leveling off in recent years. Dr. Ogden also mentioned that older children and adolescents are more likely to be obese compared to pre-school age children.

National Nutrition Month Activities

Dr. Margaret McDowell informed NCC members of upcoming events and efforts that will take place during National Nutrition Month (NNM):

- A scientific seminar entitled “Salt Taste Perception” will be given by Gary Beauchamp, Director of Monell Chemical Senses Center in Philadelphia on Thursday **March 8th** from 2:30 to 3:30 p.m. in Natcher Conference Center (lower level rooms-E1/E2). This seminar is available to all interested parties. An abstract of this presentation is provided as Appendix C.
- NIH/DNRC 2012 NNM mini-symposium is a half-day meeting on “*Dietary Sodium: Recommendations, Evidence, Challenges, and Applications for Clinical Guidance*” that will be held on **Friday, March 9th** from 8:30 a.m. to 12:30 p.m. in the NIH Lister Hill Auditorium. The objective of the meeting is to provide an overview of the science, programs, and policies that are related to population dietary sodium reduction. The meeting format includes oral presentations and a panel discussion. The presentations will discuss the evidence for a link between sodium and cardiovascular disease, public health guidance and dietary sodium recommendations; the implications of sodium reduction on food product formulation and food safety; salt taste perception and preferences; and methods used to assess the sodium intakes of the U.S.
- The DNRC “*Get Your Plate in Shape*” NNM brochures will be distributed desk to desk on the NIH campus in March. PDF versions will be posted on the DNRC website (www.dnrc.nih.gov). If you are interested in additional printed copies for events, please contact the DNRC.

- A workshop entitled “Rare Syndromic Body Fat Disorders: What Can They Teach Us?” will be held on March 1 – 2, 2012 in Lister Hill Auditorium. Registration is available at <http://www2.niddk.nih.gov/News/Calendar/BodyFatDisorders2012.htm>

Sharon Ross highlighted two NCI nutrition-related activities occurring in the month of March:

- The Nutrition and Cancer Prevention Research Practicum sponsored by the Division of Cancer Prevention, NCI and the Department of Nutrition at the Clinical Center, NIH will be held on March 12-16, 2012. The website is <http://prevention.cancer.gov/newsandevents/events/20120312-16>
- On March 13, 2012, NCI will be hosting a Stars in Nutrition & Cancer lecture on “Novel Omega-3 Mediators & Mechanisms in the Resolution of Inflammation: What can they tell us about Preventative and Therapeutic Approaches?.” It will be held Lipsett Amphitheater from 2:00 to 3:00 p.m. Lecture by Dr. Charles Serhan, Harvard University. The website is <http://prevention.cancer.gov/news-events/events/20120313>

BIOMEDICAL RESEARCH ADVANCED INFORMATION NETWORK (BRAIN)

Dr. Van Hubbard thanked the NCC members and their ICs for their submissions to BRAIN. He said that the submissions have been uploaded into the BRAIN database for rapid accessibility to NIH nutrition in chronic disease prevention research activities, contributions, and accomplishments by Dr. Collins. The submission is being reviewed by OD staff and that further revisions may be requested. He reminded the group to keep in mind that ICs should consider updates that would be beneficial to include for next year.

PROPOSAL FOR NEW WORKING GROUP ON FOOD SAFETY AND NUTRITION

Dr. Crystal McDade-Ngutter proposed establishing a working group on food safety and nutrition. She discussed the interrelationship of nutrition and food safety and highlighted a few links between the two sciences:

- Impact of sodium reduction on food safety and quality
- Healthful foods are often associated with foodborne outbreaks (e.g. fresh produce)
- The nutritional benefits and food safety hazards linked with fish and shellfish consumption (i.e. they are high in protein, low in fat, and contain omega-3 fatty

acids yet they are also linked to methyl mercury, food allergy, and foodborne illness.)

- Nutrient loss has been associated with foodborne illness

Dr. McDade-Ngutter said that interested persons should contact her at mcdadengutterc@mail.nih.gov, if they have an interest in having future discussions to highlight other links between food safety and nutrition, determining mechanisms to promote food safety awareness, and identifying future research needs that should be considered.

ODPHP UPDATE

Ms. Rachel Hayes gave an update on ODPHP activities:

Dietary Guidelines, 2015:

Planning and preparation for the 2015 Dietary Guidelines is underway. ODPHP has met with the USDA Center for Nutrition Policy and Promotion several times to discuss groundwork and parameters. Both Departments are exploring the possibility of developing federal dietary guidance for Americans aged 0-2 years, and are working on an options paper with pros and cons for various approaches; the decision on whether or how to include this age group in the formal Dietary Guidelines will be made by the HHS Secretary and/or Assistant Secretary for Health and the USDA counterparts. In general, the hope is that the next Dietary Guidelines Advisory Committee will be convened in early 2013.

Dietary Guidelines, 2010 Communications:

ODPHP has been developing a series of six community workshops based on the principles of the Dietary Guidelines and Physical Activity Guidelines. These workshops, which include stand-alone resources designed for adults with limited health literacy, have been pilot tested in nine sites around the country. Official evaluation results are being compiled, although the top line feedback has been extremely positive. The hope is to publicly release these workshops and supporting materials at the National Health Promotion Summit (see below) in mid-April.

Physical Activity Guidelines:

There is internal and external interest in updating the Physical Activity Guidelines on a regular basis, but there is no congressional mandate defining an update cycle. A federal planning group, led by ODPHP, has been exploring this topic and feels that the

science has not changed considerably at this point. The planning groups believes that the priority should be more extensive and effective communication of the current Physical Activity Guidelines to the American public in order to help change behaviors and impact the obesity epidemic. Therefore, the next full review of the science is planned for 2016-2017, for release in 2018. In the interim, ODPHP is planning to release the Physical Activity Guidelines Midcourse Review. For this review, a subcommittee of the President's Council on Fitness, Sports & Nutrition will compile a report and executive summary, expected to be released later in 2012. The intent is for this update to serve as a launching pad for a robust communication campaign to promote the core messages of the Physical Activity Guidelines and the recommendations that emerge from the midcourse review.

Health Communications:

The ODPHP Health Communications team recently launched the healthfinder.gov Facebook page (<https://www.facebook.com/healthfinder>).

Healthy People:

Registration is open for the ODPHP-sponsored National Health Promotion Summit, which will be held at the Omni-Shoreham Hotel in Washington, DC, April 10-11. Early bird registration of \$120 is available until March 7.

<http://www.aptrweb.org/2012summit/registration.html>

ODS UPDATES

Dr. Cindy Davis informed NCC participants of the following ODS updates:

- The upcoming deadline for receipt of IC requests for ODS co-funding is February 8, 2012.
- An ODS seminar featuring Stella Volpe, PhD, RD, LDN from Drexel University College of Nursing and Health Professions will speak on *Ergogenic Aids in Sports* on Wednesday, February 8th from 11 a.m. -12:00 p.m. The seminar will be held at Executive Plaza North, Room J located at 6130 Executive Boulevard, Rockville, MD.

For more information regarding these updates, please contact Dr. Davis at davisci@od.nih.gov.

REPORTS FROM NCC MEMBERS AND LIAISONS

Kathryn McMurry reminded NCC attendees that February is American Heart Month and the importance of National Wear Red Day (NWRD) which will take place on February 3, 2012. She also told us that a special event would be taking place on clinical center in observance of NWRD. To see the outcome of the NWRD event, please view the following website: http://www.youtube.com/watch?v=wUyC_9j8CJQ

CURRENT DNRC UPDATE OF ACTIVITIES

International Subcommittee Information

- Dr. Dan Raiten also reported that the Subcommittee on International Nutrition Research (SCINR) is trying to establish a regular meeting time of the 2nd Thursday of each month; however, the SCINR will only hold meetings when necessary. Also, he mentioned that the Micronutrient Forum is trying to determine topics for their future meeting.

HNRIM Update

- Ms. Karen Regan informed members that the HNRIM data for NIH FY 2010 is complete. She said the data will be made public when the new public HNRIM website is ready to go live. HNRIM staff will inform NCC members when the data is made public. NIH FY 2011 data should be finalized in IMAPC II shortly. When the FY 2011 data is finalized, the Nutrition projects will be downloaded to HNRIM. HNRIM staff will be in touch with the ICs when the data is ready for HNRIM coding.

NEXT NCC MEETING

The next NCC meeting will be on April 5, 2012.

ADJOURNMENT

The meeting was adjourned at 3:50 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for February 2, 2012

Appendix B: NIH NCC Meeting Attendees for February 2, 2012

Appendix C: Abstract on Scientific Seminar on Salt Taste Perception

APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING AGENDA

NIH Nutrition Coordinating Committee Meeting Agenda

Thursday, February 2, 2012

2:00 – 4:00 pm

Rockledge 2, CR#9100-9104

1. **Welcome**..... Van Hubbard
2. **Approval of Minutes of January 5 , 2012 Meeting**Van Hubbard
3. **Second National Report on Biochemical Indicators Of Diet and Nutrition in the US Population, 2012**Christine Pfeiffer, CDC
4. **Obesity in the U.S.– Has the Prevalence Plateaued?**.....Cynthia Ogden, CDC
5. **National Nutrition Month Activities**Margaret McDowell, DNRC
6. **BRAIN Submission on Nutrition in Chronic Disease Prevention Update**.....Van Hubbard, DNRC
7. **Proposal for New Working Group on Nutrition and Food Safety**Crystal McDade-Ngutter, DNRC
8. **ODPHP Update**Rachel Hayes, ODPHP
9. **ODS Update**Cindy Davis, ODS
10. **Reports from NCC Members and Liaisons** NCC Members
11. **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

12. Next Meeting – April 5, 2012

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

APPENDIX B: NCC MEETING ATTENDEES FOR FEBRUARY 2, 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	N Potischman
NHLBI	K McMurry			A Ershow; C Pratt; J Boyington
NIDCR	M Cutting			
NIDDK	R Kuczarski			J Karimbakas; M. Miller
NINDS		M Mitler		
NIAID		P Sato		
NIGMS		S Somers		
NICHD		G Grave	D Raiten	
NEI		N Kurinij		
NIEHS		K Gray		
NIA	J Hannah			
NIAMS		J McGowan		X Wang; T Smith
NIDCD		B Wong		
NIMH		M Chavez		
NIMHD	D Tabor			
NIDA		G Lin		
NIAAA	R Breslow			P Gao
NINR		P Cotton		
NCCAM		L Duffy		
FIC		M Levintova		
NHGRI		S Basaric		
NIH LIAISONS				
CC	A Courville			T Psota
CIT		J Mahaffey		
CSR		S Kim		
NLM		M Corn		
OBSSR	D Sampson			
ODS		P Coates	C Davis	B Costello; R Bailey; B Sorkin
OD/ODP		B Portnoy		
PRCC	D Stredrick			
AGENCY LIAISONS				
AHRQ		I Mabry-Hernandez		
CDC/NCCDPHP	K Scanlon	H Blanck		
CDC/NCHS	C Johnson			C Ogden
FDA	M Poos		P Trumbo	S Blakely; T Shimakawa
HRSA	M Lawler			
IHS	J Charles-Azure			
ODPHP	R Olson		R Hayes	K Butner; H McPeak
USDA/ARS		D Klurfeld		

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

Guests: D Blum-Klum-Kemelor (USDA/FNS); C Pfeiffer (CDC/NCEH); V Roebuck (CDC/NCEH); P Guenther(USDA CNPP)

DNRC: S Frazier; C McDade-Ngutter; M McDowell; K Regan

APPENDIX C: ABSTRACT ON SCIENTIFIC SEMINAR ON SALT TASTE PERCEPTION

Salt, sodium chloride, holds a special place in human history. It has, when available, been used extensively in human cuisine, formed a fundamental unit of human exchange, and even been the cause of war. Salt has commonly been taxed because of its universal usage and value. Once scarce throughout much of the human occupied world, inexpensive salt is now universally available. Moreover, it is believed by most experts that salt is currently consumed in large excess of need. In this presentation I discuss factors that account for this high consumption focusing on human salt taste perception and preference. I will begin with an introductory outline of selected aspects of the history of the human love affair with salt. I will then discuss how salt taste perception is organized and what we know about the molecular mechanisms underlying salt taste perception. Next I will provide a brief overview of the magical sensory properties of salt in foods: added salt doesn't just make foods taste salty, it also favorably alters many other attributes of the overall flavor of food. I will then discuss genetic and environmental factors that impact upon salt taste perception and preference and will touch on such factors as gender, age and ethnicity as they relate to salt taste. I will also discuss the evidence that taste perception changes following a change in salt intake and whether salt intake in infancy may be a particularly important period for determining the degree of desire for salted foods. At the end I will describe areas where additional research can help in furthering our understanding of salt taste.