

**MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC)
MEETING, NATIONAL INSTITUTES OF HEALTH (NIH)**
Rockledge 2, Conference Room 9100-9104, Bethesda, MD
January 6, 2011 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: Dr. Krishan Arora, NIH NCRR; Dr. Sanja Basaric, NIH NHGRI; Dr. Josephine Boyington, NIH NHLBI; Ms. Jean Charles-Azure, IHS; Ms. Janet DeJesus, NIH NHLBI; COL Karl Friedl, DoD; Dr. Peter Gao, NIH NIAAA; Dr. Judy Hannah NIH NIA; Dr. Lyndon Joseph, NIH NIA; Ms. Marguerite Klein, NIH ODS; Dr. David Klurfeld, USDA ARS; Ms. Michelle Lawler, HRSA; Dr. Elizabeth Maull, NIH NIEHS; Ms. Kathryn McMurry, OS ODPHP; Ms. Holly McPeak, OS ODPHP; Dr. Linda Nebeling, NIH NCI; Dr. Jill Reedy, NIH NCI; Ms. Joanne Spahn, USDA CNPP; Dr. Paula Trumbo, FDA; and Dr. Susan Welsh, USDA NIFA. 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 DECEMBER 2, 2010 NCC MEETING

Minutes from the December 2, 2010 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, NIH National Institute of Cancer (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 the previous NCC meetings.

SCIENTIFIC PRESENTATION - RESEARCH TO REALITY: THE EVIDENCE INTEGRATION TRIANGLE

Dr. Russell Glasgow, Deputy Director of Dissemination and Implementation Science in NCI's Division of Cancer Control and Population Sciences, presented an overview of the Evidence Integration Triangle model and spoke about future opportunities for dissemination and implementation science. Dr. Glasgow is a behavioral scientist specializing in the design and evaluation of practical and generalizable behavior change interventions, especially using interactive technologies for use in health care, worksite, and community settings. He is recognized nationally and internationally as a pioneer in the field of dissemination and implementation research and practice.

As we are all aware, there is often a significant lag time between research and practice. If this paradigm is to be altered, a different approach is needed. Dr. Glasgow emphasized that many levels of context directly and indirectly affect health behaviors, so it is critical to consider a systems approach that relies on integrated, dynamic, and multi-level research-practice partnerships. Dr. Glasgow described such an approach using his logic model, the Evidence Integration Triangle. The first arm of the triangle, the Intervention, should be multi-level and should focus and report on both internal and external validity as well as explore the range of applicability, costs, and settings for delivery. The second arm, Practical Measures, needs to be brief and practical, collected longitudinally to assess progress, and be reliable, valid and sensitive to change. Measures also need to have national norms, reflect multiple stakeholders' perspectives and be culturally appropriate across groups. The third arm, which has received the least attention thus far, is the Implementation Process. This should involve partnerships and CBPR approaches, team science, and should be iterative and self-correcting. It should also have involvement of staff and stakeholders at all levels, be adaptive and responsive to data from progress measures, and given permission to fail. Building the capacity to implement interventions is also a critical element.

Future directions and opportunities for dissemination and integration science include system dynamic modeling, time-lagged replications, natural experiments, well-documented quality improvement studies, rapid learning electronic medical records databases, and practical and pragmatic trials. A major cross-NIH dissemination and implementation funding announcement (PAR 10-038; 10-039; 10-040) and a newly created regular standing study section provide exciting opportunities for research here at NIH.

FOOD LABELING INITIATIVES AT THE FDA

Dr. Jessica Leighton, Senior Advisor for Science at FDA, provided an overview of several FDA nutrition labeling initiatives. The first initiative is modernizing the Nutrition Facts (NF) label. Data indicate that consumers have grown to expect, seek and trust information from the NF. However, almost a half of consumers do not use the NF when first purchasing a product. To improve the NF's visibility, consumer comprehension, and ease of use, the FDA plans to issue proposed regulations to update the serving size information, the prominence of calorie declarations, daily value information, and nutrients of public health concern.

The second initiative relates to Front-of-Pack (FOP) labeling. The food industry has recognized that FOP information on the perceived healthfulness of a product can improve sales. Both narrative statements and symbols are used throughout the food industry, but there is not a consistent format. FDA's goal is to identify and recommend

an evidence-based FOP system that can be used across food product categories. The target audience for this system will be people not using the Nutrition Facts label. FDA has conducted several research activities related to FOP symbols in order to determine what is most effective. The Institute of Medicine (IOM) and the HHS Office of the Assistant Secretary for Planning and Evaluation (ASPE) are conducting FOP assessments as well. The IOM has completed Phase 1 of their study, which included a review of various FOP systems and a recommendation to include calories/serving size, saturated fat, trans fat, and sodium in the system recommended by FDA. A report from Phase 2 of the IOM study, which will include recommendations of the most effective FOP symbol, is expected in the fall of 2011.

The third initiative involves menu and vending machine labeling requirements. Section 4205 of the Patient Protection and Affordable Care Act of 2010 requires restaurants and similar retail food establishments with 20 or more locations to list calorie content information for standard menu items on restaurant menus and menu boards. The Act also requires vending machine operators who own or operate 20 or more vending machines to disclose calorie content for each item. The FDA is required by law to issue proposed regulations to carry out these provisions by March 23, 2011. In August of 2010, FDA issued [final guidance on preemption](#) as well as [draft implementation guidance](#). They also issued a [Federal Register notice](#) that explains how restaurant and vending machine operators with <20 locations may opt in to federal requirements.

Dr. Leighton emphasized that the goal of nutrition labeling is to help consumers make healthy choices to prevent chronic disease and obesity. FDA requests input from other federal agencies, academics, food industry, consumer groups, scientists, design experts, state and local government, and the public to help them figure out what will work best.

REPORTS FROM NCC MEMBERS AND LIASONS

- Dr. John Milner, NCI, announced that Dr. John Ioannidis, C.F. Rehnberg Chair in Disease Prevention at Stanford University and Professor of Medicine and Director of the Stanford Prevention Research Center at Stanford University School of Medicine, will be presenting at NIH in March. More details will follow. Please let Dr. Milner (John.Milner@nih.hhs.gov) know if you are interested in meeting with Dr. Ioannidis during his visit.
- Dr. Hubbard requested that as ICs start planning events for National Nutrition Month (NNM) in March, these events are sent to DNRC staff so that they are

advertised in a central location. The DNRC will send out a list of all NNM activities taking place throughout the month.

- CAPT Shirley Blakely, FDA, announced that Dr. Kathy Ellwood (who had been serving as the NCC liaison from FDA) retired at the end of 2010. FDA is currently recruiting to fill a detail for her position, Director of Nutrition Programs Staff in the Office of Nutrition, Labeling, and Dietary Supplements. If you or someone you know is interested in this position, contact Brian Somers (brian.somers@fda.hhs.gov) and submit an application by January 20, 2011.
- Ms. Kathryn McMurry, ODPHP, also announced that Dr. Yvonne Jackson recently retired from the Administration on Aging.

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

Ms. Kathryn McMurry (ODPHP) provided an update on the 2010 Dietary Guidelines for Americans. The Guidelines were finalized in 2010 and cleared by both HHS and USDA agencies. The Secretaries of HHS and USDA will officially release the 2010 Guidelines for Americans in late January at a DC location and via webcast. Details about the release will be available soon. Ms. McMurry requested that all material from the Guidelines be kept confidential until they are officially released.

Ms. Holly McPeak (ODPHP) informed the NCC that the HHS café, located in the Humphrey Building (HHS Headquarters), is under new management - Corporate Chefs, Inc. The cafeteria has a new look and will be serving healthier meals than had been served in the past. GSA is hoping that this cafeteria will serve as a role model to other federal buildings. HHS/ODPHP will be coordinating activities for National Nutrition Month in March at the HHS café.

UPDATE FROM THE NIH OFFICE OF DIETARY SUPPLEMENTS (ODS)

No updates were provided from ODS this month.

UPDATE OF DNRC ACTIVITIES

Nutrition Education Subcommittee (NES):

Dr. Margaret McDowell, DNRC, provided an update on NIH-NCC NES activities.

The NES completed informal reviews of the final draft versions of 5 HHS/ODPHP fact sheets since the December NCC meeting. The materials are part of a broader

communications campaign to coincide with the release of the 2010 *Dietary Guidelines for Americans*. Although the fact sheets target adults 18 to 64 years of age with limited health literacy, the materials will also be useful to busy professionals.

The research base for the fact sheets included a literature review, qualitative research, and consumer testing with the assistance of a health literacy expert. Actionable messages and “tips” are included in each of the sheets. The content of the fact sheets is based on the Final Report of the Dietary Guidelines Advisory Committee and consumer research pertaining to health communications. The fact sheet topics and titles are:

- *Could “total diet” be your answer to healthy eating?*
- *Top 4 tips for losing weight and keeping it off*
- *Enjoy healthy food that tastes great*
- *Eating healthy on a budget*
- *Quick, healthy meals and snacks*

Summary for 2010: The NES completed 16 review requests in 2010. NIH organizations submitted 12 requests for review: NHLBI (4); ODS (4), NCI (2); NIDDK (2) and ODPHP (1). Three other NES submissions were for materials prepared by CDC (1), USDA (1) and Eurest (1).

DNRC Website Update

Ms. Rachel Fisher announced that the DNRC has recently redesigned their website. If anyone has specific suggestions to make the DNRC site more useful to nutrition researchers, please contact Ms. Fisher (Rachel.Fisher@nih.hhs.gov). As part of the website revision, we will be updating the NIH Program in Biomedical & Behavioral Nutrition Research & Training Report. We would like to request that each NCC member update his or her IC’s section on Research Directions. Ms. Karen Regan will be sending each NCC member a link to the current IC Research Directions, which can also be found at <http://dnrc.nih.gov/reports/programs/ic-organizations.asp>. Please send your updated sections to Ms. Karen Regan (Karen.Regan@nih.hhs.gov) by January 24th.

NEXT NCC MEETING

The next NCC meeting will be February 3, 2011

ADJOURNMENT

The meeting was adjourned at 3:54 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for January 6, 2011

Appendix B: NIH NCC Meeting Attendees for January 6, 2011

APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING AGENDA

1. **Welcome**.....Van Hubbard
2. **Approval of Minutes of the December 2, 2010 meeting**.....Van Hubbard
3. **Scientific Presentation – Research to Reality: The Evidence**
 - Integration Triangle.....Russ Glasgow, NCI
4. **Food Labeling Initiatives at the FDA**.....Jessica Leighton, FDA
5. **Reports from NCC Members and Liaisons**.....NCC Members
6. **ODPHP Activities Update**.....Kathryn McMurry, ODPHP
7. **ODS Activities Update**.....Paul Coates, ODS
8. **Current DNRC Update of Activities**.....DNRC Staff¹
 - Nutrition Education Subcommittee Update.....Margaret McDowell
 - International Committee Information..... Pam Starke-Reed/Dan Raiten
 - HNRIM Update..... Jim Krebs-Smith/Karen Regan
 - DNRC website update.....Rachel Fisher/Karen Regan/Margaret McDowell
9. **Next Meeting**.....February 3, 2011

¹ Updates will be included in the minutes of the meeting only

APPENDIX B: NCC MEETING ATTENDEES FOR JANUARY 6, 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 DeJesus		
NIDCR		R Nowjack-Raymer	
NIDDK	M Evans		
NINDS		M Mitler	
NIAID	R Sawyer		
NIGMS		S Somers	
NICHD		G Grave	
NEI		N Kurinij	
NIEHS	E Maul		
NIA	J Hannah		L Joseph
NIAMS		J McGowan	T Smith
NIDCD		B Wong	
NIMH		M Chavez	
NIDA		G Lin	
NIAAA	R Breslow		P Gao
NINR		P Cotton	
NCCAM		L Duffy	
NCMHD	D Tabor		
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		R Costello
OD/ODP	B Portnoy		
PRCC			
AHRQ		I Mabry-Hernandez	
CDC/NCCDPHP		H Blanck	
CDC/NCHS		C Johnson	
FDA			S Blakely
HRSA	M Lawler		
IHS		T Brown	J Charles-Azure
ODPHP	K McMurry		H McPeak
USDA		D Klurfeld	
DOD	K Friedl		

DNRC: N Bulger, R Fisher, W Johnson-Askew, J Krebs-Smith, C McDade-Ngutter, M McDowell, K Regan

Guests: R Ballard-Barbash (NCI), J Boyington (NHLBI), C Davis (NCI), R Glasgow (NCI), M Klein (ODS), S Krebs-Smith (NCI), J Leighton (FDA), L Nebeling (NCI), C Pratt (NHLBI), P Purcell (NCI), J Reedy (NCI), M Sanchez (NCI), J Spahn (USDA CNPP), P Trumbo (ODPHP/FDA), and S Welsh (USDA NIFA)