

**MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC)  
MEETING, NATIONAL INSTITUTES OF HEALTH (NIH)**  
Rockledge 2, Conference Room 9100-9104, Bethesda, MD  
July 7, 2011 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: Dr. Krishan Arora, NIH NCRR; CAPT Shirley Blakely, FDA; Dr. Barbara Bowman, CDC; Ms. Janet De Jesus, NIH NHLBI; Mr. Cliff Johnson, CDC NCHS; Dr. Peter Gao, NIH NIAAA; Dr. Judy Hannah, NIH NIA; Dr. Sarah Johnson, NIH OBSSR; Dr. EunKyung Kim, NIH NCI; Dr. David Klurfeld, USDA ARS; Dr. Natalie Kurinij, NIH NEI; Ms. Michelle Lawler, HRSA; Dr. Lyndon Joseph, NIH NIA; Dr. Elizabeth Maull, NIEHS; Dr. Linda Nebeling, NIH NCI; Dr. Daniel Raiten, NIH NICHD; Dr. Derrick Tabor, NIH NIMHD; Dr. Susan Welsh, USDA NIFA; 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 JUNE 2, 2011 NCC MEETING**

Minutes from the June 2, 2011 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. Becky Costello, NIH Office of Dietary Supplements (ODS), made a motion to approve the minutes, and Dr. John Milner, 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.

**TRIAL OF ANTIOXIDANTS IN CATARACTS AND AGE-RELATED MACULAR DEGENERATION (AMD)**

Dr. Emily Chew, NEI, Division of Epidemiology and Clinical Research, shared results from the Age-Related Eye Disease Study (AREDS), which examined the impact of antioxidant and mineral supplementation on age-related macular degeneration (AMD), the leading cause of central blindness in the U.S. (54%). Risk factors associated with AMD include aging, sunlight exposure, cigarette smoking, genetic susceptibility, and nutritional factors such as antioxidant vitamins and minerals, lutein/zeaxanthin, omega-3 long-chain polyunsaturated fatty acids (LCPUFA), and B vitamins.

Results from AREDS indicated that a daily oral dose of vitamin C (500 mg), vitamin E (400 IU), beta-carotene (15 mg), zinc (80 mg), and copper (2 mg) reduced progression

to advanced AMD by 27% over 10 years of follow-up. The supplementation did not, however, have an impact at earlier stages of AMD. The impact of overall diet was also explored. Analyses examining the relationship between AMD status and nutrient intake, estimated from a self-administered semiquantitative food frequency questionnaire at enrollment, showed that dietary lutein/zeaxanthin intake was inversely associated with neovascular AMD, geographic atrophy, and large drusen, comparing the highest vs. lowest quintiles of intake. Dietary total omega-3 LCPUFA intake was also inversely associated with neovascular AMD as was higher fish consumption (more than 1 serving per week compared to no intake). Other nutrients were not found to be independently related to AMD.

Data from the first AREDS informed the design of AREDS2, which is currently underway. Enrollment concluded in June 2008 and 4,000 participants will be followed between five and six years. The goal of this multi-center, randomized trial will be to assess the effects of oral supplementation of lutein and zeaxanthin (Lutein 10 mg/Zeaxanthin 2 mg) and/or long-chain omega-3 fatty acids (350 mg DHA/650 mg EPA) on the progression to advanced AMD. Additionally, the study will also assess whether forms of the AREDS nutritional supplement with reduced zinc and/or no beta-carotene works as well as the original supplement. They will also be looking at primary and secondary outcomes to evaluate the effects of dietary supplements on cardiovascular morbidity and mortality as well as cognitive function status with funding from NHLBI and NIA. More information can be found at the AREDS2 website ([www.areds2.org](http://www.areds2.org)), and in the following citations from the May 19, 2011 issue of the New England Journal of Medicine: <http://www.nejm.org/doi/full/10.1056/NEJMcibr1101606> and <http://www.nejm.org/doi/full/10.1056/NEJMoa1102673>. Dr. Chew hopes to be able to share results in 2013.

## **NEW DIRECTIONS FOR THE OFFICE OF BEHAVIORAL AND SOCIAL SCIENCES RESEARCH (OBSSR)**

Dr. Robert Kaplan, Director of the OBSSR, provided an overview of NIH perspectives and opportunities in behavioral and social sciences research. OBSSR is part of the Division of Program Coordination, Planning, and Strategic Initiatives (DPCPSI) in the Office of the Director, which aims to identify emerging scientific opportunities, rising public health challenges, and scientific knowledge gaps that merit further research. OBSSR is interested in both basic and translational research and their mission is to stimulate BSSR throughout NIH's 27 Institutes and Centers (ICs) and to develop and implement a trans-NIH plan to increase the scope and support of BSSR. In FY 2010, \$3.53 billion of non-ARRA NIH funds were spent in support of behavior and social science research. OBSSR does not fund research directly but rather through the NIH

ICs, making collaboration of paramount importance. OppNet (the Basic Behavioral and Social Science Opportunity Network) is one way for such collaboration.

OBSSR is interested in and has taken part in a variety of initiatives related to nutrition, including the National Collaborative on Childhood Obesity (NCCOR), maintenance of long-term behavior change, and mHealth technologies. Mobile devices are growing at a rapid rate and OBSSR is interested in a wide variety of devices and applications such as food intake recording software, improving dietary assessment methods using cell phones and digital imaging, sensory devices, physical activity monitors, and merged GPS and activity data. However, analyzing the large amounts of data collected from these devices is not easy. OBSSR is currently working with the National Science Foundation, who has made advances in analyzing large amounts of data in other sectors. OBSSR also recently held a week long mHealth summer training institute with Qualcomm in June.

Dr. Collins, NIH Director, has identified six *Opportunities for Research and NIH* as part of his strategic directions. They include: high-throughput technologies, translational medicine, benefitting health care reform, focusing more on global health, and reinvigorating and empowering the biomedical research community. OBSSR is creating strategic plans that will coordinate with these topic areas through both basic and applied research. Dr. Kaplan highlighted a few examples, one of which was High Throughput Exposomics. This involves further exploration of the gene/environment interaction. Dr. Kaplan acknowledged that we currently do a very poor job of measuring environmental exposures (exposome) so OBSSR is leading the NIH Genes, Environment and Health Initiative, which through the exposure biology program, will aim to develop technology and biomarkers for diet, physical activity, environmental exposures, psychosocial stress and addictive substances. Dr. Kaplan also gave an example in relation to health care reform. OBSSR would like to see more effort disseminating information that is already known. In August, OBSSR will hold a *Training Institute for Dissemination and Implementation Research in Health* which will provide investigators with a thorough grounding in conducting dissemination and implementation research.

Dr. Kaplan expressed a strong interest in working with the NCC and encouraged all members to get in touch with him regarding funding opportunities and areas for collaboration.

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

Ms. Rachel Hayes, ODPHP, provided the following updates:

### ***Dietary Guidelines***

ODPHP is seeking a third speaker for an APHA invited session; we are looking for someone with knowledge/experience in successfully implementing the Dietary Guidelines and encouraging behavior change.

### ***Physical Activity Guidelines***

ODPHP has obtained final clearance on a Spanish translation of some PAG consumer materials: the *Be Active Your Way* booklet and the fact sheet for adults. A few copies will be printed; others are welcome to ride the print order if interested. A distribution plan is in the works, with most activity expected in September/October.

### ***Health Communications, general***

- ODPHP has recently been granted approval for a healthfinder Facebook page. The page will cover all prevention topics, but will focus heavily on information from the DGAs and PAGs. The page will be launched in the very near future, date TBD.
- The healthfinder Twitter account has over 145,000 followers; the Healthy People LinkedIn account has over 1,400 members (with active discussions), and 305 organizations are currently syndicating content from healthfinder.gov.

### ***Healthy People 2020***

- HHS's Federal Interagency Workgroup and its Leading Health Indicator (LHI) subgroup are reviewing the recommendations from the IOM and the Secretary's Advisory Committee on National Health Promotion and Disease Prevention regarding the development of Leading Health Indicators. The LHIs will include Healthy People 2020 high priority indicators that summarize the health of the population and reflect major areas of public health concern. The current timeline calls for the Department's release of the LHIs in September 2011.
- Implementation of HP2020 objectives is underway. A Healthy People 2020 Summit is being planned and will focus on implementation. The Summit will take place from April 10-12, 2012 in Washington, DC.

## **UPDATE FROM THE OFFICE OF DIETARY SUPPLEMENTS (ODS)**

Dr. Becky Costello, ODS, provided information about the following activities:

### ***Workshop on Nutrition and Healthy Aging in the Community.***

NIH (DNRC, ODS, and NIA) is a co-sponsor for this upcoming IOM Workshop to be held on October 5-6, 2011.

The IOM will hold a public workshop to explore technical and policy issues related to community-based delivery of nutrition services for older adults. Through invited presentations and discussions of social services and nutrition professionals and others, this workshop will address the importance and scope of such services, their strengths and limitations, and intervention and research needs. Topics may include desirable objectives and outcome measures of community-based nutrition services, existing programs, and integrated community models. Additional co-sponsors include: Meals On Wheels Association of America and Abbott Nutrition.

<http://www.iom.edu/Activities/Nutrition/NutritionAgingCommunity.aspx>

### ***Upcoming Meetings:***

- Federal Working Group on Dietary Supplements  
Thursday, October 13, 1 - 3:30 pm  
Location: Neurosciences Center, 6001 Executive Boulevard
- Federal Working Group on Vitamin D  
Wednesday, October 26 from 1 – 4 pm in Executive Plaza North (EPN), Room H.

## **WHO ELECTRONIC LIBRARY OF EVIDENCE FOR NUTRITION ACTIONS (eLENA)**

Dr. Hubbard, DNRC, shared information about two WHO activities of which he recently became aware. They have relevance to a number of different activities already ongoing in several countries as well as to the Dietary Guidelines for Americans and the DRIs.

As part of a global effort to improve maternal, young child, and infant health, WHO is developing the electronic library of evidence for nutrition actions, e-LENA, that consolidates and centralizes the latest evidence-informed guidelines, commentaries, and resources on the broad topic of nutrition. The aim of the new e-library, set for launch on August 10, 2011, is to stimulate effective nutrition actions through use of this cost-effective program and policy design tool.

In addition, WHO and FAO, have been requested to provide the Codex Committee on Nutrition and Food for Special Dietary Uses with a report of existing daily vitamin and mineral intake reference values for an apparently healthy adult population (preferably aged 19-50 years). They have started to undertake the review and are compiling existing nutrient recommendations in Member States. As part of this effort, they have issued a "Call for Data" and are seeking any available information we might have. Information about the Call for Data can be found below:

<http://www.who.int/nutrition/en/>

[http://www.who.int/nutrition/FAOandWHO\\_callfordata\\_vitamin\\_mineral\\_recommendations/en/index.html](http://www.who.int/nutrition/FAOandWHO_callfordata_vitamin_mineral_recommendations/en/index.html)

Dr. Hubbard strongly encouraged the NCC International Committee and any other interested individuals, either NCC members or other individuals from your IC, to discuss these activities and put forward comments. The international health agenda has a strong impact on all our research, and this is an important opportunity for the field of nutrition. If NIH wants a voice in these activities, it is imperative that we get together now. Please contact Dr. Dan Raiten, NICHD, ([raitend@mail.nih.gov](mailto:raitend@mail.nih.gov)) or Dr. Pam Starke-Reed, DNRC, ([starkep@mail.nih.gov](mailto:starkep@mail.nih.gov)) if you would like to be involved in the discussions.

## REPORTS FROM NCC MEMBERS AND LIASON

- Dr. John Milner, NCI, provided information about several upcoming activities:
  - The next Stars in Nutrition & Cancer lecture will take place on November 2, 2011. It will be given by Max Wicha, MD from University of Michigan.
  - On November 3-4, 2011, the American Institute of Cancer Research will be having their annual research conference on food, nutrition, physical activity and cancer. It will take place at the Capital Hilton in Washington DC. More information can be found at: [www.aicr.org/conference](http://www.aicr.org/conference)
  - NCI, USDA, and DNRC are planning a workshop on nanotechnology and nutrition, entitled "Using Nanotechnology to Improve Nutrition through Enhanced Bioavailability and Efficacy." The workshop is scheduled for November 29-30, 2011 in Bethesda/Rockville, MD
- Dr. Robert Kuczumarski, NIDDK, (on behalf of Dr. Abby Ershow at NHLBI) informed everyone that Dr. Ershow brought several copies of the spiral bound hard copies of the symposium articles from the NIH-DOD July 2010 workshop (*Virtual Reality Technologies for Research and Education in Obesity and Diabetes*) that were

published in the March 2011 issue of the Journal of Diabetes Science and Technology to the meeting for those who wanted them. You can also contact Dr. Ershow if you have not yet received a copy and are interested in receiving one ([ErshowA@nhlbi.nih.gov](mailto:ErshowA@nhlbi.nih.gov)).

## **UPDATE OF DNRC ACTIVITES**

### ***Nutrition Education Subcommittee (NES)***

Dr. Margaret McDowell, DNRC, reported that the NES completed a review of scripts for three short video vignettes that ODPHP developed to highlight messages and information based on the 2010 *Dietary Guidelines for Americans*. The video vignettes serve as teaching and marketing tools to engage people in the new Guidelines.

Currently Under Review: The NES is reviewing tip messages that are part of the upcoming USDA Center for Nutrition Policy & Promotion (CNPP) SuperTracker interactive website. One of the online applications on the SuperTracker site is the “My Coach” Center. MyCoach is designed to provide useful tips that are based on the 2010 *Dietary Guidelines for Americans*. The consumer messages will include “how-to’s”, motivational words, and other helpful information. When the SuperTracker site is released, users will be able to select up to 5 areas to prioritize as personal goals. The following selections will be offered to users:

- Weight Management (with a selection of Move toward a Goal Weight or Maintain Current Weight)
- Meet Physical Activity Goal
- Calories (with a selection of Stay within Total Calorie Limit and/or Stay within Empty Calorie Limit)
- Meet Food Group Target (with a selection of Grains, Vegetables, Fruits, Dairy, Protein Foods)
- Meet Nutrient Target (with a selection of Calcium, Vitamin D, Potassium, Dietary Fiber, Folate, Iron, Vitamin B12, Sodium, Saturated Fat)

Users who select personal goals will have the option to receive tip messages related to each of their goals. Users can choose to receive tip messages within the application in the “My Coach” Center and/or select to receive the tips via email (address will be provided by the user). Users will define the frequency of message delivery--daily, weekly, or monthly. All “My Coach” Center messages may be shared via Facebook and Twitter, through users’ personal social media accounts.

### ***International Subcommittee Information***

Dr. Dan Raiten, NICHD, informed the NCC that the Biomarkers of Nutrition for Development (BOND) Steering Committee and the newly constituted Nutrient Expert Panels (6 panels: iron, zinc, folate, B12, iodine and vitamin A) met on June 14-15 in Bethesda to launch the nutrient review process and the development of the BOND query-based web resource. Iodine will be the first nutrient that will go up on the site next year followed by vitamin A and zinc. NIH recently issued a press statement on this effort (<http://www.nichd.nih.gov/news/releases/070611-BOND-study.cfm>). Additional information can be obtained at the following web site: [http://www.nichd.nih.gov/global\\_nutrition/programs/bond/](http://www.nichd.nih.gov/global_nutrition/programs/bond/)

### ***HNRIM Update***

Ms. Karen Regan, DNRC, informed the NCC that the new HNRIM database pilot site is almost ready for user testing. Ms. Regan and Mr. Krebs-Smith have recently corresponded with their usual HNRIM contacts at the ICs and Offices and asked them to designate staff that should have access to the HNRIM Pilot site. The resulting list of users has been sent to CIT and those listed will be given access to the HNRIM site via NIH single sign-on. The HNRIM team hopes to send out the link to all users early next week, and they look forward to receiving feedback and suggestions for the new site.

### ***NIH Health and Wellness Council***

Ms. Rachel Fisher announced that the NIH Health and Wellness Expo is planned for September 7<sup>th</sup> and 8<sup>th</sup> in Natcher. More information will be available shortly.

### **NEXT NCC MEETING**

The next NCC meeting will be on September 1, 2011.

### **ADJOURNMENT**

The meeting was adjourned at 3:55 PM

### **LIST OF APPENDICES**

Appendix A: NIH NCC Meeting Agenda for July 7, 2011

Appendix B: NIH NCC Meeting Attendees for July 7, 2011

## APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING AGENDA

1. **Welcome**.....Van Hubbard
2. **Trial of Antioxidants in Cataracts and Age-Related Macular Degeneration (AMD)**.....Emily Chew, NEI
3. **New Directions for the Office of Behavioral and Social Sciences Research**.....Robert Kaplan, OBSSR/OD
4. **Approval of Minutes of the June 2, 2011 meeting**.....Van Hubbard
5. **ODPHP Update**.....Rachel Hayes, ODPHP
6. **ODS Update**.....Becky Costello, ODS
7. **WHO Electronic Library of Evidence for Nutrition Actions (eLENA)** .....Van Hubbard
8. **Reports from NCC Members and Liaisons**.....NCC Members
9. **Current DNRC Update of Activities**.....DNRC Staff
- Nutrition Education Subcommittee Update.....Margaret McDowell\*
- International Subcommittee Information..... Pam Starke-Reed/Dan Raiten
- HNRIM Update..... Jim Krebs-Smith/Karen Regan
- PPWG.....Crystal McDade-Ngutter
- NIH Health and Wellness Council.....Rachel Fisher
10. **Next Meeting**.....September 1, 2011

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

## APPENDIX B: NCC MEETING ATTENDEES FOR JULY 7, 2011

	<u>Members Present</u>	<u>Members Absent</u>	<u>Alternates Present</u>
<b>DNRC Director (Chair)</b>	V Hubbard		
<b>DNRC Deputy-Director</b>	P Starke-Reed		
<u>NIH MEMBERS</u>			
NCI	J Milner		S Ross
NHLBI	J De Jesus		
NIDCR		R Nowjack-Raymer	
NIDDK	R Kuczumski		
NINDS		M Mitler	
NIAID		P Sato	
NIGMS		S Somers	
NICHD		G Grave	D Raiten
NEI	N Kurinij		
NIEHS	E Maul		
NIA	J Hannah		L Joseph
NIAMS		J McGowan	
NIDCD		B Wong	
NIMH		M Chavez	
NIMHD	D Tabor		
NIDA		G Lin	
NIAAA	R Breslow		P Gao
NINR		P Cotton	
NCCAM		L Duffy	
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	B Costello
OD/ODP	B Portnoy		
PRCC			
<u>AGENCY LIAISONS</u>			
AHRQ		I Mabry-Hernandez	
CDC/NCCDPHP		H Blanck	
CDC/NCHS	C Johnson		
FDA		M Poos	S Blakely
HRSA	M Lawler		
IHS		T Brown	
ODPHP		K McMurry	R Hayes
USDA/ARS	D Klurfeld		
USDA/NIFA	S Welsh		
DOD		K Friedl	

DNRC: R Fisher, S Frazier, C McDade-Ngutter, M McDowell, K Regan

Guests: B Bowman (CDC), E Chew (NEI), A Ershow (NHLBI), V Florance (NLM), T Jacobovits (NIAAA), R Kaplan (OBSSR), J Karimbakas (NIDDK), E Kim (NCI), P Maruvada (NIDDK), L Nebeling (NCI), E Trujillo (NCI), P Trumbo (FDA), and X Wang (NIAMS)