

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

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

June 7, 2012 2:00 – 4:00 PM

WELCOME

Dr. Van Hubbard, Director, NIH Division of Nutrition Research Coordination (DNRC), convened the meeting at 2:05 PM and welcomed participants. Phone participants included the following: Dr. Katrina Butner, OASH ODPHP; Dr. Amber Courville, NIH CC; Dr. Shreya Chablaney, NIH OD; Dr. Paul Cotton, NIH NINR; Dr. Wilma Peterman Cross, NIH OD; Dr. Mary Cutting, NIH NIDCR; Dr. Peter Gao, NIH NIAAA; CAPT Larry Grummer-Strawn, CDC; Ms. Michelle Lawler, HRSA; Dr. Jessica Leighton, FDA CFSAN; Dr. Margaret McDowell, NIH DNRC; Dr. Megan Miller, NIH NIDDK; Dr. Rick Olson, OASH ODPHP; Dr. Charlotte Pratt, NIH NHLBI; Dr. Dan Raiten, NIH NICHD; Dr. Kelley Scanlon, CDC; Dr. Derrick Tabor, NIH NIMHD; Dr. Xibin Wang, NIH NIAMS; and Dr. Allison Yates, USDA ARS. 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 MAY 3, 2012 NCC MEETING

Minutes from the May 3, 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. Sharon Ross, NIH National Cancer Institute (NCI), made a motion to approve the minutes, and Dr. Cindy Davis, 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.

**PROMOTING SUSTAINABLE BEHAVIOR CHANGE AND MAINTENANCE:
PERSPECTIVES FROM SELF-DETERMINATION THEORY**

Dr. Heather Patrick, a Health Scientist/Program Director at the National Cancer Institute (NCI), Division of Cancer Control and Population Sciences (DCCPS), Behavioral Research Program (BRP), Health Behaviors Research Branch (HBRB), provided a broad overview of self-determination theory (SDT).

Dr. Patrick discussed the existing evidence for using SDT to promote sustainable health behavior change and maintenance, and how tactics such as incentivizing health behavior may facilitate or impede the emergence of optimal motivation. Obesity is an example of a serious public health program that may benefit from interventions based on self-determination theory. Changing health behaviors – including diet, physical activity, and sedentary time – is key to weight loss and weight maintenance. Although

several studies have shown effects for short-term weight loss and short-term changes in obesogenic behaviors, fewer studies have yielded long-term success with regard to weight management or obesogenic behaviors in the absence of ongoing intervention.

SDT is a general theory of human motivation that acknowledges the role of the individual and the broader social and relational context in supporting or thwarting optimal motivation needed for long-term behavior change and maintenance. Necessary nutrients include autonomy, competence, and relatedness. Evidence of SDT for health behavior change is growing. A recent meta-analysis across health behaviors, a systematic review of physical activity behaviors, and results from PESO, a randomized controlled trial for behavior change & weight loss, show that motivation is strongly associated with behavior outcomes.

More information about SDT and related publications can be found at <http://selfdeterminationtheory.org>.

ODPHP UPDATE

Ms. Holly McPeak gave an update on ODPHP activities. Ms. Peak reminded the NCC that Ms. Rachel Hayes has accepted a position with the USDA Food and Nutrition Service-Child Care Food Program and will no longer be attending NCC meetings. Ms. McPeak, however, introduced a new staff member, Ms. Amber Mosher, who is a Prevention Science Fellow with ODPHP.

Dietary Guidelines, 2015:

Planning and preparation for the 2015 Dietary Guidelines is well underway. A memorandum of understanding (MOU) officially solidifying the joint agreement to work together with USDA/CNPP has now been signed by our Assistant Secretary for Health. It is currently in the hands of USDA who are getting signatures from both Under Secretaries, the Under Secretary for Food, Nutrition and Consumer Sciences and the Under Secretary for Research, Education, and Economics.

On June 6, USDA/CNPP staff and ODPHP staff met together with their agency CMO's. The meeting was productive and allowed all relevant staff to become familiar with the required documents that need to be finalized: the Charter, Balance Plan, Outreach plan, and the Financial Plan. Overall timelines were also discussed. ODPHP has the administrative lead and will be responsible for all advisory board meetings, travel, logistics, etc.

All meetings will be held at the Natcher Conference Center, with 2 public meetings and all meetings accessible by video conference. The planning group is very happy to be working with NIH Events Management team to make this possible!

ODPHP is meeting with the USDA CNPP on a bi-weekly basis to discuss tasks and the joint review of documents. In general, the hope is that the Dietary Guidelines Advisory Committee will be convened in Spring 2013, with approximately a total of 5 meetings!!

Dietary Guidelines, 2010 Communications:

Six 1-hour community workshops, which include stand-alone resources designed for adults with limited health literacy, have been released. Workshops and supporting materials can be downloaded at www.health.gov/dietaryguidelines. Video vignettes are completed and being duplicated and sent to us for review and final clearance. Handouts are forthcoming in Spanish. All of these will be posted on the ODPHP website. ODPHP is also planning to conduct webinars with educators to introduce the community workshops to over a thousand interested sites. They are also promoting the Workshops at the Society for Nutrition Education in July.

Physical Activity Guidelines (PAG) for Americans Mid-course Review

ODPHP, along with the President's Council on Fitness, Sports & Nutrition (PCFSN), CDC, and NIH, continues to work on the PAG Mid-course review. The subcommittee, composed of physical activity experts has been convened and has held several meetings. The topic is *Strategies for increasing physical activity among youth* and the report will aim to identify intervention strategies that have been shown to be effective in increasing physical activity among youth ages 3-17. The decision to increase the age range beyond the 6-17 ages for youth recommendations in the 2008 PAG was increasing evidence of interventions in the child care setting which aim to increase physical activity. The subcommittee anticipates completion of the report in 2012, with release in 2013.

**Dietary Reference Intakes*

The US and Canadian DRI Steering Committees have been moving forward to develop a process for DRI reviews. Both steering committees have met and the process is scheduled to be presented to the Food and Nutrition Board on June 12, 2012.

ODS UPDATE

Dr. Cindy Davis provided several updates from ODS:

Co-funding Requests:

The next deadline for submission of grants for ODS co-funding consideration is August 1, 2012. Please contact Cindy Davis at Cindy.Davis@nih.gov for further information.

Upcoming Workshop/meetings:

ODS is co-sponsoring a workshop entitled, "Human Performance and Dietary Supplements" with the American Society for Nutrition, the National Strength and Conditioning Association, Abbott Nutrition, and the Uniformed Services University of the Health Sciences on August 9-10, 2012 at the Marriott Bethesda North Conference Center. Registration is now available:

[\(http://nsca.com/Events/Symposia/Human-Performance-and-Dietary-Supplements-Summit/\)](http://nsca.com/Events/Symposia/Human-Performance-and-Dietary-Supplements-Summit/)

The NIH Botanical Research Center's annual meeting will be November 27 and 28 on the NIH campus. All are invited – a detailed agenda will be available soon.

RCDC UPDATE ON NUTRITION FINGERPRINT

Ms. Karen Regan, DNRC, announced that the next meeting for the nutrition fingerprint review would be Monday, June 11th from 8:30-10:30 in Rockledge 1. The review will be extensive and all interested NCC members are encouraged to participate in the process.

THE SURGEON GENERAL'S CALL TO ACTION TO SUPPORT BREASTFEEDING: CALL FOR A NATIONAL RESEARCH CONSORTIUM BREASTFEEDING WORKGROUP UPDATE

CAPT Larry Grummer-Strawn, Chief of the Nutrition Branch in the Division of Nutrition, Physical Activity, and Obesity at the Centers for Disease Control and Prevention, provided background information and an overview of the Surgeon General's Call to Action to Support Breastfeeding. He shared a visual of the socio-ecological model, which illustrates the multiple layers of society (mothers and families, communities, health care, employment, research, and public health infrastructure) that need to be taken into consideration in order to achieve breastfeeding support.

One of the specific actions in the report is to "strengthen existing capacity and develop future capacity for conducting research on breastfeeding." A sub-objective under this Action Item is to develop a national consortium on breastfeeding research. Dr.

Grummer-Strawn proposed that due to the focus on research, leadership should come from NIH. The goal is for the group to meet annually with a face-to-face meeting followed by periodic teleconferencing. The group would include representation from outside federal government, including members from the Ob/Gyn community, nutrition, immunology, physiology, epidemiology, health economics, psychology, sociology, anthropology, and public health law. The Office of Women's Health has offered to help with logistics and travel.

The NCC expressed interest in being supportive of a consortium on breastfeeding research. Dr. Van Hubbard offered support of the DNRC to move things forward. As a first action item, it was proposed by Dr. Derrick Tabor from the National Institute on Minority Health and Health Disparities (NIMHD), that the NCC put together an integrated panel on breastfeeding for the 2012 Science of Eliminating Health Disparities Summit. The deadline for proposing a panel is June 29th. Dr. Tabor, Dr. Hubbard, Dr. Raiten and others from NICHD, as well as individuals from the Office of Women's Health will work with CAPT Grummer-Strawn to put something together by the deadline.

Two related articles were shared with those in attendance at the meeting. Links to these articles can be found below:

- [Risk of Bottle-feeding for Rapid Weight Gain During the First Year of Life](#)
- [Why Feed Breast Milk from a Bottle?](#)

REPORTS FROM NCC MEMBERS AND LIAISONS

- Dr. John Milner, NCI, announced that after 11 years at NIH he will be leaving and taking a new position as the Director of the USDA Beltsville Human Nutrition Research Center, effective July 1. This will be a true loss for NIH, but a gain for USDA. The NCC hopes to continue working with Dr. Milner, although in a different capacity, and wishes him all the best.

CURRENT DNRC UPDATE OF ACTIVITIES

Nutrition Education Subcommittee:

The NES reviews materials for consistency with the *Dietary Guidelines for Americans (DGAs), 2010*.

NES Chair, Dr. Margaret McDowell, NIH/DNRC, reported that the NES completed 2 full dietary guidance reviews and one expedited dietary guidance review of therapeutic

dietary guidance information since the May NCC meeting. The completed dietary guidance reviews are as follows:

1. **USDA's Center for Nutrition Policy and Promotion (CNPP)** worked with MonkeySee.com to develop a series of five MyPlate "how-to" videos to help consumers implement the *Dietary Guidelines for Americans* and build a healthier plate. The videos are designed to be 1.5-3 minutes long. Each segment provides actionable tips on healthy eating. The topics covered are as follows:
 - How To: Build a Healthy, Tasty MyPlate
 - How To: Make MyPlate Dollar-Friendly
 - How To: Think Beyond the Plate
 - How To: Pack MyPlate Meals To Go
 - How To: MyPlate Doesn't Have to Look Like Your Plate

2. **HHS Office of Women's Health** in partnership with National Healthy Mothers, Healthy Babies Coalition created *Text4baby*, a free mobile information service that supports pregnant women and new moms by providing accurate, text-length health information and resources in a format that is personal and timely, using a channel they know and use. The text messages were crafted with input from the CDC, AAP and ACOG. The *Text4baby* team requested dietary guidance reviews of the nutrition messages as part of its annual comprehensive content review.

3. Expedited Review of **CDC** Novella entitled "*How to Control Your Hypertension: CDC developed the novella for *promotores* (lay community health workers) to use when educating Latino consumers about ways to manage their hypertension and reduce dietary sodium intake.*

NES Review In-Progress: The NES is currently reviewing **NHLBI's *We Can!* and the Children's Museum of Manhattan (CMOM) Obesity Prevention Curriculum** (English and Spanish versions). The new curricula targets parents of young children and children themselves as well as the community organizations that serve this population. The curricula address a variety of topics including tips for cooking with children, making healthier substitutions when cooking, encouraging family meals, modeling positive dietary and physical activity behavior, supporting children's physical activity, and setting (and enforcing) limits on screen time.

International Subcommittee Information

1. Call for Authors

Dr. Raiten, NICHD, shared a call for authors pertaining to fortification that may be of interest to NCC members:

The World Health Organization (WHO) is currently working on the update of global guidelines on fortification of rice with vitamins and minerals as part of public health programs. Rice annual production and consumption is around 450 million tons and provides more than half of the daily energy and protein intake for 3 billion people worldwide. Food fortification is recognized as an effective way to deliver micronutrients, providing meaningful amounts of nutrients at regular consumption portions of the food vehicle. Since rice is produced and consumed in developing countries and constitute a main source of calories and proteins, it complies with the requirements to be considered as a vehicle for food fortification programmes.

In addition to an ongoing Cochrane systematic review on the nutritional and health effects of rice fortification in public health, the Evidence and Programme Guidance Unit at the Department of Nutrition for Health and Development, is seeking to commission nine review papers on several topics related to rice production, processing, consumption and fortification. Please see link below for the list of topics.

Suitable authors, working independently or as part of working teams, can submit their letter of interest by sending an email to WHO at micronutrients@who.int no later than Friday, 22 June, 2012.

More information is available at:

http://www.who.int/nutrition/callforauthors_fortification_rice_vitamins_minerals/en/index.html

2. A draft report from the Department of Nutrition for Health and Development within the World Health Organization pertaining to the area of micronutrients is now available. More information can be found online: <http://www.who.int/vmnis/en/>
3. Dr. Raiten reminded the NCC that the Inflammation and Nutritional Science for Programs/Policies: Interpretation of Research Evidence (INSPIRE) workshop

will be held November 28-30, 2012 in Bethesda. Contact Dr. Raiten if you would like to be involved.

NIH Health and Wellness Council (HWC) Updates

The last meeting of the NIH Health & Wellness Council was held on June 6th. During the meeting, Ms. Nellie Washington, MSHCA, MPH, the Wellness Program Manager from the Defense Information Systems Agency (DISA) provided an overview of the DISA Civilian Fitness and Wellness Program initiative. It is one of the most comprehensive wellness programs within the Federal Government. One of the hallmarks of the program is the ability of employees to take three hours of duty time to engage in a wellness/fitness related activity each week.

NEXT NCC MEETING

The next regularly scheduled NCC meeting will be on September 6, 2012. If members identify a need for an interim meeting, it will be scheduled on an ad hoc basis.

ADJOURNMENT

The meeting was adjourned at 4:03 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for June 7, 2012

Appendix B: NIH NCC Meeting Attendees for June 7, 2012

APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING AGENDA

Thursday, June 7, 2012

2:00 – 4:00 pm

Rockledge 2, CR#9100-9104

1. **Welcome**.....Van Hubbard
2. **Approval of Minutes of May 3 , 2012 Meeting**Van Hubbard
3. **Promoting Sustainable Behavior Change & Maintenance:
Perspectives from Self-Determination Theory**.....Heather Patrick, NCI
4. **ODPHP Update**.....Holly McPeak, ODPHP
5. **ODS Update**Cindy Davis, ODS
6. **RCDC Update on Nutrition Fingerprint**.....Karen Regan, DNRC/ODS
7. **The Surgeon General’s Call to Action to Support Breastfeeding:
National Research Consortium
Breastfeeding Workgroup Update**.....Larry Grummer-Strawn, CDC
8. **Reports from NCC Members and Liaisons** NCC Members
9. **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

10. Next Meeting – September 6, 2012

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

APPENDIX B: NCC MEETING ATTENDEES FOR JUNE 7, 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	J Milner		S Ross	H Patrick
NHLBI	K McMurry			J Boyington; A Ershow; C Pratt
NIDCR	M Cutting			
NIDDK	R Kuczmariski			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
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			
CSR		R Garofalo		
NLM		M Corn		
OBSSR	D Sampson			
ODS			C Davis	S Chablaney; B Sorkin
OD/ODP		B Portnoy		W Peterman Cross
PRCC		D Stredrick		
AGENCY LIAISONS				
AHRQ		I Mabry-Hernandez		
CDC/NCCDPHP	K Scanlon			L Grummer-Strawn
CDC/NCHS		C Johnson	L Borrud	
FDA	M Poos			J Leighton
HRSA	M Lawler			
IHS		T Brown		
ODPHP	H McPeak		R Olson	K Butner; A Mosher
USDA/ARS		D Klurfeld		A Yates
USDA/NIFA		D Toombs		

Agencies, Institutes, Centers, and Divisions	Members Present	Members Absent	Alternates Present	Other Individuals Present
DOD		K Friedl		

Guests: Joanne Spahn (USDA/CNPP/NEL); Julie Obbagy (USDA/CNPP/NEL)

DNRC: Y Chow; R Fisher; J Krebs-Smith; C McDade-Ngutter; M McDowell; K Regan