

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

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

May 3, 2012 2:00 – 4:00 PM

WELCOME

Dr. Pam Starke-Reed, Deputy Director, NIH Division of Nutrition Research Coordination (DNRC), convened the meeting at 2:05 PM and welcomed participants. Phone participants included the following: Dr. Mary Cutting, NIH NIDCR; Dr. Van Hubbard, NIH DNRC; Ms. Joanne Karimbakas, NIH NIDDK; Dr. David Klurfeld, ARS USDA; Ms. Michelle Lawler, HRSA; Dr. Megan Miller, NIH NIDDK; Dr. Dan Raiten, NIH NICHD; Dr. Kelley Scanlon, CDC; CAPT Will Watson, USUHS; and Dr. Andrew Young, DoD. The agenda for the meeting is provided as Appendix A and the list of attendees is provided as Appendix B.

Dr. Pam Starke-Reed announced that Dr. Sooja Kim, the long-time representative from CSR, has recently retired. Dr. Robert S. Garofalo will be the new member from CSR.

APPROVAL OF MINUTES FROM THE APRIL 5, 2012 NCC MEETING

Minutes from the April 5, 2012 NCC meeting had previously been sent to NCC members via email. Dr. Starke-Reed asked if there were any other corrections to the minutes. There were none. Dr. John Milner, NIH National Cancer Institute (NCI), made a motion to approve the minutes, and Dr. Barry Portnoy, NIH Office of Disease Prevention (ODP), 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.

LONG-TERM RECOVERY FROM TRAUMATIC BRAIN INJURY AND NUTRITION

Before starting the presentation, Dr. Linda Meyers informed the NCC that the Institute of Medicine (IOM) report, [Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation](#), would be released on May 8, 2012 and available for download on the IOM website.

Dr. Meyers and Dr. Maria Oria, IOM, shared a proposal to examine and make recommendations about the role of nutrition approaches in promoting long-term recovery from traumatic brain injury (TBI). Interest in this project stems from a 2011 IOM report funded by the Department of Defense, [Nutrition and Traumatic Brain Injury – Improving Acute and Subacute Health Outcomes in Military Personnel](#). During the

development of this report, it became clear that looking at long-term effects of nutrition and TBI was important.

TBI is the beginning of an ongoing process that affects multiple organ systems and may cause or accelerate other diseases and disorders. Of particular concern are mild, recurrent injuries that may not receive immediate treatment. Such cases may not be recognized at the time of injury yet symptoms can develop later when the critical window for intervention has been missed. Some of the long-term effects of TBI can include cognition problems, neurological disorders, neurodegenerative disorders, endocrine dysfunction, psychiatric and psychological diseases, and non-neurological disorders such as sexual dysfunction and bladder and bowel incontinence. Previous research regarding creatine and depression, creatine and cognition, ketogenic diet and seizures, vitamin D and cognition, and curcumin and repair mechanisms provide some indications that nutrition may benefit TBI.

Dr. Oria outlined the specific tasks listed in the proposal. These tasks include reviewing alterations in metabolism associated with TBI, assessing nutrition interventions that could enhance or impair recovery from long-term health disorders, identifying research gaps in promising areas, and providing guidance on how to encourage the adoption of recommendations through clinical guidance and consumer education.

Dr. Oria and Dr. Meyers encouraged feedback from NCC members regarding the outlined approach. Additional thoughts raised by NCC members included the need to understand nutrition in normal brain function as well as the role that nutrients can play in providing resiliency to injury. Dr. Van Hubbard, DNRC, mentioned a presentation at the 2012 Experimental Biology conference by Dr. Michael Schwartz, University of Washington, that highlighted an inflammatory response in the brain in association with the development of obesity in the dietary-induced obese rodent model and suggested that crosstalk across disciplines could be very helpful.

Dr. Starke-Reed asked NCC members to indicate interest in this project by sending her an email along with any additional thoughts. IOM also welcomes participation as sponsors.

CVD LIFESTYLE AND OBESITY GUIDELINES METHODOLOGY: BACKGROUND FOR UPCOMING REVIEW

Ms. Janet de Jesus and Ms. Kathryn McMurry provided an overview of the systematic review methodology being used for the NHLBI-sponsored updates of cardiovascular risk reduction guidelines. Expert panel draft reports on cholesterol, blood pressure, and

obesity and related lifestyle (nutrition and physical activity) and risk assessment reports will be available for review on a rolling basis over the next few months. A rigorous systematic review process has been applied to each area, including identification of critical questions, a priori inclusion/ exclusion criteria for studies, quality rating of studies, and grading of strength of recommendations. Also, a new National Program to Reduce Cardiovascular Risk (NPRCR) has been initiated to engage partners in collaborating on efforts to reduce CVD risk, including implementing the guidelines.

The new NHLBI-sponsored guidelines will translate research into a form that is useful in clinical practice and they will have a major impact on the health of the nation. More information is available at http://www.nhlbi.nih.gov/guidelines/cvd_adult/background.htm

ODPHP UPDATE

Ms. Rachel Hayes gave an update on ODPHP activities. However, Ms. Hayes announced that this will be her last NCC meeting as a member of the ODPHP team. She has accepted a position with the USDA Food and Nutrition Service, so this will be her last month at HHS. The NCC wishes her well in her new role.

Dietary Guidelines, 2015:

Planning and preparation for the 2015 Dietary Guidelines is underway. ODPHP is meeting with the USDA Center for Nutrition Policy and Promotion on a monthly basis to discuss groundwork and parameters. In general, the hope is that a Dietary Guidelines Advisory Committee will be convened in early 2013. The question raised by the 2010 Dietary Guideline Advisory Committee and others as to providing comparable guidance for the age group of 0 – 2 years has also been under discussion. A final decision has not been made on when or how the 0-2 year-old population will be addressed.

Dietary Guidelines, 2010 Communications:

Six 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.

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 topic is *Effective strategies for achieving the PAG among youth and young adults* and the report will aim to identify intervention strategies that have been shown to be effective in increasing physical activity among children and young adults.

Dietary Reference Intakes

The US and Canadian DRI Steering Committees have been moving forward to develop a process for DRI reviews. Both steering committees will be meeting the last week of May, and the process will be presented to the Food and Nutrition Board in June.

COMMON FUND & NUTRITION

As a follow-up to the discussion held last month, Dr. Pam Starke-Reed reminded the NCC that a subcommittee to work on a nutrition-focused initiative for the Common Fund is being formed. If you are interested in being part of this subcommittee, please contact Dr. Starke-Reed (starkep@mail.nih.gov). So far, Dr. Starke-Reed has received several ideas for potential programs on the topics of inflammation, integration of biological systems and program policies (how to integrate nutrition into all aspects of prevention and treatment), and diet/host interactions and transgenerational impacts of ingestive behaviors.

REPORTS FROM NCC MEMBERS AND LIAISONS

- Dr. Sharon Ross, NCI, announced that the executive summary from the meeting held last November on nanotechnology, *Using Nanotechnology to Improve Nutrition through Enhanced Bioavailability and Efficacy*, will be available next week.
- As a follow-up to the announcement made by Dr. Ross, Dr. Mary Poos, FDA, mentioned that FDA released two draft guidance documents on April 20th that address the use of nanotechnology by the food and cosmetics industries. More information is available at:
<http://www.fda.gov/ScienceResearch/SpecialTopics/Nanotechnology/ucm301093.htm>
- Dr. John Milner, NCI, informed the NCC that he took part in a meeting held before EB on building partnerships between industry and government. Other participants included food industry representatives; Dr. Peter Greenwald, Director of the Division of Cancer Prevention at NCI; Ms Kathryn McMurry, NHLBI; Dr. Van Hubbard, DNRC; Dr. Catherine Woteki, USDA Chief Scientist and Under Secretary for Research, Education, and Economics; and Dr. Molly Kretsch, USDA Agricultural Research Service.
- Dr. Milner, NCI, also announced that the next webinar in the Nutritional Science Research Group's "Frontiers in Nutrition and Cancer Prevention: Online CME Series" will be on probiotics. The webinar will be available in June. For more information and for the specific date, visit
<http://dcp.cancer.gov/programs-resources/groups/ns/webinars/>

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 dietary guidance reviews since the April NCC meeting. Both of the submissions focused on reducing dietary sodium intakes, thus reflecting major consumer awareness, education and communication efforts on the part of the two agencies. The NES reviewers provided constructive comments and suggestions on the following materials:

1) **FDA/CFSAN** developed a 4-page fact sheet entitled “*Sodium and Your Diet Food Facts*” and advertisement graphic entitled “*Sodium: Don’t Blame the Salt Shaker*” to provide consumers with information about dietary sodium. The purpose of the materials is to inform consumers about the importance of reducing sodium intakes to improve health and to increase consumer awareness of the major sources of sodium in our diet. Specifically, that on average, 75% of our daily sodium intake comes from processed and restaurant foods--not the salt shaker. The fact sheet provides consumers with several tools and information resources they can use to identify high sodium foods and reduce dietary sodium intakes. A multi-media campaign featuring web-based and printed media is planned.

2) **CDC** developed a series of fact sheets as a means of providing consumers with information about dietary sodium and practical approaches to reduce dietary sodium consumption. The “*Get the Facts*” series consists of five, 2-page fact sheets as follows:

- i. *Sources of Sodium in Your Diet*- This fact sheet provides an overview of the major sources of dietary sodium.
- ii. *The Role of Sodium in Your Food*- This sheet highlights the role of sodium-containing salts in food processing, preservation, and marketing.
- iii. *Sodium and the Dietary Guidelines*- The 2010 Dietary Guidelines sodium recommendations are discussed in this fact sheet. Tips for reducing dietary sodium intakes are also provided.
- iv. *Sodium’s Role in Processed Food*-This fact sheet focuses on sodium-containing ingredients found in many processed foods, practical strategies consumers can use to determine the sodium content of foods, and prepare tasty lower sodium foods at home.
- v. *Salt adds up quickly; How does your sandwich stack up on sodium?*- A one-page visual was developed to show how quickly the sodium content of a sandwich adds up from the bread, filling, and condiment components.

International Subcommittee Information

Dr. Dan Raiten, NICHD, announced plans for a workshop on inflammation, INSPIRE, that will be held November 28-30, 2012 in Bethesda. Contact Dr. Raiten if you would like to be involved.

HNRIM Update

HNRIM FY 2011 nutrition projects are now ready for coding and coding should be completed by May 18th. The HNRIM team would like to give a special thanks to FIC, NCCAM, NIAAA, and NIDCD for completing their HNRIM coding in record time. If anyone has questions about the HNRIM coding process, they should contact Jim Krebs-Smith or Karen Regan. The new HNRIM public website (hnrим.nih.gov) is in the final stages of development and will be rolled out within the next several days.

NIH Health and Wellness Council (HWC) Updates

The last meeting of the NIH Health & Wellness Council was held on May 2nd. The R&W fitness center is working with the Council on a heart-walk stencil project. A 7-inch stencil with a red heart will be placed around the interior and exterior of the NIH campus every 0.1 miles to let employees track how far they are walking. The Council is also working on a new wellness website that will provide resources to the NIH community as well as to the public. The site will launch later this summer.

NEXT NCC MEETING

The next NCC meeting will be on June 7, 2012.

ADJOURNMENT

The meeting was adjourned at 4:00 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for May 3, 2012

Appendix B: NIH NCC Meeting Attendees for May 3, 2012

APPENDIX B: NCC MEETING ATTENDEES FOR MAY 3, 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
NHLBI	K McMurry		J de Jesus	A Ershow
NIDCR	M Cutting			
NIDDK	R Kuczmariski			P Maruvada; M Miller; J Karimbakas
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		
NIDCD		B Wong		
NIMH		M Chavez		
NIMHD		D Tabor		
NIDA		G Lin		
NIAAA	R Breslow			
NINR		P Cotton		
NCCAM	L Duffy			
NCRR		K Arora		
FIC		M Levintova		
NHGRI		S Basaric		
NIH LIAISONS				
CC	A Courville			T Psota
CIT		J Mahaffey		
CSR		R Garofalo		D Camp
NLM		M Corn		
OBSSR		D Sampson		
ODS				B Costello
OD/ODP	B Portnoy			
PRCC		D Stredrick		
AGENCY LIAISONS				
AHRQ		I Mabry-Hernandez		
CDC/NCCDPHP	K Scanlon			
CDC/NCHS	C Johnson			
FDA	M Poos		S Blakely	
HRSA	M Lawler			
IHS		T Brown		
ODPHP		R Olson	R Hayes	

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

Guests: Dr. Anastasia Bodnar (NIH OD); Dr. Linda Meyers (IOM); Dr. Maria Oria (IOM), Ms. Laura Pillsbury (IOM); Joanne Spahn (CNPP, USDA);

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