

**MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC)  
MEETING, NATIONAL INSTITUTES OF HEALTH (NIH)  
Rockledge 2, Conference Room 9100-1904, Bethesda MD  
September 2, 2004, 2:00-4:15 PM**

**WELCOME**

Dr. Pamela Starke-Reed, Deputy Director, Division of Nutrition Research Coordination (DNRC), convened the NCC Meeting at 2:00 PM and welcomed the participants. The agenda for the meeting is provided as Appendix A, and the list of attendees is provided as Appendix B. Dr. Starke-Reed announced that the DNRC Secretary, Ms. Sharon Frazier, will be retiring; her last day in the office will be September 3, 2004. Dr. Starke-Reed introduced the new DNRC secretary, Ms. Linda Somuah, and also Ms. Terri Holmes who will also be joining the DNRC. Participants introduced themselves including Dr. Jerry Heindle, National Institute of Environmental Health Sciences (NIEHS) in Triangle Park, North Carolina and Tammie Brown, Indian Health Service (IHS) in Albuquerque, New Mexico, who were participating via teleconference.

**APPROVAL OF MINUTES FROM THE JULY 1, 2004 NCC MEETING**

Minutes from the July 1, 2004, NCC Meeting had previously been sent to NCC members via email. Dr. Hubbard, Director DNRC, asked if there were any corrections to the minutes. There were none. Dr. John Milner, National Cancer Institute (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 previous NCC Meetings.

**NUTRITION AND METABOLISM RESEARCH AT THE DEPARTMENT OF DEFENSE (DoD)**

COL Karl Friedl, PhD, Commander of the US Army Research Institute for Environmental Medicine (USARIEM) in Natick, Massachusetts, provided a brief history and overview of current research in nutrition and metabolism at USARIEM and across the DoD. USARIEM employs about 170 researchers and support staff of whom about 50 are military personnel. Much of the nutrition work done by USARIEM is in collaboration with researchers in other organizations. The USARIEM facility allows for the study of various stressors that soldiers may encounter in the field; the stressors include temperature and altitude extremes, physical work, energy deficit, oxidative and inflammatory stressors, neurotoxic chemicals, sleep deficit, and anxiety and fear. Examples of the type of research conducted at USARIEM include the development of light-weight, low volume rations for soldiers and the identification of dietary supplements (e.g., tyrosine, carbohydrate, caffeine) to improve physical task performance. Future projects include the determination of protein requirements to sustain mental performance with hypocaloric rations, the development of effective weight management strategies to enhance soldier readiness, and the exploration of nutrient partitioning strategies to metabolize fat and preserve lean tissues. The Food and

Nutrition Board of the National Academy of Sciences has a standing Committee on Military Nutrition Research, that continues to provide guidance for nutrition research within the DoD. This Committee has recently issued the publication, *Monitoring Metabolic Status. Predicting Decrements in Physiological and Cognitive Performance*. Copies of the publication were distributed to attendees, and additional copies are available from COL Friedl ([karl.friedl@us.army.mil](mailto:karl.friedl@us.army.mil)) upon request.

CAPT Shirley Blakely, PhD, RD, Food and Drug Administration (FDA) on detail with the Military Nutrition Division, USARIEM, Natick, Massachusetts, discussed the DoD's obesity initiative and potential opportunities for DoD to interact with other organizations with regard to obesity activities. The DoD Nutrition Committee has developed a draft comprehensive *Obesity and Weight Management Action Plan* to combat the obesity epidemic among active duty uniformed service members, families, and retirees. The purpose of this Action Plan is to adopt the best practices and provide for standardization across the various uniformed services. The Plan contains a number of educational and service action items and touches on every aspect of life in the uniformed services including TRICARE services, grocery and nutritional supplement stores, garrison food service units and restaurants on military installations, as well as military training programs for commissioned and noncommissioned officers. It also calls for more nutrition and fitness and weight management education for primary care providers. Finally, recognizing that much more can be accomplished through partnerships, the Plan includes two areas for partnerships, FDA's *Calories Count Initiative* and the Veterans Administration's *MOVE! Program*. The Action Plan is still in draft form and will be discussed at upcoming DoD Nutrition Committee meetings.

COL Gaston Bathalon, PhD, RD, Military Nutrition Division, USARIEM, Natick, Massachusetts, provided an overview of weight loss research efforts within the Department of the Army and across the DoD. These efforts encompass policy development and guidance, weight control program effectiveness, and weight loss/maintenance strategies. AR 600-9, The Army Weight Control Program, establishes age and gender adjusted weight-for-height tables and body fat standards. Recently, they identified 11% and 22% of active duty male and female soldiers, respectively, as being noncompliant with AR 600-9. Reducing Army body fat standards to be the most stringent across DoD increases the prevalence of noncompliance to 26% and 40% for male and female soldiers indicating that setting Army weight control policy is complex. A further consideration is the accuracy of equations used to predict body fat as overfat soldiers lose body weight. Unique aspects of controlling body weight for soldiers emphasizing weight loss behaviors were discussed. An Army specific web-based weight management site, developed by the Pennington Biomedical Research Center, Baton Rouge, Louisiana, was presented along with the implementation strategy for active duty and reserve soldiers. That soldiers continue to be separated from active Army service underscores the importance of USARIEM weight loss studies.

## **FDA RESPONSE TO LOW CARBOHYDRATE CLAIMS**

Dr. Kathleen Ellwood, FDA, provided an overview of the FDA proposed actions concerning label claims for carbohydrate content on packaged foods. Currently the carbohydrate-related claims on food products are unauthorized. FDA has received six industry petitions and one citizen petition requesting FDA to establish regulations for carbohydrate claims on foods. FDA has developed a proposed regulation, which is currently going through internal review, and will be published in the *Federal Register* in the fall. It will contain definitions for “low,” “free,” “reduced,” and “light” carbohydrate. There will also be an Advanced Notice of Proposed Rulemaking requesting comments about “net carbohydrate” and about definitions for “good” and “excellent” sources of carbohydrate. FDA has completed some focus group research with consumers regarding label terms for carbohydrate, and the data from the focus group research are being evaluated.

## **UPDATE OF THE DIETARY GUIDELINES ADVISORY COMMITTEE REPORT AND THE PROCESS FOR DEVELOPING POLICY AND PUBLIC DOCUMENTS FOR THE 2005 DIETARY GUIDELINES FOR AMERICANS**

Dr. Eric Hentges, US Department of Agriculture (USDA) Center for Nutrition Policy and Promotion (CNPP) and Ms. Kathryn McMurry, Department of Health and Human Services (DHHS) Office of Disease Prevention and Health Promotion (ODPHP), provided an update on activities relating to the *2005 Dietary Guidelines for Americans*. The Dietary Guidelines Advisory Committee (DGAC) had their fifth and last meeting on August 11, 2004 at the Omni Shoreham Hotel in Washington DC, and the final draft DGAC Report was submitted to the Secretaries of DHHS and USDA on August 23, 2004. On August 27, 2004, a *Federal Register* notice from DHHS and USDA announced the availability of the *DGAC Report on the 2005 Dietary Guidelines for Americans*; solicited written comments on the report; and provided notice of a public meeting to solicit oral comments on the report. The Report is available electronically at [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines) or in hard copy for viewing at DHHS, ODPHP, Suite LL100, 1101 Wootton Parkway, Rockville MD 20852. Written comments may be submitted at [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines) or mailed to Ms. McMurry, DHHS, ODPHP, 1101 Wootton Parkway, Suite LL100, Rockville MD 20852, and must be received by 5 PM EDT on September 27, 2004. The public meeting will be held on September 21, 2004 in the Small Auditorium of the Hubert H. Humphrey Building, 200 Independence Avenue SW, Washington DC 20201 beginning at 9 AM EDT. Requests to present oral testimony must be received by 5 PM EDT on September 14, 2004. Contacts for additional information are DHHS Co-Executive Secretary Ms. McMurry, DHHS ODPHP, 240 453-8272 and USDA Co-Executive Secretaries, Ms. Carole Davis, USDA CNPP, 703 305-7600 and Dr. Pamela Pehrsson, USDA Agriculture Research Service (ARS), 301 504-0716.

The DGAC report will be reviewed by agencies within DHHS and USDA during September 2004. Selected members from DHHS and USDA agencies will develop a policy document from the DGAC report, and this policy document will

be peer reviewed by a small group of DHHS and USDA representatives. An Executive Committee of four senior level scientists and policy officials each from DHHS and USDA has been established. There will be two subcommittees, one for writing the document and one for extracting comments concerning the implications of the policy. Some NCC members may be called upon to serve on the subcommittees. Public release of this policy document is scheduled for early 2005.

Dr. Hubbard said that he would disseminate the DGAC Report to NCC members and asked that they review it for any scientific inaccuracies. He asked that NCC members look to see that both sides of various issues are presented fairly so that the conclusions are accurate. Dr. Hubbard will arrange for meetings and conference calls regarding the review of the DGAC Report. There was some discussion about the need to continue to recruit good scientists for the DGAC considering the time requirements and the unfavourable press.

### **UPDATE OF THE US FOOD GUIDANCE SYSTEM**

Dr. Hentges provided an update of the work being done to revise the US food guidance system. A *Federal Register* notice, released in July 2004 asked for comments regarding the communication and education of food guidance information as well as potential changes to the food guidance graphic. There was a 45-day comment period for this notice, and a public meeting was held in Washington DC on August 19, 2004. There were 27 presentations at the public meeting and over 400 submissions of comments. The comments will be posted on the CNPP website. DHHS provided a coordinated written response to the *Federal Register* notice; the NIH comments were coordinated through the DNRC.

Ms. McMurry noted that the communications research regarding nutrition education materials is ongoing. Some consumer education materials will be available with the January 2005 release of the *Dietary Guidelines* document. She noted that this is a difficult time for the review of government nutrition education materials because of the transition from the 2000 to the 2005 *Dietary Guidelines* and she requested that development of new materials be delayed, if possible.

Dr. Hentges noted that information on the USDA Food and Nutrition Information Center (FNIC) website will be moved to the website called nutrition.gov. Nutrition.gov is a federal website supported by USDA. For information about this website and the efforts to coordinate DHHS and USDA materials on it, contact Mr. Dennis Smith, FNIC Coordinator, USDA (301 505-5414; dsmith@nal.usda.gov).

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

Dr. Paul Coates, Director ODS, provided an update of ODS activities. ODS is announcing the release of an updated user interface to its bibliographic database called IBIDS. As a reminder, this database was developed in collaboration with the USDA National Agricultural Library (NAL), and currently includes citations for nearly 750,000 references in the world dietary supplement literature since 1986. IBIDS is accessible via the ODS website or the NAL website.

The second round of evidence reports on omega-3 fatty acids and a number of health conditions, sponsored by ODS and conducted by evidence-based practice centers under contract to the Agency for Healthcare Research and Quality (AHRQ) are due to be released in draft form over the next month. The topics included in this series are: mental health, child and maternal health, neurology (except stroke, which was covered in a report last year), transplantation, cancer, and eye health. Those interested in reviewing any of these draft reports, should contact Dr. Anne Thurn in ODS. The final reports are scheduled for release in early 2005.

The latest version of the *ODS Annual Bibliography of Significant Advances in Dietary Supplement Research for 2003* is scheduled for release at the upcoming American Dietetic Association Conference in October 2004. Several NCC members (Drs. Jean Pennington, Pamela Starke-Reed, Peter Preusch, David Lathrop, and Sharon Ross) served as reviewers of this effort, for which ODS is grateful. The *Bibliography* will be placed on the ODS website and hard copies will be made available upon request to Dr. Becky Costello or Dr. Leila Saldanha at ODS.

The National Heart, Lung, and Blood Institute (NHLBI) and ODS are jointly organizing a workshop related to dietary supplements and anticoagulants to be held in January 2005. The organizers are seeking additional programmatic input and co-sponsorship for this workshop. Further information is available from Dr. Johanna Dwyer or Dr. Becky Costello in ODS.

The Director of ODS, along with the Director and Chair of the Food and Nutrition Board, and Senator Tom Harkin (D-Iowa), received a *Plea concerning oral vitamin C/RDA for vitamin C*, calling for the NIH to correct misinformation about oral vitamin C and for the government to re-evaluate the RDA for vitamin C. ODS has asked Dr. Hubbard and DNRC to coordinate the NIH response to this request.

#### **REPORTS FROM NCC MEMBERS AND LIAISONS**

Dr. Joan McGowan, National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), noted that the *Surgeon General's Report on Bone Health and Osteoporosis* will be available by mid- or late September 2005. This Report is meant to encourage the public to adopt better actions or habits to improve their bone health. The Report focuses on physical activity, calcium, and vitamin D and also on attention to risk factors for preventing osteoporosis. The Report will be accompanied by a version for the public, and all of the materials will be available at the Surgeon General's Website (<http://www.surgeongeneral.gov/>).

Dr. Hubbard noted that the National Academy of Science's *Report on Prevention of Childhood Obesity* is scheduled for release at the end of September 2004.

Dr. John Milner, NCI, distributed a flyer concerning a seminar on September 20, 2004 from 4-6 PM in the Lipsett Amphitheater, Building 10 of the NIH Main

Campus in Bethesda, Maryland. Dr. Ron Evans from the Gene Expression Laboratory at the Salk Institute in La Jolla, California will present *Nuclear Receptors and the Complex Journey to Obesity*.

Dr. Sue Yanovski, NIDDK, announced that the next meeting of the NIDDK Clinical Obesity Research Panel (CORP) will be Tuesday, September 21, 2004 from 8:30 AM to 4:00 PM in the Natcher Building, Room D, on the NIH Campus in Bethesda, Maryland. The topic for this meeting is the *Treatment of Childhood Obesity*. Those interested in attending should RSVP to Janet Ganak at 240 744-7024.

The *USDA Obesity Prevention Conference* will be held on October 25-27, 2004 at the Hyatt Regency in Bethesda, Maryland. This Conference is co-sponsored by NIH, the Centers for Disease Control and Prevention (CDC), FDA, and the National Science Foundation (NSF). Information is available from Dr. Steve Crutchfield, Special Assistant to the Undersecretary for Research, Education, and Economics at USDA (202 720-3282; [steve.crutchfield2@usda.gov](mailto:steve.crutchfield2@usda.gov)).

#### **UPDATE OF DNRC ACTIVITIES**

There was not time for reporting DNRC activities. The following is an update of the Nutrition Education Subcommittee.

Dr. Jean Pennington, DNRC, provided an update of the activities of the NIH Nutrition Education Subcommittee (NES). For 2004, the NES has received 24 documents for review (12 from NIH, four from DHHS, three from CDC, two from Health Research and Services Administration (HRSA), two from USDA, and one from the Administration on Aging (AOA)). Documents reviewed or under review since the last NCC meeting include:

- *2005 Women's Health Daybook* (DHHS Office of Women's Health)
- *How to Use Fruits and Vegetables to Help Manage Your Weight* (CDC)
- *Community Resource Toolkit for Physical Activity and Healthy Eating* (HRSA)
- *Healthy Lifestyles: A Family Affair! Help Your Child Grow up Healthy and Strong* (DHHS)
- *Your Health is Golden! Heart Health Community Activities for Vietnamese* (NHLBI)
- *Does Your Health Care Team Know What Supplements You are Taking? It Matters and Here's Why* (ODS)

#### **NEXT NCC MEETING**

The next NCC Meeting is scheduled for November 4, 2004.

#### **ADJOURNMENT**

The meeting was adjourned at 4:15 PM.

#### **LIST OF APPENDICES**

Appendix A - NIH NCC Meeting Agenda for September 2, 2004

Appendix B - NCC Meeting Attendees for September 2, 2004

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**APPENDIX A. NIH NCC MEETING AGENDA FOR SEPTEMBER 2, 2004**  
2:00-4:00 PM, Rockledge 2, Conference Room 9100-9104, Bethesda MD

1. **Welcome**.....Van Hubbard
2. **Approval of July 1, 2004 NCC Meeting Minutes**.....Van Hubbard
3. **Nutrition and Metabolism Research at DoD**.....Karl Friedl,  
Gaston Bathalon, and Shirley Blakely
4. **FDA Response to Low Carb Claims**.....Kathleen Ellwood
5. **Update of the Dietary Guidelines Advisory Committee**...Kathryn McMurry  
and Eric Hentges
6. **Process for Development of Policy and Public Documents for the  
Dietary Guidelines for Americans**.....Kathryn McMurry and Eric Hentges
7. **Update of the US Food Guidance System**.....Eric Hentges
8. **Nutrition.GOV**.....Kathryn McMurry and Eric Hentges
9. **Update from the NIH Office of Dietary Supplements**.....Paul Coates
10. **DNRC Activities Update**  
Nutrition Education Subcommittee.....Jean Pennington  
Subcommittee on International Nutrition Research.....Daniel Raiten  
HNRIM .....Jim Krebs-Smith
11. **Reports from NCC Members and Liaisons**.....NCC Members
12. **Next Meeting: tentatively November 4, 2004**.....Van Hubbard
13. **Adjournment**.....Van Hubbard

**APPENDIX B. NCC MEETING ATTENDEES FOR SEPTEMBER 2, 2004**

	<b>Members Present</b>	<b>Members Absent</b>	<b>Alternates Present</b>
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**Chairperson:** V Hubbard

**NIH Members:**

NCI	J Milner		
NHLBI	D Danford		
NIDCR		R Nowjack-Rayner	
NIDDK	C Miles		S Yanovski
NINDS	M Mitler		
NIAID		M Plaut	
NIGMS		S Somers	
NICHD		G Grave	
NEI		N Kurinij	
NIEHS		E Maull	
NIA	J Finkelstein		
NIAMS	J McGowan		
NIDCD		B Wong	
NIMH		P Muehrer	
NIDA		G Lin	
NIAAA		V Purohit	
NINR		Y Bryan	
NCCAM		M Klein	
NCRR	S Kayar		
FIC		N Tomitch	
NCHGR		K DeLeon	

**NIH Liaison Members:**

CC	N Sebring		
CIT		J Mahaffey	
CSR	S Kim		
NLM		S Phillips	
OBSSR	D Olster		
OC		M Stern	
ODS	P Coates		B Costello
OD/ODP	B Portnoy		
OLPA			
ORWH			
PRCC		M Vogel-Taylor	

**Agency Liaison Representatives:**

CDC/NCCDPHP		D Galuska	
CDC/NCHS		V Burt	C Johnson S Blakely
FDA	K Ellwood		
HRSA		M Lawler	
IHS	T Brown		
ODPHP	K McMurry		
USDA		M Kretsch	D Klurfeld
DoD	K Friedl		

**DNRC:** S Frazier, T Holmes, J Krebs-Smith, J Pennington, K Regan, L Somuah, P Starke-Reed

**Guests:** R Ballard-Barbash (NCI), G Bathalon (DoD), J Charles-Azure (IHS), C Davis (CNPP, USDA), C Davis (NCI), J Dwyer (ODS), A Ershow (NHLBI), E Hentges (CNPP, USDA), J Heindle (NIEHS), S Krebs-Smith (NCI), T Kemmer (USUHS), R Kuczmarski (NIDDK), M Laughlin (NIDDK), S Percival (NCI), MF Picciano (ODS), S Ross (NCI), L Saldana (ODS), K Stitzel (ODPHP), R Trioano (NCI), J Weber (ODPHP), A Yaroch (NCI)