

Nutrition Coordinating Committee (NCC) Meeting Minutes May 3, 2001

WELCOME

Dr. Van Hubbard, Director of the NIH Division on Nutrition Research Coordination (DNRC), convened the NCC meeting at 2:05 p.m., and welcomed the participants. The list of attendees follows these minutes.

MINUTES FROM THE MARCH 1, 2001 NCC MEETING

Dr. Joan McGowan, National Institute of Arthritis, Musculoskeletal, and Skin Diseases (NIAMS), moved to approve the March minutes and Dr. Susan Yanovski, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), seconded the motion. Dr. Hubbard noted that the minutes of NCC meetings are posted on the DNRC Website, <http://dnrc.nih.gov> (without attachments, unless the attachments are in electronic form).

UPDATE OF DNRC ACTIVITIES

Mr. Jim-Krebs Smith, DNRC, reported that most ICS had submitted their FY 2000 data for the HNRIM system and data entry, review and confirmation was progressing. He encouraged those who had not yet submitted data for their IC to do so within the next two weeks. Several minor problems with various modules of the redesigned system have delayed finalization of some IC submissions, and efforts to resolve these are continuing. Mr. Krebs-Smith reminded members that ODS will again review all HNRIM projects for dietary supplement-related coding, and that this coding will be used to identify projects for inclusion in the ODS CARDS database.

NUTRITION EDUCATION

Dr. Jean Pennington, DNRC, provided an update of the work of the NCC Nutrition Education Subcommittee (NES). Since the beginning of 2001, the NES has reviewed eight documents. Most recently, the NES completed reviews for two fact sheets developed by the NIH Clinical Center and Office of Dietary Supplements (ODS), one on "Vitamin A and Carotenoids" and the second on "Zinc." These fact sheets were updated to be consistent with the most recent Dietary Intake References (DRIs) provided by the Institute of Medicine (IOM). The NES also reviewed an NIDDK fact sheet, "Bacteria and Food Borne Illness," and a USDA poster entitled "It's Up to You!" which emphasized the Children's

Food Guide Pyramid and the Activity Pyramid. The NES reviewed an updated version of the Weight-Control Information Network (WIN) fact sheet on “Weight Cycling,” and forwarded the document to Kathryn McMurry for joint USDA/DHHS review.

The Society for Nutrition Education (SNE) is holding its annual meeting on July 20-24, 2001, in Oakland, California. The DNRC will be hosting a tabletop exhibit during the SNE Research Arena to distribute NIH nutrition education materials. Several institutes and offices have been requested to provide materials. Others interested may contact the DNRC.

18th REPORT

Dr. Starke-Reed has sent electronic copies of the draft of the scientific progress to be reported in the “18th Report of the National Institutes of Health Program in Biomedical and Behavioral Nutrition Research and Training.” This draft contains information about nutrition research submitted by NCC members (or their alternates) to Dr. Cummings, who organized and did a preliminary editing of the submitted information. Prior to finalization of the document, NCC members are asked to review and comment on the information relevant to their Institute/Center/Office on the subject of nutrition research.

HEALTH CLAIMS: UPDATE FROM THE FDA

Dr. Lynn Larsen, FDA, gave a brief presentation about “Health Claims on Foods.” He reported that twelve claims are authorized by regulation. One of these for stanol/sterols and coronary heart disease is authorized on an interim basis. Two claims are authorized for use under the authoritative statement procedures of the FDA Modernization Act (FDAMA). All fourteen of the authorized health claims are summarized in a chart of authorized claims on the FDA website. <http://www.cfsan.fda.gov/~dms/flg-6c.html>. Dr. Larsen noted that only one health claim (antioxidant vitamins and cancer) from the Pearson v. Shalala court case remained to be addressed, and he anticipated that a decision regarding that claim would be issued on May 4, 2001. For the five claims already reviewed under FDA’s Pearson implementation plan, FDA agreed to exercise enforcement discretion for a qualified health claim or a health claim with a disclaimer on dietary supplements for: folic acid and NTDs (a qualified claim alternative to the authorized claim), omega-3 fatty acids and coronary heart disease, and B vitamins and vascular disease. FDA will not exercise enforcement discretion for claims about fiber and colon cancer or Vitamin E and heart disease. (Note: On May 4, 2001, FDA announced that it will not exercise enforcement discretion for claims about dietary supplements about the antioxidants Vitamin C or Vitamin E, alone or in combination, and risk of certain kinds of cancer or individual cancers.) Letters relating to FDA decisions under Pearson can be found at <http://www.cfsan.fda.gov/~dms/ds-labl.html>. Other information on health claims can be found at <http://www.cfsan.fda.gov/~dms/hclaims.html> and <http://www.cfsan.fda.gov/~dms/flg-toc.html>.

NATIONAL ACADEMY OF SCIENCES DIETARY REFERENCE INTAKES (DRI) REPORT

Dr. Allison Yates reported on the status of DRI reports. Her handouts included: a brochure about DRIs (Food and Nutrition Board, Institute of Medicine (IOM), National Academy of Sciences (NAS) (Appendix A); two information sheets—one providing the new recommended intakes for Individuals for vitamins and elements, and one providing the upper levels (ULS) for vitamins and elements (Appendix B); a printed version of power point slides about the micronutrient report (Appendix C); and a two-page summary of the new report, “Proposed Definition of Dietary Fiber,” produced by the Panel on the Definition of Dietary Fiber, Standing Committee on the Scientific Evaluation of DRIs, Food and Nutrition Board, IOM (Appendix D). The Panel on Dietary Fiber reviewed the role of fiber in health. The panel met three times between December 2000 and February 2001, and held open meetings at two sessions. Since this is a proposed definition, comments are requested about the feasibility of utility of the proposed definitions. The full report is on their website at www.nas.edu/iom/fnb, and comments can be sent to fnb@nas.edu.

The panel has proposed a two-tier definition for fiber. The two definitions were as follows: dietary fiber (which is closely aligned with the consumers’ perception of dietary fiber) includes lignin and non-digestible carbohydrate that is intrinsic and relatively intact in a plant food product. Mechanically treated fiber would be included in this first definition, whereas fibers involving a chemical process would not. The second definition is as follows: added fiber includes non-digestible carbohydrates added to foods or concentrated and which has been shown to provide beneficial health effects. Examples of these health effects identified in the report include attenuating blood glucose, decreasing serum cholesterol, or having a laxative effect.

A question raised was how to analyze for fiber. Animal fibers (chitin, keratin) are included when dietary fiber (first definition) is measured and thus a small percentage of the total dietary fiber may be animal rather than plant. At this point, there is no methodology to separate the two when they are combined in a foodstuff. The panel also recommended that the old terminology of “soluble” and “insoluble” for fiber should be eliminated, with work toward characterizing viscosity and fermentability as replacements. The cereal industry has been involved in presenting their views to the panel, as were representatives of the American Association of Cereal Chemists, which recently released a definition for fiber. These were reviewed as part of the deliberations, as were the definitions from other countries, such as New Zealand, Australia, the United Kingdom, and the European Union. These are also described in the report. Questions were raised about genetically modified fiber. Once comments are considered, the final definition will appear as part of the macronutrient report currently in development.

Dr. Yates then discussed the recently released micronutrients report and referred to the handout of slides covering Vitamin A, Vitamin K, iron, zinc, copper, iodine, chromium, manganese, molybdenum, arsenic, boron, nickel, silicon, and vanadium (Appendix C). She emphasized that new data derived from children with marginal Vitamin A deficiencies showed that conversion of beta-carotene from foods to Vitamin A was much less than previously thought, and thus new equivalency factors were provided in the report (12:1 for beta-carotene to Vitamin A), necessitating a change in terminology from RE (Retinal Equivalents—based on 6:1) to Retinol Activity Equivalents—based on 12:1). It was also emphasized that the new UL for Vitamin A referred to preformed Vitamin A only (retinal, retinyl acetate, etc.) and was intended for normal, apparently healthy persons, and not for individuals who were marginally deficient (such as in some developing countries) or were under a physician's supervision and thus could be carefully monitored.

Dr. Yates also stated that the next group of nutrients scheduled for review are sodium, potassium, chloride, water, and perhaps sulfate, although funding has not yet been obtained. The group to follow these nutrients will be "other food components," which will include bioactive compounds found in foods, which may play a distinct role in health.

SURGEON GENERAL'S INITIATIVE ON OVERWEIGHT AND OBESITY

Dr. Hubbard and Ms. Kathryn McMurry, Office of Disease Prevention and Health Promotion (ODPHP), Department of Health and Human Services (DHHS), provided an update on the Surgeon General's Initiative on Obesity. The Surgeon General will issue the Call to Action as a short report in booklet format that will go to federal and non-federal groups and will address issues for youth and adults. Draft clearance will start in early summer. Dr. Paul Ambrose, ODPHP, is contributing to this stage of the report. Kathryn McMurry noted that the current format was modeled on the suicide prevention report.

PLANNED AND PROPOSED WORKSHOPS

There are four workshops in development that should be of interest to the NCC members and guests. The current status of these workshops is given below.

- ***Research Considerations in Obesity Surgery***

An electronic message containing information on this meeting, to be held June 4-5, 2001, was sent to all mailing lists associated with the NCC (Appendix E). The first day will be held in Lister Hill Auditorium on the NIH campus, and the second (half) day at the J.W. Marriott in Washington, D.C. Three primary sessions will focus on: (1) maternal issues, impact on reproductive and fetal exposure; (2) esophageal motility, post-operative, reflux, etc; and (3) types of procedures being performed.

- ***Trans-HHS Workshop: Diet, DNA Methylation Processes and Health***

This meeting was discussed by Dr. Sharon Ross, and will be held August 6-8, 2001, in the Natcher Building. Information and registration are available via website at <http://www.dietmethylation2001.com/>. The purpose of this meeting is to enhance knowledge and understanding about the role of dietary factors in DNA methylation processes, as well as the causes and mechanisms of DNA methylation in various physiological conditions involved in growth, development, and disease prevention. The target audience for the workshop includes basic and clinical researchers with an interest in DNA methylation, as well as participants in the nutrition research community. For further information, contact Dr. Ross at (301) 594-7547.

- ***Conjugated Linoleic Acid***

The DNRC and the ODS took the initiative in proposing a meeting on conjugated linoleic acids. Isomers of this fatty acid have been observed to have health implications related to conditions such as obesity, cardiovascular diseases, and some cancers. The conference will bring together investigators from diverse fields, and highlight both beneficial and adverse health effects. A planning committee of interested IC representatives is proposed.

- ***Health Effects Associated with Grain Intake***

Drs. Lillian Cheung and Walter Willet from the Harvard School of Public Health requested NIH co-sponsorship for a workshop on health effects of whole grains. Multiple ICS were contacted, with the conference to be co-sponsored by industry. However, following discussion about broadening the focus to include all grains, including an emphasis on whole grains, support from industry was withdrawn, and the conference has been postponed.

Additional comments on workshops are included within the next section of the minutes, Reports from NCC Members and Liaisons.

REPORTS FROM NCC MEMBERS AND LIAISONS

Centers for Disease Control (CDC)

CDC Division of Nutrition and Physical Activity sponsored a meeting April 16-17, regarding obesity treatment in health benefit plans. The agenda and participant list are attached (Appendix F). A summary of the meeting discussions should be posted on the CDC website in a few months at www.cdc.gov/nccdphp/dnpa.

CDC also co-sponsored a meeting on May 7-8 entitled “Forging Effective Strategies to Combat Iron Deficiency.” The program agenda is located on the ILSI website at www.ilsi.org. A conference summary should be posted by May 31.

In the March 2001 issue of "Nutrition Reviews," CDC published an article "Recommending Calcium to Reduce Lead Toxicity in Children: A Critical Review." Conclusions include that "without stronger supporting evidence, statements that diet can ameliorate the deleterious effects of environmental lead could provide a false sense of efficacy and divert efforts from lead abatement and from behavioral modifications that might have more impact."

National Cancer Institute

Dr. John Milner announced that Dr. John Story will take a sabbatical from Purdue University to work at NIH, June 16-December 30, 2001.

National Heart, Lung and Blood Institute (NHLBI)

Ms. Karen Donato announced that the National Cholesterol Education Program (NCEP) planned to release new clinical practice guidelines on prevention and management of high cholesterol in adults. Information is available on the NHLBI website and includes data from the Framingham Risk Assessment, <http://www.nhlbi.nih.gov/guidelines/cholesterol/index.htm>. Additionally, NHLBI and the National Committee for Quality Assurance are sponsoring a Conference on Cholesterol Management June 3-5, 2001, in Washington, D.C. For information, see the web site, <http://hin.nhlbi.nih.gov/cholesterol>.

National Institute on Aging (NIA)

Dr. Judith Finkelstein indicated that NIA was planning to work with ODS to organize a workshop on Dietary Supplements in the elderly.

National Institute of Alcohol Abuse and Alcoholism (NIAAA)

NIAAA will hold a meeting with ODS addressing S-Adenosyl methionine in alcoholic liver disease. The time and date are yet to be determined.

National Institute of Child Health and Human Development (NICHD)

Dr. Dan Raiten, NICHD, noted that follow-up meetings on research into the effects of dietary supplements in infant feeding and in women of reproductive age are being planned. Interest in this topic has been generated by numerous factors. There is a World Health Organization (WHO) policy about the duration of exclusive breast-feeding and its effects upon the needs of mothers and their infants. He also noted that there has been an increase in observed rickets, especially in infants with increased skin pigmentation, and the need for Vitamin D supplementation has been raised. Dr. Hubbard reported that CDC has recommended that infants up to six months of age have no exposure to sunlight, thus further contributing to the reassessment of vitamin supplementation during infancy.

NIDDK

Dr. Hubbard announced that an RFA for Obesity/Nutrition Research Centers (Core Centers-P30 mechanism) was submitted in the Early Notification System.

Two existing centers are up for competitive renewal. Applications are due November 20, 2001.

Dr. Susan Yanovski, NIDDK, reported that there would be a meeting of the National Task Force on Prevention and Treatment of Obesity on June 1, 2001, in the Natcher Building. At approximately 11:00 a.m., Dr. Len Epstein will provide a scientific presentation entitled "Choice Theory and Sedentary Behavior."

NEXT NCC MEETING

The next meeting of the NCC is scheduled for July 5, 2001.

The agenda, list of attendees, and handouts of the May 3, 2001 NIH NCC Meeting follow these minutes.