

Workshop: Assessing the Health Effects of Bioactive Food Components

Case Study: Omega-3 Fatty Acids



Ad hoc Bioactive Food Components *Federal Working Group Activities*

- Define bioactive food components.
- Identify guiding principles to direct development of approaches to categorize and assess health effects of bioactive food components.



Ad hoc Bioactive Food Components *Federal* Working Group Initiatives

1. September 16, 2004 *Federal Register* Notice

- Invited public comment on a definition of bioactive food components.

And

- What components should/should not be classified as bioactive food components.



Ad hoc Bioactive Food Components *Federal* Working Group Initiatives

2. March 24-25, 2005 conference
“Assessing the Health Effects of
Bioactive Food Components”:
 - Began discussions on identifying guiding principles to direct the development of approaches to categorize and assess the health effects of bioactive food components.



April 1, 2005 Workshop

- Will report on the lessons learned from the evidence-based reviews on omega-3 fatty acids conducted by the Agency for Healthcare Research and Quality (AHRQ) and examine how this knowledge can be applied to researching the health effects of other bioactive food components.



Format of Workshop.

1. Presentations by scientists who were involved in the AHRQ review of omega-3 fatty acids.
2. Followed by one-hour discussion session focused on translating lessons learned from AHRQ review to researching the health effects of other bioactive food components.



NIH Needs for Evaluating Dietary Supplement Efficacy and Safety: Omega-3 Fatty Acids

Paul M Coates, PhD, Director, Office of Dietary Supplements, NIH



Overview of the Agency for Healthcare Research and Quality (AHRQ) evidence-based review process

*Kenneth S Fink, MD, MGA, MPH, Director,
Evidence-based Practice Centers Program,
AHRQ*



Lessons learned: Evaluating effects of omega-3 fatty acids on cardiovascular disease.

Ethan Balk, MD MPH, Tufts-New England Medical Center, Boston, MA



Lessons learned: Evaluating effects of omega-3 fatty acids on asthma, eye-health, mental-health, and maternal & child health.

Howard Schachter, PhD, MA, University of Ottawa, Chalmers Research Group, Ontario, CANADA,



Lessons learned: Evaluating effects of omega-3 fatty acids on immunological disorders, cancer, and neurological health.

Sydne Newberry, PhD, Southern California/RAND Corp., Santa Monica, CA



Discussion Questions

Translation of lessons learned to researching the health effects of other bioactive food components.



Discussion Question

1. How can systematic reviews help identify gaps in research design and reporting of research results. Further, what has been learned through the evidence-based reviews on omega-3 fatty acids that could improve the quality of studies?



Discussion Question

2. When generally accepted biomarkers or surrogate end-points for evaluating the effects of a bioactive food component on a disease or health related-condition are not available, how can researchers go about selecting these end-points in their research - this includes animal and human research.



Discussion Question

3. Are current models (in-vitro, in-vivo, animal, human) for evaluating the effects of a bioactive food component on a disease or health related-condition adequate. How do these models contribute toward arriving at policy decisions?



General Discussion



Thank you

Thank you

For additional information:

Leila G Saldanha, PhD, RD

Scientific Consultant

National Institutes of Health

6100 Executive Blvd, Rm 3B01, MSC 7517

Bethesda, MD 20892-7517

Phone: 301-435-2920

Fax: 301-480-1845

E-mail: saldanhl@mail.nih.gov

<http://www.scgcorp.com/bioactivefood2005/>

