

The ODS Update

A Newsletter for Health Professionals



Office of
Dietary Supplements
National Institutes of Health

Winter 2013

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David M. Murray, Ph.D., New Director of NIH Office of Disease Prevention



David M. Murray,
Ph.D.

On September 23, the National Institutes of Health (NIH) welcomed Dr. David M. Murray as the new associate director for prevention and the director of the Office of Disease Prevention (ODP). The Office of Dietary Supplements (ODS) is located within ODP.

Dr. Murray comes to NIH from The Ohio State University, where he was professor and chair of the Division of Epidemiology in the College of Public Health. Much of his research has focused on the design and analysis of group-randomized trials, as well as evaluating the effectiveness of public health intervention initiatives. Read more about the new ODP director on the [ODP Web site](#).

ODP is the lead office at NIH responsible for assessing, facilitating, and stimulating research on disease prevention and health promotion, and disseminating the results of this research to improve public health. ODS Director Paul M. Coates served as acting director of ODP from December 2010 until Dr. Murray's arrival in September.

News You Can Use

ODS collaborates on funding initiatives with other NIH Institutes and Centers, and with other agencies through mechanisms such as Requests for Applications (RFAs), Program Announcements (PAs), and notices. Over the past few months, ODS has signed onto several funding initiatives. Get [further details](#).

ODS Staff News



Mary L. Garcia-Cazarin, Ph.D.

Mary L. Garcia-Cazarin, Ph.D., joined ODS in August as an American Association for the Advancement of Science (AAAS) Fellow. In her work with Cindy Davis and Barbara Sorkin, she is evaluating the extent and nature of NIH research efforts involving dietary supplements and botanical ingredients, with an eye toward identifying research gaps and needs. In addition, she works with Christine Swanson on a scientific initiative on iodine. Dr. Garcia-Cazarin received her Ph.D. in pharmacology from the University of Kentucky in Lexington in 2006, followed by postdoctoral training in physiology there and a concurrent adjunct faculty position at Eastern Kentucky University in Richmond. She is a passionate advocate of outreach programs and efforts to increase the number of underrepresented minority groups in science.

ODS Staff Awards

Robert M. Russell, M.D., a special expert at ODS since 2008, was awarded an Honorary



Robert M. Russell,
M.D.

Membership to the Academy of Nutrition and Dietetics (formerly American Dietetic Association) in October. The Academy recognized him for his expertise in nutrition and aging and micronutrient metabolism, his directorship of the U.S. Department of Agriculture's Human Nutrition Research Center on Aging at Tufts University, longstanding involvement with the Institute of Medicine's Food and Nutrition Board, work on international nutritional programs, and many other activities together with his conviction that registered dietitians contribute importantly to the optimal health of people.

Jody S. Engel, M.A., R.D., Anne L. Thurn, Ph.D., Christopher J. Hinkle, and Rich Panzer of IQ Solutions, will receive achievement awards at the NIH Director's Award Ceremony on December 19 for their outstanding contributions to the development of the MyDS (My Dietary Supplement) mobile application.

Paul M. Coates, Ph.D., Regan Bailey, Ph.D., R.D., Cindy D. Davis, Ph.D., the late **Mary Francis Picciano, Ph.D., Christopher T. Sempos, Ph.D., Christine Lewis Taylor, Ph.D.,** and **Elizabeth A. Yetley, Ph.D.,** also will receive achievement awards at the NIH Director's Award Ceremony on December 19 for their exemplary leadership in the implementation of the Vitamin D Initiative.

ODS Staff Publications

For a complete list, see the ODS Web site: [Staff Publications](#).

- **Bailey R,** Arab L. Nutritional prevention of cognitive decline. *Adv Nutr* 2012;3:732-3. [PubMed - in process]
- **Camp K, Lloyd-Puryear MA,** Huntington KL. Nutritional treatment for inborn errors of metabolism: Indications, regulations, and availability of medical foods and dietary supplements using phenylketonuria as an example. *Mol Genet Metab* 2012;107:3-9. [[PubMed abstract](#)]
- **Camp K,** Mikat-Stevens N. Integrating genetics into pediatric primary care: How can we contribute? *GMDI Connections* 2012.
- **Dwyer J, Costello RB.** Assessment of dietary supplement use. In: Coulston AM, Boushey CJ, Ferruzzi M, eds. *Nutrition in the Prevention and Treatment of Disease*. 3rd ed. Philadelphia, Pennsylvania: Academic Press; 2012:47-64.
- Kramer H, **Sempos C,** Cao G, Luke A, Shoham D, Cooper R, Durazo-Arvizu R. Mortality rates across 25-hydroxyvitamin D (25[OH]D) levels among adults with and without estimated glomerular filtration rate <60 ml/min/1.73 m²: The Third National Health and Nutrition Examination Survey. *PLoS ONE* 2012;7:e47458. [[PubMed abstract](#)]
- Peterson JJ, **Dwyer J,** Jacques PF, McCullough ML. Associations between flavonoids and cardiovascular disease incidence or mortality in European and US populations. *Nutr Rev* 2012;70:491-508. [[PubMed abstract](#)]

ODS Staff Presentations

For a complete list, see the ODS Web site: [Staff Presentations](#).

- **University of Nebraska–Lincoln**
November 14, 2012, Lincoln, NE
Paul Coates presented a seminar titled, *Dietary Supplement Research Isn't That Hard—or Is It?*
- **The Pennsylvania State University Department of Nutritional Sciences Colloquium (Seminar) Series**
October 22, 2012, University Park, PA
Regan Bailey gave a presentation titled, *Monitoring Folate and B-12 Status in the United States*.
- **Campus Bio-Medico of Rome: Workshop on Vitamin D**
October 19–20, 2012, Rome, Italy
On October 19, **Paul Coates** and **Rob Russell** delivered introductory remarks, and **Elizabeth Yetley** gave a presentation titled, *Assessing Vitamin D Status: Measurement Challenges*. On October 20, **Christine Taylor** gave a presentation titled, *Vitamin D: How Much Is Too Much?*
- **Johns Hopkins University Bloomberg School of Public Health, Department of International Health, Program in Human Nutrition, Nutrition Seminar Series**
October 18, 2012, Baltimore, MD

Regan Bailey gave a presentation titled, *Prevalence, Predictors, and Motivations for Use of Dietary Supplements in the United States*.

- **Jean Mayer U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University Conference on [Nutrition and Exercise in the Management of Outpatients: Important Advances You Need to Know](#)**

October 11–12, 2012, Boston, MA

On October 12, **Paul Coates** gave a presentation titled, *Vitamin Supplements: Worthwhile or Worthless?*

- **[Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo](#)**

October 7–9, 2012, Philadelphia, PA

On October 8, **Johanna Dwyer** and **Joseph Betz** gave a presentation titled, *The Science Behind Dietary Supplements: Examining Safety and Benefits*. On October 9, **Jody Engel** gave a presentation titled, *MyDS Mobile App: From Concept to the App Store and Beyond*. Also on October 9, **Kathryn Camp** gave a presentation titled, *Successful Research Grant Writing: Open Discussion*.

- **[AOAC Annual Meeting & Exposition](#)**

September 30–October 3, 2012, Las Vegas, NV

Joseph Betz gave a presentation titled, *Good Practices for Establishing Meaningful Specifications for Botanicals in Dietary Supplements and Nutrition: Scientific Perspective*, and presented a poster titled, *The NIH/ODS Analytical Methods and Reference Materials Program: Accomplishments and Future Directions*.

- **[Fifth International Scientific Symposium on Tea & Human Health](#)**

September 19, 2012, Washington, DC

Johanna Dwyer gave a presentation titled, *Flavonoids: Where We Are and Where We Need to Go—Foods, Databases, and Labels*.

- **[United States Pharmacopeial Convention: Science & Standards Symposium: Functional Foods and Dietary Supplements—Global Opportunities and Challenges](#)**

September 18–20, 2012, Boston, MA

Paul Coates was the keynote speaker at the symposium opening general session on September 18. He presented *Challenges and Resources in Dietary Supplement Research*. On September 19, **Joseph Betz** gave a presentation titled, *Orthogonal Methods for Identity: Classical Pharmacognosy Coupled With Instrumental Analysis*.

- **[American Society for Quality, Food, Drug, and Cosmetic Division, 23rd West Coast Conference](#)**

September 14, 2012, Anaheim, CA

Joseph Betz gave a presentation titled, *Resources for Dietary Supplement QA Professionals: The ODS Analytical Methods and Reference Materials Program*.

- **[Sodexo Clinical Nutrition Update, Mid-Atlantic](#)**

September 12, 2012, Gaithersburg, MD

Paul Thomas gave a presentation titled, *Vitamin D and Calcium: New Recommendations and Issues of Deficiency, Adequacy, Excess, Benefits, and Risks*.

- **[16th Annual International Congress of Dietetics](#)**

September 5–8, 2012, Sydney, Australia

Johanna Dwyer gave two presentations: the first on September 5 titled, *The Balancing Act in Professional Commitments*; the second on September 7 titled, *Nutrients, Dietary Supplements, Foods, and Dietary Patterns*.

- **[FASEB Summer Research Conference on Folate, B-12, and One Carbon Metabolism](#)**

July 22–27, 2012, Crete, Greece

On July 24, **Regan Bailey** gave a presentation titled, *Impact and Measurement of Unmetabolized Folic Acid in Fortified Populations*.

ODS Media Appearances

Fish oils and omega-3 fatty acids were highlighted in the news in early fall. **Paul Coates** was interviewed by health reporter Melinda Beck for an article that was published in the *Wall Street Journal* on October 1 titled, “Questioning the superpowers of omega-3 in diets.” On October 3, **Dr. Coates** was part of a panel, “Assessing the health benefits of omega-3,” on *The Diane Rehm Show*, a nationally syndicated public radio program.

Regan Bailey was interviewed by writer Aparna Narayanan of *Reuters Health* about her research on vitamin and mineral intakes in children and adolescents from foods and supplements. The widely distributed article titled, "Study finds mismatch between kids and vitamins," was first published on July 6.

Staff from the TV game show *Who Wants to Be a Millionaire?* consulted **ODS** about a proposed question on iodine. We judged that it had no easy answer, so we suggested a related question with a clear, correct response.

Carol Haggans was interviewed by reporter Kim Tranell and extensively quoted for her article on the Web site of *Redbook* magazine in October titled, "What vitamins do you really need?"

Paul Coates gave a video interview to the U.S. Pharmacopeia where he answered questions on how dietary supplements are different from prescription medicines, instances where they provide health benefits, and quality standards for these products.

Upcoming Events

Scripps Center for Integrative Medicine

Natural Supplements: An Evidence-Based Update

January 30–February 2, 2013, San Diego, CA

On February 1, **Joseph Betz** will present a workshop with Jay Udani for the Natural Research/Clinical Trials Track titled, *Clinical Trials: Preparing and Evaluating the Methodology?* **Rebecca Costello**, along with Paula Gardiner, will present a workshop titled, *Point of Care Resources*, later the same day. ODS also will have an exhibit booth.

ODS Update provides information on news, activities, and resources from the Office of Dietary Supplements (ODS). ODS is a program office within the Office of the Director of the National Institutes of Health (NIH). The mission of ODS is to strengthen knowledge and understanding of dietary supplements by evaluating scientific information, stimulating and supporting research, disseminating research results, and educating the public to foster an enhanced quality of life and health for the U.S. population.

To receive *ODS Update* via email, join the [ODS listserv](#).

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About ODS

The Office of Dietary Supplements (ODS) is part of the National Institutes of Health (NIH), the principal biomedical and behavioral research agency of the United States Government. NIH is a part of the U.S. Department of Health and Human Services.

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