



UNIVERSITY OF MINNESOTA  
TWIN CITIES

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November 22, 1982

Mary Winston, Ph.D.  
American Heart Association  
National Center  
7320 Greenville Avenue  
Dallas, TX. 75231

Dear Mary:

I think the Epi Council wanted to make a more active approach to nutritionist groups to join the Council. You might forward that effort by proposing an invitational note maybe to Arlene to represent the MRFIT group or to Dr. Buzzard at the Coordinating Center to represent the NCC, and to Jackie Dunbar for the Lipid Research Center compliance group, all of which would like to stay professionally related to prevention activities. I hope you or Rae can take that initiative. I believe Jackie is now in Iowa.

Cordially,

Henry Blackburn, M.D.  
Professor and Director

/jml

*ATTACHMENT: EPI COUNCIL REPORT 11/23/82*

*HL*

November 22, 1982

Report to Epi Council on Liaison Function

with Nutrition Committee

by Henry Blackburn, M.D.

The Nutrition Committee serves as a direct arm of the Council on Affairs and continues its vigorous activity to produce useful guidelines and statements for professional and public education on issues of nutrition, blood lipids, coronary disease and risk factors.

I will report on its several statements in progress.

The Hyperlipidemia Statement, so long in the hopper, is very near closing and is undergoing "final" editing by Dr. Grundy.

The Committee has a plan to issue a public statement on salt reduction but it is not moving vigorously. Its view on preventive advice on sodium is clinically, not behaviorally, oriented.

American Heart Diet/Coronary Disease statement, the Committee is very foresighted in developing background for a future revised statement. It had an interesting discussion about the AHA Diet/Heart Statement and its important historical role and how it has stood well as the basis for individual and population recommendations. It was felt that the

statement is still basically valid but needs to be updated along the following lines which might be the thrust of preparations for an eventual update:

Re-emphasis on reduced saturated fat and cholesterol;

De-emphasis on polysaturated fats (primarily because of the adequate levels of those now consumed in the American population);

A greater flexibility on the proportion of total fat in daily calories;

Greater emphasis on complex carbohydrates, fiber and vegetable protein;

Greater emphasis on translation into food choices and eating patterns.

Simultaneous development and release of public education materials with the next diet/heart statement

(A working group needs to be appointed to forward the development of this background information.)

A statement on Diet and the Healthy Child, long in preparation by the committee, led by pediatric cardiologists, will go forward. It again emphasizes the reduction in saturated fat and cholesterol and gives slightly greater flexibility in total fat and de-emphasizes increase in polyunsaturates.

Body weight standards were reviewed by Dr. Simopolous who coordinates these activities at NIH and who indicates that we will shortly receive a draft of the Obesity Workshop of a couple years ago and of a summary article to be published in JAMA. The thrust of the recommendations of the Work Shop will be that there is no reason to change criteria for desirable weight from the 1959 approach based on 1979 tables which are

now being published by the insurance industry.

The Nutrition Committee is now collating drafts of all its members on risk factors for a statement designed for the general public -- covering the whole gamut of cardiovascular disease risk factors. This is potentially a very valuable initiative, to put it all together for the public. The Epidemiology Council will be actively involved in its review.

Pediatricians in the CVD Council are involved in preparing a risk factor statement for the pediatric population which is in a very early stage of drafting.

The Nutrition Committee has a number of plans for the future:

A most exciting plan has to do with development of the American Heart Association Weight Reduction Diet. If approval is received to prepare this, Virgil Brown and Nancy Ernest will provide the background to Program for their translation into public education materials.

The Committee plans to develop an audiovisual presentation for medical students on diet, lipids and coronary disease and this appears to be a worthwhile undertaking.

Corporate relations were discussed and it is clearly the intent and the direction of the incoming chairman, Virgil Brown, that the Heart Association encourage, under careful guidelines, appropriate use of its name and logo in association with healthy activities and products. The suggested guidelines include the following:

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No direct endorsement: a full review by the Nutrition Committee before agreement signed and full statement which would read something on this order: "The American Heart Association recommends a nutritionally adequate diet reduced in saturated fat, cholesterol and sodium."