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TWIN CITIES

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Dear Colleagues:

The January 19 draft of the U.S.-Hungarian conference looks very interesting. I might have some ideas to contribute to the panel on the future of nutrition and health promotion, from some of the ideas that have come out of our Minnesota Community projects here in recent years. I think the title changes for Session III were useful, to talk about cardiovascular disease trends in the first presentation. It was a great help to talk about Results of Intervention Trials and to include diet trials, cholesterol lowering trials, and community health promotion trials. It was suggested that Richard Havel lead a discussion on mechanisms and efficacy of diet and drugs on lipid lowering, rather than that session being chaired by a drug company representative, though, of course, it would be very appropriate for one to participate.

In the panel discussion I got the impression we had suggested research and policy needs in the U.S. and Hungary.

In Session V, I'm sure you'll ask Greenwald to lead off on NCI plans for dietary intervention trials. Considering the rather negative attitude of Geoff Howe and Tony Miller toward such undertakings, it should be an interesting afternoon.

I would be interested in seeing somewhere, perhaps in Session VII, a summary statement about diet policy. It would be a shame to get such leaders as Gussow, Winick, Bailar and others together and restrict them to talking about education in contrast to a broad population strategy, including professional education, public education, public recommendations, regulation, voluntary efforts by industry, and so on.

I am somewhat overwhelmed by four days of conference and one day of committee meetings. I've never been at a conference at which one could keep up interest for more than 2-1/2 days. Looking for areas that might be cut back or reorganized, I don't have any very good suggestions. I would hate to lose the lead off position for health promotion, but I think if you combined health promotion with challenges in nutrition, education and public policy at the end of the last day, you might have a renaissance of life and interest among the participants. I could also conceive of parallel sessions in which the technology groups might meet separately, but you would probably discourage this.

I wouldn't change the very substantive day, Tuesday, in which you deal with all of cardiovascular and cancer. Again, I would be inclined to put new concepts in research perhaps along with nutrition and obesity, saving the education and public policy for an exciting last session.

I would tend to be discouraged about the Diet and Health Committee meeting after four days of conferences and would consider having it rather the first day. I guess it depends on whether you need a bright, alert working day or whether by that time we will simply be in a position of chatting with each other and dotting some i's. I don't have a very clear view of that from here.

I would suggest a short session in Section VIII on "research in nutrition education" to put it on a parallel in importance with the basic research. Winick would probably be a good person to briefly summarize the area. I would really rather see it deal with research in changing eating patterns of the public rather than being addressed to one-to-one interventions.

Cordially,

Henry Blackburn, M.D.
Professor and Director

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