



UNIVERSITY OF MINNESOTA
TWIN CITIES

Division of Epidemiology
School of Public Health
Stadium Gate 27
611 Beacon Street S.E.
Minneapolis, Minnesota 55455
(612) 624-5400

Perry

October 14, 1986

TO: Cheryl Perry

FROM: Henry Blackburn

Subject: NAS/NRC Report on Diet and Health

I have been concerned that there has been no attention paid in the above major report to the issue of the development of eating patterns in children and the relationship of childhood and youth eating patterns to adult eating patterns and risk of chronic diseases.

However, there seems to be a receptive mood on the part of the committee, including its pediatric coordinator, Richard Schieken from Virginia, to a short presentation on this issue.

I am wondering if you, or if you and Dave Murray, or if you and Kelly Brownell would be interested and available to discuss this issue at a January 21, session on pediatric diet and risk to be held in La Jolla.

Perhaps you can suggest someone else you think would be more suitable, and perhaps more interested, and provide me with key references that I could get off to the committee to address this issue.

I am anxious to have cultural eating patterns talked about and worked into the report and I think that they are most appropriately done at the level of children and youth. However, I am also anxious that our work be based on data and am not aware of good data in this area.

Do childhood eating and exercise patterns persist in youth and adulthood? I think that this is the main behavioral issue.

The question of whether actual development of risk characteristics during youth actually influences adult risk is another issue which I imagine we will ask Charlie Gluek and Gerald Berenson and Ron Lauer or others to address. Any ideas? Is there someone in the pediatric community you have met that might be more receptive and effective in working with the committee on the pediatric issues?



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Perry

file correct

Return to HB
10/31 pc today to Sue Blackburn
NAS
10/31
2/12

October 22, 1986

TO: Henry Blackburn
FROM: Cheryl Perry CP
RE: Japan/NAS-NRC Report on Diet and Health

all to:
pc C. Howson.
Cris: We are weak
in our approach to the
Pediatric issue. Let's
get stronger!
Henry.

I heard yesterday from Dr. Komachi. He would like me to visit there the end of February/beginning of March. He is organizing a conference at that time that I'll take part in. I will confer with David Jacobs before making a final commitment. (Dr. Iso and I have had several conversations -- a behavioral science perspective I sense would be quite helpful to their project.)

went
10/28
2/12

The longitudinal work that has been done with children and adolescents has been primarily physiological. I've heard Ron Lauer speak on the tracking of cholesterol/blood pressure several times and he is excellent and persuasive. (He's just been added to the American Academy of Pediatrics committee on dietary recommendations to help bring that conservative group around!) Another person to consider is Curt Ellison from the University of Massachusetts Medical School. He's been doing extensive dietary analysis and interventions with adolescents in boarding schools. He also is editor-in-chief of a publication entitled Pediatric Cardiovascular Rounds so is familiar with distilling that literature (see attached). Our own data from Hearty Heart (3 years of longitudinal data including 24-hour food recalls from ages 7-9), the Class of 1989 (4 years of longitudinal data on self-reported food selection for ages 11-16), and the community needs assessments (3 cross-sectional surveys of self-reported food selections for ages 9-17) all point to diets that are high in fat and sodium, typical of adult diets. I would be glad to compile the data on behavioral indices of eating patterns for the meeting. Kelly Brownell would be an excellent person to collaborate with on that as well as to talk about childhood eating patterns and obesity.

I hope this is useful. Let me know what you decide on or how I should proceed.

Attachment
CP:blm

Susan
All these have broad
approaches to the issues
which must be represented.

Regards,
Henry
12-18
2/12