

**NE1039 Annual Meeting**  
**June 9-10, 2014**  
**Portsmouth NH**  
**Residence Inn Portsmouth Downtown/Waterfront**

**Monday, June 9<sup>th</sup> - Tuesday, June 10, 2014**

**Participants:** Judith Gilbride- NYU, Kristin Davis –UNH, Catherine Violette –UNH, Joanne Curran-Celentano –UNH, William Rice – UDC, Prema Ganganna – UDC, Nancy Cohen – UMass, Qianghi Jiang – UMass, Matthew Delmonico –URI, Ingrid Lofgren –URI, Furong Xu – URI, Elgloria Harrison-UDC, Chery Smith – UMN, William J. Belden-Rutgers

**Monday, June 9th**

**8:00am**

- Breakfast
- Meeting starts
- Introductions
  - 14 members attended
  - Each member introduced themselves and their research background and how many years they were in this project
  - Joanne reminded everyone to pay their registration fee (\$125)
  - Ingrid emphasized that starting in 2014 a more collaborative effort and more connections are needed from different stations in order to meet new requirements of USDA – USDA would like to see more connections across stations (per proposal reviewer comments and Sabine)
- Housekeeping
  - Officers- Ingrid is chair, Sarah is co-chair, Melissa is secretary and Kathleen is member-at-large
  - Ingrid went through the handout package briefly
    - Meeting agenda
    - Systematic reviews
    - Possible grant resources, what are they looking for
    - Last year's minutes

**9:00am**

- Station reports- annual reports from all sites
  - UDC -William Rice and Prema Ganganna
    - Designed and implemented intervention strategies that increased general nutritional knowledge, as well as increased fruit, vegetable, and whole grain consumption in multicultural elderly individuals in the District of Columbia
    - Continued the intervention and ran 5 focus groups with 66 subjects; Prema shared specific examples used for the intervention – vision board, game, bingo, recipe book (with history, original, and modified recipes)
  - URI – Ingrid, Matt, Furong, and Leslie
    - Added cognitive piece to research to inform the next stage intervention
    - This year we are closing URIDEAL VI; this is a building year for us as we are looking for possible funding sources

- Possible collaborations with other stations: Graduate program in speech language pathology at the University of District Columbia – Dr. Wanda Colston
- Rutgers University - Bill – Bio clock and BMAL1
  - Bill took the group through the basics of the circadian clock – telomeres, and the possible impact of diet/exercise (healthy lifestyle choices) on telomere length
  - Bill’s lab has developed the assay to detect telomere length on zebrafish – should work with humans
  - Now trying to develop an assay for location/movement of BMAL1

### 10:00am

- Whole grains project –UNH to present –UNH and ISU
  - Kristin Davis from UNH
  - NE1023 project – 10/2004-9/2009 across five stations
  - Exam on what information older adults want to learn, format and structure
    - Evaluated the effectiveness of the program on older adults
    - Compared older adults to college students
  - Design was interactive and activity based and included three one-hour sessions each (breakfast, lunch and afternoon snacks , dinner and evening snacks)
  - Target population
    - 65 or older white female
    - 157 (104 from NH, 53 from Iowa)
  - Pre- Post questionnaires – Demographics, WG knowledge (31 questions), program evaluations
  - Results: WG knowledge improved; identification of WGs/WG foods; WG intake
    - 5 food sources: oatmeal, WG cold cereal, WG bread, WG crackers, popcorn
    - Participants were interested and attendance was high
    - Participants exhibited wider cognitive function although cognitive function was not measured in this study
- Questions from audience
  - Possible concerns for the results: is there under or over reporting in their WG intake?
  - Way to validate questionnaire as it has not been validated before its use
  - Ingrid suggested possible collaboration- if one station is going to start one project and the IRB process, it might be great if they can share that with rest of the stations (e.g., initiate conference call) to see if there are possible collaborations with other stations
  - If you redo this project again, would you consider some kinds of technology in the project?
  - Joanne- metabolic syndrome among college students and give us reasons to look at the younger population
  - One of our major objectives is increasing whole grains, but what do we have a single definition that we are all using? We need to look it little bit deeper – possibly something else that we should talk about having one definition – how do we want to define out fruits, vegetables, whole grains and physical activity
  - Ingrid shard information from EB – sodium intake – the DRI may be increased to 4600 mg/day for sodium
- Ingrid reminded stations to submit their annual report
  - Template needs to be used – Ingrid had sent it earlier with the description of what outputs, impact, etc are

- Bill had a question about age range – 48 or older, but we never settled down the actual age range (Ingrid)

#### 11:00am

- Environmental research (Nancy Cohen and Qianzhi Jiang)–Umass to present – UMASS, ISU, NYU, WVU
  - Social-ecological model specifically designed for older adults
  - Analytic hierarchy process to promote healthy eating among older adults
  - Four different sites – MA, Iowa are two sites so far
  - Results: important enabler in behavior settings; there are differences in IA and MA
    - For example, transportation is not one for IA- it might be due to smaller sample size
  - Use GIS in future study
  - Final outcomes from their study to provide suggestions for policy change
- Possible collaboration with other sites – focus group
  - Broaden research site to have more stations involved- for example housing from congregate meal site or something different; develop instruments and do recruitment together
  - Ingrid suggested to share instruments and research materials used with the rest of the stations
  - Since many people were interested in the second piece of their study, more time will be devoted in tomorrow’s session to discuss it further
  - IA University –(Sarah and Lindy) – Ingrid
- DST (URI, UNH and ISU)

#### 12-1:30PM

- Lunch buffet

#### 1:30pm

- Afternoon meeting agenda (Ingrid)
- Multi-state project current status:
  - We got the feedback back and reviewed the results from last phone conference (Elgloria)
  - Currently, they accepted our proposal and approved it regionally but not nationally yet
  - Update from Sabine O’Hara (phone)- She said that she does not have updated information for our renewing proposal yet, but she provided some feedback based on the reviewers’ comments:
    - Why is this project important to individual research stations?
    - Ask ourselves the question: What is the perception that we have created for this multi state project? It is not clear how it fits together. Right now, different research groups have created this project, but it is not clear how it comes together. All participating universities in this multi-state project should show some sort of collaborative effort.

- There has not been any further paperwork required for this project. Is there another rewrite process? (Answer) She has not heard anything yet. However, she does not anticipate that we need to submit any sort of rewrite.
  - What we can do is use the report as a platform so the collaboration can be strengthened (*Final report due 60 days from the annual multi-state meeting*).
  - NE1039 approved, NE1049 regionally approved(Matt)
- Annual report template and description have been sent out to the group, agenda questions (Ingrid)
  - New REEport to USDA
  - Advantage: New report format can be shared on other sites, such as Sakai
  - Sarah developed the report template from the USDA REEport set-up – also provided is the list of terms and what types of materials to put under each heading (ex – outcomes, outputs, etc.)
- Discussion and planning for collaborative work across multiple sites
  - Current work and future RFPs/RFAs
  - Objectives: Possible research? Intervention, intake before or after intervention, physical activity before or after intervention, what works and does not work, common demographic variables
  - Need to develop same CORE, everyone can participate or collaborate – started the list – will come back to it tomorrow
    - Starting to standardized some measurements
      - Some demographic data: height and weight, race-ethnicity, actual age, Socioeconomic status, education, sleep habits (NIH, NIHMS), sex, zip code (environmental, GIS), household status, smoking, and four regular used questions (health, nutrition, etc)
        - Considering participants burden, stations will have some flexibility
        - For example, you can ask one nutritional question-if you have more time, DST would be better choice
      - Physical activity: Matt and Furong will come up with 4-5 validated exercise questionnaires (energy expenditure) for older adults, and touch base with Kathleen
      - DST
- Will touch base in our next conference call in regard to common measurements across stations
- For this year's annual report, we can start to pull these connections together

### 3:00pm

- Break-out sessions
  - Break-out sessions for review papers
  - Need to identify what has been published recently for systematic reviews
  - Most centers are on-board with helping
  - Judith Gilbride (NYU) shared her experience as Journal Editor of Topics in Clinical Nutrition
  - Nancy (UMass) published a review paper a few years ago- she provided some suggestions like looking for a different data base, search criteria, etc.
  - Ingrid suggested to do a **systematic review** in the area of behavior-based nutrition interventions for older adults (Nadine and Sarah); use checklist from PRISMA (handout)
    - Nancy – nutrition/diet
      - Ingrid – everyone come up with one possibility, then we can decide on next conference call

- Bill suggested to post possible topics on Sakai site so people can pick one
- *new member: Karen Marie Chapman-Novakofski : editor , her interest areas are nutrition and aging*

#### 4:00pm

- Discussion questions
  - How has this multistate project influenced your own research contributions? Please give up to three concrete examples:
    - Use of the Dietary Screening Tool (DST) from Pennsylvania State University (URI)
    - DST comparison manuscript with UNH and ISU (URI)
    - Use DST for WG project in order to collaborate with ISU and increase sample size (UNH)
    - Use cognitive interview technique developed by UNH, UMass and Maryland to train research assistants, interview 110 subjects and gather qualitative data (UDS)
  - Have you made any adjustments to your original research design as a result of the influence of other research activities in the multistate project? Please explain:
    - Design of MP measures (UNH)
    - Environment research information provided from the group, national survey experts in this group provided support and helped to shape up Nancy's regional survey
    - Guest speakers provided information to make UMass think about their research in a new way
      - For example, Geoff suggested online focuses group (UMass)
- Bill had questions about the report: format and time
  - Each station might vary and do things differently but all annual reports need to be in the final report within 60 days of the meeting
- Nancy pointed out that we need to emphasize the “**impact** of your research”

#### 5:00-6:30pm

- Free time

#### 6:30pm

- Dinner - Portsmouth Brewery

#### Tuesday, June 10<sup>th</sup>

#### 8:00am

- NE 1039 Business Meeting/Executive Meeting (Cancelled)
  - This will be just the Executive Board so the full NE1039 will start at 8:30am

#### 8:30am

- Quick discussion about whether the project approval has been finalized
- Planning next year's meeting
  - **Location, time**

- Possible locations: DC, Boston, URI Alton Jones campus, Narragansett, RI or Newport, RI
- Matt, Ingrid and Furong volunteered to pick up people from RI
- **Times:** June 7, 8 and 9, Two full days meeting like this year
- **Guest speakers and topics to cover**
  - Questions that came up:
    - Do we want our own group members or are there particular aspects, topics, and areas we would like to cover? \*1) report from different sites still preferred – Bill and Chery to update the rest of the group on their research 2) one or two outside presenters: Sue Adams (Sleep) 3) USDA representative to update us on USDA/NIFA 4) NIH program officer – maybe from NIA to discuss funding mechanisms, priorities, etc.

### 8:50am

- Ingrid reviewed agenda for the rest of the day
- Measurement Discussion: Action items generated from yesterday
  - Template for annual report with those two questions at the end
  - Demographic items – where is the best place to look for those questions: height and weight, race-ethnicity, actual age, Socioeconomic status, education, sleep habits(NIH, NHANES), sex, zip code (environmental, GIS), household status, smoking, alcohol and four regular used questions (health, nutrition, etc)
    - \*\*Tools/assessments/measures that can be used across sites
      - URI will have Chelsea looking at NIH, NHANES, BRFSS for race-ethnicity, age, socioeconomic status, education, sex, physical activity, food security, sleep, tobacco
      - Chery- four general questions (gold standard questions) and geographic location
      - Ingrid – height and weight, diet
      - Bill from Rutgers University – Sleep and alcohol
      - Matt and Furong- physical activity
      - Judith Gilbride – diet screening tool nationally and internationally
- Deadline – by **August 15**, members will send what they have to Ingrid

### 10:05 -10:15am Break-out sessions

### 10:25am

- Went over objectives and discussed possible collaboration between sites
- **Objectives**
  - Examine the community environment including its traditions, cultures, attitudes and beliefs, and how it can be used to promote healthy eating + successful aging
    - Consumers piece is missing, need to research their perceptions and other sources
    - Access consumers at places like health fairs, clinics, etc.
    - Possible collaboration with other sites
    - Food security for senior grant proposal for funding (next year)
  - ID markers of successful aging and the impact of diet +physical activity on these biomarkers throughout the lifecycle
    - NYU and URI interventions
  - Examine the effectiveness of novel interventions in influencing and promoting the attainment of a healthy weight via fruit, vegetable, and grain intake plus physical activity for successful aging
- Ingrid addressed that group needs to have some common CORE characteristics/demographics to start building a data set across sites

- Use Sakai site to communicate with the rest of the group and share information
- Suggestions and updates about Sakai
- How to use Sakai site effectively to best facilitate communication
- Add assessment tool and research opportunities there, R21, R01 – supplemental grants on existing grants
  
- Funding related
  - Possible joint plan for grant proposal with other sites
  - Have people from NIH or USDA or NIA on conference call or attend the meeting
  - Ingrid will speak to Phil about NIA as he has received a couple of R01's
  - Possible sources, such as Turf, supplement grant
    - COS pivot – searchable database
  
- Ingrid double-checked if anyone had any questions
  
- Vote on notes from 2013 meeting to remove accomplishments from minutes
  - Ingrid suggested to accept the minutes and check to see if those accomplishments were anywhere else
  - Judith suggested to have accomplishment as an appendix
  - Matt pointed out what should go into the annual report
  - All sites voted 2013 meeting minutes
  
- Ingrid announced annual report due day – 90 days from today after annual meeting
  
- Group members thank Ingrid for her leadership and excellent work, this year is Joanne's and Catherine's last meeting – UNH will not be on the next project but would like to be kept in the loop for possible collaborations

**11:45am**

- Short check out break

**12-1:00pm**

- Buffet lunch

**2:00pm**

- Adjourn