**E1439 Annual Meeting - June 7-9, 2015**

**The Village Inn Hotel and Conference Center**

**1 Beach Street, Narragansett RI, Phone: 401-783-6767 -** [**http://www.v-inn.com/**](http://www.v-inn.com/)

**Participants:**

Chery Smith – UMN; Karen Chapman – Novakofski; David Buys – Mississippi State; Kathleen Woolf – NYU, Judith Gilbride – NYU; William Rice – UDC; Prema Ganganna – UDC, Sabine O’Hara – UCD; LaShell Staples – UDC; Lillie Monroe-Lord – UDC; Keme Adeola – UDC; Nancy Cohen – UMass; Qianghi Jiang –UMass; Matthew Delmonico –URI; Ingrid Lofgren –URI; Furong Xu – URI; William J. Belden – Rutgers; Melissa Ventura-Marra – WVU

**Monday, June 8th**

8:00 am

* Breakfast
* Meeting started
* Presentation. 8:20 a.m.
	+ Matt Delmonico presented on Using and Communicating through the NE1439 Sakai Site.
* Introductions: 17 members and Sabine O’Hara attended; each member introduced themselves, University, and how many years they have been involved with this multistate project.
* Housekeeping
* Officers - Ingrid is chair, Sarah is chair-elect, Melissa is secretary and Kathleen is member-at-large
* Ingrid sent around the Appendix E; referred to history of multistate published in Topics of Clinical Nutrition, 2004; suggested we use Sakai more frequently to post new funding opportunities, conferences, travel scholarships for students.
* New template for yearly reports. Ingrid and Sarah made a template from the REEport format similar to one submitted for experiment station. They put character limits so each site, rather than the person submitting full final report, can determine what is most important for their part. Ingrid asked that each station upload reports by July 13th to Sakai, keeping within character limit while including all pieces, particularly impacts. No character limits under products, will cut other places. Instructions included in packet.

**9:00 am**

* Annual station reports from all sites.
* Research presentations on multistate work/annual update
	+ Lashell Staples (Univ. of the District of Columbia) – NE1039 and NE1439 (Objective 3)
		- Developed The Healthy Foodie: A Global Tour – discussion about extension; developed the survey instrument.
	+ Qianzhi Jiang (UMass) – NE1439 (9:45 a.m).
		- Environmental determinants of Healthy eating among older adults. Identify enablers and behavioral settings where OA access foods and explore importance of the enablers. Looking at enablers of social choice and social influences. Collaborative project: ISU, WVU, NYU.
		- Next phase, get info from older adults using cross-sectional study (survey) using Theory of Planned Behavior constructs to determine if they predict fruit / vegetable intake. Interviewer administered survey. Other members mentioned seasonality and income. Community-dwelling, 60+ years; 200 sample size: senior centers, senior housing, food pantries, churches, farmer’s markets.
		- Poster at EB; writing an article to submit to J Gerontology and Geriatrics. Made a report for NY, EB poster.
* Kathlene – Finished RA study- writing it up; 3 posters EB. Trying to secure funding for intervention for another study.
* URI: Lifestyle needs assessment; had two student publications, sarcopenia, T2 stage intervention – dynapenia – strength may be more important than muscle mass. How to assess if low muscle mass – put had to have end points. Gait speed and strength. New definitions for sarcopenia. Pilot study in older women, resistance training with variation in training. Screen for sarcopenia, and see if can change their status and gait speed etc. 65-85 - strength loss 3-5%; muscle mass predictor of strength but not only thing.

10:45 a.m. USDA Update.

* Sabine stressed the importance of collaboration in the multistate projects. Encouraged group to have collective insight in research rather than collection of projects from individual sites. Are there questions/projects that can be replicated to find comparative data across regions/subgroups?
* Important to document how work of others influenced your work.

11:00 am

* Research Presentation (Objective 1: Identify biomarkers of successful aging and the impact of diet/physical activity on these biomarkers throughout the lifecycle).
	+ Bill Belden (Rutgers): Aging and Telomeres (Experiment 1): What is going on at the cellular level and what happens to genome as you age, circadian clock. Discussed circadian rhythm, chromatin structure, insults associated with aging related diseases and how circadian rhythm disruption affects disease. Mechanisms of circadian clock, telomere as an aging marker, antioxidant and genome health, TERRA, a promising biomarker for aging.

12-1:00 pm

* Lunch buffet

1:00-3:00 pm

* Presenter
* Research Presentation (Objective 3: Examine the effectiveness of novel interventions in influencing/promoting the attainment of a healthy weight via increased fruits, vegetables, and grains intake and physical activity for successful aging).

1:20 p.m.

* Chery Smith (Univ. of Minnesota): Community Nutrition (Experiment 2)
	+ Demographics of aging, definitions for older adults, food security, how to measure food security.
	+ Investigated food security and food access among seniors living in Minnesotan counties with similar population size and similar social services (one low SNAP usage rates and on with high SNAP usage rate) and assessed dietary and nutritional status of post- menopausal African Americans.
		- 8 focus groups – 4 per county. RUCC codes picked similar sized counties. Used SCT to guide question development. Life experience impact eating behaviors was #1 theme: habits from past experiences, social interaction important, factors that influence food choice…
	+ Issues brought up by group: transient food insecurity, short-term post-admission meals/assistance, controversy related to weight loss in older adults –intentional versus unintentional.

2:50 p.m.

* Karen Chapman-Novakofski (Univ. Illinois Urbana Champaign): Systematic reviews (Experiment 1)
* Publications of interest to JNEB: reports for framing policy issues, viewpoints (scoping review - if too few studies), details of methodology for systematic reviews.

3:30 – 4 pm

* Discussion and planning for collaborative work across multiple sites
* Update the NE1439 informational sheet to better reflect NE1439

4- 5:00 p.m.

* Small group meeting with UMass-Amherst to discuss who would like to participate in the next phase of the environmental study. Reviewed potential survey questions.

6:30 pm – Dinner

* The Coast Guard House

**Tuesday, June 10th**

8:00 am

* NE1039 Business Meeting/Executive Meeting
	+ Discussed next year’s meeting: Location, time. Decided to have it a URI one more year
	+ Other sites that are interested in having the annual meeting at their sites will look into sites/costs/room availability and report back next year – possible sites for the future are UDC, Rutgers, NYU

8:30 a.m.

* Discussed tentative dates for next meeting: June 12-14th (Sunday, Monday, Tuesday).Check week before for prices. Consider guest speakers. No money for honorarium. Guest Speakers: someone from ASCM or Meals on Wheels work with David. Suggested a group member presentation on Sunday night. Judy could present of Topics and manuscripts of interest.
* Back-up dates – 5-7th (Sunday, Monday, Tuesday)

9:15 am

* Discussion on common core questions/variables
* Discussed common core variables for everyone to use in their projects for consistency. Identify them today and finalized them in a conference call in September.
* We will aim to have 3-4 conference calls before next year’s meeting. May have to have two calls to select variables so everyone can participate.

Karen – webinar series fall on survey development reliability, validation. JSNEB. Noon Mondays central time. Free to members. JNEB journal club. Power analysis.

Speakers for next year. We will put a list together and members will rank.

10:00 am

* Grant proposal discussion – R01. Translational – NIH definition of sarcopenia, low lean mass, and gait speed low, or low grip strength – 2 or 3 various levels. Females, age range 60-80 years.

11:00 am

* Research Presentation
	+ Kathleen Woolf (New York Univ.) – Arthritis (Objective 3). HA Disability Index. MDHAQ one validated at NYU.
* Research Presentation: Nutrients and phytochemical composition of selected West African Vegetables.
	+ Adeola Oluwakemi (Univ. of the District of Columbia) – ethnic crops (Objective 3).

12-1:00 pm

* Buffet lunch

1:00 pm

* Discussion of SNEB presentation (July 28, 2015; Pittsburg, PA)
	+ **Session Title**: Changing the Health Trajectory for Older Adults Through Effective Diet and Activity Modifications
	+ **Session Summary**: Maintaining the health and well-being of adults in midlife and beyond is a growing public health concern. Regular physical activity and the consumption of a nutrient-rich diet are essential to a healthier midlife and older adulthood. However, adults in midlife and beyond are not meeting the recommended intakes of nutrient-rich foods and physical activity. This session provides insight to better understanding the nutritional needs of today’s and tomorrow’s older adults, innovative physical activity programming attributes that promote behavior change and a socioecological framework for the determinants physical activity and eating behaviors of older adults using a multistate approach.
	+ **Moderators:** Oyinlola Babatunde and Linda Bobroff
	+ **Speakers:** Catherine Violette (DST data), Melissa Ventura Marra (needs assessment of baby boomers), Furong Xu (group-based PA program outcomes), Nancy Cohen (environmental supports)

Discussed potential for systematic reviews. For September call, 3-4 people look in their areas (examples: osteoarthritis and inflammatory markers; physical activity and physical functioning). Over the next 3-6 months, we will need to decide if we want to leave this as an objective or eliminate it.

**2:30 pm**

* + Minutes from last year (2014 meeting) approved.
	+ Adjourned