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## Table of Contents

<b>SF 298.....</b>	<b>2</b>
<b>Foreword.....</b>	<b>4</b>
<b>Introduction.....</b>	<b>4</b>
<b>Activities of the Committees.....</b>	<b>6</b>
<b>Appendices.....</b>	<b>6</b>

# **Committee on Military Nutrition Research**

**Award Number DAMD17-99-1-9478**

**Annual Report for Period January 1, 2006 to December 31, 2006**

## **FOREWARD**

The purpose of this project is to continue the activities of the Institute of Medicine's Food and Nutrition Board Standing Committee on Military Nutrition Research (CMNR). The purpose of the CMNR is to provide review and recommendations to the Commander, U.S. Army Medical Research and Materiel Command (USAMRMC), on research projects, programs, and products as they relate to the nutrition and performance of military personnel. This multidisciplinary standing committee is made up of experts in nutrition, food science, pharmacology, physiology, and behavior, and with knowledge of military procedures. The committee meets at least once per year and oversees the activity of subcommittees that have the necessary in-depth expertise to address each specific task requested by the military. This report covers the activities of the CMNR and its various and committees for the period January 1, 2006 to December 31 2006.

## **INTRODUCTION**

The CMNR was established in October 1982 following a request by the Assistant Surgeon General of the Army that the Board on Military Supplies of the National Academy of Sciences set up a special committee to advise the U.S. Department of Defense on the need for and conduct of nutrition research and related issues. This newly formed committee was transferred to the oversight of FNB in 1983. The committee's primary tasks are to identify nutritional factors that may critically influence the physical and mental performance of military personnel under all environmental extremes, to identify knowledge gaps, to recommend research that would remedy these deficiencies as well as approaches for studying the relationship of diet to physical and mental performance, and to review and advise on military feeding standards.

As a standing committee of IOM, the membership of CMNR changes periodically (see Appendix A), however the disciplines represented consistently have included human nutrition, nutritional biochemistry, performance physiology, food science, dietetics, psychology, and clinical medicine. For issues that require broader expertise than exists within the committee, CMNR has convened workshops, utilized consultants, or appointed committees with expertise in the desired area to provide additional state-of-the art scientific knowledge and informed opinion to aid in the deliberations.

## ACTIVITIES OF THE COMMITTEES

### *Standing Committee on Military Nutrition Research*

The standing committee met on June 20, 2006 to discuss the statement of task for a new potential project on dietary supplement use by military personnel (see Agenda in Appendix B). The committee met in closed session which was followed by a planning meeting with potential sponsors of this project. Representatives from the U.S. Army Institute of Environmental Medicine, the Samueli Institute, and the National Institutes of Health's Office of Dietary Supplements attended the planning meeting.

### *Committee on Mineral Requirements for Military Personnel*

From February of 2004, this specially appointed committee of the CMNR conducted a study on Mineral Requirements for Military Personnel (see membership in Appendix A). As a result of the study a report was produced and delivered to the Department of Defense. During the first weeks of January and February the report was reviewed by external reviewers, following National Research Council procedures. The report *Mineral Requirements for Military Personnel* was finalized and produced by mid March and released on March 20. Representatives from the Department of Defense received a briefing of the report by the chair of the committee, Dr. Robert Russell, and IOM responsible program officer, Dr. Maria Oria, on March 20, 2007.

### *Committee on Dietary Supplement Use by Military Personnel*

This expert committee was established in October of 2006 (see membership in Appendix A). The committee was appointed to analyze the patterns of dietary supplement use among military personnel, and by examining published reviews of the scientific evidence, the committee will identify those patterns that are beneficial and/or warrant concern due to risks to health or performance. The committee was also charged with developing a system to monitor adverse health effects, and recommend a framework to identify the need for actively managing dietary supplement use by military personnel. During the remainder of the year 2006 (October-December), the committee planned and organized the 2-day Workshop on Dietary Supplement Use by Military Personnel which took place in February 2007. In addition, discussions regarding the approach of the committee to answer the specific questions in the statement of task took place throughout the remainder of the year by email and conference calls.

# **APPENDIX A**

## **Committee Rosters**

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## APPENDIX B

### Committee on Military Nutrition Research June 20, 2006

#### Agenda

8:00 am Breakfast in Cafeteria

#### **CLOSED SESSION**

8:20 am Discussion about Use of Dietary Supplement by Military Personnel  
*John Erdman, CMNR Committee Chair*

#### **OPEN SESSION**

9:30 am Welcome and Introductions  
*John Erdman*

9:40 The National Academies Process  
*FNB Staff*

10:00 Break

10:45 Importance of Dietary Supplements Use by Military Personnel  
*The Samueli Institute*  
*USARIEM*  
*NIH*

11:30 The Task: Dietary Supplement Use by Military Personnel  
*Andy Young, Chief, Military Nutrition Division*

11:45 Survey Data on Supplement Use for the Committee's Use  
*Andy Young*

12:00 Lunch in Cafeteria

1:00 Questions about the Current Task  
*John Erdman*

2:00 Proposed Plan of Work  
*Maria Oria, Senior Program Officer, FNB*

2:30 Future Work of the CMNR and ad hoc Committees

3:00 Adjourn