

Seven Nutrition Students Receive Doctoral Degrees at 2013 Commencement

Seven students from the Nutrition Department received their doctoral degrees on May 30, 2013 at the HSPH 2013 Commencement Ceremony, which was held in a tent in Kresge courtyard before an overflow audience in the afternoon. A total of 558 degrees were awarded on this day, and 56% of the degree recipients were women. The HSPH graduates came from 30 different states and 74 countries. Let's congratulate the following students from our department and wish them all the best for their future success!

Jennifer Falbe received a dual ScD degree from the Nutrition and Epidemiology Departments, and her research focused on the determinants of adiposity and diet quality among adolescents. Jenn now plans to obtain a postdoctoral position as her next step, and has found that her stay at HSPH has been an absolutely amazing experience!

Ramadhani Mwiru (Rama), who received an ScD in Nutrition, focused his nutritional epidemiologic research on the growth, morbidity and mortality of HIV-exposed and HIV-infected children. Rama now plans to work with the Management and Development for Health (MDH) in Tanzania, a public health NGO that works to improve public health service, research, and education. While here as a student, Rama discovered the Harvard School of Public Health to be an extraordinary place for education!

Paul Petraro received an ScD degree in Nutrition with an infectious disease concentration (as part of a certificate program offered in the Department of Epidemiology). Paul's dissertation concentrated on the burden and correlates of anemia and adverse pregnancy outcomes among HIV-negative and HIV-positive individuals in Tanzania. After graduation, Paul returned to his home town of New York where he will continue to work with

a small preventive medicine residency program as he seeks a more permanent academic position. He noted that he learned a lot from the amazing faculty here and will definitely miss the 3rd floor!

Jinnie Rhee received a dual ScD in Nutrition and Epidemiology, and centered her research on nutritional epidemiologic methods for identifying dietary risk factors for obesity and type 2 diabetes in racial and ethnic minority populations. After commencement, Jinnie moved back to her native California to work as a postdoctoral fellow at the Stanford School of Medicine. Jinnie found her experience here at HSPH to have been invaluable in preparing her for a career in academia, and she has grown to appreciate the academic rigor of our program

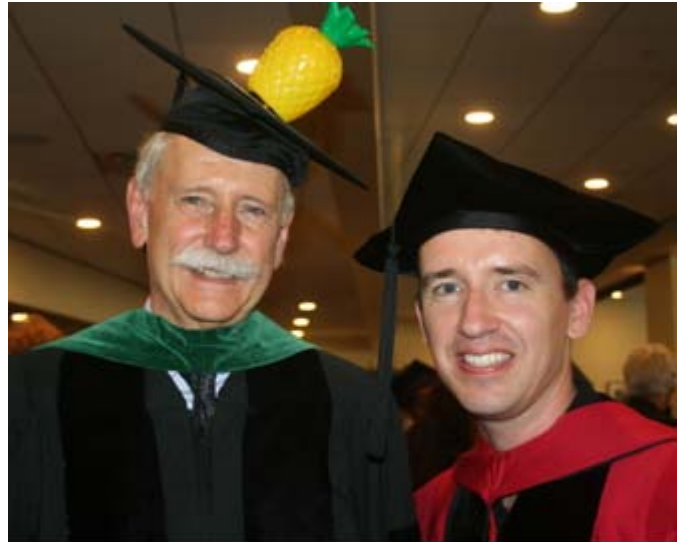
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here as well as the strong sense of community and support within the department. She feels strongly confident that her training here has given her the skills she needs to continue doing research on the prevention of obesity and diabetes in high-risk minority populations.

Andrew Thorne-Lyman received an ScD in Nutrition this spring. While here, he studied nutritional epidemiology, with an emphasis on the relationship between vitamin D and birth and child health outcomes. Andrew will now be doing nutrition research at the Earth Institute at Columbia University, where he will explore the effectiveness of different types of infant and young child feeding interventions in Uganda, and will provide technical guidance on nutrition to the Millennium Villages Project in Africa and the Model Districts program in India. Andrew greatly enjoyed the friendly and supportive atmosphere of our department and forming the kinds of friendships with other students that he hopes will last a lifetime.

Ran Zhang earned a dual ScD in Nutrition and Epidemiology here at HSPH after having already obtained an MD and MPH. His main course of study has been nutritional epidemiology, with his current research focusing on lifestyle factors and risk of chronic prostatitis/chronic pelvic pain syndrome in men. Ran is now at the University of New Mexico in Albuquerque for his anesthesia residency. He remembers his time at HSPH as absolutely the best and most memorable one in his life because he has received the best training, has been taught by the best faculty, has worked with the best colleagues, and has met the best friends here!



Dr. Willett and Dr. Thorne-Lyman

Ke (Kirsten) Zu received her ScD from the Departments of Nutrition and Epidemiology. Her doctoral project was designed to investigate the relationships between lethal prostate cancer, PTEN expression in tumor, and dietary lycopene. Kirsten grew particularly interested in utilizing tumor markers to identify those factors that affect prostate cancer progression and to elucidate the mechanisms underlying the anti-cancer effects of dietary factors. Kirsten is currently continuing research as a post-doctoral fellow at HSPH until September, when she will join an environmental consulting firm in Cambridge, MA. She considers her stay at HSPH to be her best academic experience ever. Indeed, the courses, the faculty, the students, and the staff at HSPH have all been pretty amazing!



NUTRITION STUDENT NANA KEUM WINS COMMENCEMENT AWARD

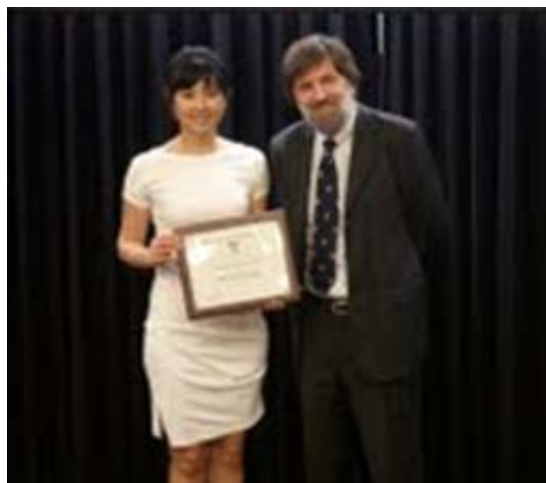
NaNa Keum, a Doctor of Science candidate in the Nutrition Department, received a Teaching Assistant Award at a reception held the evening before the 2013 HSPH Commencement at which major awards were presented to 13 students, 9 faculty members, and 2 HSPH staff members. Each year this award is presented to 2 or 3 students during Commencement, and NaNa was 1 of 3 HSPH students who won the Teaching Assistant Award this year. Winners are selected on the basis of their teaching evaluation scores.

NaNa has taught three courses here: *EPI201*, *EPI202*, and *EPI289*. She explains that she has learned a lot from being a TA! It certainly helps that she loves teaching (and, in fact, loves teaching even more than she loves research). She learned the value of good teaching early in life because both of her parents are also teachers. When asked what she likes best about her teaching, NaNa told me that she greatly enjoys interacting with her students. She began her teaching career here during her 2nd year, when she was TA for *EPI201* and *EPI289*. NaNa attributes her strong motivation to prepare well for each course that she teaches to her professor's

(Dr. Miguel Hernan) trust in her. Teaching has also taught NaNa many things, and she believes she learns the most this way. For example, she has found that when she grades student homework assignments, she is also learning a lot from those students who have different backgrounds from hers because their responses are often so novel—and this forces her to think in different ways. NaNa says that she finds this very provocative.

Ms. Keum is now in her 4th year; she's passed her written qualifying exam, and now has to pass her orals. She is getting a dual degree in nutrition and epidemiology, and is studying colorectal cancer under **Dr. Edward Giovannucci**. She also plans to be teaching again next fall!

Originally from South Korea, NaNa has been in the US for 8 years. She went to Harvard College where she majored in biochemistry, then got her MS in nutrition at Columbia University. In addition to her teaching and studies, NaNa loves to cook and admits to having quite a sweet tooth. Much as she loves pastries, however, she is currently working on finding a healthier substitution for brownies! ❖



NaNa and Dean David Hunter

DELICIOUS SUMMERTIME RECIPE

Submitted by Juliana Cohen, Research Fellow

Like most people, you are probably planning to do some summertime entertaining. If so, you might want to try this guaranteed crowd-pleaser. Both your vegetarian and non-vegetarian friends alike will love this simple, yet delicious Vegetarian Pâté (a/k/a Vegetarian "Chopped Liver"). Juliana insists that it's amazing when served on whole grain crackers!

Ingredients:

3 large onions, chopped

6 hardboiled eggs

1-1/4 cup walnuts

1 can (bpa free:) green peas, drained. (Fresh or frozen peas can also be used, but be sure to cook fresh peas first)



Directions:

1. Sauté the onions until translucent
2. Put all ingredients in a blender and puree until at desired consistency
3. Garnish with chives, parsley or some chopped egg

[NOTE TO OUR READERS: If you enjoy trying new recipes like this and others featured in past newsletters, you may wish to share your own favorite recipes with the department. All recipe submissions are welcome! Be sure to email them to hfarmer@hsph.harvard.edu]

MARK YOUR CALENDAR!

Save Saturday, September 7th for the 2013 Nutrition Department Picnic
at **Walter and Gail Willett's** house in New Hampshire
(with a rain date of Sunday, September 8th).

Patrice Brown, Nutrition Department Coordinator,
will provide further details as the date approaches!



**ASK THE EXPERT:
DR. GUY CROSBY DISCUSSES
THE MERITS OF PUTTING VODKA IN PIE CRUSTS!**



This month's nutrition expert is **Dr. Guy Crosby**, Associate Professor. Dr. Crosby co-teaches the now required Nutrition course, *NUT 209: Food Science and Technology*, here at HSPH. He also appears regularly on the television program, **America's Test Kitchen** with its founder, Christopher Kimball, and also provides the scientific commentary for their new radio program on NPR. If you would like to learn more about Dr. Crosby and his academic and scientific career, please see the full feature article on him that appeared in the Spring 2013 issue of *NutriNews*.

Editor: Dr. Crosby, I was watching you on the television program *America's Test Kitchen* the other night with Chris Kimball and was a little surprised when you advised him to use some vodka in the pie crust that he was making. Now I've heard of enhancing the flavor of many dishes with wine, and perhaps adding a little bit of rum to certain dessert recipes to give them a little zing—but never of putting vodka in a pie crust!?! Isn't vodka basically flavorless? Can you please enlighten us as to why adding this ingredient would necessarily make a pie crust better?

Dr. Crosby: *The vodka is not added for flavor. The issue with making a pie crust is to minimize the development of gluten, the protein formed when water is added to flour, and which provides much of the structure of the crust.*

If too much water is added to flour, the crust can turn out to be tough, because water encourages the formation of gluten. If too much gluten is developed, the pie crust will be tough rather than tender.

However, too little water makes the dough very dry and hard to work with and to roll out (because the dough is crumbly).

The solution to the problem is the use of both water and vodka. Vodka contains about 60% alcohol. Alcohol does not cause the formation of gluten; only water does. So using vodka allows more liquid to be added to the dough so it is soft, easy to work with and roll out, yet it will not develop too much gluten. The pie dough made with water and vodka is easy to work with (not crumbly), yet still produces a very tender pie crust.

MEET SOME NUTRITION POSTDOCS!

The postdoctoral research fellows in our department are a very vital part of the Nutrition community. Basically, a 'postdoc' is a person who already holds a doctoral degree, but is currently engaged in mentored research and/or scholarly training here for a temporary period of time. These individuals came to our department to acquire the professional and research skills that will enable them to pursue a career path in their desired area. In many academic disciplines, the postdoc position is usually viewed as the next career step after graduation; it is considered to be a temporary career-building step on the road to a more permanent academic position, and postdocs are expected to publish the results of their scholarship during their training here. The Nutrition Department boasts a hugely talented and diverse group of current postdocs. Let's meet some of them now! (Unfortunately, there was not enough space in this newsletter to introduce all of them, so be on the lookout for more postdoc features in future issues.)

Myriam Afeiche

Dr. Myriam Afeiche has been at HSPH for the past 2 years. She arrived with a PhD from the University of Michigan, Ann Arbor, where Dr. Karen Peterson, formerly of our Nutrition Faculty, had served as one of her mentors. Dr. Afeiche had hoped for a position at HSPH because of the postdoctoral training, cutting-edge knowledge about Nutrition and Reproductive Epidemiology, and opportunities for collaboration with world-class researchers. Dr. Afeiche was especially enthusiastic about the invitation to be an HSPH postdoc because it offered the opportunity for her to work with Dr. Jorge Chavarro. She had enjoyed a previous collaboration with him on a successfully-funded research project while she was still a PhD student.

Because Dr. Afeiche has a background in Environmental Health Sciences, her research goal is to combine environmental and nutritional epidemiology through the study of fertility. Her research in the Department of Nutrition has entailed the examination of dairy and meat intake in relation to semen quality among subfertile and young healthy men in the US. In the US, anabolic sex steroids are administered to cattle to promote growth for meat production. Dr. Afeiche is pursuing this research because of the reproductive consequences of hormonal residues in edible tissues. She is also studying dairy because

commercial milk is a mixture of milk from cows at

different stages of pregnancy and non-pregnant cows, with 75% of the mixture coming from pregnant cows. Naturally occurring estrogens of placental origin are present in the milk obtained from pregnant cows. Estrogens derived from dairy (or other food sources) could decrease sperm production. Specific literature on the relation between dairy food intake and semen quality is scarce, however, and Dr. Afeiche has found that full-fat dairy, including cheese, was related to lower semen quality among young healthy men. Dr. Afeiche is also investigating embryological and clinical outcomes of long-term weight gain among women undergoing *in vitro* fertilization.



Dr. Afeiche feels that her postdoctoral fellowship in the Department of Nutrition will help her to acquire skills in nutritional epidemiology methods, grant writing, and project management. This fellowship will also allow her to develop a national and international professional network with greater visibility through conferences, papers, and additional research collaborations. In addition, the fellowship will help her to develop greater expertise in diet and fertility through leading her own research projects. Dr. Afeiche plans to apply the knowledge she has gained in her future research in multiple ways. For example, around 1 in 6 couples worldwide is unable to conceive after

12 months of trying. Apart from higher age and BMI, few modifiable known risk factors for infertility have been elucidated. In addition, assisted reproductive technologies have an average success rate of 30%, which is relatively low. Dr. Afeiche believes that finding modifiable risk factors that can be easily used at the population level would be much more effective in tackling the large infertility burden. Her goal is to understand which environmental and dietary exposures affect fertility in the hope that infertile couples can learn and benefit from these findings.

After work, Dr. Afeiche likes to engage in one of her favorite hobbies—salsa dancing—originally learned while in college at the American University of Beirut (Lebanon). She also enjoys canoeing, hiking, spinning, swimming in the sea, and cooking for and with friends. I had to ask her the inevitable question, of course, what is her favorite food—she quickly informed me that it was dark chocolate!

Monica Bertoia

Dr. Monica Bertoia has been a Research Fellow in Nutrition here at HSPH for close to two years after having come to HSPH from Providence, RI where she completed a PhD in epidemiology at Brown University. Dr. Bertoia was very attracted to our program here because of her mentors, the unique cohort datasets, and the wealth of resources here at HSPH, the Channing Laboratory, and other affiliated institutions.

Dr. Bertoia feels that she is very lucky to have two amazing mentors here, **Drs. Eric Rimm** and **Ken Mukamal**. Over the past year, under their guidance, Dr. Bertoia has examined risk factors for peripheral arterial disease including oxidation-specific biomarkers, plasma homocysteine, and dietary B vitamins. She has now begun to shift gears by looking at fruit and vegetable intake and weight change, as well as grain substitution and risk of CHD. All of this has prepared her well for her future long-term academic goals because in addition to completing high-quality papers, Monica has also had the opportunity to write grants, learn new statistical analysis methods, and gain valuable teaching experience. Furthermore, she

has taken advantage of several excellent workshops offered here, including the academic job search, writing a K award, and interviewing. All of these experiences have prepared her well for her future academic career, she explains. With the experience gained here, Dr. Bertoia plans to become an independent nutrition and cardiovascular disease epidemiologist.

I was very interested to learn that Monica has an identical twin sister, Natalie, who is an OB/GYN specialist.

Monica and Natalie began university together as biology majors but their career paths unexpectedly diverged when Monica grew more interested in research and nutrition, and Natalie became more interested in medicine.



Natalie has always been an avid cyclist and lately, in combination with **Dr. Eric Rimm**, has motivated Monica to get into the sport. The twins are now planning to do a century ride (100 miles) together annually. This year they rode together from Plymouth to Provincetown, MA, and next year they will likely do 100 miles around Cayuga Lake in central New York State, near their home town in Ithaca, NY.

Because Monica's grandparents are Italian (having emigrated from Italy to Canada), it goes without saying that her favorite foods are Italian, and they include pesto sauce, her mom's gnocchi, and her nonna's (grandma's) bean soup. Besides cycling, Monica enjoys cooking during her free time—learning new recipes, perfecting old recipes, and especially cooking for friends and family. Her best dishes are risottos and she was excited to come to Boston and find that she can now buy brown arborio rice!

Elinor Fondell

Dr. Elinor Fondell has been in the Department of Nutrition as a postdoctoral research fellow since 2011. She received her PhD in epidemiology at Karolinska Institutet in Stockholm, Sweden, but finds herself no stranger to the Boston area because she had already been a visiting PhD student at both the HSPH Department of Epidemiology and Boston University (with Dr. Kenneth Rothman) in 2008-2010. Dr. Fondell decided to return to Boston in 2011 because she loved the research environment here and because she wanted to focus her work on ALS; she felt that our department offered her some excellent opportunities for this because of our excellent pooling studies.

Dr. Fondell's mentor for her postdoctoral research here is **Dr. Alberto Ascherio**. Under his guidance, she is studying Amyotrophic Lateral Sclerosis (ALS) (otherwise known as Lou Gherig's disease). Dr. Fondell has been looking at nutritional and other lifestyle factors and risk of ALS in the Nurses' Health Study, the Health Professionals Follow-up Study, and three other large cohorts: the Cancer Prevention Study cohort, the Multiethnic Cohort Study and the NIH-AARP Study. Her work here will provide excellent preparation for her future career because she would like to continue doing research on ALS and other neurodegenerative disorders. Elinor also loves teaching and looks forward to teaching future epidemiology courses that will be based on her own research.

Both Elinor and her husband have felt at home here in Boston right from the start (after having come here from Sweden in 2008). In fact, they find that Boston is really not that different from Sweden; the city's structure, the weather, and the natural environment in Massachusetts are quite similar. Elinor's stepdad happens to be an American, so she's also got family in Oregon, Nevada, California and Florida. Although Sweden is a very nice place to live, Elinor adds, she and her family feel that they would like to remain here in the US.

Elinor's family consists of Elinor; her husband, a software developer, and their three girls, ages 3½, 9 and 12 years. They also have a miniature golden retriever who is a very active puppy! When asked what she does best in her free time, Elinor modestly states that she "doesn't have that many cool talents", and that her husband would have a longer list; however, she does play the cello! In fact, Elinor played so well that she won a cello award some 10 years ago in a competition for the Nordic countries; unfortunately, hasn't played her cello very much since for a long time. Someday, however, when their kids are older, Elinor would like to play in a symphony orchestra again!



Of course, I had to ask Elinor what her favorite foods were, and was pleased to learn that she loves filet mignon with béarnaise sauce, asparagus, and grilled tomatoes. And in addition to working hard at her ALS research, playing the cello, and enjoying wonderful foods, Elinor's whole family loves to go camping around Massachusetts, Vermont and New Hampshire in the summer. I was surprised to learn that, despite being from Sweden, Elinor had never learned to ski downhill until she was 30 years old because Southern Sweden doesn't get much snow and is actually pretty flat. However, Elinor managed to catch on rather quickly, and now she loves to ski—and is rocking the kid's slope!

When I asked her how she became interested in nutritional research and ended up here at HSPH, Elinor replied that she has wanted to be a researcher for as long as she can remember. She was greatly influenced by her grandmother, who wanted to be a doctor but couldn't afford the studies. However, her grandmother still studied medicine a lot on her own, though. When Elinor herself went to university, she and her grandmother would talk on the phone for hours and they would discuss what Elinor was learning in school. There was a lot of love for learning in her family and that's something Elinor wants to be sure to teach her own children as well!

Reiko Nishihara

Dr. Reiko Nishihara joined the Department of Nutrition in September 2012 as a postdoctoral research fellow. Before she came to HSPH, Dr. Nishihara studied behavioral genetics using a twin cohort at Osaka University, Japan, in her PhD program. Dr. Nishihara was attracted to our postdoctoral program because of all the great resources that were available here and at HSPH!

The mentors in Dr. Nishihara's postdoctoral program are Drs. **Edward Giovannucci**, **Shuji Ogino**, **Charles Fuchs**, and **Andrew Chan**. Under their guidance, she is currently studying dietary intake (folate and alcohol) and colorectal cancer risk according to a molecularly defined colorectal cancer subtype, using the molecular pathological epidemiology (MPE) approach. Dr. Nishihara feels confident that she will achieve her long-term academic goals because her work here is enabling her to accumulate the requisite research experience as an epidemiologist, and in learning how to design and conduct novel research on her own. She emphasizes that these all provide excellent preparation for her to become an independent researcher. After her fellowship here is over, she would like to contribute to the advancement of public health and cancer treatment as a researcher. Unfortunately, Dr. Nishihara lost her father to cancer two years ago; that experience has especially motivated her to pursue cancer research.

When I asked Reiko about her experience living in the US, she replied that she really loves Boston—there are great museums and parks here, and, of course, the Red Sox! The only downside to living here, however, is that she cannot easily get nice Japanese food such as octopus ball, sushi, and green tea. I also learned that, like many other fitness buffs in our department, Reiko is an avid sports-lover. She herself likes to run, and she also plays tennis, table tennis, volleyball, swimming, and badminton. She has discovered that running along the Charles River is an absolutely fantastic experience!



Finally, I couldn't resist asking Reiko the inevitable question: What are her favorite foods? I was informed that her absolute favorite food is seafood, especially fish dishes rich in EPA and DHA! Reiko would love it if any of our readers could please let her know where she can find local fresh sea food around Boston.

MORE NEW FACES

The following people have recently been hired in Nutrition. Please take a minute to stop by their offices and welcome them to the Department!



Christina Murphy joined the Nutrition Department in March as Executive Assistant to **Dr. David Eisenberg**. Christina will primarily be assisting Dr. Eisenberg with the growth of his annual Culinary Institute of America-Harvard conference, *Healthy Kitchens, Healthy Lives*, as well as with other various integrative medicine and nutrition projects. Christina brings an extensive background as an entrepreneur and clinical herbalist to her new job as she was the former owner/ founder of Wild Indigo Boutique in the South End, where she had an in-store apothecary in which she provided specialty teas and natural regimens to her clients in addition to selling artisan clothing and jewelry. Her primary passions in life lie within the world of exploring natural medicine through plant healing and nutrition. Christina couldn't be more excited to work with Dr. Eisenberg. Originally from Wellesley, MA, Christina is a dedicated yogi and lover of animals—especially her dog, Levi.

Michael Field Keating is **Dr. Jorge Chavarro's** new research assistant, and he functions in his new role as Operations and Outreach Coordinator for the Nurses' Health Study III with the goal of recruiting new participants. Before coming to the Nutrition Department, Michael worked in Admissions at Harvard Medical School.



Erin Wright is the department's new FFQ Assistant, and she will be working for Sr. Research Dietetic Coordinator **Laura Kent**. Erin's new role is to coordinate orders and process questionnaires for research studies from around the country. Originally from New York, Erin completed her undergraduate studies at Goucher College in Baltimore. After graduation, she moved to Somerville and quickly felt right at home in Massachusetts. Erin is currently engaged in graduate studies for nutrition at Simmons College. She also works at Sherman Market in Union Square, where she sells local produce, meats and cheeses to her neighbors. Erin is excited at the opportunity to work in such an inspiring atmosphere and looks forward to getting to know everyone in the department!





In A Nutshell

News Notes in Brief

The following members of the Nutrition Department have recently received honors, awards, or prizes. Top congratulations to all!

Dr. Shilpa Bhupathiraju, a Nutrition Postdoctoral Fellow, was a finalist for the American Society for Nutrition's Postdoctoral Research Award at the recent Experimental Biology Conference in Boston for her work on 'Changes in Coffee Intake and Risk of Type 2 Diabetes'.

Dr. Matthew Gillman, Professor, has won one of the 2012 National Maternal Child Health Epidemiology Awards presented at the recent Annual Maternal and Child Health Epidemiology Conference. The title of his award is *The Greg Alexander Award for Advancing Public Health Knowledge Through Epidemiology and Applied Research*.

Hyun Joon Shin, currently a doctoral student in nutritional epidemiology, recently was awarded the both a prize and a grant:

Prize: First place in the fellows' poster competition at the TCACC (American College of Cardiology, Texas Chapter) meeting on May 18, 2013 in San Antonio, TX. The title of his winning poster was: *Dietary Patterns, Instant Noodles and Cardiometabolic Risk Factors*.

Grant: Hyun was also awarded a grant for \$15,750 from the Baylor Cardiovascular Research Committee on April 23, 2013. His grant is titled *The Effect of Post-Diabetic Diet Pattern on Mortality among Type 2 Diabetic Women in the Nurses' Health Study (NHS) – A Priori Dietary Pattern (Dietary Quality Score) Methods (Project #1; A Posteriori Dietary Pattern Methods (Project #2); and Dietary Patterns, Instant Noodles, and Cardiometabolic Risk Factors (Project #3*. Hyun's thesis advisor is **Dr. Frank Hu**.

Dr. Frank Hu, Professor of Nutrition and Epidemiology, has been appointed by the US Department of Health and Human Services and the US Department of Agriculture to the **2015 Dietary Guidelines Advisory Committee**. Dr. Hu is one of 15 nationally recognized experts appointed to serve on this Committee, whose recommendations and rationale are intended to serve as the basis for the eighth edition of the *Dietary Guidelines for Americans*. These Guidelines not only serve as the foundation for national nutrition standards, programs and education, but also provide healthy dietary recommendations for the general population. The *Dietary Guidelines for Americans* are updated and published jointly by HHS and USDA every five years.



For further information about Dr. Hu and this important Committee, please see: <http://www.usda.gov/wps/portal/usda/usdahome?contentid=2013/05/0108.xml&contentidonly=true>

Dr. Eric Rimm, Associate Professor, was recently awarded a grant sponsored by the USDA/Blueberry Highbush Council, titled *Changes in Fruit and Vegetable Intake and Risk of Hypertension and Diabetes*.

Dr. Rimm has also received a Harvard Catalyst Award for his *Randomized Trial of Financial Incentives to Reduce Sugar-sweetened Beverage Purchases with SNAP*.

Dr. Kirsten Davison, Donald and Sue Pritzker Associate Professor of Nutrition, has also received a Harvard Catalyst Award, titled *What about Dads? First Steps to Engaging Fathers in Childhood Obesity Prevention*. **Neha Khandpur**, currently a doctoral student, is Dr. Davison's lead student and Co-investigator for this award. The award is significant because, while the family environment is recognized as an important context to focus efforts in childhood obesity prevention, family-based interventions have met with limited success. The low rates of engagement and participation of fathers and the focus on mothers may explain their limited effectiveness. There is growing evidence to suggest that fathers play an important role in child rearing and are important to include in obesity prevention research. This study aims to address the fundamental barriers to the inclusion of fathers in child feeding research and childhood obesity prevention. Specific objectives include identifying recruitment strategies and mechanisms for fathers in childhood obesity research and exploring fathers' perceived roles and specific practices in feeding children and testing child feeding scales. The study will be conducted among white and African American (AA) fathers of preschool-aged children with diverse educational backgrounds. Results from this study will inform the development of future family engagement interventions.

Drs. Jennifer Erdrich and Myriam Afeiche were two of three HSPH postdoctoral recipients of the Kocaeli Medical School Travel Award. This award allows them to interact with researchers and clinicians in their respective areas of interest by, for example, delivering lectures.

Dr. Reiko Nishihara was one of three Postdoc Association Spring 2013 Travel Award winners.

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Acknowledgements

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with any comments, corrections, or
suggestions for future issues.