



NUTRI NEWS

The Department of Nutrition

April 2017

FIVE NUTRITION STUDENTS RECEIVE NEW DOCTORATES!

Our Nutrition Department is proud to boast that 5 of its students will participate in Commencement activities this year on Thursday, May 25, 2017. All of these people are top students who were admitted to their programs out of a pool of very talented applicants from around the world. Bright, hardworking, and highly dedicated towards improving public health worldwide, our new ScD's worked long and hard hours to achieve their academic goals, and their new Harvard degrees are well-earned. Please take a minute to congratulate the following people for all of their hard work, determination, and efforts the next time you see them and wish them well along their future paths:

April Bowling: Nutrition

Carolyn Brooks: Nutrition and Social & Behavioral Sciences

Yu-Han Chiu: Nutrition and Social & Behavioral Sciences

Katie Cueva: Nutrition and Social & Behavioral Sciences

Donghoon Lee: Nutrition and Epidemiology

April Bowling



While at Harvard, **April Bowling** focused her research on creating exercise interventions to improve behavioral and physical health in children with neurodevelopmental and affective disorders such as autism, attention-deficit/hyperactivity disorder (ADHD), and depression. She also pursued epidemiological research into relationships between ADHD, body composition, and psychiatric medication use in children and adolescents. Her dissertation was entitled, "Understanding Effects of Exercise and Diet to Improve Mental and Physical Health in Children with Behavioral Health Disorders". The results of her research have been published in *Pediatrics*, the *Translational Journal of the American College of Sports Medicine*, and *Contemporary Clinical Trials*.

Now an Assistant Professor of Health Sciences at Merrimack College, April has just received several grants to translate her exercise research into public school special education classrooms and continue her research into ADHD, endocrine changes, parental feeding patterns, and body composition with the Generation R fetal cohort in the Netherlands. She is also enjoying teaching undergraduates in epidemiology and masters students in health promotion and chronic disease prevention.

"Harvard was a catalyst for my professional career. I was a non-traditional student in midlife, with a family to support. Not only was my research supported by faculty, particularly my mentor **Dr. Kirsten Davison**, but I appreciated that the Department took a chance on me. As a result I feel I've been able to conduct high-risk, high-reward research that makes a real difference in the lives of children with very complex mental health disorders, as well as their families."

April will stay connected with Harvard through several research projects and a secondary appointment as Visiting Scientist. Since graduating she is enjoying reconnecting with her running career, and supporting her two children in their pursuit of their own interests – hockey and horseback riding.

Carolyn Brooks



Carolyn Brooks is a Doctor of Science student in the Social & Behavioral Sciences and Nutrition Departments. Her work focuses on implementing and evaluating community-level interventions that address social determinants of health and chronic disease prevention. She hopes to bring the challenges of reducing disparities from the field into the research setting, and translate disparities research into public health action. Toward this goal, in addition to her research, she has completed summer fellowships that address the needs of underserved populations at UnitedHealthcare and the Boston Public Health Commission. Previously Carolyn worked for 5 years at the Centers for Disease Control and Prevention contributing to a variety of communication, policy, and programmatic initiatives.

Carolyn is grateful for her experience at Harvard where she has been able to work with and learn from her advisors, **Drs. Steven Gortmaker** and **Eric Rimm**, as well as her Committee Members, **Drs. Elsie Taveras** and **David Williams**.

Additionally, Carolyn is fortunate to have expanded her network of friends and colleagues committed to evidence-based science and making a difference in the lives of the most vulnerable. Originally from Mississippi, the Boston winters proved to be quite an experience – especially the first two years! Carolyn will miss Boston but looks forward to returning back to Atlanta, GA where she has accepted a position as a Director of Strategic Initiatives in UnitedHealthcare's Community and State Division. She will work to develop, evaluate, and hopefully scale successful nutrition and other programmatic initiatives aimed to improve health outcomes and reduce health care costs for individuals enrolled in Medicaid and the Children's Health Insurance Program. She looks forward to the opportunity to take her life and work experiences, along with the new skills and content she learned while at Harvard, to make a meaningful impact in people's lives in the health system, and in finding ways to better leverage and connect the public health, social service, and healthcare sectors.

Yu-Han Chiu

Yu-Han Chiu is very interested in how food is a vehicle for environmental chemical contaminants and how intake of these foods affects health outcomes. Her thesis work focused on the assessment of exposure to dietary pesticide residues, and investigating the role of dietary pesticide residue exposure on reproductive health outcomes. She is planning to pursue her pesticide work for a postdoc and to develop additional skillsets, including learning high dimensional data analysis, during this postdoc period.



One thing Yu-Han loves about Harvard is its learning environment. Her advisor **Dr. Jorge Chavarro** was very supportive of her attending conferences and collaborating with different faculty to broaden her training, from which she benefited a lot—on top of all of her course work and dissertation.

Katie Cueva



Many thanks to the fantastic staff, faculty, and students at Harvard Chan that have supported me over the past three years! Thanks to my advisors **Alan Geller, Teresa Fung, and K. "Vish" Viswanath**, I'm looking forward to graduating from the dual degree program in Social and Behavioral Sciences and Public Health Nutrition in May. My dissertation focused on culturally relevant strategies to support health behavior change with community health workers, and my work has primarily been community-based participatory action research to support chronic disease prevention and control among Alaska Native and American Indian communities. While I still haven't gotten used to the Boston culture of complaining about the weather, I have enjoyed the stimulating intellectual environment here at Harvard Chan, and I will miss my friends, colleagues, and mentors. Looking forward to connecting with all of you wherever our paths cross next!

Donghoon Lee

Donghoon Lee is from Seoul, South Korea where he completed his BA and MS in Exercise Physiology in Yonsei University. He joined the Harvard T.H. Chan School of Public Health in 2012 for the SM1 program in Epidemiology and will be completing his doctoral program in Nutrition and Epidemiology this May. Under **Dr. Edward Giovannucci's** supervision, Donghoon has been conducting research in energy balance and cancer. He has recently defended his dissertation work on "Predicted Lean Body Mass and Fat Mass: Novel Insights into Obesity, Chronic Disease, and Mortality Research".



Donghoon likes Boston too much that he refuses to leave! After graduation, he will start his postdoc work with Dr. Giovannucci and other faculty members in the Department to further develop his research career. He appreciates the warm and friendly faculty, staff, and colleagues in HSPH (and especially in Nutrition) and is excited to continue to be part of the Department.

*To subscribe to **NutriNews**, please contact Hilary Farmer, Editor:
hfarmer@hsph.harvard.edu.*

KIRSTEN DAVISON RECEIVES 7TH ANNUAL ALICE HAMILTON AWARD!

Kirsten Davison, Donald and Sue Pritzker Associate Professor of Nutrition, in the Departments of Nutrition and Social and Behavioral Sciences, has received the Seventh Annual Alice Hamilton Award from the Committee on the Advancement of Women Faculty (CAWF). Dr. Davison will deliver the 2017 Alice Hamilton Award Lecture, entitled "Serving Underserved Children: Scalable Solutions to Prevent Obesity and Promote Emotional Wellbeing in Families". The awards ceremony will take place on Wednesday, May 10, 2017 from 2:30-4:15 pm in the Kresge Cafeteria. There will be a reception following the awards ceremony in the Roseneau Atrium.



This award is named after the first woman appointed to the Harvard faculty, and is meant to recognize the achievements of a promising junior woman investigator in public health. **Dr. Lisa Berkman**, of the Harvard T.H. Chan School of Public Health, will receive the Third Annual CAWF Mentoring Award, and will also be honored at this ceremony.

NEWS FROM AROUND THE DEPARTMENT

Lauren Dougherty, Research Dietitian, will receive her Master of Liberal Arts, Masters In Management degree from Harvard University Extension Studies during Harvard University's May 25th Commencement ceremonies.

The PBS NewsHour will air a piece about Healthy Kitchens, Healthy Lives on Monday, May 1st in an effort to spur more national discussion about food, cooking, health and health enhancement. **Dr. David Eisenberg**, Adjunct Associate Professor of Nutrition and Director of Culinary Nutrition, will be appearing on this program. The PBS NewsHour airs at 6:00 pm in Boston on WGBH. However, it airs at different times across the country --- generally 6:00 or 7:00 pm --- so for those of you who wish to watch in another city, please look at your local PBS listings to find out when PBS NewsHour airs.



Dr. Anne Lusk, Research Scientist, has received funding to make recommendations for improving bicycle routes to the Longwood Medical Area. She will identify three of the safest routes from each of these origins: 1) Allston/Brighton/Cambridge; 2) Bowker overpass/Paul Dudley White path; and 3) Brookline Village. Dr. Lusk will set up a design charrette at Harvard Chan so stay tuned.

Dr. Anne Lusk's proposal submission "Bicycling, Senior Community Design, Improving Health, and Lessening Alzheimer's" has been selected to be included in the 2017 LeadingAge Annual Meeting in New Orleans, LA on October 29-November 1, 2017. Only 150 applications out of 500 were accepted. **Dr. Lusk** and her co-presenters **Steve Bercu**, with the Helen and William Mazer Foundation, and **Heidi Savage**, the fitness director at RiverWoods in Exeter, NH, will speak about seniors, biking, and Alzheimer's research. 7,000 people are expected to attend this conference.

Dr. Anne Lusk has also received funding to conduct Phase II of her Seniors, Biking, and Alzheimer's study. Biking is associated with healthy cognitive aging because the activity pumps blood to the brain and increases the size of the hippocampus. Three Dutch bikes will be transported to senior housing complexes and left at each for two weeks (RiverWoods in Exeter, NH, Fox Hill in Westwood, MA, and Brookhaven in Lexington, MA). Residents will test-ride the bikes and complete a preference survey. Dr. Lusk will also

have some residents pilot test the Computerized Neurocognitive Battery PennCNB. The bikes are those ridden in senior housing complexes in the Netherlands and are available through the supplier, Bike-On, in Warwick, Rhode Island.

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Miguel A. Martinez-Gonzalez, MD, PhD, MPH, Adjunct Professor of Nutrition, was recently featured in an article entitled "**White bread is one of the main problems in the Spanish diet**" in *El Pais Seminal*, the most widely read newspaper in Spain. As one of the most respected voices in the world of nutrition, who specializes in the Mediterranean diet and its potential to combat obesity, Dr. Martinez-Gonzalez explains the challenge of keeping society healthy in the face of the food industry's aggressive tactics.



Dr. Martinez-Gonzalez is a leader of the PREDIMED (Primary Prevention of Cardiovascular Disease with a Mediterranean Diet) trial, a highly in-depth cohort study that examines the effects of this diet on health. When asked why there is such an increase in obesity in Spain, he explains that younger generations in Spain now mix the Mediterranean diet with the American diet and now eat too much processed food and red meat. He also blames the prevalence of white bread on the supermarket shelves because it is basically starch which the body then turns into sugar. To follow up on this, Martinez-Gonzalez has just launched the PREDIMED PLUS trial, which is a cohort study of 7,000 obese individuals who will be followed for 4 years in an effort to examine whether the Mediterranean diet can help them to lose weight and increase the amount of their physical activity.

To read more: http://elpais.com/elpais/2017/02/27/inenglish/1488198584_687077.html

POSTDOC NEWS

Becky Franckle, ScD, Postdoctoral Fellow, will be giving an oral presentation on her current work, entitled "The impact of the monthly SNAP issuance cycle on consumer shopping behaviors in a large Northeastern supermarket chain", at the International Society of Behavioral Nutrition and Physical Activity annual meeting in Victoria, Canada in June. This abstract was nominated for an ISBNPA early career researcher award and was one of the top scoring entrants.

Dr. Franckle has also had two articles accepted for publication:

Franckle RL, Falbe J, Barrett J, et al. Student obesity prevalence and behavioral outcomes for the Massachusetts Childhood Obesity Research Demonstration project. *In press (Obesity)*.

Blaine R*, **Franckle RL***, Ganter C, et al. Using School Staff Members to Implement a Childhood Obesity Prevention Intervention in Low-Income School Districts: the Massachusetts Childhood Obesity Research Demonstration (MA-CORD Project), 2012–2014. *Prev Chronic Dis*. 2017;14:160381. **shared first authorship*

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For all postdocs, please consider a **2-day Harvard Catalyst course for young investigators** aimed at providing skills and new thoughts for career development. It is a unique offering, completely focused on being an empowered "mentee". Please pass on to any friends or colleagues as well; it is free and open to anyone at Harvard, MIT, and BU.

Maximizing the Mentee-Mentor Relationship: A Two-Day Workshop for Mentees. This workshop will be held on June 15-16, 2017 at Simmons College. For more information or to apply: catalyst.harvard.edu/services/formal-mentoring/

The Department of Nutrition is currently seeking candidates for the position of Assistant or Associate Professor in Public Health Nutrition. Please feel free to share this with your colleagues!

For more information: <http://academicpositions.harvard.edu/postings/7477>

SAVE THE DATE ANNOUNCEMENTS!

On November 1, 2017, the Nutrition Department at the Harvard T.H. Chan School of Public Health will be celebrating its **75th year!** At the same time we will also be having our **13th Annual Stare-Hegsted Lecture.** Dr Lawrence J Appel, of The Johns Hopkins University, will be this year's speaker. The two events will be combined that afternoon. The Department will be celebrating its 75 years with a symposium starting at 1:00 pm and the Stare-Hegsted Lecture will be at 4:30 pm, with a reception afterwards. Both events will take place at the NRB in the Rotunda Room. More details will follow later.

MORE NUTRITION ACTIVITIES IN LONGWOOD MEDICAL AREA

DIVISION OF NUTRITION AT HARVARD LONGWOOD NUTRITION SEMINAR 2016-2017

Medical Education Center, Harvard Medical School
260 Longwood Avenue, Cannon Room (Building C1) Boston, MA
12:00 – 1:00 PM 1st Tuesday of Month (Lunch will be served at 11:30 AM)

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| May 2, 2017 | Camilia R. Martin, MD, MS
BIDMC Department of Neonatology/HMS
<i>The role of fatty acids and their terminal metabolites in neonatal development and morbidity risk</i> |
| June 6, 2017 | Lindsay Arnett, RD and Amy Turner, MD
Boston Children's Hospital
<i>Case Study on refeeding syndrome in a severely malnourished child</i> |

**Supported by the Conrad Taff Educational Fund, Harvard Medical School
and Mead Johnson Nutrition**

*For further information: contact Barbara Ainsley @ 617-667-2604
bainsley@bidmc.harvard.edu*

The 3rd Annual Omics Symposium will take place on May 30, 2017, from 9:00 am to 5:00 pm at the Harvard T.H. Chan School of Public Health at 667 Huntington Avenue, Boston MA. **Omics: Advances, Applications, and Translation in Nutrition and Epidemiology** will be in Kresge G2. This symposium will bring together experts in emerging omics technologies and techniques, with an emphasis on recent

advances and applications in population-based research, integration with nutrition, and translational applications.

Harvard Medical School Division of Nutrition

The 18th Annual Postgraduate Nutrition Symposium

Surgical Treatment of Obesity: Physiological Mechanisms and Clinical Effects

On behalf of the Nutrition Obesity Research Center at Harvard, we would like to extend registration to our 18th Annual Symposium, which will take place in July. Please consider registering, as this is a very educational event to attend. Registration is free and we welcome everyone—students, physicians, community members, academic faculty, etc. *Contact:* HarvardNORC@mgh.harvard.edu with any questions or to register.

UPCOMING MONDAY NUTRITION SEMINARS IN MAY

May 1	Lindsay Jaacks , Assistant Professor of Global Health (NGHP)
May 8	Michael J. Wargovich , The University of Texas Health Science Center at San Antonio
May 15	Fred Tabung , Research Associate, Nutrition
May 22	Ganmaa Davaasambuu , Assistant Professor--Postponed

NEW FACES IN NUTRITION

The following staff members have recently joined our Department. Be sure to welcome them the next time you see them!



Julie Coleman is a Case Manager and Registered Dietitian Nutritionist for the MIND Trial, a study that will examine the ability of two weight loss dietary interventions to prevent the onset of Alzheimer's. Prior to joining the MIND Trial Research Team, Julie attended the University of Rhode Island where she completed a Didactic Program in Dietetics and minored in Kinesiology, while fulfilling her lifelong dream of competing on a Division I athletic team. Following her undergraduate studies, Julie moved to Cleveland, OH, to attend Case Western Reserve University where she concurrently completed a Master of Science in Public Health Nutrition and Dietetic Internship. She looks forward to working with participants in the MIND Trial, as she has a passion for promoting the health and wellness of others. In her spare time, she enjoys cooking plant-based recipes, exercising, reading, and keeping up to date with the latest gymnastics and diving news.

Maya Baca, Research Assistant, is a native of Boston. She began working on the Health Professionals Follow-Up Study the summer after graduating from high school. Starting as a temporary Staff Assistant, she continued to return over the years. Most recently, she returned from London, with an MSc in Theory and History of International Relations, to work on the HPFS and Growing Up Today Study as temporary staff. She is thrilled to now join the studies as a Research Assistant. Outside of academia, some of her interests include swimming, baking, and biking.



STUDENT NEWS

Dissertation Defenses:

Yu-Han Chiu successfully defended her thesis entitled "Pesticide Residues in Fruits and Vegetables: Assessment and Their Associations with Reproductive Health Outcomes" on April 4th.

Carolyn Brooks successfully defended her thesis entitled "Clinical, Community, and Epidemiologic Considerations for Addressing Racial/Ethnic Disparities in Chronic Disease" on April 6th.

Dr. Ganmaa Davaasambuu, Assistant Professor in the Department of Nutrition, her student **Sabri Bromage**, and colleagues in Mongolia are currently organizing a conference in Mongolia to be held during June 5-7 entitled "Central Eurasian Nutrition Forum 2017: Focus on the Mongolian Context". For more details about this conference or if you would like to attend, please contact **Sabri Bromage**.

NUTRITION FACULTY REAPPOINTMENTS

Emily Oken, MD, MPH

Professor in the Department of Nutrition (Secondary)

Lu Qi, MD, PhD

Adjunct Professor in the Department of Nutrition

Vasanti Malik, ScD

Research Scientist

NUTRITION DEPARTMENT WELCOMES NEW CHAIR FRANK HU AND HONORS HIS PREDECESSOR WALTER WILLETT

A reception was held on April 19, 2017 in the Kresge Cafeteria to welcome new department chair, **Frank Hu**, and honor the distinguished career of his predecessor, **Walter Willett**. **Dean Michelle Williams** opened the welcoming reception with her warm remarks, highly complimenting both individuals, and stating that the future of the Nutrition Department will continue to be bright. **Dr. Hu** thanked everyone in the department for helping in his smooth transition and noted that he had some “very large shoes” to fill (Size 11) in his new role as Chair. **Dr. Willett**, whose chairmanship has spanned 25 years, remarked on how pleased he was to have been surrounded by so many talented and dedicated individuals in public health—and how the ultimate reward was for one of them, his own postdoc, to eventually take over his job!



To read more: <https://www.hsph.harvard.edu/nutrition/2017/04/19/department-welcomes-chairman-frank-hu-honors-predecessor-walter-willett/>

Email Hilary Farmer (hfarmer@hsph.harvard.edu) with any comments, corrections, or suggestions for future issues of *NutriNews*.