

# NUTRI NEWS

## The Department of Nutrition

February 2017

To subscribe to *NutriNews*, please contact Hilary Farmer, Editor: [hfarmer@hsph.harvard.edu](mailto:hfarmer@hsph.harvard.edu).

### NEWS FROM AROUND THE DEPARTMENT



**Professor Meir Stampfer** was named recipient of the 2017 AACR-American Cancer Society Award for Research Excellence in Cancer Epidemiology and Prevention.

The following members of the Nutrition Department were awarded a 5-year NIH grant to conduct ***Mach15, a Clinical Trial of Moderate Alcohol Consumption and CVD Health*** (the 15 refers to the approximate grams of alcohol per drink): **Ken Mukamal** (PI), **Eric Rimm** (PI, Biological Specimens and Biostats Core), and **Donna Spiegelman** (Co-PI of this same Core). This study was initiated with a vision of obtaining 10 years of funding to conduct a trial of randomizing individuals to 1 drink / day or abstinence for 6 years. The trial has 7 Harvard/Vanguard sites to start with; it is anticipated that double that number of sites will eventually be involved when enrolling subjects. The initial sites in Year 1 will be in the US (Baltimore, Wake Forest), Denmark, Spain, The Netherlands, Nigeria, and Argentina.

Lead poisoning is a serious modern health risk, for which there is no real treatment and where the only solution is prevention. Although water is routinely tested with data sent to the US government, the information is not always available to the public. **Eric Feigl-Ding** concluded that what was needed was an easily accessible information portal and alert system connecting citizens to potential problems in their community.

To effect this, **Feigl-Ding** assembled an all-volunteer team of software engineers and programmers to devise a new web platform, [ToxinAlert.org](http://ToxinAlert.org). The site has several functions, including a U.S. map that allows users to enter an address or ZIP code to find water quality data for their location. It also has a crowd-sourcing feature where individuals can upload test results of their own. For those who want to get their water tested, the site offers at-cost testing for lead, arsenic, mercury, copper, chromium, and cadmium, as well as more comprehensive tests for pesticides and other contaminants.

(Excerpted from the **Harvard Gazette** <http://news.harvard.edu/gazette/story/2017/01/a-link-to-where-lead-lurks/>)

## 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 **75<sup>th</sup> year!** At the same time we will also be having our **13<sup>th</sup> 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.

## UPCOMING MONDAY NUTRITION SEMINARS IN MARCH

*The **Monday Nutrition Seminar Series** takes place every Monday from September – May at 12:30-1:30 in Kresge 502. All Monday Nutrition Seminars are free and open to the public. For more information, contact: [hfarmer@hsph.harvard.edu](mailto:hfarmer@hsph.harvard.edu)*

March 6	Simone Bosch, WCRF (NGHP)
March 13	<i>Spring Break</i>
March 20	Maryam Farvid, Fellow, Department of Nutrition
March 27	Ellen Mowry, The Johns Hopkins University

## NEW FACE IN NUTRITION

*The following staff member has recently joined our Department. Be sure to say hello and welcome her the next time you see her!*



**Susanne Alexander** is the Senior Grant Manager for the Nutrition Department. Previously, Susanne worked at the HSPH in the Department of Biostatistics. The skills and experience that Susanne gained in public auditing have afforded her the opportunity to become familiar with Government circulars and post-award management. In her free time, Susanne enjoys hiking and boating in New Hampshire's White Mountains and Lakes Region.

## STUDENT NEWS

### The following Nutrition students recently had their papers published:

The following paper, first-authored by **Edward Yu**, was published online in the **Journal of Nutrition: Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the Prevención con Dieta Mediterránea (PREDIMED) Study** (<http://jn.nutrition.org/content/early/2017/02/08/jn.116.241711.abstract>). The authors found that a 1-year increase in plasma tryptophan was strongly inversely associated with cardiovascular disease, specifically non-stroke related cases.

**April Bowling** has published the first paper from her dissertation in **Pediatrics**:

**Bowling, A.**, Slavet, J., Miller, D. P., Haneuse, S., Beardslee, W., & Davison, K. (2017). Cybercycling Effects on Classroom Behavior in Children with Behavioral Health Disorders: An RCT. *Pediatrics*, e20161985.

**Nathalie Marchand** also recently published a paper: **Marchand N**, Davaasambuu G, McElrath TF, Davaasambuu E, Baatar T. Prevalence of pregnancy hypertensive disorders in Mongolia, *Preg. Hyper: An Int. J. Women's Card. Health*. October 2016

**Yang Hu** got the following paper accepted by **Annals of the Rheumatic Diseases**: **Yang Hu**, Jeffrey A. Sparks, Susan Malspeis, Karen H. Costenbader, Frank B. Hu, Elizabeth W. Karlson, Bing Lu. Long-term dietary quality and risk of developing rheumatoid arthritis in women. *Ann Rheum Dis* (in press)

The following paper by **Alyssa Moran** has received considerable media attention (covered by **Forbes, Consumer Reports, NPR, CBS News**): **Moran AJ**, Block JP, Goshev SG, Bleich SN, Roberto CA. Trends in nutrient content of children's menu items in U.S. chain restaurants. *Am J Prev Med*. 2016 Dec 27. doi: 10.1016/j.amepre.2016.11.007. Alyssa also presented this paper at The Obesity Society annual meeting in October; the paper won second place for early career investigator poster presentation.

(You can read about the **Forbes** coverage of her paper at:

<http://www.forbes.com/sites/nancyhuehnergath/2017/01/13/voluntary-initiative-fails-to-improve-restaurant-childrens-menus/#6a249b7a7ca3>)

**Alvin Tran** recently passed his oral exam. He will now be starting one of his dissertation projects called the "Men's Body Project", designed to qualitatively assess disordered eating behaviors and body image ideals among sexual minority men in Massachusetts. This study will kick off this spring when they will begin recruitment. **Alvin** was also recently awarded the Grant W Farmer Scholarship at the APHA meeting in Denver, CO for his dedication towards improving gender and sexual minority health.

The Harvard T.H. Chan School's new Healthy Meeting Guidelines was launched this month. **Aviva Musicus** has worked on creating these guidelines for the past year in collaboration with Sebastian's Cafe, the Nutrition Department, and the Office for Student Affairs. You can read more about these Guidelines on: <https://www.hsph.harvard.edu/news/features/healthy-meeting-guidelines/> as well as on the Nutrition Source website at <https://www.hsph.harvard.edu/nutritionsource/healthy-food-service/>.

### Dissertation Defense:

**Katie Cueva** will defend her dissertation, **Culturally-Relevant Strategies to Build Capacity among Community Health Workers: Lessons from Alaska**, on Monday, March 6th, 2017 at 4pm in Kresge 708.

## MEET A NUTRITION STAFF PERSON!

By Hilary Farmer



Nutrition staff tend to be bright, talented, and well educated. They are individuals from different backgrounds, cultures, ages, talents, skills, and opinions. All of them are interesting people! Their work is vital in supporting the teaching and research activities here at HSPH. Many staff members possess advanced degrees or are in the process of acquiring a degree or certificate. Others are here because they want to pursue a lifetime career at Harvard. Their interests include health and the environment, art, music, archaeology, yoga, film—and, of course, food. This month we will interview one of our staff members, **Emily Baron**, who joined the Nutrition Department as Faculty Assistant to **David Eisenberg, MD** in March of 2016.

**NN: Emily, can you tell us what do you do in your current position and how long you have been with us?**

*EB: I joined the Nutrition Department just under a year ago! Much of what I do involves supporting Dr. Eisenberg's work related to looking at the health impact of teaching people how to cook healthy, delicious meals along with other lifestyle skills, such as exercise and mindfulness. One ongoing initiative is the Teaching Kitchen Collaborative (TKC), which launched in February 2016. The TKC is a diverse network of 32 organizations (made up of universities, hospitals, dining services, community organizations, and corporations) with existing and/or planned programs to provide people with culinary and nutrition education. While many members are trying to reach different populations, be it patients, medical students, senior citizens, children, families and those with food insecurity, etc., the goal of the collaborative is for all members to be able to work together to develop and refine best practices related to curricula and facilities, to find research opportunities and to strategize on ways to scale teaching kitchens. I work closely with the coordinator of the Teaching Kitchen Collaborative at the Culinary Institute of America to help coordinate with the physicians, faculty, researchers, chefs, RD's and administrators who make up the TKC member network. The TKC just wrapped up its third in-person meeting and it's been incredible to see what has been accomplished in just a year. We recently launched a website for the [Teaching Kitchen Collaborative](#) for those interested in learning more.*

**NN: I understand you recently moved to Boston. Where were you living before this, and what did you do there?**

*EB: Before moving to Boston, I spent a year in Pittsburgh, PA working for Community Kitchen Pittsburgh (CKPGH), a social enterprise nonprofit that provides on-the-job culinary and life skills training to people with barriers to employment. Many of CKPGH's clients were below the federal poverty level and were looking for the support and training to find a good-paying, stable job in the food service industry. In addition to working with the Education Manager to screening clients and organizing each 16-week training program, I presented weekly life skills classes and worked individually with clients on things like resume building and interviewing skills, or simply trying to help them find any social services they might need.*

*Prior to that, I was in NYC (where I lived for ten years) working for a small culinary education nonprofit, FamilyCook Productions. Here, I helped with the day-to-day operations, coordinated trainings with the schools and community organizations running FamilyCook's culinary nutrition programs and helped with recipe development. I even taught a weekly healthy cooking program for kids and their families at a local farmers market (you would be surprised how many 6-year-olds were willing to try a tuna nicoise salad after helping to prepare the ingredients themselves.)*

**NN: What attracted you to the HSPH Nutrition Department?**

*EB: Food is a real passion of mine. I knew that I wanted to work for an organization that was empowering people to lead healthier lives through food. I have long been aware of and inspired by the positive influence that HSPH's Nutrition Department has had and continues to have on what and how people eat. I could not be more excited to support that kind of work.*

**NN: How might this intersect with your own personal interests?**

*EB: My interest in food began after I moved out of the suburbs of Ohio to NYC and, for the first time, had the opportunity to visit a farmers market. It was then that I began to develop a real connection to the food I was eating and started to cook with more whole foods. I started out volunteering on urban farms and when I became curious about agricultural practices in other countries, I signed up for the World Wide Opportunities on Organic Farms (WWOOF) program. Through the WWOOF program, I spent three weeks volunteering on an olive farm in southern Tuscany in exchange for room and board. It was an incredible and eye opening experience and I will never forget the color and taste of freshly pressed olive oil - chartreuse and deeply spicy!*



*To hone my cooking skills (which, before moving to NYC, consisted of microwaving a Lean Cuisine), I started volunteering at the Natural Gourmet Institute, a health supportive culinary school in NYC, where I eventually completed a certificate program in Culinary Nutrition. I also belonged to a food coop that offered monthly cooking demos by professional chefs for only a few dollars! Many of the recipes I learned there are still in my repertoire today.*

**NN: Are you still pursuing these interests?**

*EB: For me, my favorite way to get to know the culture of a place is through its food. Whenever I travel, I always try to visit at least one farmers market or public market in the area. There is so much food exploration to do here in the Boston area. Nearly every Saturday, my husband and I go to the Somerville farmers market – aside from the freshness of the produce, I just love the community of it.*

*To take advantage of New England's wonderful produce all year round, my husband and I do a lot of canning and preserving. This summer we canned 50 lbs. of tomatoes...it's a lot of work, but now every time I open up a jar to make a soup or sauce, it reminds me of summer.*

*I'm always looking for new opportunities to learn about food – I recently took an oyster shucking lesson at a little fish shop in the North End that offers free lessons on the weekends. This summer, I'd really like to visit the Island Creek Oyster farm in Duxbury, MA.*

*And because I really enjoy cooking not just for myself but for others, too, I've been volunteering in the kitchen and dining halls of some truly wonderful organizations like The Women's Lunch Place, Friday Night Supper Program and Community Servings, all of which serve healthy, nourishing meals to those who need them most.*

**NN: How do you like living in Boston?**

*EB: I'm really glad that I landed in the Boston area and feel very much at home here. There is so much to do and explore in the city but I also love how easy it is to get out of town for a day or weekend trip to visit other New England towns. Some recent favorites include eating lobster in Rockport, MA, hiking in the White Mountains, and apple picking in Harvard, MA.*

## MORE NUTRITION SEMINARS 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 1<sup>st</sup> Tuesday of Month (Lunch will be served at 11:30 AM)**

- |               |   |
|---------------|---|
| March 7, 2017 | <b>Courtney M. Peterson, PhD, MSc</b><br>Pennington Biomedical Research Center<br><i>"Time-Restricted Feeding: A Novel Intervention That Combines Intermittent Fasting and the Circadian Clock"</i> |
| April 4, 2017 | <b>Kris Mogensen, MS, RD, LDN, CNSC and Kenneth Christopher, MD</b><br>Brigham & Women's Hospital<br><i>Nutritional Metabolomics</i>  |
| May 2, 2017   | <b>Camilia R. Martin, MD, MS</b><br>BIDMC Department of Neonatology/HMS<br><i>The role of fatty acids and their terminal metabolites in neonatal development and morbidity risk</i>                 |
| June 6, 2017  | <b>Lindsay Arnett, RD and Amy Turner, MD</b><br>Boston Children's Hospital<br><i>Case Study on refeeding syndrome in a severely malnourished child</i>  |

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**Harvard Medical School Division of Nutrition**  
The **18th Annual** Postgraduate Nutrition Symposium  
**Surgical Treatment of Obesity: Physiological Mechanisms and Clinical Effects**

**Wednesday & Thursday**

**July 12-13, 2017**

**Located at**

**The Joseph B. Martin Center at Harvard Medical School**

77 Avenue Louis Pasteur

Boston, MA 02115 USA

**Presented by**

The Division of Nutrition

**Harvard Medical School** and Nutrition Obesity Research Center at Harvard  
*in conjunction with*

The Department of Nutrition

**Harvard T.H. Chan School of Public Health**

[Click here to Register](#)

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[pmkassociates.com](mailto:pmkassociates.com)

**or call**

703-841-1600 for more information or questions.

**RECIPE CORNER**



Lebanese Tabbouleh (*makes 4 servings*)

By Laila Al-Shaar

PhD student in Population Health Sciences/Nutritional Epidemiology

*Photo Courtesy of Laila's mother in law*

<b>Ingredients</b>	<b>Amount</b>	<b>Form</b>
Bulgur	3 tablespoons	Soaked in warm water then drained
Parsley	3 bunches	Fresh and very finely chopped leaves-Spread on paper towel and let dry
Tomatoes	5 small sized	Very finely chopped-cubes of less than ½ inch
Mint	3 tablespoons	Fresh and finely chopped leaves-Lay them on a paper towel and let dry
White Onion	1 medium sized	Very finely chopped
Extra Virgin Olive oil	5 tablespoons	
Lemon	5 tablespoons of Lemon juice	
	2 tablespoons of Lemon zest	
+ salt (1/2 teaspoon) + pepper (1/3 teaspoon) + 1 Romaine lettuce (or cabbage) for serving		

### **Preparation:**

Soak the bulgur with warm water until slightly soft; drain and add the chopped tomatoes to the drained bulgur. Let it stand for around 10 minutes. Meanwhile, mix salt and pepper with the chopped onions. Combine the chopped parsley, mint and onion in a large mixing bowl with bulgur and tomatoes. Add lemon zest, and start adding lemon juice and extra virgin oil, taste and adjust seasoning. Serve with lettuce or cabbage leaves.

*Note: If you are interested in a Gluten-free recipe, you can substitute Bulgur with Quinoa.*

**Bon Appétit**

## **POSTDOC NEWS**

**Yerby Diversity Lecture in Public Health, featuring Dr. Scarlett Ballamy: Embracing the role of 'statistician' in the age of big data and data science. April 19, 2017, 12:30-1:30, Kresge G-1, lunch provided.**

**Writing a Resume for Jobs Outside Academia. Friday, March 3, 12:30-2:00, Kresge 202A. Presented by Suprawee Tepsupom, PhD, Assistant Director & Career Coach**

**Science Mentoring Workshop Intensive II**  
**Mentoring Undergraduates: Challenges, Celebrations & Student Writing**  
**Offered twice:**  
**Wednesday, March 8, 2017**  
**9 am-12:00 pm**  
Northwest Laboratories, Room 353, 52 Oxford Street  
(mid-morning refreshments will be provided)



Or

**Wednesday, March 22, 2017**

**9 am-12:00 pm**

Northwest Laboratories, Room 353, 52 Oxford Street

(mid-morning refreshments will be provided)

**Workshop Facilitators:**

Margaret Lynch, Ph.D., Associate Director of Science Education

Anna Babakhanyan, PhD, MBT, Undergraduate Science Research Advisor

Science Education Office

FAS Division of Science, Harvard University

To register for the workshops please email [Anna Babakhanyan](mailto:anna.babakhanyan@fas.harvard.edu) for what day you would like to register.

## Precision nutrition: Hype or hope?

Precision medicine involves the tailoring of drugs and therapies to fit a person's genetic profile. Touted in recent years as a way to maximize the benefits of treatment while minimizing side effects, many experts are now wondering if personalizing an individual's diet according to their DNA profile (sometimes referred to as "precision nutrition") can also improve their health.

**Dr. Frank Hu**, professor of nutrition and epidemiology and chair of the Department of Nutrition at Harvard T.H. Chan School of Public Health, tackled the topic before a standing-room-only crowd in Kresge 502 on February 8, 2017. Dr Hu cited several recent studies, including personalized diets to smooth blood sugar spikes, whether coffee may be beneficial to health outcomes like type 2 diabetes, several recent analyses on gene/diet interactions, data on microbiota and obesity, and some metabolite signatures of diet.



(Excerpted from <https://www.hsph.harvard.edu/news/features/precision-nutrition-hype-or-hope/>)

**February is National Heart Month! The Harvard *Nutrition Source* has featured a spotlight on heart health and disease.**



The Harvard Nutrition Source has featured a spotlight on heart disease, providing a definition and overview, types of heart disease and symptoms, risk factors and prevention. To learn more about heart disease: go to the **Nutrition Source** <https://www.hsph.harvard.edu/nutritionsource/disease-prevention/cardiovascular-disease/>

**Anuraj Shankar**, Senior Research Scientist, recently co-authored a paper that received widespread coverage in the media:

*Elizabeth L Prado, Susy K Sebayang, Mandri Apriatni, Siti R Adawiyah, Nina Hidayati, Ayuniarti Islamiyah, Sudirman Siddiq, Benyamin Harefa, Jarrad Lum, Katherine J Alcock, Michael T Ullman, Husni Muadz, **Anuraj H Shankar**. Maternal multiple micronutrient supplementation and other biomedical and socioenvironmental influences on children's cognition at age 9–12 years in Indonesia: follow-up of the SUMMIT randomised trial. *Lancet Glob Health* 2017;5: e217–28 (See *Comment* page e127).*



Multiple biomedical and socioenvironmental determinants, including nutrition, health, nurturing, and stimulation, can affect brain and cognitive development during the first 1000 days after conception. The authors interpreted the results from their follow-up study to conclude that maternal MMN contained long-term benefits for child cognitive development at 9-12 years of age, thus supporting its role in early childhood development. **Shankar's** paper was featured on the HSPH website and podcast on February 9, 2017: <https://www.hsph.harvard.edu/news/hsph-in-the-news/vitamins-child-development/>. It was also featured at the Grand Challenges Canada web site <http://www.grandchallenges.ca/grantee-stars/0067-03/> and at the Summit Institute of Development in Indonesia. The paper also received media coverage in countries ranging from the UK to Albania to Indonesia to Spain.

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