NUTRI NEWS

The Department of Nutrition

April 2018

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DR ALBERTO ASCHERIO LEADS DEPARTMENT'S NEUROEPIDEMIOLOGICAL TEAM IN GROUNDBREAKING RESEARCH!

(By Hilary Farmer)

The field of nutrition has made increasing strides in recent years and continues to expand its breadth and scope. It now covers a broad range of topics. The field's main goal is to put diet, eating habits and other lifestyle factors at the forefront of efforts to improve global public health, as well as to investigate more specific health-related concerns. One way to achieve this goal is to examine food in relation to the etiology of neurodegenerative diseases, such as multiple sclerosis (MS), Parkinson's disease (PD) and amyotrophic lateral sclerosis (ALS)—diseases that currently have no cures. Thus, early diagnosis and prevention are critical for obtaining a better quality of life for patients.

Dr. Alberto Ascherio (Professor of Epidemiology and Nutrition (HSPH); Professor of Medicine (HMS)) is head of the neuroepidemiology team of our Nutrition Department. His current research is primarily devoted to finding the causes of MS, PD, and ALS. Ascherio is a world expert in neuroepidemiology. He is well-respected, and much sought-after by his colleagues and other experts, in addition to being thorough, thoughtful, and rigorous in his research. Let's meet Dr. Ascherio and some other members of his team now!

NN: Dr Ascherio, I understand that you are a world expert in neuroepidemiology; your work is highly regarded as being rigorous and your findings are robust. Can you tell us what

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led you to develop an interest in neuroepidemiological diseases such as multiple sclerosis, Parkinson's disease, and ALS in the first place?

AA: The mysteriousness of the epidemiology of these diseases. When we started working, we knew very little about risk factors. At the same time, particularly for MS, there was evidence of dramatic geographical variations in incidence that were screaming for an explanation. I thought that if we cannot discover the causes of these variations, there is little else we can hope to achieve.

NN: Where are you originally from, and what is your academic background?

AA: I am originally from Milan, Italy. I graduated in medicine from the University of Milan, trained for two years in internal medicine, and then in 1980 I left to work as a volunteer doctor in rural Nicaragua. It was a very rewarding and exciting experience – the Sandinistas had recently defeated a long lasting dictatorship and were promoting primary health care in rural areas. Many of the patients that I saw had never seen a doctor before, and many suffered of treatable conditions, including malnutrition, parasites, tuberculosis, malaria and leishmaniasis. After two years I went to London for an intensive course in tropical medicine, and from there to Mozambique, where I started to work more in epidemiology and public health. In 1985 I went back to Managua with the World Health Organization (WHO), working on maternal and child health and epidemiology, and teaching at the national public health school.

NN: What brought you to Harvard then?

AA: I came in 1988 to get an MPH degree, which is a requirement for a career in international health with WHO and similar organizations. My original plan was to go back to Nicaragua, but I enjoyed studying too much, and decided to pursue a doctoral degree in epidemiology and population sciences. I was planning to focus on international health, but after meeting **Dr. [Walter] Willett** I started working with him and became interested in nutritional epidemiology.
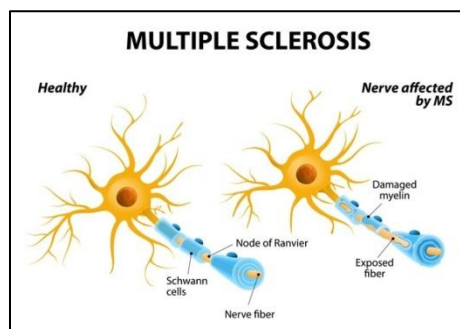

Multiple sclerosis or MS. autoimmune disease. the nerves of the brain and spinal cord are damaged by one's own immune system. resulting in loss of muscle control, vision and balance.
Image Copyright: Designua /

NN: Your research group identifies causes, risk factors (both positive and negative), and potential biomarkers of susceptibility and early diagnosis of the above diseases. For example, I understand your research team investigates the environmental determinants of MS, currently focusing on the Epstein-Barr virus and the protective effects of vitamin D. What are the major risk factors for MS?

AA: Over the past several years we have accumulated compelling evidence that MS is a rare complication of EBV infection. This theory is still controversial, but it is gaining increasing acceptance. The emphasis is on "rare" – virtually everybody is infected with EBV, which made it difficult to discover its role, but the fact that a virus is ubiquitous does not prevent it from causing diseases. This will probably be obvious to anyone in our school, but you will be surprised on how often I get this question. Sometimes I use smoking as an example – do you think that if

everybody smoked, smoking would cease to be a cause of lung cancer? Vitamin D insufficiency is a contributing risk factor, and most likely also contributes to disease severity. Because of these discoveries, use of vitamin D supplements has become more and more common over the past decade among individuals with MS or at high risk of MS. An important consideration is that virtually all the longitudinal studies have been conducted among whites – we hope to be able to address the potential role of vitamin D among blacks over the next few years. Other risk factors for MS include childhood obesity, possibly because of its correlation with vitamin D insufficiency, and cigarette smoking. Almost certainly there is more to be discovered, so we are still pursuing novel hypotheses in MS.
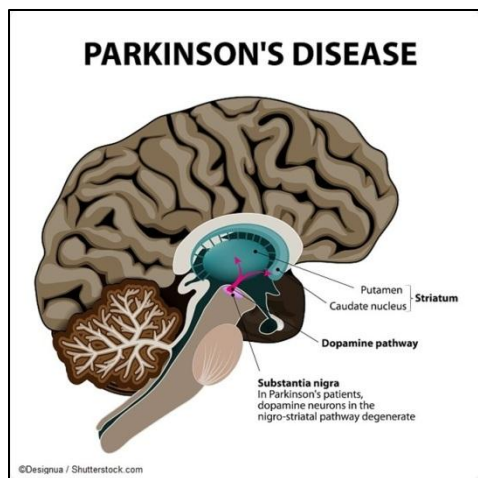
NN: What were some of the experimental studies that you designed to find the mechanisms underlying selected epidemiological findings, such as the protective effects of caffeine and urate (uric acid), in determining PD risk?

AA: I work closely with a colleague at MGH, **Dr. Michael Schwarzschild**, a neurologist specializing in movement disorders, who also runs an experimental lab, in which mice are exposed to toxins that cause a pattern of neuronal loss and clinical features similar to those observed in PD. Michael has been able to reproduce the inverse associations between caffeine and plasma urate and PD risk that we see in our epidemiological studies. Specifically, he demonstrated that caffeine reduces the neuronal loss, an effect that is mediated by the A2A adenosine receptor, which is blocked by caffeine. For urate, he has shown that mice genetically engineered to have higher urate levels have less neuronal loss, and those engineered to have lower urate levels have more neuronal loss than wild type mice. This convergence of epidemiological and experimental findings is quite promising for the discovery of novel therapeutic interventions. Based on these results, we have conducted a phase 2 trial of urate elevation in individuals with early PD, and we are currently collaborating in a phase 3 trial (SURE-PD3).

NN: I understand that you have also designed and conducted studies with various MS prospective cohorts, such as the Nurses' Health Study (NHS), the military, a Danish cohort, and the Finnish Maternity Cohort since late 1990s. Can you tell us a little about your various collaborations? Are you collaborating with companies such as Bayer Pharmaceuticals right now?

AA: Yes, MS incidence is highest in young adults, so we realized that the nurses' cohorts, which provided the first longitudinal data on risk factors for MS, were insufficient to achieve our research objectives. We therefore expanded our research to younger populations. Our first collaboration was with investigators at the Walter Reed Army Institute of Research, and was based on Department of Defense Serum Repository, which harbors serum samples from over 8 million young men and women who served in the U.S. military. This collaboration resulted in landmark papers on the role of EBV and vitamin D in MS. A limitation of these studies is that vitamin D levels among young active duty military personnel tend to be high relatively to those of most populations at high risk of MS. For this reason, we expanded our investigation to Denmark and Finland, where vitamin D insufficiency is much more common. In Finland, we took advantage of blood samples collected from all pregnant women to investigate the relation between maternal vitamin D status and MS risk in both the mothers and their offspring. In Denmark, we used dry blood spots collected from all Danish newborns to relate vitamin D status at birth with MS risk later in life. The results of all these studies were very consistent in demonstrating that vitamin D levels during adult life are an important determinant of MS risk, in the US as well as in Finland, and that vitamin D levels *in utero* or at birth also contribute to predict future MS risk.

Our collaboration with Bayer stems with the desire to determine whether vitamin D levels and antibody titers against EBV contribute to determine MS activity and progression. This collaboration has been very successful in that we demonstrated that those individuals with high vitamin D levels tend to have a more benign disease course; in contrast antibody titers against EBV were not correlated with MS activity. We are now expanding this collaboration by extending the follow-up, and by conducting an exploratory study on other serological biomarkers.

NN: *What evidence has been determined so far by your consortium of large longitudinal investigations of ALS? You have been working on this for a long time, haven't you? How has having truly interdisciplinary teams helped you in your research?*

AA: ALS is our "bête noir", in that we have several intriguing findings but not definitive answers that could contribute to prevention or treatment so far. We are investigating diet and behavior in over one million individuals (a population obtained by collaborating with other cohorts: the Cancer Prevention Study II Nutrition of the American Cancer Society, the Multi Ethnic Cohort, the National Institutes of Health-AARP study, and the Women's Health Initiative, in addition to our in-house NHS and HPFS) with over one thousand incident ALS cases. We have a long list of potentially important findings, including both positive and negative risk factors, but the most promising so far are inverse associations with intakes of some antioxidant compounds and of n-3 fatty acids. These associations, however, need to be reproduced and refined before we can confidently build on them. There is also some evidence that urate could be important also in ALS -- we have been collaborating with investigators at Biogen to explore this association, but results are so far not as convincing as in PD. We are therefore casting a wider net, by conducting exploratory studies (metabolomics) and working closely with clinicians in refining our research strategy. In particular, we are now conducting a study in collaboration with colleagues at MGH on the gut microbiome and ALS, which is producing provoking results, and we are trying to access the Department of Defense Serum Repository to obtain independent confirmation of our initial findings and explore novel hypotheses.

NN: *What is your current work investigating the etiology of PD focusing on right now?*

AA: We have three major lines of investigation: a systematic investigation of prodromal features of PD with the objective of diagnosing the disease years before the onset of the characteristic motor symptoms, an exploratory metabolomics study, and a study on the role of the gut microbiome in determining PD risk, in addition to the urate elevation trial mentioned above. Early diagnosis is an extremely important goal, because PD has a long prodromal phase, and by the time of clinical diagnosis there is already substantial and probably irreversible neuronal loss.

NN: *Dr. Ascherio, do you intend to branch out into other autoimmune diseases, such as type 1 diabetes, in the future?*

AA: Yes! We had promising findings on a potential protective role of vitamin D a few years ago, and we want to expand this and explore novel hypotheses. *Dr. [Kassandra] Sandy Munger,* Research Scientist, a longstanding member of our team, is taking the lead on this.

NN: *Dr. Ascherio, I often see you sporting a bike helmet or running clothes when you come into your office in the morning. Are you an avid biker? What other kinds of physical fitness are you into?*

AA: I like to swim, run and bike – my favorite sport is to participate in triathlons. I do not mean Iron Man or other extreme races, but rather short or intermediate distances (sprint and olympic/international distance, for the aficionados). These are races that are typically completed in less than 3 hours, and are accessible to all individuals with just a bit of training; you can join a team if you would rather do only one segment or two. This summer I have so far planned participation in two events with research associate **Dr. Kjetil Bjørnevik** and other colleagues -- anyone interested in joining is welcome to contact us!

OTHER MEMBERS OF NEUROEPIDEMIOLOGICAL TEAM

Dr. Kassandra (Sandy) Munger
Research Scientist

I came to the Nutrition Department in the summer of 2000 to do an internship required for my master's degree in epidemiology. Having a personal connection to multiple sclerosis, I knew I wanted to study in this area. A professor of mine at the time suggested I search the NIH grant database to see if anyone had a grant to research MS epidemiology, and there was Alberto's name at the top of the list! He agreed to host me for the summer, but I never left; instead I continued to work on MS studies and completed my doctorate in 2009. When I began in 2000, very little was known about environmental risk factors for MS. In the years since, I have had the privilege to be part of numerous landmark studies that were among the first to establish infection with Epstein-Barr virus, vitamin D nutrition, and early-life obesity as likely causal factors in MS etiology. As MS is a progressive illness with accumulating physical and cognitive disabilities, we have also studied risk factors for progression, showing that vitamin D nutrition may also be a key factor in modulating MS progression.

Looking forward, I am excited about the new research opportunities on the horizon. We were recently funded by the Department of Defense to look at whether and how the metabolome predicts MS progression, and we are also beginning to explore how demographic factors such as age and race/ethnicity may affect MS risk factors. I have also been working to branch out into adult-onset type 1 diabetes—an autoimmune disease with some similarities to MS—to determine if risk factors that have been identified for juvenile T1D are associated with adult-onset T1D.

Kjetil Bjørnevik*, MD, PhD*
Research Associate

NN: Kjetil, can you please tell us something about your background?

KB: I am from Norway, and I am a physician and epidemiologist by training. During my first rotation in neurology as a medical student, I met patients my age affected by the chronic neurological disease multiple sclerosis. This made an impression on me and motivated me to get involved in MS research. I was fortunate to get in touch with excellent research groups in clinical neurology and epidemiology at the University of Bergen in Norway, and I started my PhD focusing on risk factors for MS shortly after graduating from medical school. In the last years, I have also been involved in research on risk factors and biomarkers for other neurological diseases, such as amyotrophic lateral sclerosis and Parkinson's disease.

NN: What brought you to Harvard?

KB: During my PhD studies, I was involved in collaborative projects between the research groups in Bergen and ***Dr. Alberto Ascherio's*** group here in the Department of Nutrition. As a part of this

collaboration, I spent 1.5 years as a visiting researcher here in Boston. I really enjoyed being part of the research environment here, and I am very happy to be back again now working in Dr. Ascherio's neuroepidemiology group.

NN: *You just gave talk in the Monday Nutrition Seminar Series on dietary factors for MS – tell us something about that.*

KB: Diet has been of interest in MS research for more than half a century. During this time, numerous dietary factors and diets have been proposed to affect both the risk and progression of the disease. Still, most of the evidence we have today for a role of diet in MS comes from studies conducted during the last 10-15 years. We have now convincing evidence that vitamin D reduces the risk of MS. This is based on findings in several large prospective studies, as well as two recent mendelian randomization studies. Other factors, such as omega-3 fatty acids, may also play a role, but this is less clear. Recently, it has also been hypothesized that a high-salt diet could increase the risk of MS. However, several more recent studies found no association between salt intake and the risk or progression of MS.

NN: *What do you do when you are not doing research?*

KB: I really like to run, bike and swim – I am very glad that the winter in Boston is over!

Marianna Cortese, MD, PhD
Postdoctoral Fellow

I feel lucky to have rejoined **Dr. Ascherio's** team in January. Back in 2014, I had spent a formative time in Boston, working with Dr. Ascherio and **Dr. Munger** on risk factors and prodromal signs of multiple sclerosis as a PhD candidate visiting from Norway. Their expertise and the rich environment at HSPH and the Department of Nutrition made me hungry for more (pun not intended). After defending my PhD in Bergen in Norway past December, I was, once more, ready for the cold Boston winter (colder than the ones experienced in Norway!)

I am continuing to do research on etiologic factors for MS and predictors of disease progression, extending to new areas like epigenetics that could underlie the interplay between environmental and genetic factors, thought to cause complex diseases like MS. Apart from MS, I have a strong interest in neuro-developmental disorders like autism and ADHD; I am currently working with Dr. Ascherio to extend my work into these areas.

If you doubted my Scandinavian origins, you were right. I am an Italian who grew up in Germany, where I attended medical school at the University of Heidelberg before moving to Norway for my PhD in epidemiology; in short, I am European. You can find me in the school cafeteria during lunchtime with other members of the department. In my free time I love dancing salsa and jog along the Charles River. Join me any time.

Dr. Katherine (Carly) Hughes
Postdoctoral Fellow

I have been at HSPH for several years, first as a doctoral student in Epidemiology and now as a postdoctoral fellow here in the Nutrition Department. As a student **Dr. Ascherio** was my advisor, and my research was primarily on nutritional risk factors for Parkinson's disease. Besides my dissertation projects, I was also fortunate to start working with Alberto on an exciting project on identifying prodromal PD. PD is preceded by a long prodromal period during which individuals often exhibit non-motor features, such as hyposmia and sleep disturbances. Our goal is to use the occurrence of these features as the basis of developing low-cost strategies for identifying prodromal PD in the general population. Since graduating in 2016 I have continued working with the group as a postdoctoral fellow, mainly on projects stemming from our research on prodromal PD. Outside of work, in my free time I enjoy skiing, playing tennis with friends, and hanging out at Fresh Pond with my lab mix Ernie.

NUTRITION IN THE NEWS

Dr Walter Willett, *Professor of Epidemiology and Nutrition; Professor of Medicine,* took part in a panel discussion of "Physical and Cognitive Effects of Aging", along with **Dr Lindsay Jaaks** and **Goodarz Danaei** (moderator) of the Harvard Chan School and **Dr Arthur Kleinman** of HMS and FAS. Healthy aging was one of the topics discussed at the HSPH 5th Annual State of Global Health Symposium.

To learn more: https://www.hsph.harvard.edu/news/features/symposium-aging-health/

HEART DISEASE RISK MAY BE LOWER WITH MONOUNSATURATED FAT FROM PLANTS BUT NOT ANIMALS

Results from most studies that try to determine whether consuming a diet rich in monounsaturated fatty acids (MUFAs) lead to reduced heart disease risk have been mixed. However, new findings from a study led by **Dr Qi Sun**, *Assistant Professor in the Dept. of Nutrition; Associate Professor of Medicine,* have found a difference in whether the MUFAs are from plant or animal foods. The authors have found that MUFAs from plant-based foods such as nuts and olive oil do in fact lower heart disease risk, MUFAs derived from animal products such as dairy and red meats provide no such benefits.

"Previous studies did not differentiate the source of MUFAs. Animal products, such as red meats and high-fat dairy also contribute to MUFA intake, although these foods are also high in saturated fats. This might

explain why there have been inconsistent findings regarding total MUFA intake in relation to coronary heart disease risk," said Dr. Sun. "Overall, our data suggest that MUFAs from plant-based foods are beneficial and should be used in replacement of fats from animal sources."

Sun said that the findings suggest that MUFA intake, when primarily from animal product consumption, will not bring any health benefits because saturated fats and other nutrients in these foods largely negate them.

"We recommend focusing on diet quality rather than on specific nutrients or foods to reduce the risk of developing chronic diseases," Sun said. "These findings underscore the importance of eating a diet that is largely plant-based."

Zong G, Li Y, Sampson L, Dougherty LW, Willett WC, Wanders AJ, Alssema M, Zock PL, Hu FB, Sun Q. Monounsaturated fats from plant and animal sources in relation to risk of coronary heart disease among US men and women. Am J Clin Nutr. 2018 Mar 1;107(3):445-453.

From: https://www.hsph.harvard.edu/news/features/monosaturated-fat-heart-disease-risk/

Dr. Ambika Satija *Yerby Fellow; Post Doctoral Fellow in the Department of Nutrition,* presented her research at the Yerby Postdoctoral Fellowship Program Symposium on February 26, 2018 at the Harvard T.H. Chan School of Public Health. Named after Dr. Alonzo Smyth Yerby, an African-American pioneer in public health, the Yerby Fellowship Program was instituted to advance the professional and intellectual development of its Fellows. Dr. Satija (third from left, below) discussed her research with mentor Dr. Frank Hu (Chair, Department of Nutrition) which compares the effects of healthy vs less healthy types of plant-based diets on cardiometabolic health.

To learn more: https://www.hsph.harvard.edu/news/features/yerby-symposium/
(Photo, courtesy of Sarah Sholes, Amanda Andreyev)

Alvin Tran, Doctor of Science candidate in Public Health Nutrition and Social and Behavioral Sciences, recently received a small research grant from the Open Gate Foundation to further expand upon his dissertation research to explore the association between dating app use and unhealthy weight control behaviors. He will be working on that project this summer.

Alvin Tran has also received the Harvard Chan School Rose Service Learning Fellowship. This competitive fellowship will provide funds for his proposed Community-Based Participatory Research (CBPR) project to

explore barriers to healthy food access in Boston's Mission Hill neighborhood. Alvin received an award of $8,000 to design and implement this CBPR project, slated to start this summer. He is very excited to have this opportunity to unite Harvard Chan School researchers with local community members to collectively solve an existing nutrition-related issue that exists right across the street from our school.

Sharan K. Rai, GSAS student in the Nutrition Field of Study who has been working with *Dr Qi Sun*, will receive funding from the CIHR for a doctoral research award. Out of 154 applications, Sharan was one of 10 funded students for $105,000.

PROFESSOR DONNA SPIEGELMAN WILL RECEIVE THE 2018 C.A.W.F. MENTORING AWARD!

The Committee on the Advancement of Women Faculty (CAWF) is pleased to announce that *Donna Spiegelman* will receive the 2018 CAWF Mentoring Award. Dr. Spiegelman is Professor of Epidemiologic Methods in the departments of Epidemiology, Biostatistics, Nutrition, and Global Health and Population.

The CAWF Mentoring Award celebrates the essential role of mentors in the success of our faculty members and growth of our community.

Adept at acknowledging the unique expertise everyone brings to the table—and ensuring that everyone is sitting at the table—Professor Spiegelman provides her mentees with evidence-based recommendations, drawing from her rich experience publishing papers and fostering collaborations. Characterized by her mentees as an empathetic listener, she asks questions and shows genuine interest in their answers. She advocates on behalf of her mentees for the recognition they deserve and models self-advocacy.

The CAWF Mentoring award will be presented on Tuesday, May 8, 2018, in Kresge Cafeteria, during the Alice Hamilton Award Ceremony (2:30 – 4:15 PM). A reception in the Rosenau Atrium will follow the ceremony.

Faculty and Research Appointments

Dr. Jeremy Furtado, *Director of the Nutritional Biomarker Laboratory,* was reappointed as Senior Research Scientist.

Dissertation Defenses

The following Nutrition students have successfully defended their dissertations. They will graduate next month, together with *Alyssa Moran*.

> *Ahmed Alhassani* - *The Association between Dietary Intake and Incidence of Periodontal Disease*

Joshua Petimar - *Novel Insights on Lifestyle Recommendations and Mechanisms for Colorectal Cancer Prevention*

Sabri Bromage - *Epidemiology of Dietary and Micronutrient Deficiencies in Mongolia*

Allyson Morton, a PhD student in the BPH program who has been working with **Dr. Frank Sacks**, successfully defended her dissertation titled *Dietary Unsaturated Fat Improves High Density Lipoprotein Function: Opposing Roles of apoE and apoCIII.* She will also graduate in May.

MONDAY NUTRITION SEMINARS

The Department of Nutrition holds its weekly **Monday Nutrition Seminar Series** every Monday throughout the academic year. The talks are varied, but they highlight the many different aspects of cutting-edge research that is currently being conducted in the fields of nutrition and global public health. These seminars are held from **1:00-1:20 pm in Kresge 502** at the Harvard T.H. Chan School of Public Health. The seminars are free and open to the public.

The following speakers will discuss their work in May:

May 7   **Kerstin Hanson**, HSPH MPH-45 GHP candidate '18; Pediatric Nutrition Advisor for Médecins Sans Frontières. *"Nutrition and Emergency: Why We Need to Rethink Current Models of Care".* (Sponsored by NGHP)

May 14   **Dr Matthew W. Gillman, MD, SM,** Program Director, Environmental Influences on Child Health Outcomes (ECHO); Office of the Director, National Institutes of Health. "Environmental Influences on Child Health Outcomes."

This concludes our Monday Nutrition Seminar Series for this academic year. Please join us again next fall!

NEW FACES IN THE DEPARTMENT

Megu Baden, MD, PhD
Postdoctoral Fellow

I am a new postdoc who will be working with **Prof. Frank Hu** in the Department of Nutrition, HSPH. I came from Osaka, Japan, where I did my clinical research mainly on adiponectin, a beneficial hormone secreted from adipose tissue, with Prof. Yuji Matsuzawa and Prof. Iichiro Shimomura who discovered it, and did basic and clinical research on type 1 diabetes. I have seen many diabetic patients as a diabetologist. Specifically, I have reported associations between adiponectin and smoking/drinking habits, metabolic syndrome factors, and hypertension. Also, I did several national epidemiological projects on several subtypes of type 1 diabetes, such as anti-programmed cell death-1 (PD-1), antibody related type 1 diabetes, and fulminant type 1 diabetes, which is a severe subtype of type 1 diabetes and common in East Asia. In addition, I did basic research and made a viral infection mimetic model of pancreatic beta cells using human iPS cells.

I am now planning to start my epidemiological research on adiponectin here, and I would appreciate it if I could hear about your experiences with this and receive your advice on my research. I also love listening to music, playing the violin, and drinking wine. If there is a good place to enjoy music and wine, let's go together!

# MORE NUTRITION IN THE NEWS

Dr. Kirsten Davison, Adam Gavarkovs, Dr. Simon Simonian, Arpi Simonian, You Wu, Dr. Stephanie Smith-Warner, and Dr. Frank Hu.

The Nutrition Department held its annual Simonian Luncheon to award two students and their mentors the *Simon, Arpi, and Marie Simonian Research Excellence in Nutrition Prize*. The awardees this year were **Adam Gavarkovs** and **You Wu,** together with their advisors, **Dr. Kirsten Davison** and **Dr. Stephanie Smith-Warner**, respectively. The students and their mentors shared lunch and conversation with the donors, **Dr. Simon Simonian** and his wife, **Arpi Simonian**. The Simonian Prize includes the students' names on a plaque, a certificate, and a small monetary gift.

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The Department of Nutrition held its annual staff retreat on April 12, 2018 at the Landmark Center. The staff worked with *Gillian Simkiss* (LMA Training Manager) to discuss a variety of topics related to the workplace, including: understanding their strengths, workplace/team communication, and working through change. In advance of the retreat attendees read *Strength Finder 2.0* by Don Clifton and completed the online strengths assessment, Clifton Strength Finder. The attendees left the retreat at the end of the day feeling deeply enriched and closer to their colleagues. For new staff, this was a great chance to meet other staff members across the Department—some for the first time!

One of the day's many exercises included a team building project. Below is an example of what a truly dedicated team can achieve when working together!
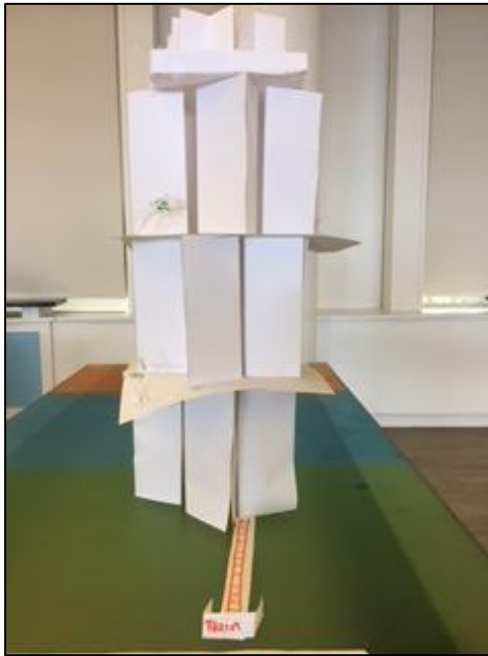
An architect/planner's vision of the Workplace of Tomorrow, replete with underground T station easily accessible to its employees. Photo courtesy of Louise Bishop.

Nutrition Source Updates

The Nutrition Source

Coffee Warning Label Conflicts with Public Health Guidance
In response to a recent California ruling, health experts say that coffee does not need a warning label.
https://www.hsph.harvard.edu/nutritionsource/2018/04/02/coffee-warning-label-conflicts-with-public-health-guidance/

Meal Prep
Food preparation and storage tips to get started on a helpful healthy eating strategy amidst busy weekday schedules.
https://www.hsph.harvard.edu/nutritionsource/2017/03/20/meal-prep-planning/

Food Feature: Yogurt
Did you know that references to yogurt and health date back to 6000 BCE? Learn about the history and current research surrounding this fermented food.
https://www.hsph.harvard.edu/nutritionsource/yogurt/

If you would like to remain current as to what is happening in the field of nutrition, please be sure to view our Nutrition Source website for the latest updates!

(See: https://www.hsph.harvard.edu/nutritionsource/)

Many members of the Nutrition Department participated in the Harvard Chan School's annual **Take the Stairs Campaign.** Below is one team of staff members, complete with their HEP/Kid's HEP cues to "Stay Active." Although the annual campaign has ended, these troopers plan to keep meeting up for walks/stair climbs from time to time, and anyone is welcome to join!

Patrice Brown, Elena Hemler, Stefanie (Stef) Dean, and Brett Otis.

NUTRITION HAPPENINGS AROUND HARVARD

DIVISION OF NUTRITION AT HARVARD
LONGWOOD NUTRITION SEMINAR 2017-2018

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)*

May 1, 2018   **Caroline Apovian, MD, FACP**
Nutrition and Weight Management, Section of Endocrinology, Diabetes and Nutrition
Boston Medical Center
"Protein Intake and Anabolic Agent Supplements in the Elderly"
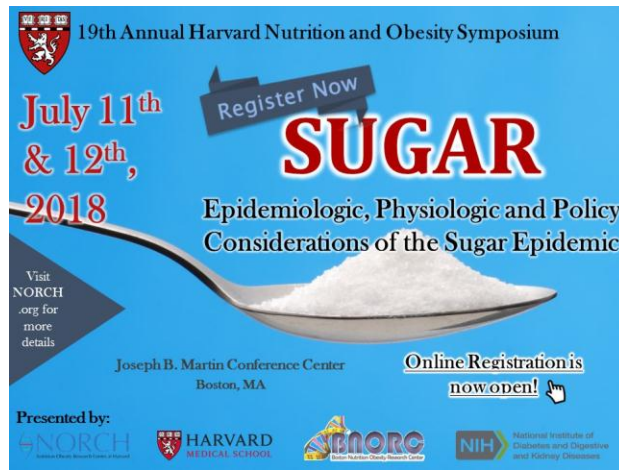
To register: http://www.norch.org/center-events/2018-sugar/
For more information, please contact: cfredrickson@mgh.harvard.edu

Next OMIC symposium at Barcelona within the European Conference of Clinical Investigation: http://esci2018-barcelona.com/wp-content/uploads/2018/01/Workshop-05-Omics.pdf