

NUTRI NEWS

The Department of Nutrition

September 2019

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NUTRITION DEPARTMENT WELCOMES RECORD NUMBER OF NEW STUDENTS!

The Department of Nutrition at the Harvard TH Chan School of Public Health has launched two new degree programs this year: a new PhD program and an inaugural MPH program. Both have attracted a very diverse and talented set of students who hail from all walks of life. These students share different visions for improving public health, both nationally and globally, but all promise to make a major impact on our department and futures directions of public health. Let's meet our new students now and welcome them to the new 2019-2020 academic year!

Meet the following new PhD students:



Linh Bui

Linh Bui is a medical doctor by training at Hanoi Medical University, Vietnam. With interest in doing research on the effects of nutrition and physical activity on the prevention and treatment of non-communicable diseases, Linh completed the MPH program at Johns Hopkins Bloomberg School of Public Health in 2017, focusing on those areas. Currently, Linh is working as a researcher at Hanoi University of Public Health, coordinating a prospective cohort study on hypertensive patients and conducting a health policy analysis on sugar, salt, and trans-fat control in Vietnam. Apart from disease-related work, Linh is very interested in medical education, historical films, and music.

Jhordan Wynne

Jhordan Wynne is a public health researcher with a focused interest in maternal and child feeding practices, behavior change interventions, and chronic disease prevention and management. She is pursuing a PhD in Nutrition because she has particular interest in racial, ethnic, and geographic disparities related to optimal feeding practices and food access for women with infants and young children in the Americas, for which there is a deficit of research and understanding. She has worked in her hometowns of Ann Arbor and Detroit, MI, as well as in the Caribbean and South America, with a particular interest in examining the impact of inequitable childhood environments on health outcomes throughout the lifespan. Outside of her professional and academic work, Jhordan teaches instrumental music and is a singer-songwriter. In her spare time, she enjoys playing capoeira, knitting, learning languages, and being outdoors.



Rui Song

Rui received her B.S. in medical sciences from Peking University Health Science Center and an M.S. in epidemiology from the Harvard Chan School. She is curious about how lifestyle and diet can modify cancer incidence and progression. Her great interest in nutrition stemmed from when she participated in a field investigation of the Linxian Nutrition Intervention Trials for the prevention of esophageal cancer in China. Her experience of working on the Pooling Project of Prospective Studies of Diet and Cancer as well as the NHS and HPFS cohorts at Harvard Chan strengthened her interest in nutritional epidemiology and raised her desire to conquer the challenges in a new era.

Matthew Lee

Matt Lee, originally from Sacramento, CA, recently completed a Master of Science degree in Epidemiology at UC Berkeley. Prior to that, he completed undergraduate degrees at Berkeley in Public Health and Music, and worked with faculty in the division of Epidemiology examining social determinants of health and diet-related predictors of cancer risk. He now works on research related to nutrition policy and obesity prevention, including evaluations of sugar-sweetened beverage excise taxes in the San Francisco Bay Area and other school-based interventions. He is looking forward to learning more about the intersections between causal inference methods and their potential applications to nutrition policy questions. Matt also loves to bake sourdough bread, watch food related documentaries, and play the oboe and English horn.





Meg Salvia

Meg Salvia's research interests include diabetes and eating disorders (both together and separately) and supporting the development of eating competence to support health outcomes. She works clinically as a registered dietitian (RDN) and holds specialist certifications in both diabetes and eating disorders (CDE and CEDRD-S). Prior to starting in the Population Health Sciences PhD program, she worked at Boston University's Nutritional Epidemiology lab in addition to building a group private practice in Harvard Square focusing on nutrition counseling.

Nile Nair

Originally from Fiji, Nile graduated with a BA in Biochemistry from Skidmore College in 2015. He has been working as the Senior Clinical Research coordinator and Research Associate in the Genetics and Gastroenterology departments at Mount Sinai Hospital in Manhattan, New York for the last four years. His multi-site clinical research endeavors focused on a range of topics including genetics, maternal-fetal health, inflammatory bowel disease, human microbiome, and Parkinson's disease research. Outside of his work with **Dr. Chris Golden**, Nile also has research projects focused on the novel explorations of disease biomarkers using deciduous teeth. Using the skills attained through his doctoral work with Dr. Golden, Nile plans on helping lead research projects in Fiji, with an emphasis on addressing the NCD epidemic in Pacific Island Countries and Territories. Nile is an avid runner, chef, painter and cat dad.



Meet the following new MPH students:



Ahmad Hegazi

After I graduated from Cairo University – School of Medicine, my internship took me to several underserved and central areas where I noticed an outstanding flow of chronic patients presenting with avoidable conditions and complications. I also learned the benefit of awareness campaigns with the right health messages, and their impact on improving community health in Egypt, such as reducing mortality rates of children dying of dehydration and the decline in incidence rate of bilharzia cases. Additionally, my work at the Health Quarantine Services introduced me to the importance of data collection, and simple measures that can positively affect the health of the community.

On a personal level, I started to become increasingly interested in physical activity and nutrition as a way to better the quality of my life. As someone who does not have an athletic background, I struggled to find the right information and it took me a long time to incorporate it successfully in my daily routine. The effects of these simple changes greatly enhanced the quality of my

life, and I realized that this is something that we greatly need to emphasize in Egypt. The natural result of my experience is that I chose the MPH-65 in Nutrition. I want to be more involved in strategic planning for healthcare in Egypt, and nutrition is my point of interest.

Juston Jaco

Changing my diet saved my life. When I began my search into what was going wrong with me, I just wanted answers. But getting to the truth was not as easy as I thought it was going to be. Through nutrition and functional medicine, however, I saw dramatic shifts in my overall health. It was a road I never intended to venture down, but now that I am on it, I cannot turn back.

I fundamentally believe health is our greatest wealth, and I want to empower others to feel the same way. I just finished my M.Sc. in Human Nutrition & Functional Medicine from the University of Western States (UWS)--the only school in the country that partnered with the Institute for Functional Medicine (IFM). IFM is a science-based and patient-centered approach to achieving and maintaining excellent health, thereby actively supporting whole-person wellness. It is the model of health care that addresses the causes of disease and dysfunction rather than suppressing symptoms. This was the kind of health care I needed for two decades, but did not get. Functional medicine is the toolkit that I ultimately want to work with.



With an MPH in Nutrition, I want to help form initiatives that implement common-sense policies for protecting people, the environment, and the food we eat. What I've learned is that if the environment is sick, we are sick. It is that simple, but we need leaders to change that. At the same time, I plan on becoming a Certified Nutrition Specialist (CNS) and Functional Medicine Practitioner so I can also work with people one-on-one. I know that with these specific programs I will be most prepared to take on the chronic health issues facing our country. Harvard and UWS are very much yin and yang to me.



Jalan Kripa

As a nutrition coach/founder of 'Burgers To Beasts', I believe that taking back control of our food choices is probably the single most important thing that we can do as a community to create a healthy, sustainable food system. What we choose to put on our plates has profound implications for our wellbeing, the health of our society, the sanctity of the environment and the stability of our local and global economy. My goal is to continue campaigning for lifestyle changes that keep our health, happiness, and longevity at their very forefront – on a larger scale.



Latifat Okara

WHY AN MPH IN NUTRITION?

My name is Latifat Okara and I am from Nigeria. I am currently enrolled in the MPH-65 Nutrition class of 2019. I currently own a startup baby food company that provides online nutritional awareness and organic baby food recipes for weaning babies and fussy toddlers. Prior to this, I worked as a Health, Environment and Safety professional for 5 years within the Nigeria Oil and Gas sector.

Most of the health-related ideologies held in my country result from the preponderance of traditional medicine and inadequate healthcare research. Understanding how to prevent and address the consequence of these health disparities on society galvanized my interest in public health.

Growing up in my hometown of Benin City, Nigeria, facial scarifications was a deeply ingrained practice, thought to be the remedy for children with bad feeding habits and regular illnesses. Being a picky eater raised in this African setting, my grandparents had resorted to giving me facial marks to resolve my feeding habit. This greatly affected my self-esteem in my late childhood and teenage years.

Years later, I underwent an internship at a local hospital where I volunteered in a health awareness program for 100 mothers and children. Engaging these families revealed stories similar to mine, where nutritional counseling or basic knowledge of healthcare could have improved their physical and emotional health. This experience revealed gaps in the Nigerian healthcare system and, thus, spurred my interest in nutrition.

Another defining moment for me happened while weaning my daughter; I was determined to demonstrate the influence of diet quality on health using organic foods. Overly processed baby foods were in abundance while access to fresh produce was limited and expensive, resulting in an increase in obese or malnourished children. I had to build relationships with local farmers to sustain her food supply.

This prompted me to start up an organic baby food company – “Nomnom Babies” which provides online nutritional awareness and purveys organic food for weaning babies and fussy toddlers, with a mission to use nutrition to reduce the current disease margin.

Promoting this idea made me realize that I needed formal training essential to advance nutrition practice to solve public health problems. I am eager to learn how to advocate for health equity to improve health outcomes in my country and also to contribute fully to quality health involvement globally.



Nina Sayles

My name is Nina Sayles and I am an incoming dual MPH-Nutrition and Master's in Urban Planning (at Harvard GSD) candidate. I graduated from Brandeis University in 2017 and have since worked in gardens, farmers markets, restaurants, and as a TF and Program Assistant for Harvard's Mindich Program in Engaged Scholarship. I chose to pursue an MPH in Nutrition at SPH to have a quantitative, scientific lens from which to look through while working to improve local community health through modifying the infrastructure of food access and promoting urban agriculture. I look forward to spending the next 3 years collaborating with classmates and faculty on both sides of the river that share my interests in community health and nutrition promotion!

Will Koh

Hello! My name is Will Koh and I am delighted to be part of the inaugural class of MPH-65 NUT students starting this fall. I chose to pursue a degree in Nutrition because I believe that sustainable food futures are best served addressing anthropogenic environmental change in the context of human health and nutrition. I am grateful to already have had the chance to engage with emerging concepts of *planetary health nutrition* at Harvard. For the past year, I contributed to the *Nutrition Source* to expand sustainability content on the website and recently returned from field research in support of **Professor Chris Golden's** ongoing project in Kiribati around seafood consumption and coral reef health. Prior to HSPH, I studied food systems from an environmental perspective at the graduate level (Master of Environmental Management at Yale), worked with my hands in the sustainable food movement, and managed a conservation organization. In my free time, I am an avid cook, humbled surfer, and film fan.



Rahmat Sikder

Since graduating from Franklin and Marshall College in 2015, I have conducted translational cancer research aimed at exploring the therapeutic vulnerabilities associated with unique mutations found in bladder cancer tumors at Fox Chase Cancer Center. Growing up in Bangladesh I witnessed first-hand the capacity of public health to drive positive change and improve the health and well-being of people, and this experience deeply instilled in me a strong interest in public health. I am pursuing my Master in Public Health to expand my work beyond the bench to the macro perspective and focus on cancer at the population level. I decided to pursue an MPH in Nutrition at the T.H. Chan School of Public Health in order to understand the role of nutrition in the development of cancer and to gain the necessary

knowledge and skills to implement nutrition-based preventive strategies to reduce cancer-related mortality and morbidity. I believe I will be able to catalyze a systemic transformation in cancer prevention and ultimately contribute to improving health and well-being from the individual to the population level. In addition to my work, I enjoy running, cycling, playing soccer, and cooking.

Jennifer Lee

I became interested in nutrition while working as a Clinical Research Coordinator for a study that investigated adipocyte metabolism in bariatric surgery patients. During my free time, you'll find me outside running (or at least attempting it), taking yoga classes, or planning what I should eat/cook next.





Regan Plekenpol

Regan Plekenpol grew up in Shanghai, China and graduated from Dartmouth College, where she studied public policy and design thinking. Prior to joining the nutrition cohort at Harvard Chan, she lived in New York City working as a holistic health coach and at a hydroponics urban ag-tech start-up. She is interested in the intersection of sustainable design and food systems as they relate to climate change, food justice, and poverty alleviation.

New “guidelines” say continue red meat consumption habits, but recommendations contradict evidence

A controversial “dietary guidelines recommendation” published in *Annals of Internal Medicine* suggests that adults can continue to consume red meat and processed meat at current levels of intake. [1]

This recommendation runs contradictory to the large body of evidence indicating higher consumption of red meat—especially processed red meat—is associated with higher risk of [type 2 diabetes](#), [cardiovascular disease](#), [certain types of cancers](#), and [premature death](#). However, according to the *Annals* authors, their guidelines were based on a series of “rigorous” systematic reviews (published simultaneously [2-6]) that would presumably account for all this available evidence.

Confused? We asked our experts to take a closer look at the research behind these guidelines. You can find the [in-depth analysis below](#), but here are their key takeaways:

- **The new guidelines are not justified as they contradict the evidence generated from their own meta-analyses.** Among the five published systematic reviews, three meta-analyses basically confirmed previous findings on red meat and negative health effects.
- **The publication of these studies and the meat guidelines in a major medical journal is unfortunate because following the new guidelines may potentially harm individuals’ health, public health, and planetary health.** It may also harm the credibility of nutrition science and

erode public trust in scientific research. In addition, it may lead to further [misuse of systematic reviews and meta-analyses](#), which could ultimately result in further confusion among the general public and health professionals.

- **This is a prime example where one must look beyond the headlines and abstract conclusions.** It is important for journalists, health professionals, and researchers to [look beyond the sensational headlines](#) and even the abstracts of the papers to verify the evidence behind the claims. It's also crucial to understand that nutrition research is a long and evolving process, and therefore critical to look at the totality of the evidence.
- **These studies should not change current recommendations on healthy and balanced eating patterns for the prevention of chronic diseases.** Existing recommendations are based on solid evidence from randomized controlled studies with cardiovascular risk factors as the outcomes, as well as long-term epidemiologic studies with cardiovascular disease, cancer, type 2 diabetes, and mortality as outcomes. To improve both [human health and environmental sustainability](#), it is important to adopt dietary patterns that are high in healthy plant-based foods and relatively low in red and processed meats.

Dr. Frank Hu, Chair of Department of Nutrition, HSPH, stated that: "The panel's blanket recommendation that adults should continue their red meat consumption habits is highly irresponsible. We are facing a growing epidemic of diet-related chronic diseases and a climate change crisis, both of which are linked to high meat consumption. Red meat consumption remains high in economically developed countries and is markedly increasing worldwide. In this context, it is unprecedented for a self-appointed panel to issue dietary guidelines that are tantamount to promoting meat consumption, despite their own findings that high consumption is harmful to health."

Q&A: Reviewing the scientific process behind the guidelines

<https://www.hsph.harvard.edu/nutritionsource/2019/09/30/flawed-guidelines-red-processed-meat/>

NEWS FROM AROUND THE NUTRITION DEPARTMENT

AWARDS AND HONORS

Dr Manja Koch, Research Associate, has received a 2-year Research Fellowship from the Alzheimer's Association to investigate the relationship between 15 sphingolipids in plasma and incident dementia and AD, brain structure and rate of cognitive decline. It will be part of the Cardiovascular Health Study in which Dr Koch will continue her work with **Dr Kenneth J Mukamal**, Visiting Scientist, and **Dr Majken K Jensen**. Dr Koch was given a glowing review by the reviewers, who called her "a future star in Alzheimer's research with a proven track record and impressive publication record". Dr Koch will discuss her work at the December 16, 2019 Monday Nutrition Seminar.

Dr Jun Li, Research Associate, has been awarded a K99/R00 Pathway to Independence Award from the NIDDK, for her project entitled "Chronic Inflammation and Type 2 Diabetes: A Multi-omics approach". This project seeks to systematically examine the relationship between chronic inflammation and type 2 diabetes by incorporating multi-omics data from several large prospective cohort studies, including the Harvard cohorts, a Hispanic/Latino cohort, and the UK Biobank. The proposed research will yield novel evidence on the biological mechanisms underlying the relationship between chronic inflammation and type 2 diabetes risk. Novel pathways, and specific genes, proteins, and metabolites identified in this research will serve as the critical first steps for future development of biomarkers and therapeutic targets for type 2 diabetes prevention and treatment.

Meg Salvia, incoming PhD student in the Departments of Population Health Sciences and Nutrition, has been selected for a Harvard Presidential Scholarship award in full financial support of her first year in our

PhD program. Typically, only five PHS students are chosen each year to be the recipients of this honor and can proudly wear the title of 'Presidential Scholar' throughout year one. Presidential Scholarships are among Harvard University's most prestigious student awards, typically covering a portion of the tuition or scholarship made available to students at all levels and from all schools at Harvard. These fellowships were established by former Harvard President Lawrence Summers, alumni, and donors to support students committed to careers in pursuit of their chosen areas of study. Each year, the Harvard T.H. Chan School of Public Health allocates this award to funding of the overall tuition and fees for one or two incoming PHS PhD students from each Field of Study in the name of the President of Harvard University. First year PHS students who receive this Scholarship are typically those at the highest academic threshold of their incoming cohort and/or those who have demonstrated their commitment to the field of Population Health Sciences as shown at the time of admission.

Dr Ming Ding, Research Associate, published a paper on his metabolomics-wide association study with physical activity in the *American Journal of Epidemiology*. The analysis was presented orally at the AHA Life|Lifestyle in March, and was selected as Best of AHA Specialty Conferences (top 10 percent of the accepted abstracts). Dr Ding's trip to the conference was supported by a PDA spring travel award.

Ming Ding, Oana A Zeleznik, Marta Guasch-Ferre, Jie Hu, Jessica Lasky-Su, I-Min Lee, Rebecca D Jackson, Aladdin H Shadyab, Michael J LaMonte, Clary Clish, A Heather Eliassen, Frank Sacks, Walter C Willett, Frank B Hu, Kathryn M Rexrode, Peter Kraft. Metabolome-wide Association Study with Habitual Physical Activity in Four Prospective Cohort Studies. *American Journal of Epidemiology*, kwz171, <https://doi.org/10.1093/aje/kwz171>

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 present their work in October:

- Oct 7:** **Dr Emily Smith**, Assistant Professor, The George Washington University. "Who Benefits? Differential effects of nutrition interventions for a positive pregnancy experience." (NGHP)
- Oct 14:** **INDIGENOUS PEOPLE'S DAY – NO MONDAY NUTRITION SEMINAR**
- Oct 21:** **Dr Hannah G. Lawman**, Director of Research and Evaluation, Division of Chronic Disease Prevention -- Get Healthy Philly, Philadelphia Department of Public Health. "Public health policy research in action: the cases of a beverage tax, tobacco retail permit regulations, and sodium warning labeling in Philadelphia."
- Oct 28:** **Dr Stephen P. Juraschek**, Assistant Professor, Harvard Medical School, Beth Israel Deaconess Medical Center, Division of General Medicine, Section for Research. "The Next Steps in Dietary Approaches to Stop Hypertension."

For more information, contact: hfarmer@hsph.harvard.edu

New Faces in the Department!



Kate Janisch, MPH RDN
Culinary Nutrition Research Coordinator

Kate Janisch joined the Nutrition Department in August after spending a few years working with both the Division of Policy, Translation and Leadership Development and HPM's Culture of Health and ASTHO grants under Drs Howard Koh and Emmilie Aveling. Prior to her employment at Harvard, Kate obtained her MPH from Northeastern University and became a registered dietitian. Kate has focused much of her time outside of academia on food service and community based non-profit programs. Outside of work, Kate enjoys spending time with her family outside, gardening, and competing against her sister in triathlons.

MORE NUTRITION NEWS

Harvard signs pledge to cut food-related greenhouse gas emissions



Harvard Chan School cafeteria

Food production accounts for almost a quarter of greenhouse gas emissions (GHG). Animal-based foods have a larger share of this than fruits and vegetables, grains, and legumes. In order to reduce this, Harvard signed the Cool Food Pledge, which has a group goal of slashing food-related GHG by 25% by

2030. It plans to do so by providing greater menu options and enhancing people's food literacy so they have a firmer grasp on the consequences of their food choices.

According to **Dr Walter Willett**, Professor of Epidemiology and Nutrition, "Climate change is accelerating, and Americans are the greatest contributors to it because of our diets and lifestyles." Willett, who is also the co-chair of Harvard's Food Standards Committee, further commented that "Among the many changes we need to make, including a rapid shift to green energy, is a change in diet to a more plant-based way of eating. If we do this right, such changes will also lead to improvements in health and many other aspects of our environment. The actions of every individual are important, but because Harvard intends to be a leadership institution and educates people who will be leaders, steps such as the Cool Food Pledge can be particularly impactful."

In April Harvard released its Sustainable and Healthful Food Standards, which was developed by a multi-disciplinary faculty committee in partnership with the Office for Sustainability (OFS). It also received input from experts in the field and the Council of Student Sustainability Leaders. This report was informed by research that included the 2019 report by the EAT-Lancet Commission on Food, Planet, and Health spearheaded by Willett and by existing programs such as Menus of Change and the Good Food Purchasing Program.

Aviva Musicus, a fifth-year doctoral student in nutrition, worked with OFS and the Nutrition Department to create Healthy Meeting Guidelines for the Harvard Chan School. Musicus then received a grant from OFS to pilot a more robust Sustainable Meeting and Event Guide in focus groups with those Harvard administrators and students who organize and attend catered events to better understand their ordering habits and to help make the guide as useful as possible.

According to Musicus, "For the past two years, the Office for Student Affairs has invited me to plan the catering for new student orientation in the fall, so that every catered event the entire week adhered to the guide. Last year the Harvard Chan School did a big campaign on social media in support of the guide, and showcased its use at orientation. Students loved the sustainable options, especially because at a school of public health it makes sense to practice what we preach."

On Sept. 28, Harvard hosted the "Let's Talk About Food – Saving the Planet One Bit at a Time" Food Festival on the plaza at the Science Center. The day included talks on nutrition, climate concerns, plant-based diets and meat substitutes, wellness, demonstrations, and tastings.

Adapted from: <https://news.harvard.edu/gazette/story/2019/09/harvard-to-cut-food-related-greenhouse-gas-emissions/>

Omega-3 fish oil supplements linked with lower cardiovascular disease risk

According to a new meta-analysis in the *Journal of the American Heart Association*, people who received omega-3 fish oil supplements in randomized clinical trials had lower risks of heart attack and other cardiovascular disease (CVD) events compared with those who were given placebo. An association between daily omega-3 supplementation and reduced risk of most CVD outcomes, including heart attack, death from coronary heart disease, and death from CVD, was found by the researchers. In addition, higher doses of omega-3 fish oil supplements appeared to provide even greater risk reduction. However, they did not see a benefit for stroke.

According to first author **Yang Hu**, a postdoctoral fellow in the Department of Nutrition, "This meta-analysis provides the most up-to-date evidence regarding the effects of omega-3 supplementation on risk of multiple CVD outcomes. We found significant protective effects of daily omega-3 supplementation against most CVD outcome risks and the associations appeared to be in a dose-response manner".

Previous results from randomized controlled trials (RCTs) have been inconsistent. However, in Hu's new analysis, the researchers performed an updated meta-analysis that included three recently completed

large-scale trials, increasing the sample size by 64%. The total population analyzed by Hu and colleagues included more than 120,000 adults in 13 randomized trials worldwide. The analysis included the VITAL trial, the largest randomized trial of omega-3s to date.

“Although public health recommendations should focus on increasing fish consumption, having an overall heart-healthy diet, being physically active, and having other healthy lifestyle practices, this study suggests that omega-3 supplementation may have a role in appropriate patients,” said senior author **JoAnn Manson**, chief of the Division of Preventive Medicine at Brigham and Women’s Hospital and professor in the Department of Epidemiology at Harvard Chan School. Manson is also the Director of the large-scale VITAL trial of omega-3s.

Frank Hu, Professor of Nutrition and Epidemiology and Chair of the Department of Nutrition, was also an author on the study.

“Marine Omega-3 Supplementation and Cardiovascular Disease: An Updated Meta-Analysis of 13 Randomized Controlled Trials Involving 127,477 Participants,” Yang Hu, Frank B. Hu, JoAnn E. Manson, JAHA, online Sept. 30, 2019, doi: 10.1161/JAHA.119.013543

NUTRITION SOURCE UPDATES

Spotlight on energy and sports drinks

Plain water is the best hydrating beverage for most people, but sports and energy drinks are advertised to appeal to those who exercise or need a boost of energy to get through the day. Learn more about these beverages and health:

- <https://www.hsph.harvard.edu/nutritionsource/energy-drinks/>
- <https://www.hsph.harvard.edu/nutritionsource/sports-drinks/>

Food Feature: Apples

Heading out apple picking this month? Learn about science on apples and health, and ways to store and serve them: <https://www.hsph.harvard.edu/nutritionsource/food-features/apples/>

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/>)

What is EVERGREEN: The EVidEnce-based Research GRoup to EvaluatE Nutrition policy?

EVERGREEN: The EVidEnce-based Research GRoup to EvaluatE Nutrition policy is a team of faculty, researchers, and students at the Harvard T.H. Chan School of Public Health that are committed to improving population health through research and evaluation of U.S. nutrition policies and programs. Led by **Dr. Eric Rimm**, in the Departments of Nutrition and Epidemiology, and **Dr. Sara Bleich**, in the Department of Health Policy and Management, this interdisciplinary research group investigates a wide variety of policy-relevant nutrition topics in the public and private sectors, such as the impact of financial incentives on the diets of SNAP participants, the effects of the Philadelphia beverage tax on prices and pass-through charges, the influence of food industry marketing programs such as Box Tops on consumer choice for families, and the impact of supermarket choice architecture, such as promotions and product placement, on food purchases, among many other projects.

Interested in our group?

- Check out our website: <https://sites.sph.harvard.edu/evergreen/>
- Read our newsletter: <https://mailchi.mp/7c35d077c445/newest-updates-from-evergreen-520417>

CALL FOR PROPOSALS:

The Massachusetts Academy of Nutrition and Dietetics (MAND) is requesting proposals for educational sessions at the 2020 Annual Nutrition Conference & Expo.

MAND is looking for polished speakers who will provide high-quality and evidence-based sessions. Session content should be based on the latest research with practical applications related to clinical, community, food service, education, public policy, consulting, and professional communication.

The conference will take place on Friday, April 3, 2020.

Please visit the MAND website to download the application: <https://www.eatrightma.org/event/1121>

All applications are due by Friday, November 8, 2019 via e-mail to: nicolette.maggiolo@gmail.com

Save-the-Date!

50th Anniversary of the White House Conference on Food, Nutrition, and Health

10/3/19 and 10/4/19

Use the link below to sign-up for the event's mailing list and more information

<https://sites.tufts.edu/foodnutritionandhealth2019/>

Mark your calendar for a historic nutrition policy event hosted by The Friedman School of Nutrition Science and Policy and the Department of Nutrition at the Harvard T.H. Chan School of Public Health.

Activities will start the afternoon (4:00-6:30 pm) of 10/3/19 with a keynote speaker, panel discussion, and reception hosted by the Department of Nutrition at the Harvard Chan in the Kresge Café.

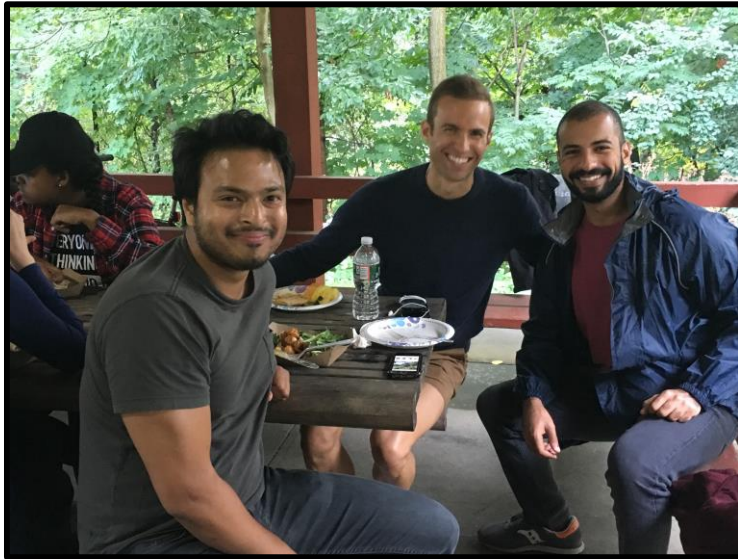
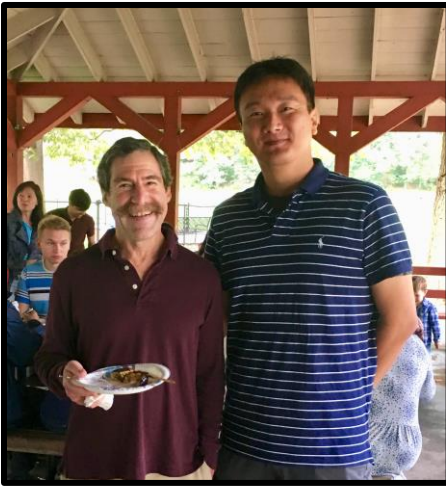
On Friday, 10/4/19 there will be a full day event with panel discussions and speakers at The Friedman School of Nutrition Science and Policy.

More details will follow.

Nutrition Picnic Another Success!

The Department of Nutrition held its annual Picnic on September 14th, 2019; from 3:00 pm to 7:00 pm at the Larz Anderson Park in Brookline, at the BBQ Shelter. Once again, a great time was had by all!







MARK YOUR CALENDARS!

15th Annual Stare-Hegsted Lecture
Department of Nutrition

**Dietary Guidelines and
Sustainability: Politics,
Policies, and Practice**

Miriam E. Nelson, Ph.D.

Miriam E. Nelson, Ph.D., is professor emerita at the Friedman School of Nutrition Science and Policy at Tufts University. Most recently, she was president of Hampshire College and before that the director of the Sustainability Institute at the University of New Hampshire. At the Friedman School she was the founding director of the John Hancock Research Center on Physical Activity and Obesity Prevention. Dr. Nelson also served on the 2010 and 2015 Dietary Guidelines Advisory Committees.



Thursday, November 14, 2019

4:00-5:30 p.m.

Kresge Cafeteria



A Harvard MPH In Nutrition

Acquire skills in nutrition practice, policy, and communication along with foundational knowledge in nutritional science, epidemiology, and public health.

This 65-credit program is 1.5 years (3 semesters) in length, beginning in September and ending in December of the following year. The summer session features a unique practicum experience allowing students to create a project with real-world application.



Earn a Master of Public Health (MPH) degree that explores the role nutrition plays in the health and well-being of the world's populations from a variety of vantage points, including environmental, socioeconomic, political, and cultural factors.

Core courses emphasize methodological strategies to develop, analyze, and evaluate interventions, programs, and policies typically used in public health nutrition. Students may also choose from a variety of electives tailored to personal career goals and interests such as nutrition policy, health disparities, nutrition epidemiology, global health, social and behavioral sciences, and environmental sustainability.

Who should apply?

The program is suitable for those both early or established in their careers, who wish to develop or further their expertise in nutrition. Prospective students will need to meet the following:

- A bachelor's degree from an accredited institution.
- At least two years of post-baccalaureate work

For more information about application requirements or other program details, contact Stefanie Dean, Academic Coordinator: