



NUTRI NEWS

The Department of Nutrition

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2020 TEACHING KITCHEN RESEARCH CONFERENCE WILL BE VIRTUAL EVENT IN NOVEMBER!

This year's **Teaching Kitchen Research Conference** will be a two-day virtual event held November 10-11, 2020. It will evaluate emerging TK models for their impact on behaviors, biomarkers and clinical outcomes and will also include original research. The conference will feature several Plenary Speakers along with Live Panel Discussions and Facilitated Breakouts. Join us now as **Dr David Eisenberg, Dr Jennifer Massa**, and **Kate Janisch** discuss this year's virtual research conference and its new offerings!



David M. Eisenberg, MD, is the director of culinary nutrition and adjunct associate professor of nutrition at the Harvard T. H. Chan School of Public Health. He has held faculty appointments within the Department of Nutrition for the past two decades. He is the founding Co-Director of the Healthy Kitchens, Healthy Lives conference, and founding Director of the Teaching Kitchen Collaborative, a group of 30+ organizations with teaching kitchens, intended to establish and evaluate best practices relating to nutrition, culinary and lifestyle education. David is a graduate of Harvard College and Harvard Medical School and is Board Certified in Internal Medicine. He has served as an advisor to the National Institutes of Health, the Food and Drug Administration, the National Academy of Sciences and the Federation of State Medical Boards with regard to complementary, integrative and lifestyle medicine research, education and policy.

David has authored numerous scientific and educational articles involving complementary, integrative and lifestyle medicine and continues to pursue research, educational and clinical programs relating to integrative and lifestyle medicine. In 2012, David joined our Department full time to pursue his longstanding interests in nutrition and health promotion. Importantly, as the son and grandson of professional bakers, David aspires to bring together the culinary, medical, and public health communities to enhance comprehensive health care for all.

NN: Dr Eisenberg, I understand that you will be organizing a tuition-free virtual conference centered around teaching kitchen research scheduled for November 10-11, 2020. Can you tell us a little about this upcoming conference?

DE: "Teaching Kitchens" are "learning laboratories" where individuals receive practical, hands-on guidance to "eat, cook, move and think more healthfully". Dozens of Teaching Kitchens have been built in hospitals, medical schools, Veterans Administration facilities, corporate worksites, and community-based organizations, e.g. YMCA's and public libraries. Teaching Kitchen curricula often include: (1) nutrition education, (2) hands-on culinary instruction, (3) advice regarding enhanced movement and exercise, (4) guidance on the optimal use of web-based technologies, (5) mindfulness training, and (6) personalized health coaching.

The 2020 Research Conference on Teaching Kitchens and Related Self Care Practices is an international scientific meeting hosted by the Harvard T.H. Chan School of Public Health's Department of Nutrition, in close collaboration with the Teaching Kitchen Collaborative, Inc. (www.tkcollaborative.org). The purpose of this scientific meeting is to enable researchers to present original findings on teaching kitchen curricula, facilities and research strategies, with the purpose of advancing the design, methodology, implementation, and evaluation of replicable teaching kitchen programs across a wide range of settings and populations. This is the second time a research conference relating to the use of Teaching Kitchens is being held.

NN: Who can and should attend this conference? What type of audience are you hoping to attract?

DE: Students, post-docs, researchers, clinicians, educators and policy makers from a wide array of fields including: nutrition (including precision nutrition), clinical medicine, public health nutrition, culinary arts, sustainability, IT, behavioral science and health policy. Teaching kitchens are valuable components of the translational side of nutrition science. It is important for a wide-array of scientists, clinicians, educators, corporate leaders and policy makers to know about what they are and, most importantly, the growing body of scientific work being done to assess their impact on behaviors, biomarkers, clinical outcomes and costs.

We hope that by making this research conference tuition-free, we will not only attract those already immersed in teaching kitchen research, but also a broad spectrum of people who know very little about teaching kitchens but may be curious about this apparent "movement" and its potential to contribute to our understanding of how best to encourage people to eat, cook, move and think more healthfully. Moreover, it is our shared hope that teaching kitchens will be useful as de-facto clinical research settings for future nutrition related investigations. (To register: www.tkresearchconference.org. CME info can be found here: <https://www.tkresearchconference.org/Continuing-Education>.)

We encourage students, faculty, basic scientists, clinical trialists, business entrepreneurs, insurance analysts, community based non-profits, health directors and community based organizations to register and participate in the live question-and-answer sessions, panels and breakouts. We welcome independent scientific investigators, clinicians, registered dietitians, chefs, health coaches, and farmers, as all are involved with the design, implementation, evaluation and refinement of Teaching Kitchen models across a range of venues and stakeholder settings.

We offer a special invitation to Harvard Chan MPH students, doctoral candidates, post-doctoral fellows and faculty with interests in nutrition, precision nutrition, and the translation of nutrition science into practical advice for all.

NN: What will be your key takeaway points for attendees and how will this conference help them? What will they learn?

DE: Attendees will learn about teaching kitchens, best practices with regard to both facilities and educational content, and how teaching kitchens are being used as learning laboratories, clinical research centers and members of emerging research networks. They will also be introduced to thought leaders with teaching kitchens located at a number of highly respected universities, medical schools, corporations and governmental settings. Lastly, they will see that teaching kitchens have relevance to a range of scientific investigators interested in nutrition basic science, clinical medicine, medical education, lifestyle medicine, integrative medicine, culinary medicine, environmental science, IT and health systems research.

NN: *Can you give us an indication of what kinds of panels and presentations will be available? Who are some of your speakers and what will they be speaking about?*

DE: We have four plenary speakers: **Frank Hu**, chair of the department of nutrition who will speak about teaching kitchens in relationship to nutrition science; **Richard Rothstein** chair of the department of medicine at Dartmouth Medical School who will speak about teaching kitchens in relationship to medical (and allied health) education, clinical care and the future of cost containment strategies which may utilize teaching kitchens in routine health care treatment and management; **Nicole Farmer**, a post-doctoral fellow at the NIH, who will share original research involving a teaching kitchen at the NIH as well as how Teaching Kitchens may become valued elements of the NIH's newly released ten-year plan with regard to nutrition research; and two speakers from Google's Food Team – **Ruthie Schwab** and **Zoe Schweitzer**, who will summarize Google's extensive work, and experience, with teaching kitchens across corporate worksites globally.

There will also be four breakout sessions each day where participants can engage in discussions of several of the abovementioned topics.

NN: *Will this be the first conference of its kind, or have you done this before? How does this year's conference differ from past conferences?*

DE: This is the second Teaching Kitchen Research Conference; the first took place in 2018 and was limited to only 1 day. This year's Teaching Kitchen Research Conference will occur over two days. Both the 2018 and the 2020 conferences have been partially supported by an R13 Grant from the National Institutes of Health.

NN: *Why are teaching kitchens so important?*

DE: While individual lifestyle-related interventions, including instruction in diet, cooking, exercise, mindfulness and behavior change have been observed to enhance health and wellbeing, teaching kitchens, when properly organized, provide instruction in all of these domains. They may become catalysts of both personal and societal health enhancement and those working in this line of inquiry seek to test this hypothesis collectively and through the development of co-created best practices, shared data-tracking platforms and a shared research network. All Harvard Chan nutrition trainees and faculty are invited to learn more and, ideally, work with teaching kitchen thought leaders in the US and globally.

NN: *Will there be Continuing Education credits for attendees, and who will be eligible?*

DE: Yes! All nurses, physicians, psychologists and registered dietitians are able to earn continuing education credits for their participation in this conference.

PLEASE NOTE:

CME info can be found here: <https://www.tkresearchconference.org/Continuing-Education>. Participants can register for CME's at the same time that they register for the conference.

Dr Jennifer Massa is a Research Scientist; she obtained her dual ScD from HSPH in 2003. Dr. Massa has been working on teaching kitchen related research with **Dr Eisenberg** since 2014. Dr. Massa's research interests focus on lifestyle and non-pharmacological interventions and prevention of chronic disease.



NN: Dr Massa, what will be your role in this TK conference?

JM: I am on the planning committee for the conference and a co-investigator for the NIH award that is helping to fund the meeting.

NN: Will you be a moderator or host for one of the panel discussions?

JM Yes, I will moderate the Research Panel discussion which will be directed specifically to research questions related to challenges due to Covid-19, how to engage and better serve more diverse communities, and research related to remote vs in-person learning.



Kate Janisch is a registered dietitian who joined the department last summer to work with **Drs Eisenberg** and **Massa** on culinary nutrition initiatives. Prior to joining the department, Kate helped with part of the Culture of Health project, for Health Policy and Management. Kate obtained her master's degree in Public Health in 2011.

NN: Kate, what will be your role in this TK conference?

KJ: I am part of the planning committee, focusing on logistics.

NN: Have you ever done anything like this before?

KJ: While I've planned multi-day conference-like gatherings and events for over 100 guests, multiple governors and dozens of other high-profile individuals, they have always been in-person. This will be the first multi-day online conference I will be a part of planning.

NN: How can people register for this event?

KJ: By going to the website: www.tkresearchconference.org

To learn more: <https://www.tkresearchconference.org/>

NEWS FROM AROUND THE NUTRITION DEPARTMENT

GRANTS

Dr. Manja Koch, Research Associate, has been awarded a K01 Award from the National Institute on Aging. The project will leverage data from the Cardiovascular Health Study and Ginkgo Evaluation of Memory Study to identify plasma proteomic profiles associated with future risk of dementia. Dr. Koch will be supported by a team of dedicated mentors including **Drs Kenneth J. Mukamal, MD, MPH**, Visiting Scientist, as the primary mentor, and **Majken K. Jensen, PhD**, Adjunct Professor of Nutrition, **Steven T. DeKosky, MD**, and **Hanno Steen, PhD**, Associate Professor of Pathology.

NEW PUBLICATIONS

Dr Simone Passarelli, Postdoctoral Fellow, had the following paper published:

Passarelli, S., Ambikapathi, R., Gunaratna, N. S., Madzorera, I., Canavan, C. R., Noor, A. R., Fawzi, W. (2020). A Chicken Production Intervention and Additional Nutrition Behavior Change Component Increased Child Growth in Ethiopia: A Cluster-Randomized Trial. *The Journal of Nutrition*. <https://doi.org/10.1093/jn/nxaa181>

PRESENTATIONS

Dr Erica Kenney, Assistant Professor of Public Health Nutrition, participated in an online briefing for policymakers organized by *Health Affairs*. The focus of the event, which was sponsored by the Robert Wood Johnson Foundation, was the "*Culture of Health: How Income, Work, and Food Affect Health and Health Equity*". Dr Kenney presented on her team's work in estimating the change in obesity risk among children in poverty after the Healthy Hunger Free Kids Act's changes to school meal standards went into effect.

For more information about the event: <https://www.healthaffairs.org/doi/10.1377/he20200616.362200/full/>

Dr Anne Lusk, Research Scientist, will appear as the featured Transportation Researcher in the University of Massachusetts Transportation Center (UMTC) newsletter for August 2020.

NEW FACULTY APPOINTMENTS

Paul Selberg-Franks, PhD, has been reappointed as Adjunct Professor of Nutrition. Paul will continue to bring a strong background in human nutrition (physical activity) and epidemiology to our department and school, and he is expected to continue to be extensively engaged in our academic program during his appointment. His major strengths include genetic and lifestyle factors and diabetes; these will greatly contribute to the ongoing work of our Department.

Paul has been a wonderful collaborator on our projects, especially gene-diet interaction projects that include NHS, HPFS, and the GLACIER cohort from Sweden. Of note, the DNA samples from GLACIER are stored at HSPH and have been genotyped for a number of our analyses. He is currently collaborating with

our department faculty in investigating COVID-19 infections among health care workers in the Nurses' Health Study cohorts.

Jerold Mande, MPH, has been appointed Adjunct Professor of Nutrition. Jerry will help HSPH – Nutrition translate its world class science into policy to impact public health, and to mentor our faculty and students to do the same, beginning with our joint 50th Anniversary Conference Report.

Until May of this year Jerry was Professor of the Practice at the Friedman School of Nutrition at Tufts University. He left that position to become Senior Advisor to the President of the Center for Science in the Public Interest. In this new role, he will focus on public policymaking in the upcoming elections. Jerry was instrumental in organizing the joint 50th Anniversary of the White House Conference Report and will advise our faculty and students on implementing this report. He will work with our faculty to offer some version of his course *Basics of US Public Policy* to our students.

NEW FACES IN THE NUTRITION DEPARTMENT!



Dr Suman Majumder
Postdoctoral Research Fellow

I am a postdoctoral research fellow in the Department of Nutrition at Harvard T.H. Chan School of Public Health. Originally from Kolkata, India, I did my Bachelors and Masters degree in Statistics from the Indian Statistical Institute and obtained my Ph.D. in Statistics from NC State University. My research area is spatial statistics and its applications in various fields such as environmental and public health, remote sensing etc. I am set to work with ***Dr. Kyu Ha Lee***, Assistant Professor of Integrative Genomic Epidemiology, on high dimensional microbiome data, doing methodological developments and collaborative research.

I also am a huge movie buff and a recent anime enthusiast. I also play a lot of cards, especially Bridge and I play badminton in my spare time. Of course, being from India, I play cricket but am an ardent follower of soccer. I love food and I love cooking and I am always up to trying something new.

NUTRITION RESEARCH NEWS

Study finds nutritional school lunch policies to benefit low-income populations

In a study led by **Dr Erica Kenney**, Assistant Professor of Public Health Nutrition, the impact of the Healthy, Hunger-Free Kids Act of 2010 on child obesity risk was examined. This legislation strengthened nutritional standards for meals and beverages provided through the National School Lunch, Breakfast, and Smart Snacks programs. Under the Trump administration the Act's whole grain standards were relaxed, although this change was later struck down in federal court. However, since then additional rollbacks of the Act's standards have been proposed.

Kenney's team reviewed data for 173,013 youths taken from the National Survey of Children's Health from 2003–2018, prior to when rollbacks went into effect. They found no significant association between the legislation and childhood obesity trends overall; however, they did find significant reductions in obesity risk among children living in poverty. This is a population that is particularly reliant on school meals. Following the act's implementation, the risk of obesity, which had been trending steadily upwards prior to the legislation going into effect, declined substantially each year among these children. This translates to a 47% reduction in obesity prevalence in 2018 compared to what would have been expected without the legislation.

According to Kenney, "Based on our study, as well as research that USDA and other researchers have conducted showing improvements in diet, the improved school meals standards have been a great public health success story. These healthier school meals are helping to protect the health of the children who have been placed at highest risk for poor health, and they reduce hunger while also reducing their risk of chronic diseases later in life."

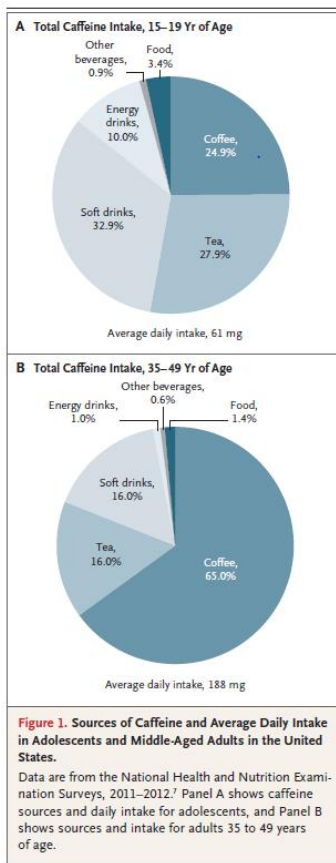
"Impact Of The Healthy, Hunger-Free Kids Act On Obesity Trends," Erica L. Kenney, Jessica L. Barrett, Sara N. Bleich, Zachary J. Ward, Angie L. Cradock, and Steven L. Gortmaker, *Health Affairs*, online July 7, 2020, doi: 10.1377/hlthaff.2020.00133

For a related study suggesting that beverage excise taxes may be an effective policy tool for reducing sweetened beverage purchases among populations at higher risk for sweetened drink consumption, see:

"The Association Of A Sweetened Beverage Tax With Changes In Beverage Prices And Purchases At Independent Stores," Sara N. Bleich, Hannah G. Lawman, Michael T. LeVasseur, Jiali Yan, Nandita Mitra, Caitlin M. Lowery, Ana Peterhans, Sophia Hua, Laura A. Gibson, and Christina A. Roberto, *Health Affairs*, online July 7, 2020, doi: 10.1377/hlthaff.2019.01058

From: <https://www.hsph.harvard.edu/news/press-releases/targeted-taxes-school-lunch-policies/>

Moderate coffee and tea consumption found to be part of healthy diet for most people



According to a new review paper published in NEJM by **Drs Rob van Dam**, adjunct professor of nutrition and epidemiology, **Frank Hu**, Fredrick J. Stare Professor of Nutrition and Epidemiology and chair, Department of Nutrition, and **Walter Willett**, professor of epidemiology and nutrition, caffeinated coffee does not appear to increase the risk of CVD and cancers. The researchers looked at 95 previous studies of caffeine and caffeinated beverages and found that consumption of three to five standard cups of daily coffee may, in fact, reduce the risk of several chronic diseases, including type 2 diabetes, cardiovascular disease, and certain cancers.

However, high caffeine intake may have some adverse effects, including lower birth weight and higher risk of pregnancy loss. Further, high consumption of caffeinated energy drinks, especially when mixed with alcohol, may increase risk of adverse cardiovascular, psychological, and neurological effects.

According to the authors, "Current evidence does not warrant recommending caffeine or coffee intake for disease prevention but suggests that for adults who are not pregnant or lactating and do not have specific health conditions, moderate consumption of coffee or tea can be part of a healthy lifestyle."

van Dam RM, Hu FB, Willett WC. Coffee, caffeine and health. NEJM 2020; 383(4):369-78.

Source: NEJM 2020; 383(4):369-78.

See also: <https://www.hsph.harvard.edu/news/hsph-in-the-news/coffee-caffeine-healthy-lifestyle/>

Visit the Harvard Chan School website for the latest news, press releases, and multimedia offerings.

Study finds that people who eat more whole grains per day may cut diabetes risk

According to a new study published in BMJ led by **Dr Yang Hu**, Research Fellow, just one or two servings of whole grains per day may help reduce the risk of type 2 diabetes. Findings indicate that people who ate the most servings of whole grains per day (around two servings) had a 29% lower risk of diabetes than those who ate the least (around a third of a serving or less). This study also found that people who ate at least one daily serving of a particular grain such as oatmeal or brown rice were less likely to develop diabetes than those who ate less than one monthly serving of that grain.

According to senior author **Dr Qi Sun**, associate professor in the Departments of Nutrition and Epidemiology, "We know diet is one of the most important factors that determine the risk of developing type 2 diabetes. Fruits, vegetables, whole grains, extra-virgin olive oil, nuts, yogurt, and other healthful foods may lead to reduced risk of developing this disease."

Hu, Y, Ding M, Sampson L, Willett WC, Manson JE, Wang M, Rosner B, Hu FB, Sun Q.. (2020). "Intake of whole grain foods and risk of type 2 diabetes: results from three prospective cohort studies." *BMJ* **370**: m2206.

Read the accompanying *Everyday Health* article: [Eating Even a Little More Whole Grains, Fruit, and Veggies May Cut Type 2 Diabetes Risk](#)

From: <https://www.hsph.harvard.edu/news/hsph-in-the-news/whole-grains-diabetes-risk/>

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 **1:00-1:50 pm** and are free and open to the public. Because of COVID-19, the seminars have been presented via Zoom since March of this past spring, and this zoom format will continue in the fall of 2020. A zoom link for viewing will be available one week prior to each seminar.

Our Monday Nutrition Seminar Series will resume on August 31, 2020. The first speaker will be:

August 31 **Dr Rattan Lal**, Distinguished University Professor of Soil Science, School of Environment and Natural Resources, The Ohio State University – *"Opportunities to mitigate climate change by carbon sequestration in food production systems"*

NUTRITION SOURCE UPDATES

Coffee, caffeine, and health

In many countries, a large majority of adults consume caffeine daily. A [July 2020 review in NEJM](#) summarizes the evidence about the varied physiological effects of caffeine and coffee and the risks of cardiovascular disease, insulin resistance, gallstones, cancer, and liver disease.

Learn more about caffeine: <https://www.hsph.harvard.edu/nutritionsource/caffeine/>
and caffeinated beverages:

- **Coffee:** <https://www.hsph.harvard.edu/nutritionsource/food-features/coffee/>
- **Tea:** <https://www.hsph.harvard.edu/nutritionsource/food-features/tea/>
- **Energy Drinks:** <https://www.hsph.harvard.edu/nutritionsource/energy-drinks/>

Should I take a daily Multivitamin?

Although a multivitamin cannot replace a healthful, well-balanced diet, these supplements can play an important role when nutritional requirements are not met through diet alone:

<https://www.hsph.harvard.edu/nutritionsource/multivitamin/>

Vitamin Feature: Riboflavin (B2)

Riboflavin is a key component of coenzymes involved with the growth of cells, energy production, and the breakdown of fats, steroids, and medications. Learn more about riboflavin and health:

<https://www.hsph.harvard.edu/nutritionsource/riboflavin-vitamin-b2/>

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/>)

THE TEACHING KITCHEN RESEARCH CONFERENCE

FREE

two day virtual conference

evaluating emerging Teaching Kitchen models for their impact on behaviors, biomarkers, clinical outcomes, including original research. **CME/CEUs available.**

www.tkresearchconference.org

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REGISTER TODAY

November 10-11, 2020



Teaching Kitchens

are the translational research centers of the future, combining Behavior Change Strategies with Culinary Education, Nutrition Education, Physical Activity, and Mindfulness for a multidisciplinary learning laboratory that improves health.

[Click here for more information.](#)

Live Panel Discussions & Facilitated Breakouts:

Teaching Kitchens as they relate to:

1. Basic Science Research
2. Clinical Research and Practice
3. Integrative Medicine/Lifestyle Medicine
4. Educating Health Professionals
5. Role of RDs, Chefs, Mind Body & Other Instructors
6. Community Outreach Now & Post COVID
7. Agriculture and Sustainable Food Systems
8. International Collaborations

Keynote Speakers

Frank Hu, MD, MPH, PhD
Harvard T.H. Chan School of Public Health

RICHARD ROTHSTEIN, MD
Geisel School of Medicine, Dartmouth

NICOLE FARMER, MD
NIH Clinical Center

GLOBAL FOOD TEAM @ GOOGLE

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