

NUTRI NEWS

The Department of Nutrition

May 2021

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FIRST COHORT OF STUDENTS IN NUTRITION'S NEW MPH-65 PROGRAM TO TAKE PART IN MAY COMMENCEMENT CEREMONY!

The Department of Nutrition is pleased to announce that its first cohort of MPH students will graduate this year. In this new **Master of Public Health in Nutrition** degree program, our students have acquired skills in nutrition practice, policy, and communication along with obtaining a foundational knowledge in nutritional science, epidemiology, and public health. This degree program is designed to explore the role nutrition plays in the health and well-being of the world's populations from a variety of vantage points, recognizing the vast array of influences on diet, nutrition, and health—including environmental, socioeconomic, political, and cultural factors. Our first students have also acquired the methodological strategies needed to develop, analyze, and evaluate interventions, programs, and policies typically used in public health nutrition that were reinforced in their unique practicum projects.

This first-of-its-kind program in our department was able to attract a mix of highly talented students who brought with them into the program skills already acquired from their previous involvement in Nutrition. Already deeply motivated to make a difference, they had proven themselves early on in their careers to be genuine game-changers in the ever-changing field of nutritional research and policy. Armed with the skills learned in their curriculum here and the strategies acquired during their student practicum experiences, these students will now go on to make an even bigger difference! **Dr Erica Kenney**, Assistant Professor of Public Health Nutrition, and Director of the MPH-65 Program in Nutrition agrees: "This group of students was outstanding in every way, and we were so lucky to have them as our first cohort of MPH students. They brought so many fresh ideas and perspectives on how to use public health to help people around the globe get access to healthy, affordable, and sustainable foods. I've learned so much from them and have been inspired by the great work they've already done. I can't wait to see what they do as they launch their careers as graduate of our MPH program."

And **Stef Dean**, who is the Academic Administrator for the program and was a co-developer, adds, "We were lucky to have such an amazing first cohort of students in the MPH 65 program! Each student brought a unique perspective and interest in Nutrition, yet they formed a cohesive, supportive group. I was impressed with their enthusiasm, flexibility, and resourcefulness in seeking out opportunities to support their educational goals. Can't wait to witness their forthcoming accomplishments!"

Dr Frank Hu, Chair and Fredrick Stare Professor of Nutrition and Epidemiology, extended his congratulations to the new graduates, "I'm immensely proud of the accomplishment of our students. They have demonstrated remarkable resilience during the COVID-19 pandemic. I'm confident that they will make a significant impact in the world that is facing multiple public health challenges including global epidemics of infectious and chronic diseases, food insecurity and health disparities, as well as the climate crisis."

Let's look at some of this first cohort of MPH students now and see for ourselves that they are indeed an amazing group of students!

To learn more about our MPH-65 degree program: <https://www.hsph.harvard.edu/nutrition/programs-offered/mph/>



Juston Jaco, MPH-65 Nutrition
Nutrition and Global Health Concentration
Area of Interest: Nutrition Innovation, Law and Policy

After graduation, I will be joining the University of California-San Diego's Biomedical Sciences PhD Program. My goal is to change 21st century medicine, treating the root cause(s) of chronic disease instead of alleviating the symptoms of disease. This is a paradigm shift: Food *is* medicine. This is why I seek to educate future healthcare providers on the role nutrition plays in treating and reversing chronic disease. During my time at the Harvard Chan School, I appreciated our program's connection to other graduate schools in the greater Boston area. With lots of flexibility in the program, I was able to register for coursework at the Harvard Law and Medical Schools. As a result, I was able to connect with other students/faculty beyond the Public Health program and offer my perspective. For example, I completed my student practicum at the Center for Health Law and Policy Innovation at Harvard Law School. I worked on an official regulatory comment opposing the detrimental changes to the National School Lunch and School Breakfast Programs under the former Republican administration, who sought to decrease fruit and vegetables and increase more processed foods. Ironically, the changes they attempted to make directly went against their own evidence showing that fruits and vegetables were enhancing the health of our nation's children.

I think that my home was a highlight of my Boston experience. I lived south of Jamaica Plain, right next to the Arnold Arboretum of Harvard University. What I came to learn is that nature is more dynamic than I previously recognized. From the Painted Maples to the Golden Larch and surrounding Lilacs, the arboretum was always changing. I went on daily walks or runs there, and it was always different from the time I had last entered. I never anticipated my living experience would be defined by an almost 300-acre woodland preserve, but it is at the heart of my living experience—and the heart of Boston itself. I wouldn't have changed my living experience for the world! Upon reflection, coping through the COVID-19 pandemic was not easy, but I found joy in doing simple things. As I mentioned, the Arnold Arboretum was an oasis of escapism for me, a place where I could be and feel free. I always felt recharged after visiting. Also, one of the most important things I did was buy a calendar. It sounds simple, but each week I wrote down **one thing** I was looking forward to. This was a game changer for me. Whether it was calling a friend for their birthday, attending a virtual concert, or making a new meal from scratch, it was important for me to look forward to something.

During the Winter (or "J term"), I took an Environmental course called *Social and Sustainable Innovation* driven by the Sustainable Development Goals in Mérida, Mexico. The course was "hands on" in that we traveled all over the Yucatan peninsula; this helped us get a sense of the community problems and current sustainable and social solutions. These mini-trips led us to develop new solutions that served as the business/social cases for new startups in health, sustainability, or social ventures. This was a unique experience enriched with students from the Autonomous University of Yucatan. The friends made and

moments we shared are something I will cherish for a lifetime. I would be remiss if I didn't mention that learning how to dance on TikTok with my friend Dylan, a student at the Boston Conservatory, was also a highlight. Turns out, I'm a savage!

Finally, the Harvard student body is an impassioned and inspiring group of people. I'm so thankful for the friendships I made. Hands down, they made my experience what it is.

Kripa Jalan, MPH-65
(Nutrition Concentration)

After graduation, I will continue to run my company, **Burgers to Beasts**, from Mumbai, India. While currently we largely provide '1:1- non-Diet' solutions to help individuals heal their relationships with food, we are in the process of developing a digital deep health clinic that delivers customized information from qualified experts. The main focus of my research here was *The Life Skills Learning Lab*, a curriculum that integrates the multiple domains of preventive healthcare and lifestyle medicine and brings it to a student's desk. Although I do not live in Boston anymore, I'd move back in a heartbeat. I loved living there!



While initially the situation during the Covid-19 crisis was extremely overwhelming, two things really helped me cope: (1) having a routine - especially making a schedule for the next day and finding meaning in completing small tasks; and (2) recognizing what was in my sphere of control - I couldn't control the number of cases or devastation; but I could wear a mask, wash my hands, maintain physical distancing, and also frequently check in with my loved ones to stay connected. Although I would have preferred to attend classes in-person, I understand the school's need to prioritize our safety.

The earliest memory of my student experience here was the meeting with my advisor, **Dr [Eric] Rimm**. I was extremely nervous about settling into a new city and an 'Ivy League' ecosystem. However, very kindly, Dr Rimm said to me that there was a lot more that Harvard offered than academics. I remember walking away from his office feeling at ease, but also extremely excited about the future. Above and beyond that, each moment I shared with my cohort was special. Whether it was walking home together after class, dancing together at the Winter Ball, checking in on each other to see how we were coping, going apple picking, and most importantly taking pride in each other's wins to foster a collaborative environment. I couldn't have asked for a better cohort, because I know I've made friends that will last a lifetime - regardless of our physical locations.

I also realized that prior to joining the School of Public Health, my worldview was extremely limited. My experience here taught me to step out of my tiny world and view it from somebody else's lens - and repeat the process multiple times. Gradually our little worlds came together to form a big, complex web. And, without realizing it everything had changed; I was seeing this world differently. Human connection, diversity, and compassion was what it was all about.



**Regan Plekenpol, MPH-65
(Nutrition Concentration)**

At HSPH, I focused my studies on sustainable food systems and the intersection of plant-based food production, food insecurity and food justice, and the environmental impact of agricultural practices. I took a number of eye-opening courses and joined C-CHANGE as a student ambassador, where I learned about the human health impacts of climate change. My curiosity led me to a practicum at the Food Law and Policy Clinic (FLPC) at Harvard Law School, where I was able to combine my passions for public policy and nutrition. For my practicum, I joined the ATLAS global food donation project, which analyzes legal opportunities to enhance food waste mitigation and food security in countries around the world. After graduation, I will continue at Harvard Law School working with FLPC.

While I am excited to move into the next chapter, graduation is bittersweet because I had a truly phenomenal experience as a student in the Nutrition department. Beyond impromptu conversations with peers and faculty in the hallways, one of my fondest memories from my experience at HSPH was our cohort's dinner party at **Professor [David] Eisenberg's** home, where we learned healthy cooking skills and enjoyed a meal together. I will cherish the many moments building community, learning from my classmates, and studying under some of the most incredible scholars and researchers in the nutrition world. Thank you to everyone at HSPH and the Department of Nutrition for a wonderful few years!

**Jennifer Lee, MPH-65
(Nutrition Concentration)**

My name is Jennifer Lee and I'm an MPH student in Nutrition expecting to graduate in May 2021. Reflecting back on my time at Harvard T.H. Chan School of Public Health, I have been involved in various projects and organizations. I am one of the Equity, Diversity, and Inclusion Fellows at HSPH and had the privilege of organizing the Health Equity and Leadership (HEAL) conferences and other panel discussions about race and equity. I've also been involved in the Harvard Chan Student Culinary Club during my first year to help organize and publicize events. My practicum experience was with the Asian Diabetes Prevention Initiative and I've both written new content on sleep and diabetes risks and updated previous content with the latest scientific findings and data. The COVID-19 pandemic had re-ignited my passion in health equity through a lens of health policy and health entrepreneurship. During my last year at Chan, I have tried to widen the scope of my studies by focusing on those two areas. I have been examining health disparities that have been widened by COVID-19 such as nutrition policies, particularly the Supplemental Nutrition Assistance Program, and their insufficiencies on addressing food insecurity. Working with the Food Law and Policy Clinic at Harvard Law School enabled me to understand the legal processes of building SNAP, and I've collaboratively written recommendations to improve and strengthen SNAP for the 2023 Farm Bill based on stakeholder interviews and advocacy research. I've also worked with students across Harvard GSD, HBS, and HSPH to develop an idea into a business model to nudge people with prediabetes and type 2 diabetes to choose healthier food alternatives. Through working with the start-up company, we applied to the Harvard Business School New Venture Competition (Social Enterprise Track) and were ultimately selected as semi-finalists.



The diverse experiences I've been involved in through my graduate program helped me not only understand the various perspectives of experts in different sectors but also explore various careers within public health. I've gotten to know so many brilliant minds through the program. The friends I've made

have been a source of invaluable support during the pandemic, and I feel like I've found my HSPH family through the Nutrition program on the first day of orientation. Getting to know the people from my cohort has been the most memorable and valuable experiences at HSPH that I will be able to cherish when looking back at my time in the program.



This photograph was taken after finishing a big assignment this fall during the virtual semester!

Will Koh, MPH-65
(Nutrition & Planetary Health)

Hello! My name is Will Koh and I am a graduating Nutrition MPH-65 student who specialized in planetary health. After completing my coursework in December, I started a job as a Scientist with the Nutrition and Health team at **Impossible Foods**, a meat-alternative company based in California. My work – which has already felt challenging and fast-paced – has me engaging with countless topics I studied during my graduate education and builds upon a passion for food sustainability that I've had for years prior to Chan. As I prepare to move to the Bay Area this fall, I will miss my Boston community and my plant-filled, one-bedroom sanctuary in Jamaica Plain that helped me get through this past challenging year.

My favorite part of my HSPH experience was getting to know my cohort – Jenn, Ahmad, Rahmat, Kripa, Latifat, Juston, and Regan. Everyone brought something special to the program and I treasure my time with them all. Additionally, I am extraordinarily grateful for all the faculty and staff who supported me during my time at HSPH. Thank you so much for all you do! I hope to stay in touch in the future. Good luck!



Latifat Okara, MPH-65
(Nutrition Concentration)

My name is Latifat Okara, and I was one of the pioneering students in the MPH Nutrition cohort at the Harvard Chan School. Since graduation, I have been fortunate to continue working full-time as a primary health care and nutrition consultant with the World Bank Group in Washington, DC, where I completed my summer practicum. Most of my work at the World Bank includes country engagements, primary health care measurements and improvement, and conducting country case studies to reposition nutrition in the global agenda to achieve universal health coverage through health

financing levers. I am happy to say that my degree from Harvard has been instrumental in making all these happen progressively for me. This is also true for my classmates, who have landed great jobs and are making a difference in their various organizations.

Harvard is a very stimulating and fast-paced environment that equips you with the skills needed to adapt, adjust, and apply yourself in the global space. The best parts of my experience were the friends I made along the way, the tremendous academic and entrepreneurial resources I took advantage of, and the professors I still count on for references and guidance. Harvard is such a beautiful place, and I will undoubtedly miss taking walks through the Harvard yard or catching up with friends at the Kresge cafeteria.

My Harvard experience will be incomplete without the struggle of juggling kids and school work during my final semester and in the heat of the pandemic. I am hoping that in the future, my drive and desire to have attained this degree will be an inspiration for my two daughters and other young girls in Africa.

The Department of Nutrition is also proud to announce that two doctoral students have also graduated this year:

May 2021 PhD program:
Fenglei Wang

November 2020 SD program:
Laura Zatz

Fenglei Wang, PhD **(Population Health Science/Nutritional Epidemiology)**

I am receiving my PhD degree in Population Health Science (in the Subject of Nutritional Epidemiology) with an SM1 degree in Biostatistics. My dissertation investigated the association of folate, red meat, and fish intake and plant-based diets with colorectal cancer risk by adopting several research strategies, including metabolomics and molecular pathology, under the guidance of my advisor ***Dr Walter Willett*** and my dissertation committee ***Dr Edward Giovannucci, Dr Stephanie Smith-Warner, and Dr Liming Liang***. I will stay on at our department as a postdoc with ***Dr Frank Hu*** and continue my research on nutritional metabolomics.



I enjoy my life here in Boston and like its long history and diverse cultures. I am also deeply grateful for my experience at Harvard Chan and our department in the past four years. Everyone has been so supportive and friendly and is available whenever I need help. Although the Covid crisis makes life challenging, all things (taking classes remotely, attending online seminars, and even defending the dissertation virtually) go smoothly under everyone's joint efforts.

Looking forward to seeing everyone after the reopening of our campus!



Laura Zatz, ScD in Nutrition (Public Health Nutrition) and Social & Behavioral Sciences

In August, I defended my dissertation “Exploring Cross-Sector Policy, System, and Environmental Approaches to Promote Healthy Eating and Reduce Obesity”. During my doctoral program, my research focused on using behavioral science to design more effective policies to promote healthy eating. I was fortunate to work on a range of projects from a field experiment of sugary drink warning labels to a systematic review of effective child obesity interventions. My last two dissertation papers about online grocery shopping were recently accepted for publication and I'll be sure to share them with Hilary when they're online.

Looking back on my experience in the program, I am grateful for the many opportunities to grow my knowledge, skills, and personal and professional networks. I particularly appreciated opportunities to pursue coursework and research across the HSPH departments (NUT, SBS, HPM) and Harvard schools (HBS, HKS, HLS) that related to my interests. I learned more about nutrition science, nutrition epidemiology, public health nutrition, behavioral science, and policy with leaders in these fields. I also learned a ton from my fellow classmates, especially the EVERGREEN Writing and Research Accountability Group which was an invaluable source of support as I was finishing my dissertation during the pandemic. I will certainly miss seeing all of the kind, friendly faces of the Nutrition Department.

In October, I started working as a Senior Advisor for the Behavioral Insights Team (BIT). BIT advises clients on how to use behavioral science to develop more effective policies and programs. For example, I'm currently doing a project for an intergovernmental organization on effective social and behavioral change campaigns for childhood obesity prevention. I'm part of BIT's Washington, DC office and eventually plan to relocate there from Providence, RI where I'm currently living.

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Harvard Chan School Graduation Ceremony

Thursday, May 27, 2021, 1:00 pm ET

The Harvard Chan School Graduation Ceremony was a virtual event this year due to Covid-19 restrictions. Graduates and guests heard remarks from **Dean Michelle Williams**; the keynote speaker, **Tedros Adhanom Ghebreyesus**, director-general of the World Health Organization; a student speaker; and **Carmon Davis**, president of the Harvard Chan School Alumni Association. During the presentation of the graduates, the name of each graduate was read while their name, degree, and a photo (if provided) was displayed on the screen.

NEWS FROM AROUND THE NUTRITION DEPARTMENT

AWARDS

Dr Simone Passarelli, Research Fellow in Nutrition, has been named a recipient of the The American Society for Nutrition (ASN) and the ASN Foundation's 2021 Scientific Achievement Awards. Dr Passarelli

received the **Milton L. Sunde Award**, which is endowed by the Sunde Family. The 2021 ASN award recipients are an esteemed group of scientists whose contributions and dedication to advancing nutrition research, education and practice are inspiring.

As previously announced, due to ongoing COVID-19 concerns and uncertainty around travel restrictions, the ASN Board of Directors made the decision to host Nutrition 2021 as an interactive, engaging, and safe virtual event: [NUTRITION 2021 LIVE ONLINE](#), June 7–10.

This year's recipients of the **Simon, Arpi, and Marie Simonian Research Excellence in Nutrition Prize** are **Yiyang Yue** and **Erin O'Dwyer** together with their advisors, **Dr Stephanie Smith-Warner & Dr Walter Willett**, and **Dr Erica Kenney**, respectively. This prize is awarded to a student (or students) in the Department of Nutrition who display(s) excellence in the field of nutrition. Both students earned 4.0 GPAs in their first year.

Dr Marta Guasch-Ferre, PhD, Research Scientist, received the **Sandra A Daugherty Award for Excellence in Cardiovascular Disease or Hypertension Epidemiology and Prevention** at the AHA Epi/Lifestyle 2021 virtual conference. The title of her award presentation was "*A healthy lifestyle score including sleep duration and risk of cardiovascular disease*".

PUBLICATIONS

The following papers have been published on how the human gut microbiome may interact with diet on modulating human health/production of metabolites:

Li J, Li Y, Ivey KL, Wang DD, Wilkinson JE, Franke A, Lee KH, Chan A, Huttenhower C, Hu FB, **Rimm EB**, **Sun Q**. Interplay between diet and gut microbiome, and circulating concentrations of trimethylamine N-oxide: findings from a longitudinal cohort of US men. *Gut*. 2021 Apr 29;gutjnl-2020-322473.

In this analysis the authors demonstrated that there were a few human gut bacterial species that predicted plasma levels of trimethylamine N-oxide (TMAO), a metabolite that can be produced by human gut microbiota from red meat intake and may predict adverse cardiovascular events. They further showed that these species interacted with red meat intake in the production of TMAO. These findings may help to identify individuals who should particularly avoid red meat intake to keep the TMAO levels at bay.

Yanping Li, Dong D. Wang, Ambika Satija, Kerry L. Ivey, Jun Li, Jeremy E. Wilkinson, Ruifeng Li, Megu Baden, Andrew T. Chan, Curtis Huttenhower, Eric B. Rimm, Frank B. Hu, Qi Sun. Plant-based diet index and metabolic risk in men: exploring the role of the gut microbiome. *Journal of Nutrition*. 2021

Plant-based diets are known for two things: they are beneficial to human health and they may promote the growth of beneficial bacteria in the gut. The authors indeed found that a better adherence to plant-based diets in men was associated with a unique gut microbial profile that is characterized by higher abundance of bacteria known for their contributions to the metabolism of polysaccharides. In addition, the plant-based diets were especially strongly associated with a better cardiometabolic health among men who have a more favorable gut microbial profile.

Dr Mingyang Song, Assistant Professor of Clinical Epidemiology and Nutrition; Faculty Affiliate in the Department of Nutrition, and colleagues have a new publication in *Nature Protocols*
<https://www.nature.com/articles/s41596-021-00519-z>.

In this study, Song and colleagues from the Harvard Chan Microbiome in Public Health Center provide an overview of the Micro-N (Microbiome among Nurses) study - a generalizable and scalable approach to

stool and oral microbiome and metadata collection, to show how to carry out prospective studies of the microbiome. Micro-N is a large-scale collection targeting fecal and oral microbiome specimens from 20,000 women within the Nurses' Health Study II cohort. Leveraging the rich epidemiologic data that have been repeatedly collected from this cohort since 1989; the established biorepository of archived blood, urine, buccal cell, and tumor tissue specimens; the available genetic and biomarker data; the cohort's ongoing follow-up; and the BIOM-Mass microbiome research platform, Micro-N furnishes unparalleled resources for future prospective studies to interrogate the interplay between host, environmental factors, and the microbiome in human health. These prospectively collected materials will provide much-needed evidence to infer causality in microbiome-associated outcomes, paving the way towards development of microbiota-targeted modulators, preventives, diagnostics and therapeutics.

Everett C, Li C, Wilkinson JE, Nguyen LH, McIver LJ, Ivey K, Izard J, Palacios N, Eliassen AH, Willett WC, Ascherio A, Sun Q, Tworoger SS, Chan AT, Garrett WS, Huttenhower C, Rimm EB, Song M. Overview of the Microbiome Among Nurses study (Micro-N) as an example of prospective characterization of the microbiome within cohort studies. *Nat Protoc.* 2021. Epub 2021/04/23. PubMed PMID: 33883746.

In a commentary published in the *American Journal of Clinical Nutrition*, **Drs Deirdre Tobias**, assistant professor of nutrition, **Clemens Wittenbecher**, research fellow, and **Frank Hu**, Professor and Chair, discussed appropriate tools for grading nutritional evidence. The GRADE (Grading of Recommendations Assessment, Development and Evaluation) system, which was originally developed to evaluate the quality of clinical intervention evidence, has been increasingly used to evaluate the certainty of nutritional evidence. However, the complexity of environmental and behavioral exposures such as diet warrants additional considerations when grading the evidence, and one should not blindly apply the existing GRADE criteria to the development of public health guidelines regarding diet, lifestyle, and environmental factors. The authors argue that there is a critical need for the GRADE system and similar metrics to be modified to accommodate unique characteristics of nutritional epidemiology and intervention studies.

Deirdre K Tobias, Clemens Wittenbecher, Frank B Hu. Grading nutrition evidence: Where to go from here? *Am J Clin Nutr.* 2021 May 8;nqab124. doi: 10.1093/ajcn/nqab124. Online ahead of print.

GRANTS AND FUNDING

Dr Kyu Ha Lee, Assistant Professor of Integrative Genomic Epidemiology at the Department of Nutrition, and **Dr Jacqueline Starr**, Director of Strategic Initiatives at Channing Division of Network Medicine, received a new R01 from the NIH in May 2021, titled "Bayesian multivariate 3D spatial modeling for microbiome image analysis". The major goal of the project is to develop novel multivariate spatial analysis methods for microbiome image data to enhance understanding of complex spatial organization of microbes.

Dr Frank Hu received a new R01 from NIDDK, entitled "**Lifestyle Interventions, metabolites, microbiome, and diabetes risk**". This project builds upon a large ongoing randomized clinical trial (PREDIMED-Plus) in Spain to examine the effects of an intensive lifestyle intervention consisting of an energy-reduced Mediterranean diet, increased physical activity and weight loss on changes in body composition, plasma and stool metabolites, and risk of type 2 diabetes. The multiple PIs include **Dr Miguel Ruiz-Canela** from the University of Navarra and **Dr Jordi Salas-Salvadó**, University Rovira i Virgili (URV), Spain. This study represents a continuation of long-standing collaborations between the Department of Nutrition HSPH and PREDIMED investigators.

PRESENTATIONS

Dr Frank Hu, Professor and Chair, and **Dr Marta Guasch-Ferre**, Research Scientist, gave invited talks to the Canadian Society of Nutrition 2021 Virtual Conference at the session *Nutritional Metabolomics: Opportunities and Challenges*. The session was moderated by **Dr Jean-Philippe Drouin-Chartier**, former postdoctoral fellow in the Department, and now Assistant Professor at Laval University, Quebec, Canada. Dr Guasch-Ferre discussed "The food metabolome: novel biomarkers to improve assessment of dietary intake"; Dr Hu discussed "Metabolomics, precision health, and cardiometabolic diseases". Additionally, Dr Hu gave another talk on "Integrating plant protein foods into Canadian dietary patterns" at the same conference.

FACULTY APPOINTMENTS AND PROMOTIONS

The following people in the Department of Nutrition have been appointed, reappointed, or promoted:

Dr Xuehong Zhang, MD, ScD, has been reappointed as (Secondary) Assistant Professor in the Department of Nutrition.

Dr Emmanouil Apostolidis, PhD, has been appointed as Adjunct Associate Professor of Nutrition.



Dr Emmanouil Apostolidis has received his BSc, MSc and PhD in Food Science from the University of Massachusetts, in Amherst. He is an Associate Professor at Framingham State University in the Department of Chemistry and Food Science. His teaching responsibilities include an introductory food science class (*Principles of Food Science*) and two upper level food science courses (*Food Analysis* and *Food Safety and Microbiology*). Starting in July 2021 Dr Apostolidis will be an Adjunct Associate Professor of Nutrition at the Harvard T.H. Chan School of Public Health where he will be teaching (with Co-Instructor **Dr Christopher Golden**) Nutrition 209 (*Seminars in Food Science, Technology and Sustainability*). Dr. Apostolidis and his research group evaluate plant extracts and their phytochemical constituents for their effect on the inhibition of carbohydrate hydrolyzing enzymes using *in vitro* models. Additionally, Dr Apostolidis and his group evaluate how the same plant extracts are metabolized by specific gut microorganisms while at the same time preventing biofilm formation of certain pathogenic bacteria. His research has been funded by the Department of Defense, the US Department of Agriculture and various private organizations.

Dr Sheila Isanaka, DSc, has been promoted to Associate Professor of Nutrition.

Dr Isanaka was appointed as Assistant Professor of Nutrition in 2015 after an extensive search for an expert in global health nutrition. She also holds a joint appointment as Faculty Affiliate in the Department of Global Health and Population at Harvard Chan School. Dr Isanaka has developed an independent research program focused on the epidemiology, prevention, and management of severe acute malnutrition in young children in low-income countries, primarily in Africa. She uses a combination of observational

and randomized studies, often integrated with each other, to answer critical public health and clinical questions that have direct influence on national policy and global guidance to reduce child mortality. Her work also integrates the effects of malnutrition and infectious diseases, including the role of maternal nutrition in child health and development.

MORE NUTRITION NEWS

Federal milk guidelines now being questioned

In a recent lawsuit filed by three doctors, it is alleged that U.S. Department of Agriculture guidelines suggesting that Americans consume three servings of dairy each day contradicts current scientific and medical knowledge and is harmful to the quarter of Americans who are lactose-intolerant. **Dr Walter Willett**, Professor of Epidemiology and Nutrition, agrees and calls the USDA's recommendation "misleading and irresponsible" in an April 29, 2021, article in the *Washington Post* about the lawsuit.

Willett said that "the primary rationale for high dairy consumption is the idea that we need a huge amount of calcium for our bones to prevent fractures, and that has just not been shown by research. Other parts of the world are cutting back on their milk recommendations, because there isn't evidence that we need that much."

According to Willett, a diet high in calcium may reduce the risk for colorectal cancer, but it increases the risk for prostate cancer. He notes that calcium is essential, as are vitamins A and D, but those can be ingested through supplements and plant-based alternatives. For human health, and for the health of the environment, Willett said that it would be more reasonable for the USDA dietary guidelines to suggest zero to two servings of dairy per day.

Adapted from: <https://www.hsph.harvard.edu/news/hsph-in-the-news/questioning-federal-milk-guidelines/>

Read the Washington Post article: <https://www.washingtonpost.com/business/2021/04/29/usda-milk-guidelines-lawsuit/>

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 may or may not continue in the fall of 2020. A zoom link for viewing will be available one week prior to each seminar.

Our 2020-2021 Monday Nutrition Seminar Series concluded this May. Our series will resume in the Fall of 2021.

NUTRITION SOURCE UPDATES

Strategies for Eating Well on a Budget

From the supermarket to the kitchen, here are some strategies to get the biggest nutrition bang for your buck: <https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/>

Nutrition and Immunity

Our immune systems are complex and influenced by an ideal balance of many factors, not just diet, and especially not by any specific food. Learn more: <https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/>

Make it at home: Green Lentil Hummus with Herbs and Olives

<https://www.hsph.harvard.edu/nutritionsource/green-lentil-hummus-herbs-olives/>

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/>)



HARVARD
T.H. CHAN

SCHOOL OF PUBLIC HEALTH

Department of Nutrition

**Assistant or Associate Professor of Nutritional Clinical Trials
and/or Nutritional Metabolism**

The Department of Nutrition at the Harvard T.H. Chan School of Public Health invites applications from candidates for a tenure-track position as assistant or associate professor with a focus on nutritional clinical trials. Candidates are also invited who have expertise and interest in nutritional metabolism and biochemistry in humans, or who have training in human genetics and coronary heart disease. This position will hold a primary appointment in the Department of Nutrition with a secondary appointment in the Department of Molecular Metabolism at the Harvard Chan School. This position may also have affiliation with the newly established Harvard Chan Research Center on Causes and Prevention of Cardiovascular Disease (CAP-CVD).

The successful candidate will have the opportunity to develop an independent and collaborative research program to study the effects of foods, nutrients and dietary patterns on biomarkers, disease risk factors, omics outcomes, and other mechanisms by which foods and nutrients affect chronic disease. The candidate's focus may include atherosclerosis, dyslipidemia, hypertension, diabetes, or other conditions related to nutrition and metabolism. Expertise in clinical trials of dietary interventions that include disease-related outcomes, especially when linked to fundamental mechanisms, is desirable.

The Nutrition Department has facilities and staff to conduct clinical trials, including effectiveness, efficacy, and mechanistic studies, utilizing dietary supplementation, controlled feeding, and other research designs. The Department's faculty have partnered for many years with the Center for Clinical Investigation at Brigham and Women's Hospital to conduct nutritional studies that require ambulatory or inpatient admissions, and mechanistic studies such as stable isotope tracer studies and euglycemic hyperinsulinemic clamp.

The candidate will be encouraged to utilize a new facility in proteomics, lipidomics and metabolomics under the direction of the Molecular Metabolism Department, to study biomarkers and mechanisms of human disease.

Longitudinal well-established cohorts managed by the Nutrition Department and Brigham and Women's Hospital such as the Nurses Health Study and Health Professionals Follow-Up Study are key resources for the faculty to apply basic and mechanistic science to populations. These cohorts have extensive genomic and epidemiological data resources, including nutritional, lifestyle, anthropometric, and social factors; and incidence data on a broad range of complex diseases, including diabetes, heart disease and cancer.

The Department of Nutrition is committed to expanding multi-/trans-disciplinary studies of complex diseases and pressing public health problems using the latest methods and technologies. We are also committed to training students in the skills needed to conduct cutting-edge research in our increasingly interdisciplinary and changing

fields. The successful candidate will be expected to participate actively in teaching and in the direction of training programs.

Candidates should hold a doctoral degree and are engaged in or have completed postdoctoral training with a focus on clinical trials in human nutrition. Linkage to biological mechanisms is desirable. Publication record can be in clinical nutritional trials; metabolism; and/or a closely related field. The successful candidate will have a record of outstanding productivity in an area that complements the existing research and training goals of the department. The candidate should possess the ability to work collaboratively with other scientists and the scholarly qualities required to mentor doctoral students in the PhD Programs in Population Health Sciences and Biological Sciences in Public Health within Harvard's Graduate School of Arts and Sciences.

The Harvard T.H. Chan School of Public Health seeks to recruit, develop, promote, and retain the world's best scholars. We are committed to upholding the values of diversity, equity, and inclusion in our hiring and promotion processes. Harvard is an Affirmative Action/Equal Opportunity Employer. Applications from women and minority candidates are strongly encouraged. We are an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability status, protected veteran status, or any other characteristic protected by law.

Information on resources for career development and work/life balance at HSPH can be found at:
<http://hsph.me/resources-career-development-and-work-life-balance>.

Applicants can access more information regarding the position and apply using the link below:
<https://academicpositions.harvard.edu/postings/10260>

For questions or support with submitting your application, please contact:
Katrina Soriano, Executive Director in the Department of Nutrition and the Department of Molecular Metabolism,
Harvard T.H. Chan School of Public Health, kwright@hsph.harvard.edu



7th Annual PREDIMED Omics Symposium: Advances, Applications, & Translation in Nutrition & Epidemiology

**Livestreaming July 1st, 2021
8:00am-2:15pm EST / 14:00-20:15 Spain**

Co-chaired by:

Frank B. Hu Harvard Chan School

Miguel A. Martínez-González CIBEROBN, University of Navarra, Spain

Rosa M. Lamuela-Raventós CIBEROBN, INSA-University of Barcelona, Spain

[Link to Program Agenda](#)

[Link to Event Registration](#)