

NUTRI NEWS

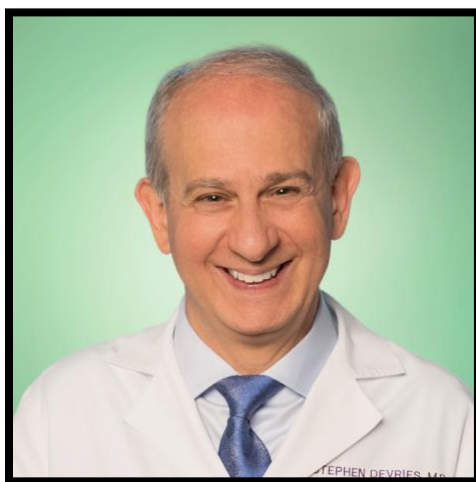
The Department of Nutrition

June, 2022

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DR STEPHEN DEVRIES DISCUSSES HIS WORK ON INTEGRATING NUTRITION INTO MEDICAL EDUCATION

Interviewed by Hilary Farmer



Dr Stephen Devries is a preventive cardiologist and director of an educational nonprofit, the Gaples Institute. Dr. Devries joins the HSPH Department of Nutrition as an Adjunct Associate Professor and will teach an HSPH course, *Integrating Nutrition into Clinical Medicine: The Role of Health Professionals as Change Agents*.

NN: Dr Devries, could you please tell us a little bit about yourself and your background?

SD: I'm a lover of 4 seasons and outdoor adventures, as are my wife and two adult children. My training was at the University of Michigan for med school and internal medicine, fellowship in cardiology at

Washington University in St. Louis, and faculty positions at the University of Illinois and Northwestern University. For the last several years, my focus has been on directing an educational nonprofit, the Gaples Institute (named after our founding donor) with the mission of advancing the role of nutrition and lifestyle in medicine.

NN: *I understand you will be teaching a course in our Department this winter titled **Integrating Nutrition into Clinical Medicine: The Role of Health Professionals as Change Agents**. What will this course cover and who would you recommend take this course?*

SD: The course is designed to motivate and equip students to incorporate nutrition-focused interventions into their clinical setting. It's intended for all interested health professional students and practicing clinicians. Most students will likely come from the Harvard School of Public Health as well as from Harvard Medical School, but enrollment is open to clinically focused professionals throughout the Harvard community.

The course begins with a brief overview of foundational topics in clinical nutrition, including dietary patterns, rapid dietary assessment, motivational interviewing, screening for food insecurity, and clinician self-care. **Dr Walter Willett** will give a talk on nutritional epidemiology. We will discuss the current state of nutrition education and practice in medicine, the barriers to incorporating nutrition into clinical work, and the evidence base supporting successful nutrition-focused practices in healthcare. Additional speakers, including **Dr Howard Koh** and **Dr David Eisenberg**, will share their experiences as change agents on a wide range of levels that impact the delivery of nutrition-focused care.

The capstone project consists of two classroom presentations: 1) A report on the progress and challenges of a self-care dietary change that each student will choose at the beginning of the course; 2) A description of a plan for a nutrition-focused systems change in the student's present, or anticipated future clinical setting, along with a literature supported analysis of the challenges and solutions to implementing the plan.

The overarching goal of this course is to motivate and prepare health professionals to be agents of change who can make nutrition science come alive in a clinical setting.

NN: *I also understand that, in addition to developing and teaching this new course, you will be actively involved in developing online educational programs on nutrition for health professionals, including a recently launched course on nutrition and climate change developed in collaboration with Drs Walter Willett and Christopher Golden of our Department. Can you please describe these programs a bit?*

SD: Clinicians are generally not aware of the dual benefits of dietary changes for both personal and planetary health—let alone the substantial opportunities for a scaling effect that physicians have. Most physicians see 1,000+ patients/year, with each patient eating roughly 1,000 meals/year, yielding a potential for each physician to impact over 1 million meals every year!

Given the knowledge gap in this area, **Dr Walter Willett** and I co-authored, through a collaboration between HSPH and the Gaples Institute, a novel 10-minute fully interactive web-based program specifically for clinicians: *Healthy Plate/Healthy Planet MD*. The program highlights the unique scaling potential that physicians have and highlights recommendations from the EAT-Lancet Commission with an interactive user interface. **Dr Christopher Golden** was very helpful with fascinating input regarding the climate impact of various marine foods.

The 10-minute course for health professionals can be viewed [here](#), and a parallel, public-facing version, [here](#).

Additional topics under discussion for future collaborative course development include: *Affordable Sustainable Diets*, and another, *Culturally Sensitive Healthy Diets*.

NN: *Could you tell us more about the nonprofit you direct, the Gaples Institute?*

SD: I launched the nonprofit Gaples Institute, named after our founding donor Mr. Gaples, to address the continued lack of nutrition education and practice in medicine. The Gaples Institute interactive nutrition education resources for health professionals and does not accept corporate support.

For health professionals, our most impactful project has been the creation of a condensed interactive [online nutrition course](#) for medical students and practicing physicians. **Dr Willett** was extremely helpful in his review and support of the course, which has been taken by over 3,000 clinicians and is now required in the curriculum of 6 medical schools including, recently, Johns Hopkins.



NN: *Can you tell us about The Nutrition Education Working Group and your work on The Resolution on Nutrition Education in Medicine which was formally adopted by the U.S. House of Representatives on May 17, 2022, and can be viewed [here](#):*

SD: In 2015, **Dr Willett** and I formed a Nutrition Education Working Group for the purpose of exploring ways we could strengthen nutrition education in medical training, particularly with respect to board exams and accreditation standards. The group includes faculty from HSPH, HMS, the Harvard Law School Food Law and Policy Clinic, and the Gaples Institute and has met regularly at HSPH prior to COVID (and by Zoom since).

I'm proud of what we've been able to accomplish. For board exams, our working group developed a set of nutrition-focused questions, variants of which have been added to the American Board of Internal Medicine Board exam. Also, "Nutrition" is now included as a topic on the board exam outline distributed to registrants, giving notice that nutrition is a topic that requires attention.

Congressman Jim McGovern (D-MA 2nd District) attended one of our Nutrition Education Working Group meetings, and our presentations prompted him to sponsor a Congressional Briefing on Nutrition Education in Medicine in D.C that included several members of our Nutrition Education Working Group and HMS students. That led to Congressman McGovern introducing HR #1118, a U.S. House Resolution calling for meaningful nutrition education in all phases of medical training. Given all that's happening in Congress, it's nothing short of miraculous that this Resolution received bipartisan support, and last month, was formally [adopted by the U.S. House of Representatives](#). There are no mandates involved, but it's the highest-level recognition yet of this serious gap in medical training and includes a clear Congressional call to action.

NN: *What other kinds of work are you best noted for?*

SD: I've lectured on nutrition and lifestyle in medical care in venues from Thailand to the Royal Society of Medicine in London, and my work has been featured on PBS and NPR. I've authored the chapter on integrative cardiology for the last three editions of Eugene Braunwald's Heart Disease Textbook, and have co-edited an Oxford University Textbook on Integrative Cardiology. I've also written many journal articles related to nutrition education, including a [JAMA Viewpoint](#) co-authored with **Drs Walter Willett** and **Robert Bonow**.

NN: *How do you hope to enhance our overall mission in the Nutrition Department? What do you expect to contribute in this regard? Why do you think your new course(s) will be so important?*

SD: First of all, I'm thrilled to be joining the "dream team" of nutrition faculty in the Department of Nutrition at HSPH!

I believe I can contribute to this esteemed group by expanding the efforts to ensure that the substantial body of evidence that connects diet and health, largely originated from work done at HSPH, is more widely translated into clinical practice. My experience as both a university-based preventive cardiologist for over 30 years gives me an understanding of the needs, pressures, and opportunities for doing more with nutrition in clinical medicine. My role as the director of a nutrition-focused educational nonprofit has given me experience developing course content that is engaging and efficient for clinicians.



NN: *Are there any interesting things about yourself that you would like to share with members of our Department?*

SD: Beyond nutrition as a subject matter, I've more recently been enjoying food in new and fun ways, many of which I owe directly to the work of HSPH faculty. For my hobby as an emerging chef, I tip my new chef's hat to inspiration from **Dr David Eisenberg**—I now can make a grand total of 3 standout dishes! Appreciation to **Dr Eric Rimm** for the addition of blueberries as a staple in our household and to **Dr Walter Willett** for discovery of the joys of the 3-pleasure dessert. And special thanks to **Dr Frank Hu**, who has validated my long-standing obsession with all things coffee.

NEWS IN THE DEPARTMENT

HONORS AND AWARDS

Dr Cassandra Munger, Senior Research Scientist in the Department of Nutrition, received the **MileStones in Research Award** from the Greater New England Chapter of the National Multiple Sclerosis Society at their annual MileStones Gala on June 16th in recognition of her contributions to research identifying environmental risk factors for multiple sclerosis.

Graduate student **Kenny Mendoza-Herrera** won first place in the American Society for Nutrition Young Minority Investigator Oral Competition organized by the ASN Minority and Diversity Affairs Committee. He presented his work on "Association Between Parental Feeding Styles and Excess Weight, and Its Mediation by Diet in Costa Rican Adolescents".

GRANTS

Dr Sheila Isanaka, Associate Professor of Nutrition, was awarded a grant titled "Every child counts: Validating UNICEF's global guidance to estimate the number of children in need of treatment for severe wasting in Niger".

She was awarded this grant because given the need to provide life-saving treatment to all malnourished children, a simple method to accurately estimate the number of children in need remains a priority. Her proposed research aims to validate, for the first time, the currently recommended approach (UNICEF 2021) against gold standard cohort follow-up to provide confirmation and context to how the number of children in need of wasting treatment can be accurately approximated in resource-limited settings.

This award was funded by the Motsepe Presidential Research Accelerator Fund for Africa, Office of the Vice Provost for Research and the Office of the Vice Provost for International Affairs, in collaboration with the Harvard Center for African Studies.

PUBLICATIONS

Dr Danielle Haslam, Research Fellow, and colleagues have published the following paper:

Haslam DE, Li J, Dillon ST, Gu X, Cao Y, Zeleznik OA, Sasamoto N, Zhang X, Eliassen AH, Liang L, Stampfer MJ, Mora S, Chen ZZ, Terry KL, Gerszten RE, Hu FB, Chan AT, Libermann TA, Bhupathiraju SN. Stability and reproducibility of proteomic profiles in epidemiological studies: Comparing the Olink and SOMAscan platforms. *Proteomics*. 2022 May 21;:e2100170. doi: 10.1002/pmic.202100170. [Epub ahead of print] PubMed PMID: 35598103.

Dr Josiemer Mattei and **Brett Otis** have published the following paper:

Maafs-Rodríguez, A., Otis, B., & Mattei, J. (2022). Cultural Adaptation and Social Media Promotion of Healthy Eating Guides for Spanish Speakers. *Journal of Nutrition Education and Behavior*. <https://www.sciencedirect.com/science/article/pii/S1499404622000987?dgcid=coauthor>

PRESENTATIONS

Scott Brody, a graduate from Rutgers with a masters in civil engineering and a masters in urban planning, recently interviewed **Dr Anne Lusk** on the Route 9 Gateway East raised cycle track in Brookline, Massachusetts, for a documentary he is preparing about bicycle facilities. Dr Lusk was the proponent of that cycle track and had citizens present Power Points to the engineers and Town of Brookline officials to

show that a cycle track would fit. With colleagues, Dr Lusk had published the first peer-reviewed article in North America that showed cycle tracks were safer and more preferred. She and colleagues had also published the first peer-reviewed article in the US that revealed the US government's bicycle design guidelines discouraged the building of cycle tracks.

RESEARCH NEWS

Are Some Processed Meats Worse for You Than Others?

Dr Frank Hu was interviewed for an article in The New York Times discussing the dangers of processed meats. As discussed by Dr Hu, there is overwhelming evidence to suggest that regularly consuming processed meats can lead to negative health outcomes, such as colorectal cancer, Type 2 diabetes, and cardiovascular disease.

Narrowing down which kind of processed meat is worse has proven to be difficult due to study limitations. So, while it might seem logical to assume that processed poultry and fish are not as harmful as processed red meat, there is currently not enough evidence to support this conclusion, so they should still be consumed sparingly and with caution.

Dr Hu noted that processed meat alternatives had the potential to be a healthier alternative, but that still depends on the process and any additives used. When considering a plant-based alternative, a minimally processed plant-based food is optimal.

To read the full article: <https://www.nytimes.com/2022/06/29/well/eat/processed-meats.amp.html>

Wire WIC to Better Serve Food-insecure Families

While many parts of life in the U.S. moved online during the COVID-19 pandemic, safety net programs such as WIC (Supplemental Nutrition Program for Women, Infants, and Children) have been slower to transform.

The Initiative is a project of New America in collaboration with the Harvard T.H. Chan School of Public Health Department of Nutrition and the MIT Media Lab, and supported by the Rockefeller and Aetna Foundations. Since 2017, it has brought together experts from a range of disciplines including public health, design, and engineering, to explore ways that WIC could be "wired" to better serve families in need.

"Our responses to the unrelenting pandemic of obesity and diabetes must begin during pregnancy and infancy; enhancing the WIC experience for participants and maximizing its effectiveness should be a high national priority," said **Walter Willett**, professor of epidemiology and nutrition at Harvard T.H. Chan School of Public Health and a member of the Initiative's leadership team.

At a virtual symposium held in conjunction with the report's release, the Initiative presented recommendations. These include:

- Use social media to conduct outreach and recruitment
- Create a digital wallet to streamline cross-enrollment with other assistance programs

- Use apps, telehealth, and other technologies to provide more services remotely
- Allow online ordering and home delivery of eligible food
- Dedicate funding for modernizing WIC technology infrastructure

To read the full article: <https://www.hsph.harvard.edu/news/features/wire-wic-food-insecure-families/>

MEET TWO OF OUR VISITING SCIENTISTS!

The Department of Nutrition has long valued its visiting scientists program. The purpose of these programs is generally to bring to the university or educational institution in question an exceptional senior scholar who can contribute to the community's intellectual and research endeavors and international projection. Hence, in addition to conducting their own research, our visiting scientists often participate in productive institutional activities, such as engaging in formal or informal discussions with graduate or postgraduate research students and undertaking collaborative research with faculty or staff. Our visiting scientists are recognized for their prominence in their field, and the program is a good way to foster a diverse intellectual environment with a good cross-fertilization of ideas. It contributes towards "diversifying the intellectual gene pool", in other words. Ordinarily, visiting scientists are established scholars who must (1) hold a doctoral degree or the foreign equivalent and (2) have an appointment comparable to that of a Harvard faculty member, and (3) are in most cases on temporary leave from their universities or research centers.

NutriNews will feature some of our Department's visiting scientists from time to time. Let's meet two of them now!



Jihye Kim, PhD
Visiting Scientist

NN: Dr Kim, can you please tell us a little about yourself and your background?

JHK: I am a professor in the Department of Genetics and Biotechnology at Kyung Hee University, South Korea. I received my PhD on dietary intervention and zinc metabolism in the Department of Food and Nutrition at Seoul National University, South Korea. I also had experiences in the USDA/ARS Western Human Nutrition Center (WHNRC) at UC-Davis as a visiting scholar during my PhD program and served as a postdoc at WHNRC and Children's Hospital Oakland Research Institute (CHORI). My research interests focus on lifestyle factors, including diet, and major chronic diseases such as obesity, type 2 diabetes, cardiovascular disease, and cancers.

NN: What will you be doing during your stay here; who will you be working with?

JHK: During my stay in the department, I am planning to carry out the project on the dietary factors, particularly healthful dietary patterns, related to various cancers using data from the Nurses' Health Study and the Health Professionals Follow-Up Study cohorts with **Dr Edward Giovannucci**.

NN: What do you hope to take away from your visit here?

JHK: I am so excited about the opportunity to expand my research area and to improve my understanding of the role of diet and its related genetic factors in the incidence of various cancers. I hope to be able to connect with outstanding scientists in the Nutrition department and I look forward to future collaborations.

NN: What do you hope to contribute to the project and to enhance the overall mission of our department?

JHK: Since I have investigated the environmental factors associated with metabolic diseases using the data from the Korean Genome and Epidemiology Study (KoGES), a large population-based prospective cohort study, I was curious about whether the diet-disease relationship would vary between populations with different dietary habits. Asians have very unique dietary patterns and possibly different genetic backgrounds from Western populations. I wish to lead the project to be highly proficient, based on my research experiences for the Korea cohort study. Also, I hope the research findings would contribute to an increased understanding of how healthy diet influences the prevention of cancers.



Aiping Fang, BM, PhD
Visiting Scientist

NN: Dr Fang, can you please tell us a little about yourself and your background?

AF: I am from China. I graduated from Peking University, where I received my bachelor's degree in 2011 and doctoral degree in 2016. I worked in the Department of Nutrition, School of Public Health, Sun Yat-sen University, after graduation. My research mainly focuses on diet, nutrition and chronic diseases, especially liver cancer. Using data from the Guangdong Liver Cancer Cohort (GLCC) study, we have investigated the association of nutritional factors including vitamin D, folate, copper, zinc, iron, vitamin A, β -carotene, choline, betaine, and diet quality with the prognosis of hepatocellular carcinoma.

NN: What will you be doing during your stay here, and who will you be working with?

AF: I will be working with Prof. Edward Giovannucci and Prof. Xuehong Zhang to examine and identify risk factors for liver cancer and other digestive system cancers in the Harvard cohort studies, including the Nurses' Health Study, the Nurses' Health Study II, and the Health Professionals Follow-Up Study. In addition, I am working on a systematic review of the causal effect of vitamin D on multiple health outcomes.

NN: What do you hope to take away from your visit here?

AF: I am honored to have the opportunity to work at Harvard University with world-class scientists, admirable professors, and excellent peers. I hope to publish research articles in high-impact journals. I also look forward to taking some courses in nutrition, epidemiology, and statistics, e.g., Nutritional Epidemiology taught by Prof. Walter Willet. I wish to reconnect with old friends and meet new friends here as well. Additionally, I want to learn more about American culture and history. This experience will be a wonderful memory.

NN: What do you hope to contribute to the project and to enhance the overall mission of our department?

AF: I will devote myself to the project by maintaining active and effective communication with my supervisors and collaborators, sharing my ideas and skills with others, learning from previous projects, and trying my best to ensure on-time completion of research projects. I hope that my research here and in the future will contribute to elucidating the role of diet and nutrition in the development and progression of chronic diseases, especially gastrointestinal cancers, and finally improving human health and longevity through better nutrition and healthy diets.

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 2020, and this zoom format will continue for now. A zoom link for viewing will be available one week prior to each seminar.

Our Spring 2022 Monday Nutrition Seminar Series has ended. Our seminars will resume in early Fall 2022. Enjoy your summer holidays!

DEPARTMENT HELD STAFF RETREAT IN MAY

The Department of Nutrition held its annual Staff Retreat in May. This year's retreat, which was led by **Trish Hart, MBA** [<http://www.hartmindbodysolutions.com/about.html>] focused on mindfulness and stress management at work and beyond. This year's workshops (below) included *Burn Out and Boundaries* and *How to Stress Better Through Change*. There were two virtual sessions, and an in-person (optional) luncheon was also offered. This year's retreat was well attended!

Burn Out and Boundaries

In today's fast-paced, high-demand world, it's become harder to separate work- from home-life. In addition, COVID has further blurred those lines, causing us to be even more susceptible to burnout. Burnout impacts every part of our physical, social, and psychological self and can have dramatic effects. In this educational and interactive workshop, participants investigated the stages of burnout, how to prevent burnout, and how to implement stress management strategies in order to continue to be a high performer.

How to Stress Better through Change

Learning how to respond to change and stress skillfully was the goal of this workshop. Whether

in the workplace or at home, we can't change the actual stressors in our lives; however, numerous research studies suggest that we can change how we respond to them. Through a combination of education, cognitive behavioral reframing, and experiential mind-body skill building, participants walked away with an armory of tangible tools and strategies to ultimately learn how to stress better and be resilient!

NEW FACES IN THE DEPARTMENT



Anna Birukov
Postdoctoral Research Fellow

I'm a postdoc from Berlin, Germany. I studied Public Health (major: Epidemiology) in Düsseldorf, Germany and moved for my PhD studies to Berlin, where I pursued my studies at the Charité University Hospital in the field of maternal cardiovascular impairment during and after a complicated pregnancy (such as, for example, preeclampsia). After that I started my postdoctoral studies in the Department of Molecular Epidemiology at the German Institute of Human Nutrition Potsdam-Rehbruecke under the mentorship of Professor Matthias Schulze. I was leading the research on vascular complications of diabetes (cardiovascular complications and microvascular: nephropathy, neuropathy, retinopathy) in the framework of the

prospective EPIC-Potsdam study.

I was then granted a fellowship from the German Research Foundation (DFG) to pursue studies on reproductive risk factors and cardiovascular complications among women with gestational and type 2 diabetes, including investigating metabolomic signatures associated with specific female-specific reproductive risk factors at the Harvard Chan School. I will pursue these postdoctoral studies for a period of two years under the mentorship of **Professors Frank Hu** and **Cuilin Zhang** in the framework of the Nurses' Health Studies.



Erin Choi
Research Assistant

Hi! My name is Erin Choi and I just began working here as a Research Assistant under **Laura Sampson**, focusing on the development and upkeep of yearly nutrient databases for analysis of FFQ responses. I am a recent graduate from Northeastern University, earning a B.S. in Health Science with a special focus on public health, nutrition, and the expansive intersection between these two fields. After college I moved back home to northern Connecticut, where I will be residing for a bit longer. I gained a particular interest in research after pursuing a research internship with the Friedman School of Nutrition Science and Policy at Tufts University. I look forward to continuing my career here in Boston!

Outside of work and academics I love both cooking and baking, experimenting with new foods, flavor profiles, and spice combinations. I also have a strong passion for music and grew up playing violin, piano, and ukulele while singing on the side. Recently I tapped into my childhood creativity and found that I

absolutely love working with small yet detailed and meticulous crafts, especially 3D puzzles and miniature paper or metal models!

UPDATES FROM THE DEPARTMENT'S DIB COMMITTEE

(By Bristian Justice, Departmental Liaison Committee Member)

Welcome to the sixth of our monthly updates regarding Diversity, inclusion and Belonging within the Department of Nutrition! This column will provide updates regarding NUT-DIB committee efforts along with departmental wide updates for newest developments, changes, and initiatives. While we are currently establishing useful forms of communication to/from the committee, please feel free to submit anonymously via our Qualtrics form https://harvard.az1.qualtrics.com/jfe/form/SV_8D642fDG6wcRNUG

In appreciation for Asian Pacific American Heritage Month 2022. It's not too late to actively take up an interest in exploring and celebrating the history and contributions of Asian American communities. Here is a list of events coming up:

May 26 - [Confronting Racial Injustices: Rising Asian American Voices](#). Join the Massachusetts Historical Society for a conversation on the history of violence Asian Americans have been forced to face over the years, as well as the rising voices who are combating the recent increase in hate directed toward the community. *Virtual, free.*

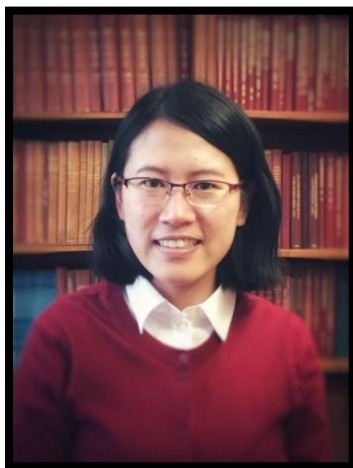
May 30 - [AAPI 5K Run 'n' Walk Lexington](#). \$30.

June 12 - [Boston Hong Kong Dragon Boat Festival](#). *Free.*

[Local Asian-owned restaurants](#)

WHERE ARE THEY NOW?

Dr Ming Ding is departing for a new assistant professorship at the University of North Carolina-Chapel Hill. Please be sure to congratulate her and wish her well the next time you see her!



Ming Ding graduated with a dual degree in nutrition and epidemiology in 2016 and continued to pursue her postdoctoral research in the Nutrition Department. Her research has focused on cardiovascular epidemiology integrating early life factors, healthy behaviors, -omics, and methodology development. Her most recent work involves developing a smoothing mixture model and applying the model to examine associations of patterns of lifestyle factors with longevity. She also conducts collaborative research on energy drinks, dietary supplements, and covid-19 by working with researchers from the FDA and CDC.

Ming is very grateful to her postdoc mentor **Dr Jorge Chavarro**, who has provided guidance to expand her research to reproductive epidemiology, engaged her in using the excellent data of the NHS3 and GUTS, created a low-stress environment that fosters creativity and productivity, and bestowed trust in working remotely which makes life much easier during the covid pandemic. She is also very thankful to her doctoral advisor **Dr Frank Hu**, who led her into the field of nutritional epidemiology and provided solid training that laid a strong foundation for her research career. She has benefited greatly from the collaborative research environment in the Department of Nutrition and the enriched longitudinal data of large sample sizes.

She will start a new position as assistant professor in the Department of Emergency Medicine at the University of North Carolina at Chapel Hill this September. She will advance her research in CVD epidemiology and provide expertise in study design and biostatistical analysis to the emergency department. She is looking forward to continuing to collaborate with the nutrition department. Besides academic work, she is excited about the new chapter in her life at Chapel Hill with her family, including two kids Evan and Vincent.

How will you continue to collaborate with us in the future (and how)?

In close collaboration with my mentors, colleagues, and friends at the HSPH, I will continue working on multi-omics data in the NHS and the PREDIMED trial. The unique Nordic data sources and research infrastructure for nutritional and molecular epidemiology will significantly strengthen these projects. My initial package includes two Ph.D. students and two postdocs, and I will strongly recommend a research stay at the HSPH Nutrition Department. I see a lot of exciting collaboration opportunities at the forefront of precision nutrition research in the future. We have already organized *The First Gothenburg Precision Nutrition Forum* in September with scientists from Harvard and Scandinavia to develop such projects.

Any other pertinent background info about yourself you would like to include?

I want to add how grateful I am. The Pandemic with four kids was not easy. Nevertheless, my memories from the last three years are full of scientific insights and human kindness. Thank you!

* * * * *

Dr Clemens Wittenbecher is departing for a new assistant professorship at Chalmers University of Technology in Gothenburg (Sweden) Exciting times ahead!



Clemens Wittenbecher has been a Research Associate during his stay in the Nutrition Department, and benefitted from **Dr Frank Hu's** exceptional mentorship.

His research focused on nutritional metabolomics in relation to type 2 diabetes and cardiovascular disease incidence. Much of his work was based on repeated metabolomics data from the Nurses' Health Study (NHS) and the PREDIMED trial. More recently, Clemens has designed projects to examine the effect of carbohydrate quantity and quality on multi-omics profiles under the supervision of **Drs Frank Hu** and **Walter Willett**.

After June, Dr Wittenbecher's title at Chalmers University of Technology in Gothenburg (Sweden) will be *Assistant Professor of Precision Medicine and Diagnostics*. He was recruited among the first Data-Driven Life Science (DDLS) fellows– a national initiative over twelve years to advance data science approaches in medicine and biology in Sweden. The scale of the DDLS is quite impressive. New groups and infrastructure will be founded at all major Swedish Universities. His research there will focus on precision prevention of cardiometabolic diseases through targeted dietary approaches.

In close collaboration with my mentors, colleagues, and friends at the HSPH, Clemens will continue working on multi-omics data in the NHS and the PREDIMED trial. The unique Nordic data sources and research infrastructure for nutritional and molecular epidemiology will significantly strengthen these projects. His initial package includes two Ph.D. students and two postdocs, and he will strongly recommend a research stay at the HSPH Nutrition Department. Clemens sees a lot of exciting collaboration opportunities at the forefront of precision nutrition research in the future. They have already organized *The First Gothenburg Precision Nutrition Forum* in September with scientists from Harvard and Scandinavia to develop such projects.

When asked to comment on his stay here in Nutrition, Clemens states "I want to add how grateful I am. The Pandemic with four kids was not easy. Nevertheless, my memories from the last three years are full of scientific insights and human kindness. Thank you!"

NUTRITION SOURCE UPDATES

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

Tips for a healthy picnic

Whether you're hosting a backyard cookout, or planning a picnic on the go, be sure to fuel your family with summertime meals that are both nutritious and safe: <https://www.hsph.harvard.edu/nutritionsource/healthy-summer-picnic-tips/>

Navigating food labels

Information on food labels is intended to help consumers become savvy about their choices. However, all the numbers, percentages, and sometimes complex-sounding ingredients can lead to more confusion than clarity. Here's a guide to understanding the food label: <https://www.hsph.harvard.edu/nutritionsource/food-label-guide/>

SAVE THE DATE!

We are pleased to announce that the Department of Nutrition at the Harvard TH Chan School of Public Health will hold its 17th Annual Stare-Hegsted Lecture on Monday, November 14, 2022, from 4:00-5:15 pm.*



Dr Alice H. Lichtenstein, DSc, Tufts University, will be this year's speaker. Dr Lichtenstein, who is an alumna of the Department of Nutrition, is a senior scientist and director of the [Cardiovascular Nutrition Laboratory at the HNRCA](#), as well as the Stanley N. Gershoff Professor of Nutrition Science and Policy at the Friedman School. Dr Lichtenstein also serves as the executive editor of the [Tufts University Health & Nutrition Letter](#) and Associate Editor of the [Journal of Lipid Research](#)

Dr Lichtenstein's general research focus is on assessing the interplay between diet and heart disease risk factors, specifically addressing issues related to *trans* fatty acids, soy protein and isoflavones, sterol/stanol esters, novel vegetable

oils differing in fatty acid profile and glycemic index, in postmenopausal females and older males. Selected issues have been investigated in animal models and cell systems with the aim of determining the mechanisms by which dietary factors alter cardiovascular disease risk. Additional work is focused on population basis studies to assess the relationship between cholesterol homeostasis biomarkers and nutrient biomarkers, and cardiovascular disease risk; the application of systematic review methods to the field of nutrition, and the impact of taste acuity on food choices and cardiometabolic risk.

Dr. Lichtenstein was vice-chair of the 2015 Dietary Guidelines Advisory Committee (DGAC) of the USDA/HHS. She also served on the 2000 DGAC. Dr. Lichtenstein has chaired AHA's Nutrition Committee, and served on the 2013 AHA/ACC' task forces on practice guidelines to reduce CVD risk.

***Should current Covid restrictions be lifted by that time, Dr Lichtenstein will deliver her lecture in person, final time and venue TBD. Otherwise, this will be a zoom presentation.**

MARK YOUR CALENDARS NOW!

Early bird registration is currently available.
REGISTER NOW! <https://tkresearchconference.org/>

The banner is divided into several sections. On the left, there are four small images: a close-up of a green leaf, a person at a podium, hands writing on a document, and a group of people in a kitchen. The right side of the banner has a light blue background with the text 'TKRC' in large red letters, followed by 'TEACHING KITCHEN RESEARCH CONFERENCE' in smaller black letters. Below this is '2022' in large black letters, and 'OCTOBER 18-19, 2022' in black letters. At the bottom right, it says 'Virtual and taking place at the UCLA Luskin Conference Center, Los Angeles, CA*'. A red banner across the middle of the left images says 'Join Us for the Leading International Conference on the Impact of Teaching Kitchens'.

Register for the 2022 Teaching Kitchen Research Conference and connect with health professionals, researchers, educators, food system experts and others from around the globe dedicated to the improvement of personal and public health.

two days of...

- Inspiring speakers
- Cutting-edge original research
- Interactive breakout sessions
- Cooking demos & tastings*

Don't miss this opportunity to learn how teaching kitchens are being applied across a diverse spectrum of populations & venues; the business case for teaching kitchens; and the life-long impact these programs can make!

Early Bird Registration Now Open

Abstract submissions opening in April 2022



SCHOOL OF PUBLIC HEALTH
Department of Nutrition



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*In the event that local municipalities, state health boards, sponsoring institutions or CDC guidance restricts the opportunity for an in-person gathering in October 2022, the conference will be conducted virtually, and all in-person tickets will be converted to the standard virtual program pricing, and the difference will be refunded accordingly.

Precision Nutrition Forum

1st edition – Gothenburg

12–13 SEPTEMBER 2022, GOTHENBURG, SWEDEN



Precision Nutrition Forum, 1st edition – Gothenburg:

Using Multi-OMICs for Data-Driven Systems Epidemiology - Towards Precision Nutrition

Scope

Metabolic diseases, including obesity, type 2 diabetes, cardiovascular disease, and some cancers, pose a major burden on public health systems, accounting for most global chronic diseases and deaths. These conditions share complex underlying pathophysiology interacting with environmental, lifestyle, and dietary factors. It is widely recognized that poor diet quality contributes substantially to these conditions, but the mechanisms by which diet influences metabolic health are not well studied. Emerging tools and technologies, including metabolomics profiling, can help elucidate mechanisms underpinning the relationship between diet and metabolic disease. In addition, integrating metabolomics with other omics data is critical to understanding interindividual differences in the metabolic response to dietary interventions. Therefore, OMICs profiling in nutritional studies can elucidate the biological role of diet composition in chronic disease etiology and expand the evidence base of dietary guidelines in the general population. Moreover, a thorough understanding of the molecular links between diet and disease risk could pave the way for precision nutrition, where dietary advice and interventions are tailored to individuals based on their health status, lifestyle factors, social-cultural factors, and genetics and other molecular phenotypes.

The goal of the Precision Nutrition Forum, 1st edition – Gothenburg is to bring together interdisciplinary expertise in nutritional epidemiology, high-throughput omics technologies (genomics, metabolomics, metagenomics, and proteomics), and data science and present the latest concepts and advances in precision nutrition research. The Forum will gather world-leading multi-omics and precision nutrition experts from Europe and the US, with the goal of fostering international collaboration through the Swedish cohort infrastructures and the national Data-Driven Life Science initiative (DDLS).

Hosted at Chalmers University of Technology, Gothenburg, Sweden

Chalmers scientific organization: Clemens Wittenbecher & Rikard Landberg

External scientific organization committee members: Marta Guasch-Ferré, Jordi Merino

Head of administrative organization: Mia Gartner

Funded by: Hjärtlungfonden, Chalmers Area of Advance Health Engineering, Cancerfonden and DDLS


The confirmed speakers include Frank B Hu, Paul W Franks, Marju Orho-Melander, Andrew T Chan, Walter C Willett, Miguel A Martínez-González, Shilpa Bhupathiraju, Rikard Landberg, Matthias Schulze, Qi Sun, Marta Guasch-Ferré, Karl Michaëlsson, Clemens Wittenbecher, Clary Clish, Jessica A. Lasky-Su, Liming Liang, Carl Brunius, Mats Jirstrand, Fredrik Bäckhed, Ann-Sofie Sandberg, Majken K. Jensen, Jordi Merino, and Göran Bergström.

Agenda: <https://www.chalmers.se/en/departments/bio/calendar/Pages/Precision-Nutrition-Forum-1.aspx>

Registration:

 [Link to registration](#), deadline: **2nd September 2022**

 [Link to abstract submission](#), deadline: **12th August 2022**



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our pets board!

If you have any pet
photos, please email
Hazel!