

NUTRI NEWS

The Department of Nutrition

February 2023

To subscribe to **NutriNews**, please contact Hilary Farmer, Editor: hfarmer@hsph.harvard.edu

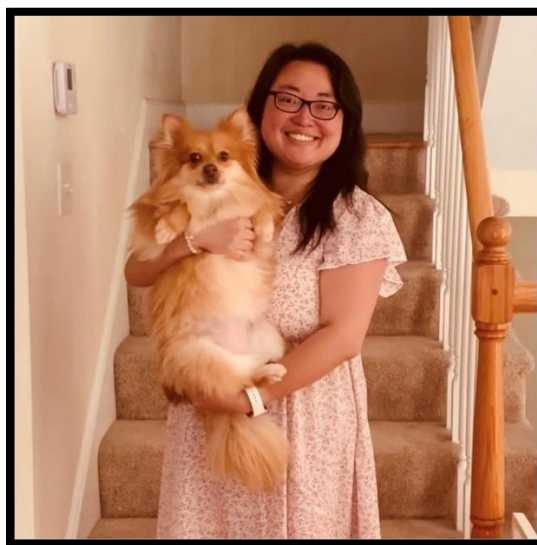
Dr Fred Tabung Appointed by President Biden to National Cancer Advisory Board



President Biden announced his intent to appoint six new members, including **Dr Fred Tabung**, an Associate of the Department of Nutrition, to the National Cancer Advisory Board. The Advisory Board plays an important role in guiding the Director of the National Cancer Institute in setting the course for the national cancer research program. The Board will complement the Cancer Moonshot, which President Biden reignited a year ago to end cancer as we know it today – including by making sure his Administration is investing in research and development that will help advance breakthroughs to prevent, detect, and treat diseases like cancer. Dr Tabung is an Assistant Professor at the Ohio State University College of Medicine and Comprehensive Cancer Center, where he conducts a research program aiming to advance our understanding of how diet-related metabolic dysregulation impacts cancer risk and treatment response and to translate this knowledge into healthier eating and therapeutic diets. Prior to joining OSU, Dr. Tabung was a Yerby postdoctoral fellow in the Department of Nutrition, HSPH.

From: <https://www.whitehouse.gov/briefing-room/statements-releases/2023/02/02/president-biden-announces-key-appointments-to-national-cancer-advisory-board/>

Amelia Zhang-Gross Is Selected as 2022-2023 Winter ACE Award Recipient



Amelia and Ruby

Amelia Zhang-Gross, Faculty and Project Coordinator, has been selected as the recipient of this year's Winter ACE Award. Amelia has been a valued staff member in our department since 2016. The Nutrition Department is so proud of her many accomplishments and thankful for her contributions over the past 7 years.

The ACE Award acknowledges Harvard Chan School staff (individual or a team of 2-5) who have made extraordinary efforts in our workplace. In addition to their regular responsibilities, they have accomplished something special or exemplified an extraordinary commitment to the School's mission. The ACE Award is also an opportunity to acknowledge managers who lead by example, effectively develop and recognize staff and foster a collaborative environment.

Let's meet this year's winner!

NN: ***Congratulations, Amelia, on being selected as this year's recipient of the Winter ACE Award! That is quite an honor. You must be really excited about this.***

Can you tell us some of the things you do in your current position?

AZG: Thank you so much, Hilary! I currently support three faculty members: **Drs Erica Kenney, Josiemer Mattei, and Stephanie Smith-Warner**. I work on several different projects for each faculty member, and I get to see and learn from multiple cultures, countries, and researchers all over the world, so I consider myself extremely lucky! One of my PI's inspired me to learn Spanish through some of her projects and work in Puerto Rico, so I am also very excited about that. On top of projects, I also get to work with many students, and I do a good amount of grant- and finance-related tasks, which are very eye-opening for me. I feel privileged to be taught so many different skills here in the department. I have always been very dedicated to academia, but there's also a part of me that loves working with numbers, so I couldn't ask for a better career!

NN: *How long have you worked here in the Nutrition Department?*

AZG: I have been in the department for 7 years, since 2016. Time really flies! It feels like just yesterday when I came in for an interview and when I got my first assignment. It's fascinating to see how much has changed during my time here, but also how much has stayed the same. The warm feeling I get from everyone here has definitely not changed. Whether remote or in person, what has consistently made me feel happy, valued, and supported are the people here in Nutrition.

NN: *Can you please tell us a little about your background? What did you do before coming here?*

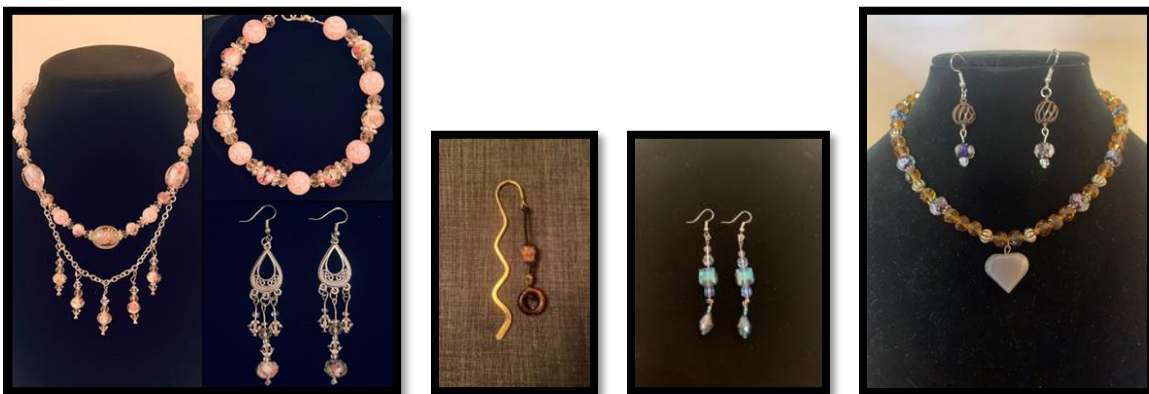
AZG: I majored in Psychology and Philosophy for my undergraduate studies and went to graduate school for Counseling Psychology. Right after my studies, I interned for a State Representative at the State House. He was on the Joint Committee on Mental Health, Substance Abuse and Recovery, which aligned very well with my interests. That then led me to work as a therapist in community mental health for a year, where I did counseling with clients as well as outreach in the community. I enjoyed the field of psychology very much, but I think the academia part of me has always been a stronger calling. I missed my time working with students, student athletes, advising, writing papers etc., so I went back to graduate school, and pursued a degree in College Student Development. Right before coming to Nutrition, I was at MassArt working with international students, as well as in their Career Development Office.

NN: *How long have you lived in Boston?*

AZG: I was born in China, and actually grew up in Singapore before coming to the US in 2000. I did spend most of my life in Massachusetts, however. I came here for boarding school in Western Mass over 20 years ago, and then I went to BU, BC, and Northeastern—Ha,ha, I guess I have the Beanpot covered now that I am at Harvard. I do love Boston. I enjoy the energy of downtown, the vibrancy of all the different colleges, and the tranquility of the suburbs in greater Boston.

NN: *Do you have any interesting hobbies or outside interests?*

AZG: I love making jewelry and bookmarks! I have always been passionate about art. I began cross-stitching in the second or third grade, and still do it today. But jewelry making is my biggest passion. I use mainly crystals and beads to make my jewelry, and metals and fabric for my bookmarks. I focus on necklaces and earrings, but I have experimented with bracelets, too. I enjoy coming up with unique designs that one might never think of and sketching new ideas. Here (below) are some pictures of my work. I love making things for other people, so please feel free to let me know if you'd like a piece and I'll be more than happy to create one for you!



NN: *How do you spend your free time?*

AZG: I spend a lot of time with my friends and my dog, Ruby! Ruby is my 5-year-old Pomeranian. She was rescued by an animal shelter in 2019. She was a scared little furball when we first met, but now she's so much better and loves meeting people and being on Zoom. Besides that, I am writing a novel about time travel, friendship and life's lessons.

To learn more about why Amelia was selected for this Award, read here: https://cdn1.sph.harvard.edu/wp-content/uploads/sites/113/2023/02/Xiaolu-Amelia-Zhang-Gross-2022_2023-Winter-ACE-Award-winner-1.pdf

NEWS IN THE DEPARTMENT

PUBLICATIONS

Dr Frank Qian, Clinical Fellow in Medicine, and colleagues recently published a study in *JAMA Network Open* in January 2023. In the paper, the researchers found that greater adherence to several healthy lifestyle factors both before and after a type 2 diabetes diagnosis, as well as changes in the number of healthy lifestyle factors, were related to lower incidence of microvascular complications, such as retinopathy or nephropathy.

Other authors in the Department of Nutrition included **Frank Qian, Gang Liu, Yanping Li, Yang Hu, Eric Rimm, Meir Stampfer**, and **Qi Sun**.

Liu G, Li Y, Pan A, et al. Adherence to a Healthy Lifestyle in Association With Microvascular Complications Among Adults With Type 2 Diabetes. *JAMA Netw Open* 2023;**6**(1):e2252239 doi: 10.1001/jamanetworkopen.2022.52239[published Online First: Epub Date]].

To read the paper: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2800838>

Fogarty Fellow Dr Sabri Bromage Presents at Workshop in Dar es Salaam



On February 21st, **Dr Sabri Bromage**, Postdoctoral Fellow and Fogarty Fellow, presented at the 2nd Technical Workshop of the Learning Network on Nutrition Surveillance (LeNNS). This is a 3-day workshop held in Dar es Salaam, Tanzania, organized by 8 member states of the Intergovernmental Authority on Development (IGAD) with support from USAID. The objective of the workshop is to share and learn about innovative methods, tools, systems, and practices in nutrition surveillance that have been developed globally for regional, country-level, and institutional adoption and adaptation in the East, Central, and Southern Africa regions.

Dr Bromage's presentation was about ongoing research and capacity building that he and his colleagues at Harvard and Mahidol University have been conducting in Thailand in support of regional nutrition surveillance. Specifically, he discussed a series of consultations with international experts and Southeast Asian regional stakeholders that have been held since summer of 2022 concerning recommended biomarkers and analytical methods, and best practices in lab capacity, management, and operations for routine population surveillance of biomarkers of micronutrient status and diet-related non-communicable disease in low- and middle-income countries. He also discussed population surveillance of diet quality using the Global Diet Quality Score (GDQS) which had been previously developed at Harvard.



During his trip, Sabri was able to meet with managers of several national nutrition biomarker labs in Africa and to tour labs at the Tanzania Food and Nutrition Centre. They discussed with new their colleagues how recommendations derived from their expert consultations in Southeast Asia may be translated to collaborating institutions in Africa.

MORE NUTRITION NEWS

New Nutrition Course Offers Strategies to Health Professionals for Offering Nutrition Advice to Patients

A new course was offered this year during January WinterSession called "Integrating Nutrition into Clinical Medicine: The Role of Health Professionals as Change Agents." Its instructor **Dr Stephen Devries**, Adjunct Associate Professor, Preventive Cardiologist, and Executive Director of the nonprofit Gaples Institute offered tools for fitting nutrition counseling into busy patient visits. Some of these included making healthy eating accessible to people of all income levels.

The course evolved from discussions by the School's Nutrition Education Working Group, which is led by Devries and **Dr Walter Willett**, Professor of Epidemiology and Nutrition. In addition to the course, the group's advocacy has contributed to strengthened nutrition content in medical board exams. It has also led to a U.S. House Resolution, co-authored by **Congressman James McGovern** (D-MA) and passed in 2022, that calls for medical schools and training programs to improve nutrition education.

According to Willett, "Many medical schools have virtually no human nutrition. They sometimes say they're teaching nutrition, but it's biochemistry. That doesn't really help a physician interact with their patients around guiding them toward a healthier diet". He continues, "[G]iven the harm caused by diet-controllable diseases, it's crucial that physicians understand what patients are eating before they develop serious conditions".

Devries adds, "Through its work, the group is developing new models for bringing nutrition education and practice to clinical settings".



Stephen Devries teaching the class

Devries' course included eight Harvard Chan School and Harvard Medical School students with varied backgrounds in nutrition. Students completed a series of online nutrition modules as homework throughout the week in order to ensure that everyone was up to speed on fundamentals. These modules were developed by Devries' Gaples Institute and are now part of the required curriculum in six U.S. medical schools. Much of the classroom time was focused on practical strategies for integrating nutrition into clinical care. Guest speakers in Devries' course included Harvard Chan School faculty members **Willett**, **Howard Koh**, **David Eisenberg**, who directs the Teaching Kitchen Collaborative, and **Helen Delichatsios**.

At the end of the week, students presented their work on two final projects: a personal nutrition intervention that they implemented during the course and a system-wide intervention that they could launch in a real-world setting. Devries said, "This benefits the students' health as well as the patients they hope to serve. When health professionals make healthier lifestyle changes, then they're much more likely to counsel their patients to do likewise."

From: <https://www.hsph.harvard.edu/news/features/nutrition-course-health-professionals/>

Photo: Kris Snibbe/Harvard University

How Safe Is Cycling?



Photo: Houston Chronicle

In a recent interview in the *Harvard Gazette*, **Dr Anne Lusk**, who studied cycling environments and rider safety while as a researcher at the Harvard Chan School, explains the risks cyclists face and how we can mitigate them.

Lusk suggests that cycling is not safe if talking about cycling in general and applied to all populations, such as fit/less-fit men and women, seniors, children, and parents who have children on their bicycles.

For example, bicyclists may face risks posed by exposure to air pollution, unannounced e-bike riders passing fast, and car doors. However, the greatest safety risk is not pollution, a faster bike, or even that car door—it's moving vehicles. In an earlier study, Lusk and colleagues suggested that vehicle/bicycle crash risk in the U.S. is even greater than publicized because of inadequate records in police reports.

We must remember, however, that biking offers a wide range of health and environmental benefits, including lowered risk of Alzheimer's disease. It also lowers the risk of cancer, premature death, obesity, and CVD while at the same time addressing climate change through reduction in pollution.

In spite of these benefits, bicycling risk still exists. Lusk suggests that if we improved bike infrastructure, we could make our world a safer place. To illustrate: Over the past two decades, motor vehicle design has looked to increase vehicle-occupant safety, while diminishing biker visibility. To protect vehicle occupants from crashes, the car now has wide pillars between the windows, a higher side beltline body, larger headrests, and smaller back windows, making it even harder for the driver to see the bicyclists. The solution to these problems is to install protected bike lanes or cycle tracks. Protected lanes, either level with the road or elevated and level with the sidewalk, have been shown to greatly decrease risks for bikers of all abilities.

Dr Lusk is now an affiliate at Boston University where she will teach a course on Urban Agriculture.

To read the entire interview: <https://news.harvard.edu/gazette/story/2023/01/is-cycling-safe-in-many-cases-the-answer-is-no/>

UPDATES FROM THE DEPARTMENT'S DIB COMMITTEE

We hope all are enjoying the brisk winter weather and new seminars offered through the Diversity, Inclusion, and Belonging office. The sub-committees are underway and have been setting a foundation for future efforts along with coordinating across the department. Engagement opportunities are being offered, and we are very excited about hosting some events in the near future. Please be sure to check for invitations, and/or future announcements related to NUT-DIB. We do seek feedback and suggestions related to NUT-DIB initiatives. Please do not hesitate to reach out!

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, planetary nutrition, public health 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, most of the seminars have been presented via Zoom since March of 2020. Beginning this fall and continuing into the spring, our seminars will be more of a hybrid mix, with some in-person and others still virtual. The in-person seminars will also be on Zoom for those

unable to attend. During the fall and spring semesters, live seminars will be held in FXB G-13. zoom link for viewing will be available one week prior to each seminar.

Our March speakers will be:

- Mar 6** ***Dr Josiemer Mattei***, Donald and Sue Pritzker Associate Professor of Nutrition | Department of Nutrition – TBD - **Hybrid**
- Mar 13** ***SPRING BREAK***
- Mar 20** ***Dr Stephen Devries***; Instructor and Adjunct Associate Professor of Nutrition; Executive Director, educational nonprofit Gaples Institute – “Nutrition Education in Medical Training: A Powerful Idea for a Healthier World” - **Hybrid**
- Mar 27** ***Dr Elizabeth Cespedes Feliciano***, Research Scientist II, Kaiser Permanente Northern California, Division of Research – TBD - **Zoom**

NUTRITION SOURCE UPDATES

Tips for staying heart smart

Learn about the many symptoms of heart disease, how you can assess your risk for developing heart disease, and four key lifestyle steps you can take to reduce your risk: <https://www.hsph.harvard.edu/nutritionsource/disease-prevention/cardiovascular-disease/>

Eating for a healthy body and a healthy planet

Livestream / March 1, 12–12:50 pm

Panelists will examine the connections between personal and planetary health, emphasizing how our dietary choices can influence climate change, antibiotic resistance, and food security. Learn more:

<https://www.hsph.harvard.edu/event/eating-for-a-healthy-body-and-a-healthy-planet/>

Clean eating

Once just a buzzword, “clean eating” is now a popular eating style. But what it means will depend on who you ask. The term is not federally regulated in the U.S., so interpretation by consumers and the marketing of “clean” products by the food industry can vary widely: <https://www.hsph.harvard.edu/nutritionsource/clean-eating/>

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

SAVE THE DATE: NUTRITION 2023 RETURNS TO BOSTON JULY 22-25, 2023 (AMERICAN SOCIETY FOR NUTRITION)!

The American Society for Nutrition is meeting in person this July in Boston.



[NUTRITION 2023 - American Society for Nutrition](https://nutrition.org)

You're invited to attend the preeminent meeting with leading research on the hottest topics in nutrition. Following three years of virtual meetings, NUTRITION 2023 will offer an opportunity for nutrition scientists, clinicians, policy experts, industry leaders, and more to break away from their screens and to gather, network, and share knowledge face-to-face.

nutrition.org

DEPARTMENT OF NUTRITION RETREAT

LINDA K. PARESKY CONFERENCE CENTER
Simmons University - 300 Fenway, Boston



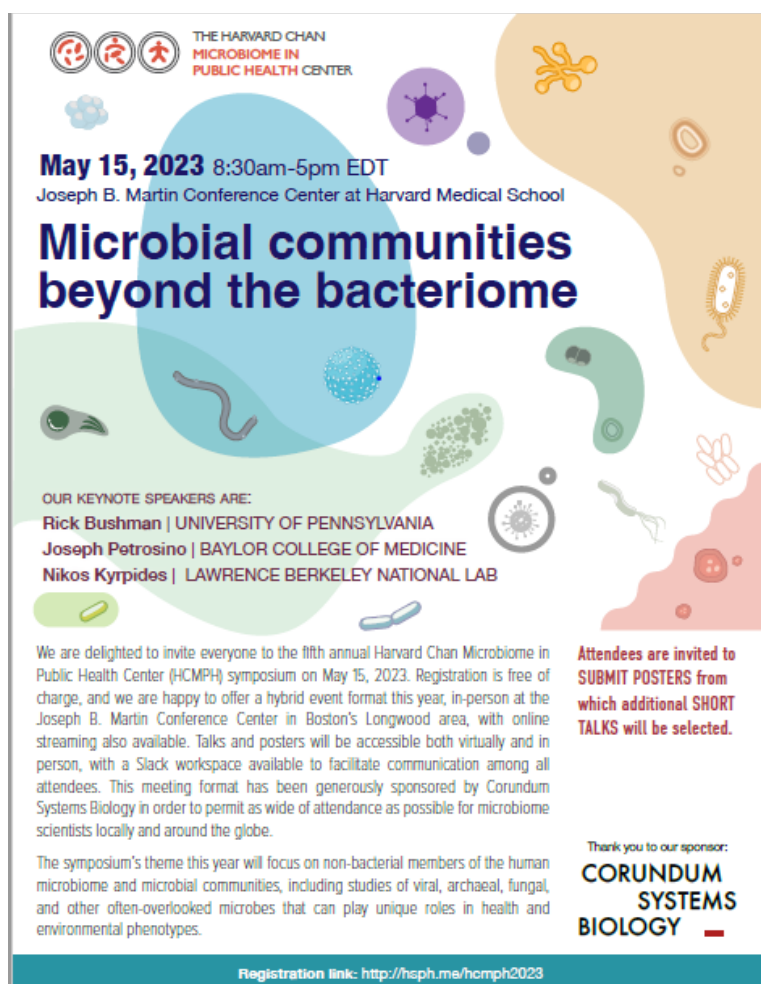
THURSDAY, MARCH 23RD
10:00 AM - 2:00 PM EASTERN

[RSVP here](#)

AGENDA

- Welcome by Frank Hu
- Icebreaker activity
- Lightning Talks
- Roundtable Discussions
- Lunch

For more information: Stefanie B. Dean <sdean@hsph.harvard.edu>



SAVE THE DATE!

The 24th Annual Harvard Nutrition Obesity Symposium – Adiposity, Immunity, and Inflammation: Interrelationships in Health and Disease

Date: June 7, 2023

Time: 8:30am to 4:30pm EST

This event will be held virtually. All are welcome!

Registration is free for all attendees. [Register now >](#)

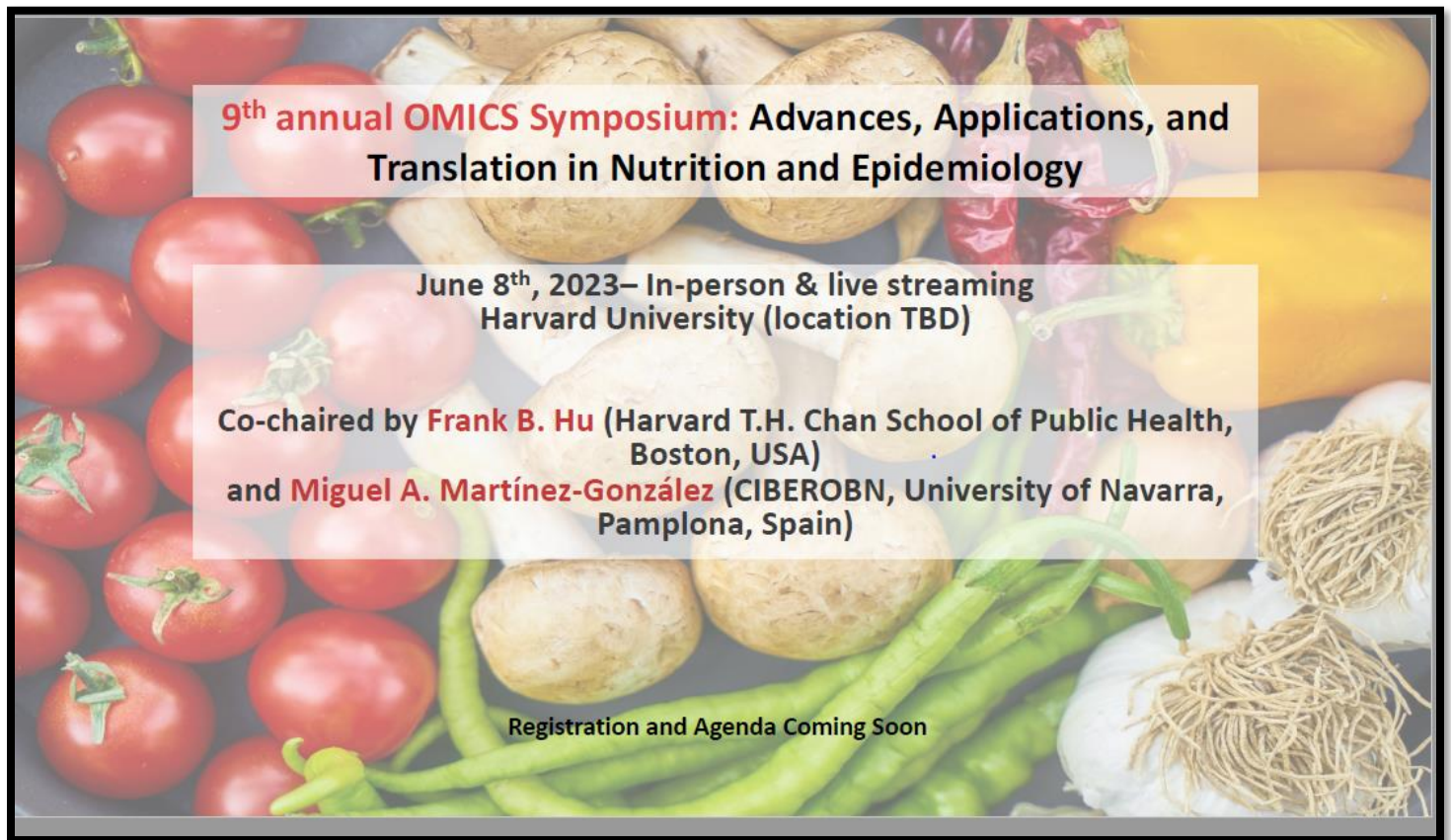
The [Nutrition Obesity Research Center at Harvard](#) (NORCH) invites you to attend our 24th Annual Symposium, featuring the latest research on a wide range of topics including nutritional regulation of immunity, immunometabolic drivers of heart failure, and immunological landscape of adipose tissue. The George L. Blackburn Keynote Lecture, "Obesity and Immunometabolism," will be given by Dr. Lydia Lynch of Harvard Medical School.

Request for Applications: Pilot & Feasibility Grants in Nutrition, Obesity, and/or Metabolism

The [Nutrition Obesity Research Center at Harvard](#) (NORCH) is currently seeking applications for Pilot & Feasibility Grants related to nutrition, obesity, and metabolism. These awards are for up to \$30,000, with the possibility for up to \$30,000 additional funding during year 2 via a competitive renewal. The

deadline to apply is March 1, 2023, awards announcement will be on May 1, 2023, and the funding period will begin on August 1, 2023. Please [click here](#) to apply or for more information on eligibility, application procedure, past projects, and more.

For more information: Esther Bwenyi, MPH E-mail: ebwenyi@mgh.harvard.edu
<http://www.norch.org/>



9th annual OMICS Symposium: Advances, Applications, and Translation in Nutrition and Epidemiology

June 8th, 2023– In-person & live streaming
Harvard University (location TBD)

Co-chaired by **Frank B. Hu** (Harvard T.H. Chan School of Public Health, Boston, USA)
and **Miguel A. Martínez-González** (CIBEROBN, University of Navarra, Pamplona, Spain)

Registration and Agenda Coming Soon