

NUTRI NEWS

The Department of Nutrition

April 2023

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Thich Nhat Hanh Center for Mindfulness in Public Health Launched at Harvard T.H. Chan School of Public Health



The <u>Thich Nhat Hanh Center for Mindfulness in Public Health</u> launched this week at the Harvard T.H. Chan School of Public Health. The Center was created with a \$25 million gift from an anonymous donor, one of the largest single donations to the School. Based in the Department of Nutrition, the Center's mission is to empower people around the globe to live with purpose, equanimity, and joy through the practice of mindfulness; pursue evidence-based approaches to improve health and well-being through mindfulness; and educate and train the public in mindfulness. Two primary areas of emphasis will be nutrition and the environment.

"We are excited and honored that the Center is based in the Department of Nutrition," says **Dr. Frank Hu**, Fredrick J. Stare Professor of Nutrition and Epidemiology and Chair of the Department, "The new
Center will further enrich our interdisciplinary research and education programs and expand our global
reach. I'm grateful to **Dean Michelle Williams** for her strong support and to **Drs Lilian Cheung** and **Walter Willett** for their leadership in launching the Center."

On Wednesday, April 26th, the Center celebrated its launch with an <u>inaugural symposium</u>. The day-long event brought together leading academics, practitioners of mindfulness, and monastics who studied under

Thich Nhat Hanh to honor his life and explore the scientific evidence supporting the value of mindfulness to improve well-being. Full coverage and video recordings of the symposium will be available over the coming weeks. In the meantime, learn more about the Center through the following links:

- Harvard Chan Press Release https://www.hsph.harvard.edu/news/press-releases/thich-nhat-hanh-center-for-mindfulness-in-public-health-launched-at-harvard-t-h-chan-school-of-public-health/
- The Center's website https://www.mindfulpublichealth.org/
- Launch Symposium event website
 - https://www.eventcreate.com/e/tnhcenteformindfulnessinpublichealth
- Follow along on Facebook (https://www.instagram.com/mindfulpublichealth) and Instagram (https://www.instagram.com/mindfulpublichealth)

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NEWS IN THE DEPARTMENT

GRANTS

Adjunct Professor *Miguel A. Martinez-Gonzalez* has received funding for an Advanced Research Grant by The EUROPEAN RESEARCH COUNCIL (ERC), the most prestigious public funding agency in Europe, to start an ambitious primary prevention randomized trial comparing two different interventions on alcohol consumption. In one of the arms of the trial, 5,000 participants will be advised to abstain; in the other arm of the trial another 5,000 participants will be advised to adopt the Mediterranean alcohol drinking pattern, with moderate consumption of red wine with meals spread throughout the whole week with avoidance of binge drinking.

All participants will be Spanish drinkers from 50 to 70 years old. The planned duration of the trial is 4 years, and the initial funding from the ERC is 2.5 million euros. The research team, all of them former MD students of the University of Navarra, will recruit the 10,000 participants. The name of this new trial that will begin in 2024 is UNiversity of Navarra Trialists' Initiative (UNATI).

HONORS AND AWARDS

Six years ago, doctoral student **Alan Espinosa** co-founded a company that supports non-profit organizations and government assistance programs to reduce childhood anemia in Mexico and Honduras. Based on relevance and social impact, his venture (Kiikter®) was recently selected as one of the top five startups in the Health & Lifestyle Track within The President's Innovation Challenge hosted by Harvard Innovation Labs. More information can be found in *The Harvard Gazette*:

https://news.harvard.edu/gazette/story/2023/03/presidents-innovation-challenge-names-finalists-for-2023/

PUBLICATIONS

Doctoral student **Alan Espinosa** and colleagues recently published a paper in *Nutrition and Cancer* (Taylor & Francis) that provides key recommendations for better understanding the association between artificial sweetener consumption and the risk of cancer. This publication follows the results of a large-scale prospective cohort study that evaluated this phenomenon.

Their recommendations include broadening and diversifying the sample size with longer follow-ups, addressing residual and time-varying confounding, computing changes in each dietary factor between repeated assessments, and accounting for measurement error. The primary objective of Alan's work is to provide directions for future research on this relevant topic.

Jorge A. Rangel-Méndez, Alan Espinosa, Fernanda Molina-Segui & Hugo Laviada-Molina (2023) Continuing the Conversation on Artificial Sweeteners and the Risk of Cancer: Results from the NutriNet-Santé Cohort Study, Nutrition and Cancer, DOI: 10.1080/01635581.2023.2180823

PRESENTATIONS

Dr Josiemer Mattei, Donald and Sue Pritzker Associate Professor of Nutrition, presented a keynote lecture on 'Translating and implementing heart health programs in real life' during the opening session of the American Heart Assocation EPI/Lifestyle 2023 Scientific Sessions. A summary can be watched here: https://professional.heart.org/en/meetings/epi-lifestyle/science-news-2023.

Dr Mattei also presented on 'Psychophysiological Research in Puerto Rico under the New Normal' for an invited symposium at the American Psychosomatic Society 2023 Scientific Meeting.

Alan Espinosa, PhD student in Nutritional Epidemiology (first year), presented a guest lecture on 'The effects of artificial sweeteners on the BMI of children and adolescents' for The Lancet Summit: Childhood obesity: consequences across the life course. The recording session can be requested at https://elsevier.floq.live/event/obes2023/on-demand recordings, and a summary of his findings was published in *The Lancet Global Health*, available here: https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(23)00093-1/fulltext

Alan also presented preliminary findings on the long-term changes in weight/BMI in relation to changes in the intake of ASBs, and results on how replacing SSBs with ASBs or water relates to weight/BMI changes during the moderated poster presentation session of the American Heart Association EPI/Lifestyle 2023 Scientific Sessions. Results were derived from the Nurses' Health Study, Nurses' Health Study II, and Health Professionals Follow-up Study data. An abstract was published in *Circulation*, available here: https://www.ahajournals.org/doi/10.1161/circ.147.suppl 1.MP07

DISSERTATION DEFENSES

Mary Kathryn Poole, doctoral student, will defend her dissertation titled "Assessing the implementation of US programs and policies for the prevention of food insecurity and obesity in school settings" on May 4th from 11:00-1:00 in the Kresge G-3. This will be a hybrid/zoom defense.

Xiao Gu, doctoral student, successfully defended his dissertation titled "Food/food group-based analyses and measurement errors in nutritional epidemiology", on April 21^{st} at 1:00 pm in FXB G-11.

MPH Student Muriel Samuels Launches Student Group that Promotes Health & Wellbeing of Harvard Chan Students



From time to time, *NutriNews* tries to feature some of our students and the innovative ways they apply what they are learning here at Harvard. This month we will feature *Muriel Samuels*, MPH-65 candidate, and some of her groundbreaking health entrepreneurship.

NN: Muriel, you are a first-year MPH student in our Department. Could you tell us a little bit about yourself and your background?

MS: My professional life started in investment banking and has led me to public health entrepreneurship. The challenges I experienced while working in nutrition left me frustrated, intrigued, and compelled to explore the convergence of health knowledge, health behavior and health practices. For example, why do some people, communities, and populations do what they do even when they know it is harmful? Why do some find it easy or difficult to adopt health-supportive habits? I am interested in exploring health behavior change through nutrition and other health practices.

NN: Why did you decide to study at Harvard?

MS: In retrospect, it feels inevitable. Chan's curriculum was tailored to skills I needed in addition to its cross-registration, innovation lab, and autumn in New England. These were most aligned to my professional interests and personal preferences. I felt I could experiment and play while learning. The reality has been so much more and the biggest gifts have been the people—with the experience simultaneously cozy and academically rigorous.

NN: What is the primary focus of your research here?

MS: My public health research interest lies in prevention, in using health practices from different cultures—saunas, diet, movement, music, nature, mindfulness, painting etc—individually or collectively to increase health span, improve energy, vitality, performance and overall quality of life. Even adjusted for income and other SDH, why is it easier for the same individual to make healthier choices in one environment vs another? I am interested in health behaviors and what we can learn from countries around how they define, negotiate and prioritize health; and integrate prevention in their systems.



NN: Muriel, I understand that you have founded a student group to promote the health and wellbeing of HSPH students. The group's name is Saunas, Steam Rooms & Health Optimization Practices (SSHOP Club). That's a cool name! How did you come up with it?

MS: I wanted a name that could capture not only sauna/steam but all of these other fun, health-supportive, evidence-based activities that revitalize and rejuvenate. I've enjoyed the benefits of sauna/steam use as it relaxes, clears my mind and sharpens my focus. It's where I read, catch up with friends, meditate and go when I feel stuck, so of course, I was in the sauna when the name became clear.

NN: Does your club have any kind of a long-term vision?

MS: Yes we do. Our tag line is *Exploring Health Optimizing Practices*. We are interested in events that showcase one-of-a-kind health-practices that may intrigue students enough and inspire curiosity to learn more and possibly integrate them into their personal health tool-kit. Most important for SSHOP Club is that there is a structure that extends beyond any one person's time here. Our primary visions are:

- a. To offer energizing, stress-relieving activities through health practices from cultures around the world that could improve the quality of their experience here.
- b. To help students design their own system of health with a set of health practices as tools to reduce stress and increase resilience. This can include laughing, taking a walk, or calling a friend, understanding it's unique for us all and can be tailored to different SES.
- c. To connect with students of shared interests across different disciplines and Harvard schools.
- d. To start the campaign for the HSPH Sauna & Steam Room





NN: How does SSHOP promote strategies and practices to improve students' time here?

MS: As students, when we are overwhelmed, we tend to reduce our health practices when the opposite is needed. SSHOP Club is just a reminder that something as simple as watering/misting your plant, a 5-minute dance in your room, a nap, or yes, the sauna, can make a major difference and snap you out of feeling overwhelmed.

We aim to cultivate an enjoyable and relaxed space, with information and events, that offer tools on your journey as you explore--in community, small groups or alone--which practices suit you and add value--as you define it--to improve the quality of your life **now--**during school--and beyond with:

- Practical how-to's on applying health tips to your busy school life
- Expert panelists offering the latest evidence on health-optimizing topics
- Club activities with priority to our health and safety
- Meet students with similar interests across Harvard Schools https://engage.sph.harvard.edu/organization/shopclub

NN: So far, your group has been active with a lot of successful activities. What kinds of activities have you sponsored and how is your leadership making an impact?

MS: For this semester, we had four events, three with healthy foods that participants found tasty.

- **Build Your Own Sleep Kit** through the Center for Health and Wellness Promotion (CHWP) for members who are interested in improving the quality and quantity of their sleep
- Meet. Greet. Adopt-a-Plant where members discovered new herbs through squeeze-and-sniff
 tests, then chose herbs, split into teams where they post weekly images of plant progress.
 Participants will harvest the herbs and share with Sebastian's Cafe to connect plant and growth
 to the foods we eat.
- **Sauna & Steam** event where we went to a venue, got a room for a Barre Class for some participants, then on to the sauna, steam room and pool to relax.
- Walk & Lunch event where we practice mindful walking at the Arboretum and enjoyed a healthy, tasty lunch

My leadership style is adaptive and focused on identifying the best ideas, most aligned with our vision and ensuring they're supported. Everyone in the membership has the opportunity to lead an event of their chosen interest and practice, and available members will support them. I value efficiency and practicality as we plan events. Members are expected to adhere to the OSA framework of operations and SSHOP Club guidelines maintaining agility and flexibility as we translate idea into practice.

We are also quite fortunate to have the support, guidance and feedback from our advisor **Dr Teresa Fung**—at all times; the continuous, tireless efforts of **Amy De La Cerda**—even on her time-off—, **Colleen Cronin, Stefanie Dean, Dr Walter Willett, Chef Arlene Richburg** and more. The Spring 2023 leadership team includes '**Leke Joy Jegede, Marissa Huggins, Idongesit Sampson, Caroline Bulstra, Maria Balzan** and myself. And my friend **Colette Ndi** with whom I workshopped the initial concept and graphic designs. Among the leadership, we have five countries, four continents and five disciplines represented. In fall, we look forward to new members, leaders, their perspectives, health practices of interest, and events.

NN: What do you plan to do after graduation?

MS: Public health entrepreneurship. I am excited to continue applying strategies and principles, including mindfulness and behavioral economics, toward reducing health-compromising practices, and amplifying health-improving practices and their corresponding positive health outcomes across populations.















NEW FACES IN THE DEPARTMENT



Hello everyone! I am *Lais Duarte Batista*, a PhD Candidate in Nutrition in Public Health at the University of São Paulo, Brazil. I have a BSc in Nutrition, a post-graduate diploma in Nutrition in School Feeding, and a Master of Science degree in Nutrition in Public Health. I am a member of the Dietary Assessment Research Group in Brazil, working under the supervision of *Professor Regina Fisberg*. My research focuses on dietary intake of different types of fats and cardiometabolic risk factors in adults and older adults in a population-based study in Brazil. I am here until March 31, 2024, as a visiting graduate student. I will be working with *Dr Josiemer Mattei* and her research group on the Boston Puerto Rican Health Study to evaluate the fatty acids profile in erythrocyte membranes in both populations. We aim at identifying and comparing cut-off points for the omega-3 index related to cardiometabolic risk factors in Brazilian and Puerto Rican middle-aged adults, two populations with different heritages and dietary intake contexts, but an interchangeable prevalence of cardiometabolic risk factors.

My research interests include nutritional epidemiology, dietary assessment methods, validation, dietary intake, and cardiometabolic risk factors.

On a personal note, I am someone who loves traveling, cooking, and enjoying coffee in the mornings and a glass of wine at the end of the day. I also use some free time trying (and failing) to learn French. Feel free to reach me in the hallways not only to discuss research but share experiences and common interests while drinking coffee.

NUTRITION SOURCE UPDATES

Plate and the planet

Just as different foods can have differing impacts on human health, they also have differing impacts on the environment. This Earth Month, learn about shifting towards a "planetary health diet" that can nurture both people and planet: https://www.hsph.harvard.edu/nutritionsource/sustainability/plate-and-planet/

Mindful Eating

This approach to eating focuses on the eating experience, body-related sensations, and thoughts and feelings about food, with heightened awareness and without judgment. Attention is paid to the foods being chosen, internal and external physical cues, and your responses to those cues. Mindful eating also considers the wider spectrum of the meal—where the food came from, how it was prepared, and who prepared it—and how our food choices affect our local and global environment. https://www.hsph.harvard.edu/nutritionsource/mindful-eating/

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 May speakers will be:

- **R. Colin Carter, MD, MMSc**, Associate Professor of Pediatrics, Departments of Pediatrics and Emergency Medicine, Institute of Human Nutrition, Columbia University Irving Medical Center, NYP-Morgan Stanley Children's Hospital, Columbia University College of Physicians and Surgeons "The Impact of Prenatal Dietary Choline on Child Outcomes: a Review of the Evidence" **Zoom**
- May 8 Dr Joann Manson, Michael and Lee Bell Professor of Women's Health, HMS; Professor in the Department of Epidemiology, HSPH "Randomized Trials of Dietary Supplements: Separating Fact From Fiction in 2023" Hybrid/zoom

This will conclude our Spring Monday Nutrition Seminar Series. Our seminars will resume early next fall.



<u>Public Health On Call: 588 - Public Health and</u> Food Assistance

Jerold Mande, CEO of Nourish science and an adjunct professor of nutrition at the Harvard T. H. Chan School of Public Health, speaks to Dr. Josh Sharfstein about an article he co-authored calling for more attention to health in the nation's largest food assistance program, the Supplemental Nutrition Assistance Program, or SNAP. They also discuss SNAP's benefits in reducing food insecurity, and how potential changes could help reduce diet-related disease as well. johnshopkinssph.libsyn.com

To hear this podcast: https://johnshopkinssph.libsyn.com/588-public-health-and-food-assistance

More News in the Department

Small fish and bivalves offer often-overlooked nutritional and environmental value



Photo: Zachary D Lyons

Many health-conscious consumers have switched to chicken or seafood as their preferred protein source not only because they are linked to lower risk of diabetes, heart disease or cancer, but also because they are better for the environment. Production of these food sources uses less land and other resources and generates fewer greenhouse gas emissions in the process.

According to *Christopher Golden*, Assistant Professor of Nutrition and Planetary Health, "It's much better for your health and the environment when you replace terrestrial food sources — especially red meat — with aquatic food sources". However, Golden suggests that instead of popular seafood choices such as farmed salmon or canned tuna, consider mackerel, anchovies, sardines, herring, and bivalves such as clams and oysters. These are all excellent sources of protein, micronutrients like iron, zinc, and vitamin B_{12} , and heart-healthy omega-3 fatty acids, which may help ease inflammation within the body and promote a better balance of blood lipids.

Other benefits are that small fish are also less likely to contain contaminants such as mercury and polychlorinated biphenyls (PCBs) compared with large species like tuna and swordfish. This is because those and other large fish feed on smaller fish, which concentrates the toxins. In addition, eating small fish directly rather than using them to make fish meal is more environmentally friendly. This is because fish meal fed to farmed salmon and animals also includes grains that require land, water, pesticides, and energy to produce, Golden points out.

Golden further states that the traditional Mediterranean diet is widely considered to be the best diet for heart health. This diet highlights small fish such as fresh sardines and anchovies. He notes that canned versions of these species, which are widely available and less expensive than fresh, are a good option. However, he cautions that most canned anchovies are salt-cured and therefore high in sodium, which can raise blood pressure.

Bivalves are two-shelled aquatic creatures that include clams, oysters, mussels, and scallops. They are good sources of protein (though not as much as small, fatty fish) and contain several micronutrients,

especially zinc and vitamin B₁₂. Golden says "Bivalves can be 'nature positive' because they don't require feed and they filter and clean up water". And from a planetary health perspective, bivalves are among the best sources of animal-based protein. He suggests trying larger Asian markets for less-common varieties because they often carry a wide variety of fish and bivalves. You can also supplement your diet by eating aquatic plant foods such as seaweed and kelp.

Adapted from: https://www.health.harvard.edu/blog/why-eat-lower-on-the-seafood-chain-202303222904?utm source=SilverpopMailing&utm medium=email&utm campaign=Daily%20Gazette%2020230404%20(1)

People with type 2 diabetes who consume sugar-sweetened beverages increase their risk of premature death



Photo: Convenience Store

According to a new study led by *Qi Sun*, associate professor in the Departments of Nutrition and Epidemiology, high consumption of sugar-sweetened beverages (SSBs) was associated with an elevated risk of premature death and incidence of cardiovascular disease (CVD) among people with type 2 diabetes. On the other hand, drinking beverages like coffee, tea, low-fat cow's milk, and plain water was associated with lower risk of dying prematurely.

The study looked specifically at consumption of different beverages among patients with type 2 diabetes. According to lead author Sun, "Beverages are an important component of our diet, and the quality can vary hugely. People living with diabetes may especially benefit from drinking healthy beverages—but data has been sparse. These findings help fill in that knowledge gap and may inform patients and their caregivers on diet and diabetes management."

The researchers analyzed an average of 18.5 years of health data from 9,252 women participating in the Nurse's Health Study and 3,519 men participating in the Health Professionals Follow-up Study, all of whom had been diagnosed with type 2 diabetes at baseline or at some point during the study.

The researchers' findings showed higher all-cause mortality, and higher incidence of and mortality from CVD, among those who regularly consumed SSBs. Inversely, all-cause mortality and incidence of and mortality from CVD decreased among those who regularly consumed healthier beverages such as coffee,

tea, low-fat cow's milk, and/or plain water. "People living with diabetes should be picky about how they keep themselves hydrated," said Sun. "Switching from sugar-sweetened beverages to healthier beverages will bring health benefits."

"Beverage consumption and mortality among adults with type 2 diabetes: prospective cohort study," Le Ma, Yang Hu, Derrick J. Alperet, Gang Liu, Vasanti Malik, JoAnn E. Manson, Eric B. Rimm, Frank B. Hu, Qi Sun, BMJ, online April 19, 2023, doi: 10.1136/bmj-2022-073406

From: https://www.hsph.harvard.edu/news/press-releases/sugar-sweetened-beverages-linked-with-increased-risk-of-premature-death-for-people-with-type-2-diabetes/

Professor Josiemer Mattei shares her dietary habits and Puerto Rican food traditions



In an April 6 Q&A with *American Heart Association News*, **Josiemer Mattei**, Donald and Sue Pritzker Associate Professor of Nutrition, shared how Puerto Rican food culture shaped her dietary habits and what she eats in a typical day. Josie grew up in Puerto Rico eating traditional foods like rice and beans, and a lot of fresh fruit.

Now a pescatarian, Mattei tries to eat produce that is local and in-season. Her lunches are on-the-go, but typically include lots of veggies and protein. Mattei also tries to keep her sodium intake low. She said that dinner with her family is usually her healthiest meal of the day, and often includes Puerto Rican foods. She will occasionally indulge in her favorite Puerto Rican desserts.

For people who want to eat healthier, Mattei advises, "Find something that's good for your body, good for your mind and wellbeing, and that aligns with your budget, culture, and values. Eat wholesome foods and avoid processed foods. This is in essence what the dietary guidelines tell us to do for a healthy eating pattern," she said. "Just keep at it, be kind to yourself and enjoy the good food that is out there."

From: https://www.hsph.harvard.edu/news/hsph-in-the-news/nutrition-josiemer-mattei-puerto-rico/
Read the American Heart Association Q&A: https://www.heart.org/en/news/2023/04/06/how-the-food-culture-of-puerto-rico-shaped-this-nutrition-expert

Also read: https://harvardpublichealth.org/alumni-post/josiemer-mattei-on-making-healthy-diets-culturally-accessible/

On 3/27/23 there was a joint faculty meeting between the Department of Nutrition and the Department of Molecular Metabolism. Areas of collaboration between the two departments were explored. Talks were given by six faculty that covered the following areas: The cohort studies and cancer epidemiology, cancer metabolism, neurodegeneration and aging, along with cardio metabolic disease.









HARVARD CHAN STUDENTS'

STEAM ROOMS, SAUNAS & HEALTH OPTIMIZING PRACTICES

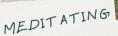






DANCING!!







HIKING/WALKING

Recruiting for CLUB OFFICERS About SSHOP CLUB

· Expert panelists offering the latest evidence on healthoptimizing topics

· Practical how-to's on applying health tips to your busy school life

· Club activities with priority to our health and safety

· Meet students with similar interests across Harvard Schools

Are you interested learning about the most recent evidence for healthsupportive practices across cultures?

• Are you interested in a daily health practice or want to strengthen your current practice(s)?

Sign Up

HEALTHY

EATING

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GARDENING

EMAIL TO LEARN MORE MURIELSAMUELS@HSPH.HARVARD.EDU



We are delighted to invite everyone to the fifth annual Harvard Chan Microbiome in Public Health Center (HCMPH) symposium on May 15, 2023. Registration is free of charge, and we are happy to offer a hybrid event format this year, in-person at the Joseph B. Martin Conference Center in Boston's Longwood area, with online streaming also available. Talks and posters will be accessible both virtually and in person, with a Slack workspace available to facilitate communication among all attendees. This meeting format has been generously sponsored by Corundum Systems Biology in order to permit as wide of attendance as possible for microbiome scientists locally and around the globe.

Nikos Kyrpides | LAWRENCE BERKELEY NATIONAL LAB

The symposium's theme this year will focus on non-bacterial members of the human microbiome and microbial communities, including studies of viral, archaeal, fungal, and other often-overlooked microbes that can play unique roles in health and environmental phenotypes.

Attendees are invited to SUBMIT POSTERS from which additional SHORT TALKS will be selected.

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

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 faceto-face.

nutrition.org

SAVE THE DATE!

 $The~24^{th}~Annual~Harvard~Nutrition~Obesity~Symposium-Adiposity, Immunity, and~Inflammation:\\Interrelationships~in~Health~and~Disease$

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 <u>Nutrition Obesity Research Center at Harvard</u> (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

