

# NUTRI NEWS

## The Department of Nutrition

**July 2023**

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### Professor Jerold Mande Shares Wealth of Expertise in National Public Health and Food Policy with Nutrition Students



The strengths of the adjunct faculty system are manifold, with outside experience being the key element to its success. Many adjuncts are active or retired practitioners in their respective fields, and they draw knowledge from their life and professional experiences. This real-world experience can be very beneficial to students, and the wide variety of adjunct expertise on its faculty enables an institution to offer not only the required courses but additional courses that would not ordinarily be on the curriculum. For this reason, *NutriNews* will feature an occasional member of our adjunct faculty. This month we feature **Mr Jerold Mande**, Adjunct Professor of Nutrition.

Professor Mande has a wealth of expertise and experience in national public health and food policy. He served in senior policymaking positions for three presidents at the USDA, FDA, and OSHA helping lead landmark public health initiatives. In 2009, he was appointed by President Obama as USDA Deputy Under Secretary for Food Safety. In 2011, he moved to USDA's Food, Nutrition, and Consumer Services, where he spent six years working to improve the health outcomes of the nation's \$100 billion investment in 15 nutrition programs. During President Clinton's administration, Mr. Mande was Senior Advisor to the FDA commissioner where he helped shape national policy on nutrition, food safety, and tobacco. He also served on the White House staff as a health policy advisor and was Deputy Assistant Secretary for Occupational Health at the Department of Labor. During the George H.W. Bush administration he led the design of the iconic Nutrition Facts label at FDA, for which he received the Presidential Design Award. Mr Mande also received recognition for his design by the renowned Italian designer Massimo Vignelli.

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## Nutrition Facts Label Then and Now

**NN:** *Professor Mande, you were recently featured in your college (University of North Carolina at Chapel Hill) alumni magazine, along with your fellow alum, William Hubbard, as the force behind the iconic, very ubiquitous, award-winning "Nutrition Facts" food label. Could you briefly tell us just why this label has been such a game-changer?*

**JM:** Congress changed the goal of the food label from information to action when it enacted the Nutrition Labeling & Education Act of 1990 (NLEA). Congress expected FDA to design a label that would lower health costs by changing consumer behavior and product reformulation. My insight was that we could use the label's design to nudge consumer and corporate behavior by using the design to draw attention to the nation's top nutrition goal, which at the time was low fat.

**NN:** *Just what was your role in creating and promoting this label?*

**JM:** My primary role was to lead the graphic design of what became the Nutrition Facts label. Then FDA Commissioner **David Kessler** knew I was trained in nutrition. When he recruited me to FDA, he asked me to pick an NLEA rulemaking task to lead. Rather than focus on a nutrition task, I asked if

I could focus on the design of the label. I said we could design an iconic label that would drive consumer and food company behavior. He had many nutrition experts working on the NLEA rule. They were more knowledgeable about nutrition than I was. I had spent the previous decade working for **Al Gore** in the Congress on a wide range of health and environment issues including nutrition. I had minored in art in college. Kessler loved the idea.

**NN:** *How did you and Mr Hubbard meet?*

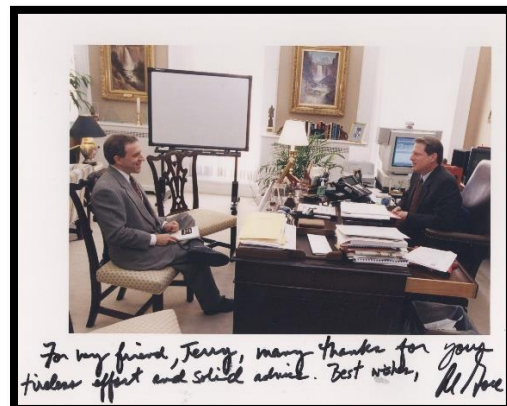
**JM:** I met Bill at FDA. We both worked in the Commissioner's policy shop. I was an analyst. He was the deputy director. We were both assigned to work on the food label. We had a shared understanding on how transformative the label could be.

**NN:** *How on earth, if you don't mind my saying this, did red M&Ms jumpstart your future career in nutrition?*

**JM:** At the time I was studying political and chemical science at the University of Connecticut. I was puzzled by FDA's decision to ban Red Dye No.2, which essentially banned red M&Ms. I recall knowing then that there was a developing recognition that our food, possibly the amount of fat or fiber, was a growing cause of cancer, but it was unclear whether Red 2 had caused a single case of cancer. I remember wondering why FDA ignoring the primary food causes of cancer and focusing on this tiny risk?

**NN:** *I understand you were a legislative assistant in Al Gore's office. What kind of things were you doing in government back then?*

**JM:** I was Gore's health and environment legislative assistant. He did initially hire me to work on food safety when the primary policy concern was chemical additives like Red Dye No. 2 and the effectiveness of the Delaney Clause, a law Congress enacted that bans cancer-causing substances from our food. We made no progress on that. However, we investigated and wrote the National Organ Transplant act of 1984 that set up the nation's system for identifying, retrieving, and sharing donated organs for transplantation. That was my biggest accomplishment with him.



**NN:** *I see you are now CEO of Nourish Science, a Bethesda, Maryland, public health policy nonprofit. What are the goals and mission of that agency?*

**JM:** Our overarching mission is to ensure every child reaches age 18 at a healthy weight and in good metabolic health. Our theory of change is top down. We use our extensive knowledge and experience in government to educate top policymakers about the nation's ongoing nutrition crisis and how to solve it. We have three priorities: strengthen federal support for nutrition research, rejuvenating FDA food regulation to prevent acute and chronic food illness, and modernizing SNAP so that it is an effective nutrition, not just calorie, program.

**NN:** *What roles do you envision for yourself in the foreseeable future?*

**JM:** Continuing to help lead nutrition policy change. For 50 years, since the alarm was sounded by the first White House Conference on Food, Nutrition, & Health, our diets and health have steadily gotten worse. I would like to see that trend change before I retire.

**NN:** *How has your experience in the public sector benefited our students here in the Nutrition Department?*

**JM:** I joined the HSPH nutrition faculty to mentor students and faculty on effective policymaking and policy change. I've been delighted to be able to advise and meet with students, and I am always eager to do so. Please don't hesitate to contact me. I'm also eager to learn the latest nutrition science. HSPH nutrition is an ideal place to do that. Effective policy is built on good science.

## NEWS IN THE DEPARTMENT

### HONORS AND AWARDS

**Walter Willett**, Professor of Epidemiology and Nutrition, was recently made a member of the Academy of Medicine of Athens in recognition of his research on diet and health. Dr Willett will deliver an inaugural lecture on May 28<sup>th</sup> of next year in Athens. This honor had special meaning to Dr Willett because he has learned so much from observations based on the traditional Mediterranean diet and from his colleagues in Greece.

### PUBLICATIONS

The Sabri Ülker Center has also published the following papers:

- Inouye KE, Prentice KJ, Lee A, Wang ZB, Dominguez-Gonzalez C, Chen MX, Riveros JK, Burak MF, Lee GY, Hotamisligil GS. Endothelial FABP4 constitutes the majority of basal circulating hormone levels and regulates lipolysis-driven insulin secretion. JCI Insight. 2023 Jun 6:e164642. doi: 10.1172/jci.insight.164642. Epub ahead of print. PMID: 37279064.
- Prentice KJ, Lee A, Cedillo P, Inouye KE, Ertunc ME, Riveros JK, Lee GY, Hotamisligil GS. Sympathetic tone dictates the impact of lipolysis on FABP4 secretion. J Lipid Res. 2023 Jun;64(6):100386. doi: 10.1016/j.jlr.2023.100386. Epub 2023 May 10. PMID: 37172691; PMCID: PMC10248869.

The World Health Organization provides global guidance for the effective treatment of acute malnutrition in young children. Guidelines are based on a transparent, evidence-based decision-making process led by an expert Guidelines Review Committee, and research priority areas are updated regularly. In 2021, **Sheila Isanaka**, Associate Professor of Nutrition, was invited by the WHO to prepare a systematic review to inform an update of the research priority area related to identification of post-discharge interventions to improve clinical outcomes. A team from HSPH, including Sheila and doctoral student **Susan Rattigan** from the Nutrition Department and **Drs Chris Sudfeld** and **Lily Bliznashka** from the Department of Global Health and Population, completed the systematic review, identifying 8 intervention studies in 7 countries with evidence supporting the use of biomedical, cash transfer, and integrated interventions to improve clinical outcomes post-discharge. Study results, subject to a rigorous quality assurance process overseen by the WHO Guidelines Review Committee, will be used to directly inform development of the forthcoming update to the WHO global guidance and was accepted for publication in JAMA Network Open.

**The publication can be found here:**

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2805272?guestAccessKey=ca9ee46f-6b1d-45f2-9126->

## NUTRITION SOURCE UPDATES

### Reviewing WHO's updated diet guidelines

Harvard experts say most recommendations are well-supported, but guidance on total fat intake omits decades of evidence. <https://www.hsph.harvard.edu/nutritionsource/2023/07/17/who-updated-guidelines-healthy-diets-total-fat/>

### Popular topic highlight: Aspartame and cancer

The International Agency for Research on Cancer, the World Health Organization, and the Joint Expert Committee on Food Additives recently released a risk assessment of aspartame and cancer. It classified aspartame as a Group 2B carcinogen having “limited evidence” for cancer in humans, specifically liver cancer. Their prior recommendation of an acceptable daily intake of aspartame of 40 mg/kg of body weight did not change, as they acknowledged that their research review did not provide differing evidence to alter this guideline, and affirmed that an intake within this range is safe. For a 150-pound (68 kg) woman, this would mean a limit of 2,727 mg of aspartame daily, equivalent to about eleven 12-ounce cans of diet soda (one can contains about 250 mg). They stated that the evidence on cancer risk in humans based on animal and human studies was not convincing, and that more research, specifically longer-term studies with follow-up and randomized controlled trials, were needed. Learn more about aspartame and other sweeteners:

<https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/artificial-sweeteners/>

## 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 Monday Nutrition Seminar speaker for August will be:

**Aug 28**

**Dr Kari C Nadeau**, John Rock Professor of Climate & Population Studies; Chair, Department of Environmental Health - TBD



## MORE NEWS IN THE DEPARTMENT



Every five years, the USDA and HHS jointly update the Dietary Guidelines for Americans (DGA) and the Healthy Eating Index (HEI) - a diet quality index that measures alignment with the DGA. The latest version of the HEI is now available: the HEI-2020 for ages 2+ and the NEW HEI-Toddlers for ages 12-23 months. These indices measure alignment with the 2020-2025 DGA.

We are thrilled that members of the Nutrition Department contributed to these efforts.

**Meg Zimmer**, rising G2 PhD student, is a member of the Healthy Eating Index 2020-2025 team and is involved in all phases of the work. **Matt Lee**, rising G5 PhD student, assisted James Zhan at Emory with developing R code for calculating the HEI-Toddlers.

There are many ways to learn more about the latest updates to the Healthy Eating Index:

### Visit the HEI website:

Visit <https://epi.grants.cancer.gov/hei/> or scan the QR code.



### Download sample code:

SAS code - NCI website - <https://epi.grants.cancer.gov/hei/sas-code.html>

R code - GitHub - <https://github.com/jamesjiadazhan/dietaryindex> & [jzha832@emory.edu](mailto:jzha832@emory.edu)

### Join the HEI list serv:

To join the HEI list-serv, send an email to [listserv@list.nih.gov](mailto:listserv@list.nih.gov) with SUBSCRIBE HEI <first name> <last name> in the body of the text (remove > and <, for example: SUBSCRIBE HEI John Smith).



### Register for the HEI webinar on September 7th:

Scan the QR code to register for the webinar introducing the new HEI-Toddlers and HEI-2020.

### Meet the HEI Team at your favorite conference:

HEI team members will be at a 2023 conference near you. ASN Nutrition, ICDAM, and more. Search for "HEI" in your conference agendas or look for HEI 2020-2025 members carrying these HEI tote bags!



TOS,  
team

### Read the Special Issue in the Journal of the Academy of Nutrition and Dietetics (JAND):

The full special issue is available on JAND's website. Select publications included below.

- **HEI-2020 Update Paper:** Shams-White MM, Pannucci TE, Lerman JL, Herrick KA, Zimmer M, Meyers Mathieu K, Stoody EE, Reedy J. Healthy Eating Index-2020: Review and Update Process to Reflect the Dietary Guidelines for Americans, 2020-2025. *Journal of the Academy of Nutrition and Dietetics*. In-press: <https://doi.org/10.1016/j.jand.2023.05.015>
- **HEI-Toddlers Development Paper:** Pannucci TE, Reedy J, Lerman JL, Herrick KA, Shams-White MM, Zimmer M, Myers Mathieu K, Stoody EE. Development of the Healthy Eating Index-Toddlers-2020 (HEI-Toddlers-2020). *Journal of the Academy of Nutrition and Dietetics*. In-press: <https://doi.org/10.1016/j.jand.2023.05.013>
- **HEI-Toddlers Evaluation Paper:** Lerman JL, Herrick KA, Shams-White MM, Kahle L, Pannucci TE, Zimmer M, Meyers Mathieu K, Stoody EE, Reedy J. Evaluation of the Healthy Eating Index-Toddlers-2020 (HEI-Toddlers-2020). *Journal of the Academy of Nutrition and Dietetics*. In-press, DOI: [10.1016/j.jand.2023.05.014](https://doi.org/10.1016/j.jand.2023.05.014)
- **HEI-Toddlers Considerations Paper:** Herrick KA, Lerman JL, Pannucci TE, Zimmer M, Shams-White MM, Meyers Mathieu K, Stoody EE, Reedy J. Continuity, Considerations, and Future Directions for the Healthy Eating Index-Toddlers-2020 (HEI-Toddlers-2020). *Journal of the Academy of Nutrition and Dietetics*. In-press: <https://doi.org/10.1016/j.jand.2023.05.012>

### Contact the HEI Team:

Members of the HEI team at the NCI provide support to researchers interested in using the HEI and related tools. Contact [rfab@mail.nih.gov](mailto:rfab@mail.nih.gov).

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The Sabri Ülker Center held its 4<sup>th</sup> Sabri Ülker Center "Metabolism & Life Symposium in May 2023. Chaired by **Dr Gökhan S. Hotamışligil**, James S. Simmons Professor of Genetics and Metabolism, and organized by the Sabri Ülker Food Research Foundation. The Symposium took place at Kadir Has University in Istanbul, Turkey, and featured a keynote lecture from 2013 Noble Laureate, **Dr Randy Schekman** from the University of California, Berkeley, as well as lecturers from **Drs Brendan Manning**, Harvard T.H. Chan School of Public Health, **Rui-Ping Xiao**, Peking University; Erika Pearce, Johns Hopkins University, and more. You can watch most of lectures via the Sabri Ülker Vakfi Youtube account at <https://www.youtube.com/@sabriulkervakfi/streams>.

The Center has also welcomed a new Sabri Ülker Postdoctoral Fellow, **Sevval Altay**.

## Latest Research in the Department of Nutrition

### Do new weight-loss drugs solve America's obesity problem?

There currently exists a debate among obesity specialists as to whether a new generation of anti-obesity drugs are a godsend, particularly as part of a wider treatment plan, or whether they halt research into identifying the root causes of obesity.

The drugs, called GLP-1 receptor agonists, were originally developed to treat Type 2 diabetes. However, besides blood sugar control, these medications were found to result in weight loss, an effect that has not gone unnoticed by both the public and drug makers, who have moved to create specific formulations to help patients shed pounds. Moreover, these compounds have proven to be startlingly effective.

Although this may seem like an easy cure for obesity, many experts applaud the new drugs as an effective new tool but warn against abandoning efforts to first understand the roots of the obesity crisis and addressing those underlying factors first. The roots of obesity include changes in modern life, diet, and activity levels and only by combatting them, they argue, can the nation reverse increases in obesity, diabetes, and other associated conditions.

For example, **Dr David Ludwig**, an obesity specialist in the New Balance Foundation Obesity Prevention Center at Boston Children's Hospital and professor of pediatrics at Harvard Medical School and of nutrition at the Harvard T.H. Chan School of Public Health, wrote a May opinion piece in the *Journal of the American Medical Association* arguing that, though diet- and exercise-based approaches appear to be effective for a minority of patients, investigations into such approaches have been hamstrung for decades by a lack of resources. Ludwig argues that while major pharmaceutical companies have spent billions developing the new GLP-1 agonists, the National Institutes of Health doled out just \$250 million in 2022 to scientists across the country to investigate childhood obesity, an amount equivalent to a single, Phase 3 drug trial.

Ludwig and co-author **Jens Holst** of the University of Copenhagen argue in their *JAMA* article that diet- and lifestyle-based approaches should be at the forefront of obesity prevention and treatment. For example, some diets, especially those with low glycemic load that restrict processed carbohydrates, have shown promise when coupled with intensive behavioral interventions. The authors cite one trial that showed an average 12 percent weight loss among patients with Type 2 diabetes after a year. However, despite those results, with a few exceptions, expensive, high-quality trials that can provide conclusive answers still need to be undertaken.





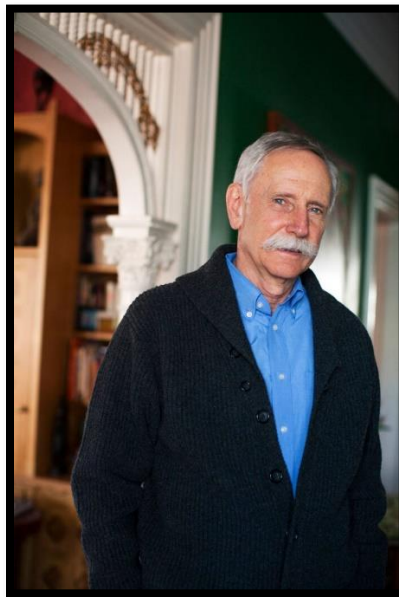
File photo by Kris Snibbe/Harvard Staff Photographer

Ludwig further emphasizes that “Big pharma can come up with a billion dollars to take a promising drug through Phase 3 clinical trials ... whereas researchers trying to understand the environmental and dietary drivers of obesity must manage with a shoestring budget.”

**Dr Walter Willett**, professor of epidemiology and nutrition, sees two pathways ahead. “On one, the new drugs help people with severe obesity lose meaningful amounts of weight, which then increases chances of success of lifestyle-based approaches. On the other, people don’t improve their diet, don’t increase exercise, and use the drugs to counter unhealthy habits they maintain and that may have contributed to the problem. On this path, people’s health would still be poor because good lifestyles contribute to well-being in many ways unrelated to weight control”, Willett said.

“So, which path will we go down? I suspect it’s not going to be simple,” Willett said. “One thing for sure is that this is the Holy Grail for Big Pharma. You have two-thirds of the population overweight or with obesity and eligible to take this drug class, at somewhere around \$10,000 to \$15,000 a year for life.”

Willett further adds, “You can see this ballooning completely out of control. Even today, healthcare costs are displacing the true determinants of health, which are education, a safe environment, physical infrastructure to work, play, walk, bike, all of that. Those are being squeezed and displaced by healthcare costs.”



File photo by Stephanie Mitchell/Harvard Staff Photographer

The nature of the nation’s food environment is one problem the drugs can’t address argue Willett and **Lilian Cheung**, lecturer on nutrition and director of mindfulness research and practice at the Harvard Chan School. They state that one reason for the obesity epidemic is the prominence of unhealthy, highly processed foods on the nation’s tables. “It’s no big surprise or mystery why we have such a problem of obesity,” Willett said. “During childhood, we continue to let children be exploited by the beverage and food industry for profit, even though we know it’s contributing to mortality and suffering.”

**Adapted from:** <https://news.harvard.edu/gazette/story/2023/07/are-new-weight-loss-drugs-the-answer-to-americas-obesity-problem/>

**Read JAMA Viewpoint article:** <https://jamanetwork.com/journals/jama/article-abstract/2804576?resultClick=1>

## Is cottage cheese really that good for you?



Photo: David Lebovitz

According to experts at Harvard T.H. Chan School of Public Health's Department of Nutrition, although a recent trend on social media touts cottage cheese as a healthy food, people should be aware that it may contain high levels of both sodium and fat.

**Dr Qi Sun**, associate professor in nutrition and epidemiology, stated in a CNBC article that proponents of cottage cheese on social media, particularly on TikTok, say that the food is healthy because it is low in calories and high in protein. However, "I'm not confident to suggest cottage cheese would be significantly different than other types of cheese". Sun said that while most cheese, including cottage cheese, contains nutrients such as calcium and vitamins, it can also have high levels of sodium and fat, so he recommends eating it in moderation.

**Dr Eric Rimm**, professor in the Department of Epidemiology, agreed in a July 7 article in the *New York Times* that people should watch out for high sodium levels in cottage cheese. "It's kind of like bread—it's one of those hidden things, like, 'Wow, I never realized this had so much sodium,'" he said, adding that people with high blood pressure should be careful about eating it. He suggested that when buying cottage cheese, people should choose types that are low in fat and do not contain added sugars.

**From:** <https://www.hsph.harvard.edu/news/hsph-in-the-news/is-cottage-cheese-healthy/>

**Read the CNBC article:** <https://www.cnbc.com/2023/06/30/health-conscious-millennials-gen-zers-make-cottage-cheese-cool-again.html>

**Read the New York Times article:** <https://www.nytimes.com/2023/07/07/well/eat/cottage-cheese-health-benefits.html>

## Cancer risk of Aspartame still not clear



Photo: Grocery.com Store

According to a recent report by the World Health Organization (WHO), the artificial sweetener aspartame is “possibly carcinogenic”. However, the research leading to that conclusion remains unclear. Therefore, experts in the Department of Nutrition believe that consuming aspartame to help with weight management is still a reasonable option.

After evaluating existing research, WHO reclassified aspartame as possibly leading to cancer, although it did not change its recommendation for acceptable daily intake of the sweetener. Additionally, in response to the WHO report, the U.S. Food and Drug Administration said that aspartame is safe to consume at currently recommended levels.

In a July 14 NPR article, **Dr Frank Hu**, Fredrick J. Stare Professor of Nutrition and Epidemiology, said that the cancer risk of aspartame has not been well studied because it is hard to measure the exact amounts of sweetener that people consume. Hu further states that “studying aspartame’s link with rare cancers such as liver cancer would require ‘hundreds of thousands of people, perhaps millions of people to be followed and to obtain sufficient statistical power to get reliable answers’.”

**Dr Walter Willett**, Professor of Epidemiology and Nutrition, adds in a July 13 NPR article that “Consuming aspartame in certain situations, such as drinking aspartame-containing diet sodas to help control weight, still makes sense”. Since sugary drinks can increase the risk of type 2 diabetes and obesity, Willett says that “For people who are presently consuming diet soda, the worst possible decision would be to switch to regular sugar-sweetened soda”. He added that “while the best beverages for daily consumption are water, coffee, and tea, diet soda can help people transition from drinking sugar-sweetened sodas”.

**Read or listen to the July 13 NPR article:**

<https://www.npr.org/sections/health-shots/2023/07/13/1187284010/world-health-organization-is-aspartame-carcinogenic>

**Read the July 14 NPR article:**

<https://www.npr.org/2023/07/14/1187692366/aspartame-cancer-possibly-carcinogenic-sweetener>

## Research Resource Highlight: Access to Non-Public Federal Microdata through the Boston Research Data Center

The Harvard Chan School recently purchased an institutional subscription to the [Boston Research Data Center](#) (BRDC), which greatly reduces the cost of accessing non-public federal microdata for School researchers. These microdata represent unit-level or otherwise highly-disaggregated data on individual persons or households and fine geographic units such as blocks or zip code.

The BRDC provides secure, on-premises access to perform statistical analyses on non-public microdata from 16 federal agencies including:

- Census Bureau, National Center for Health Statistics (NCHS)
- Agency for Healthcare Research and Quality (AHRQ)
- Bureau of Economic Analysis (BEA)
- CDC National Center for Health Statistics (NCHS)
- Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Behavioral Health Statistics and Quality

Additional information on the data available, the process to access the facility, and additional costs that may apply can be found on our School's [BRDC information webpage](#).

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The American Society for Nutrition held its annual conference in Boston this year on July 22-25, 2023. In connection with this event, the Office for Alumni Relations and the Department of Nutrition co-hosted a reception on Sunday, July 23, at the Sheraton Boston, 6:30-8:30 PM for all alumni attending the conference. The event offered a delightful evening filled with excellent food and beverages, including beer and wine. It provided an excellent opportunity to reconnect with fellow alumni and students from the school.

This reception was not just for alumni attending the Nutrition conference, but all graduates of the Nutrition department at Harvard Chan School, and was attended by the Department of Nutrition faculty, including **Frank Hu**, department Chair, as well as many Nutrition alumni and current students.









**SAVE THE DATE!**

**18<sup>th</sup> Annual Stare-Hegsted Lecture**  
**Department of Nutrition**

**Should We Remove Wine from  
the Mediterranean Diet?**

**Miguel A. Martínez-González, MD, PhD, MPH**  
Professor, Preventive Medicine & Public Health, Univ. Navarra,  
Spain  
Adjunct Professor, Dept. Nutrition, Harvard TH Chan School of  
Public Health



**Monday, October 2, 2023**

**4:30-5:30 p.m.**

**Location TBD, Harvard Chan School**

*Reception at 5:45pm, FXB Atrium*

