

NUTRI NEWS

The Department of Nutrition

August 2023

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NEWS IN THE DEPARTMENT

GRANTS

After receiving a perfect impact score of 10 from peer reviewers, the NHSII NCI U01 infrastructure grant will be renewed, starting September 1. **Dr Heather Eliassen**, Director of the NHS II, and **Dr Walter Willett**, PI, state “We are gratified that our peers and those making funding decisions at NCI recognized the unparalleled value of our cohort with 34 years of repeated measures of diet, lifestyle, psychosocial measures, medications, disease diagnoses, biospecimens and more. The NHSII has been the basis for many outstanding scientific contributions, and has provided foundational opportunities for scores of predoctoral and postdoctoral trainees. We are grateful for the participants who continue to donate their time and share their experiences to contribute to our understanding and improvement of public health”.

Dr Lorena Pacheco, Postdoctoral Research Fellow, was awarded a K01 this August. The title of her award is *A Culturally-Adapted Multicomponent Teaching Kitchen Intervention for Low-Income Latino Adults*. Her primary mentor is **Dr Josiemer Mattei**, along with mentors **Dr Frank Hu** and **Dr David Eisenberg**. Other collaborators include **Drs Lilian Cheung, Jennifer Massa, Moling Wang** from HSPH, **Dr Auden McClure** from Dartmouth University, and colleagues from BMC and community clinics.

HONORS AND AWARDS

Linh Bui has been named as a finalist for the **Emerging Leaders in Nutrition Science Poster Competition**, an award competition of the American Society for Nutrition (ASN) which recognizes the highest quality research presented by students and young investigators at NUTRITION 2023. Nearly 1,000 abstracts were submitted by students and postdoctoral fellows and the **Emerging Leaders in Nutrition Science Poster Competition** aims to recognize the top 10% highest scoring abstracts. Abstracts were rated by more than 400 nutrition scientists.

Finalists competed in a poster competition and were recognized for their achievement during NUTRITION 2023, the American Society for Nutrition’s annual flagship meeting which was held from July 22-25, 2023

in Boston, MA. Dr Bui received Second Place in the topical area *Climate, Food Systems, Diet, Nutrition and Health*.

"Through this program, the American Society for Nutrition celebrates the achievements of our rising stars," stated **Martha Belury**, PhD, RDN, President, American Society for Nutrition. "The Society looks forward to watching their future contributions to advance our understanding of nutrition science and practice."

Linh Bui has also been named a finalist in the American Society for Nutrition's (ASN) **Graduate Student Research Award Competition**, an educational activity that honors outstanding research and helps students hone their research presentation skills. Nine finalists were chosen from over 250 applicants and were recognized during NUTRITION 2023. Students were evaluated on their research concept, experimental design, data analysis, quality of conclusions drawn and writing skills. Dr Bui's abstract for NUTRITION 2023 is titled "Planetary Health Diet Index and Risk of Total and Cause-Specific Mortality in Two Prospective Cohort Studies".

"This competition recognizes students for their scientific communication skills, which is not only critical to career development but also for the advancement of nutrition science," stated Martha Belury, PhD, RDN, President, American Society for Nutrition.

This program is supported by The Sugar Association.

The following people have been named **2023 Summer ACE Award** Nominees: **Maggie Bristol**, Research Assistant II Non-Lab; **Hazel Seung**, Faculty and Administrative Coordinator; and **Stefanie Dean**, Assistant Director of Academic Programs (Team of Five: PHS Field Administrators). 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. The winner will be announced in the coming weeks.

PUBLICATIONS

Linh Bui, PhD student in Nutritional Epidemiology, has published the following paper on the prevalence of obesity and abdominal obesity in Vietnam. Linh is co-first author and her advisor, **Dr Walter Willett**, is last author on this paper.

Pham T, Bui L, Giovannucci E, et al. Prevalence of obesity and abdominal obesity and their association with metabolic-related conditions in Vietnamese adults: an analysis of Vietnam STEPS survey 2009 and 2015. *The Lancet Regional health. Western Pacific*. 2023 Oct;39:100859. DOI: 10.1016/j.lanwpc.2023.100859. PMID: 37547595.

Dr Juliana FW Cohen, Adjunct Professor of Nutrition, and **Dr Stéphane Verguet**, Associate Professor of Global Health, published the following paper in *The Lancet*. This paper was a Comment documenting the reach and impact of universal free school meal policies globally, including the benefits for children's nutrition, academic achievement, and gender equity as well as the economic benefits of this policy. Their paper was published in collaboration with **Dr Donald Bundy** (Director of the [Research Consortium for School Health and Nutrition](#)) and **Bibi Giyose** (Senior Nutrition Officer for Policy and Programmes at the Food and Agriculture Organization (FAO) of the UN).

Juliana F W Cohen, Stéphane Verguet, Boitshepo Bibi Giyose, Donald Bundy. Universal free school meals: the future of school meal programmes? *Lancet*. August 2023

Dr Frank Qian and colleagues recently published a study entitled "Omega-3 Fatty Acid Biomarkers and Incident Atrial Fibrillation" in the *Journal of the American College of Cardiology* in July 2023. In the paper, the authors found that having higher circulating and tissue levels of omega-3 fatty acids were not associated with an increased risk of atrial fibrillation, as has been suggested in randomized controlled trials of high-dose omega-3 fatty acid supplementation.

Qian F, Tintle N, Jensen PN, et al. Omega-3 Fatty Acid Biomarkers and Incident Atrial Fibrillation. *J Am Coll Cardiol* 2023; 82(4): 336-49
<https://www.jacc.org/doi/epdf/10.1016/j.jacc.2023.05.024>

NUTRITION SOURCE UPDATES

Back-to-school fuel

With busy school year schedules underway, check out these helpful tips for planning and packing a healthy lunch. <https://www.hsph.harvard.edu/nutritionsource/kids-healthy-lunchbox-guide/>

Food feature: Seaweed

The common name for countless species of marine plants and algae, "seaweed" has been consumed globally for centuries. Learn more about this aquatic food. <https://www.hsph.harvard.edu/nutritionsource/seaweed/>

MONDAY NUTRITION SEMINARS

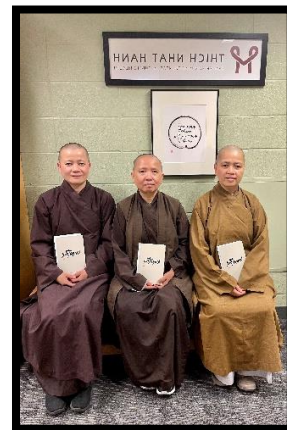
The Department of Nutrition holds its weekly **Monday Nutrition Seminar Series** every Monday throughout the academic year. The talks are varied, but they highlight the many different aspects of cutting-edge research that is currently being conducted in the fields of nutrition, planetary nutrition, public health nutrition, and global public health. These seminars are held from **1:00-1:50 pm** and are free and open to the public. Since Covid-19 our seminars have been a zoom and hybrid mix. Most of this year's talks will be in-person, although some will still be virtual. The in-person seminars will also be on Zoom for those unable to attend. Live seminars will be held in Kresge 502. Zoom link for viewing will be available one week prior to each seminar.

Our Monday Nutrition Seminar speaker for September will be:

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|----------------|--|
| Sept 4 | LABOR DAY |
| Sept 11 | Dr Tinashe Chikowore , Instructor in Medicine, HMS/Channing Labs – TBD |
| Sept 18 | Dr Frank Sacks , Professor of Cardiovascular Disease Prevention, HSPH; Professor of Medicine, HMS – "Effect of Mediterranean-DASH diet (MIND) on cognition change during aging" |
| Sept 25 | Dr Christopher T. Sempos , Coordinator, Vitamin D Standardization Program, National Institutes of Health (Retired); Professor, Social and Preventive Medicine, University at Buffalo, NY - "Serum 25-hydroxyvitamin D, Dietary Calcium Intake, Nutritional Rickets, and the Definition of Vitamin D States" |

News from the Thich Nhat Hanh Center for Mindfulness in Public Health

In July, **Dawn DeCosta**, Executive Director, and **Jade Conway**, Communications Manager, welcomed some nuns, **Venerable Sister Nhu Bao**, **Venerable Sister Tam Tri**, and **Venerable Sister Hue Nhan**, from the Hue Lam Meditation Temple located in Fitchburg, Massachusetts, who came to visit after learning about the launch of the Thich Nhat Hanh Center for Mindfulness in Public Health. Venerable Sister Nhu Bao Huynh was trained by **Sister Chan Khong** of Plum Village.



The following people from the Longwood Medical Area recently attended the ice cream social in honor of **President Claudine Gay**, the new President of Harvard. *From left to right:* **Leanne Jacobellis**, Coordinator in the Office of Global and Community Health, HSDM; **President Claudine Gay**; **Dawn DeCosta**, Executive Director of the Thich Nhat Hanh Center for Mindfulness in Public Health, Department of Nutrition, Harvard T.H. Chan School of Public Health; **Nkwanzu Sabiti**, Senior Program Coordinator in the Office of Educational Programs, Harvard T.H. Chan School of Public Health.



The Thich Nhat Hanh Center for Mindfulness in Public Health will begin to offer **Mindfulness Sessions** beginning this fall. In fact, the first two sessions will be held in the Department of Nutrition Library (Room 317). Please see our official message and schedule below.

*Mindfulness
is a source
of healing*

Organized by the Thich Nhat Hanh Center for Mindfulness in Public Health, **Harvard Chan students, staff, and faculty** are invited to come together for an afternoon mindfulness practice every Thursday from 1 pm – 1:50 pm beginning September 7th, 2023.

The *drop-in* mindfulness sessions include sitting and walking meditations, learning about mindfulness, and practicing mindfulness to enhance our energy of ease and rest.

The practice will start at 1 pm and aim to end at 1:50 pm, however, you are permitted to come and go at any time.

Mindfulness and mindful living require no special equipment. It can be done anytime, anywhere. And if you fall away from the practice for a stretch, it is easy to get back into it. A few deep breaths can help you reset and refocus.

Please see the schedule below:

Questions? Please email mindfulpublichealth@hsph.harvard.edu

Weekly Mindfulness Sessions

DAY	DATE	TIME	LOCATION
THURSDAY	SEP-7	1 - 1:50 PM	NUTRITION LIBRARY, ROOM 317
THURSDAY	SEP-14	1 - 1:50 PM	NUTRITION LIBRARY, ROOM 317
THURSDAY	SEP-21	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	SEP-28	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	OCT-5	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	OCT-12	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	OCT-19	1 - 1:50 PM	NUTRITION LIBRARY, ROOM 317
THURSDAY	OCT-26	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	NOV-2	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	NOV-9	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	NOV-16	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	NOV-30	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	DEC-7	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	DEC-14	1 - 1:50 PM	KRESGE ROOM 110
THURSDAY	DEC-21	1 - 1:50 PM	KRESGE ROOM 110

Questions? Email us at mindfulpublichealth@hsph.harvard.edu



In early August, the Thich Nhat Hanh Center for Mindfulness in Public Health participated in [the 2023 Creators Summit on Mental Health](#) hosted by the Center for Health Communication at the Harvard T.H. Chan School of Public Health.

Digital creators focused on mental health content engaged with experts and clinicians at Harvard and beyond to discuss cutting-edge research and policy prescriptions, learn key evidence-based health communication principles, and share their communications expertise with our campus community.

The two-day event included a lesson in the science of mindfulness and a mindfulness walk led by **Dr Lilian Cheung**, director of mindfulness research and practice in the Department of Nutrition; a highly interactive discussion about the cognitive impacts of indoor air pollution with **Dr Joe Allen**, associate professor of exposure assessment science; and a master class on message framing taught by **Dr Rebecca Robbins**, an assistant professor at Harvard Medical School.



SAVE THE DATE!

18th 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.
Kresge G-2, Harvard Chan School
Reception at 5:45pm, Cafeteria 101





Please RSVP by Friday, September 22 using the following link: https://harvard.az1.qualtrics.com/jfe/form/SV_et7QiZImzYDjvvM.

The Nutrition Department Picnic will be on **Saturday, October 14, 2023** from **11:00 am to 2:00 pm** at the **Larz Anderson Park in Brookline at the BBQ Shelter** (same venue as past years).

Food and beverages will be served.

Transportation to the Larz Anderson Park:

Please note parking is extremely limited. Side street parking can be an option (Avon Street, etc.). Carpooling is advised. It is best to bike/walk or take an Uber/taxi to the park. There is not a form of public transportation that will bring you directly to the area near the park.

Location:

Larz Anderson Park - Newton Street and Goddard Avenue (Across from 225 Goddard Avenue in Brookline, MA)

Directions:

Directions can be accessed via the link under the map image at:
<http://www.brooklinema.gov/Facilities/Facility/Details/Larz-Anderson-Park-87>.

We look forward to seeing you there!