

NUTRI NEWS

The Department of Nutrition

January 2024

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Healthy Living Guide 2023/2024

A Digest on Healthy Eating and Healthy Living



Happy New Year, and welcome to the fourth edition of the *Healthy Living Guide*! 2023 was an exciting year in the Department of Nutrition, as we celebrated the launch of the [Thich Nhat Hanh Center for](#)

[Mindfulness in Public Health](#). Aligned with its name and location, the Center is committed to researching ways to apply mindfulness to improve well-being at the population level—not just for individuals, but across large groups globally. Mindful eating and its impact on both personal and planetary health is a core focus of the Center—a theme you’ll find integrated throughout this year’s *Guide*.

You’ll also see research highlights and tips related to our annual categories of nutrition, physical activity, and sleep, including the latest findings on ultra-processed foods and mental health, turning up the tunes and moving with Zumba, and evidence on different sleep “chronotypes” and health.

The editorial team for the Guide includes **Frank Hu, MD, PhD**, Chair; Fredrick J. Stare Professor of Nutrition and Epidemiology; **Lilian Cheung, ScD, RD**, Lecturer on Nutrition; Director of Mindfulness Research and Practice in the Department of Nutrition; **Brett Otis, ALM**, Nutrition Communications Project Manager; and **Nancy Oliveira**, MS, RD, Science Writer.

To download a copy: <https://www.hsph.harvard.edu/nutritionsource/2024/01/02/healthy-living-guide-2023-2024/>

Key features this issue:

- [Mindful eating](#)
- [Plate and the planet](#)
- [Strategies to reduce red meat and elevate your plate](#)
- [A blueprint for building healthy meals](#)
- [Intuitive eating](#)
- [Healthy beverage guide](#)
- [Spotlight on low-calorie sweeteners](#)
- [Staying active](#)
- [Zumba](#)
- [Updates on sleep](#)
- [Healthy longevity](#)

Plus: Test your healthy living knowledge

Hint: the answers can be found throughout last year’s Healthy Living Guide.

NEWS IN THE DEPARTMENT

AWARDS AND HONORS

After a year-long search by HMS, **Emily Oken, MD, MPH**, Professor in the Department of Nutrition, is now officially the President of the Harvard Pilgrim Health Care Institute. She will also be Chair of the Harvard Medical School Department of Population Medicine. Oken trained in medicine and pediatrics. A professor at Harvard since 2003, she has been active in the affairs of the medical school and the Department of Nutrition, and she is an international leader in the field of developmental origins of health and disease. She is known among other things for developing foundational evidence about diet in pregnancy.

The following people in the Department of Nutrition were nominated for the **2023/2024 Winter ACE Award**:

Kathleen Johnson

*Senior Project Manager, MIND Trial
Nutrition*

Patrice Brown

*Assistant Director of Administration
Nutrition*

Shared Accounts Payable Team

Bristian Justice, *Manager, Financial Operations*

Sokharat Um, *Financial Associate*

Regla Soto, *Grants and Financial Associate*

Gloreimy Nova, *Grants and Finance Associate*

NEW COURSES

Integrating Nutrition into Clinical Medicine: The Role of Health Professionals as Change Agents, HSPH NUT 280, was offered for the second time in Jan 2024, with nearly triple the attendance from last year and a class that included students from HSPH and Harvard Medical School. The course instructor is **Dr Stephen Devries** and featured lectures were given by course co-founder **Dr Walter Willett**, and **Drs Howard Koh, Cindy Leung, David Eisenberg**, and **Helen Delichatsios**.

Dr Devries and several students were featured in a STAT+ News article about the class, *A Harvard Course Seeks to Put Food on the Table in Medical Education* (<https://www.statnews.com/2024/01/22/nutrition-medical-education-harvard/>) [note: full article is behind a STAT+ News paywall, but can be viewed in full via Harvard's free access to this popular health journalism service—Harvard sign-up [here](#)].

PUBLICATIONS

Cindy Leung, Assistant Professor of Public Health Nutrition, and co-author **Julia Wolfson**, Johns Hopkins University, co-wrote the following editorial on food insecurity during COVID. The editorial was a response to a new study (Troy et al. 2024) which showed that national food insecurity levels decreased between 2019 and 2021, and then returned to pre-pandemic levels in 2022. In particular, their editorial highlights the historic expansion of SNAP in preventing a national food insecurity crisis during the initial years of the COVID-19 pandemic.

Wolfson JA, Leung CW. Food Insecurity in the COVID-19 Era: A National Wake-up Call to Strengthen SNAP Policy. *Ann Intern Med* 2024.

Zhila Semnani-Azad, PhD, Postdoctoral Research Fellow, has published the following papers:

Semnani-Azad Z, Gaillard R, Hughes AE, Boyle KE, Tobias DK, ADA/EASD PMDI; Perng W. **Precision stratification of prognostic risk factors associated with outcomes in gestational diabetes mellitus: a systematic review.** *Commun Med (Lond)*. 2024 Jan 12;4(1):9. doi: 10.1038/s43856-023-00427-1. PMID: 38216688; PMCID: PMC10786838.

García-Gavilán JF, Babio N, Toledo E, Semnani-Azad Z, Razquin C, Dennis C, Deik A, Corella D, Estruch R, Ros E, Fitó M, Arós F, Fiol M, Lapetra J, Lamuela-Raventós R, Clish C, Ruiz-Canela M, Martínez-González MÁ, Hu F, Salas-Salvadó J, Guasch-Ferré

M. Olive oil consumption, plasma metabolites, and risk of type 2 diabetes and cardiovascular disease. Cardiovasc Diabetol. 2023 Dec 13;22(1):340. doi: 10.1186/s12933-023-02066-1. PMID: 38093289; PMCID: PMC10720204.

Semnani-Azad Z, Toledo E, Babio N, Ruiz-Canela M, Wittenbecher C, Razquin C, Wang F, Dennis C, Deik A, Clish CB, Corella D, Fitó M, Estruch R, Arós F, Ros E, García-Gavilán J, Liang L, Salas-Salvadó J, Martínez-González MA, Hu FB, Guasch-Ferré M. **Plasma metabolite predictors of metabolic syndrome incidence and reversion.** Metabolism. 2023 Nov 24;151:155742. doi: 10.1016/j.metabol.2023.155742. Epub ahead of print. PMID: 38007148.

Tobias DK, Franks PW. et al. **Second international consensus report on gaps and opportunities for the clinical translation of precision diabetes medicine.** Nat Med. 2023 Oct;29(10):2438-2457. doi: 10.1038/s41591-023-02502-5. Epub 2023 Oct 5. PMID: 37794253; PMCID: PMC10735053.

The book on “Precision Nutrition-The Science and Promise of Personalized Nutrition and Health”, edited by **David Heber, Zhaoping Li** and **Jose’ Ordovas** has just been published by Academic Press. **Guy Crosby**, Adjunct Associate Professor of Nutrition, wrote chapter 22 on “The Key Role of Cooking and Food Preparation in Affecting Nutrient Composition of Foods”. Crosby’s chapter points out that the method and conditions of cooking can have a significant impact on the nutrients in food. This book is expected to make a significant contribution to the field of nutrition.

Nour Hammad, doctoral student, and colleague published an article in *PLOS ONE*, titled “Perspectives on healthy eating practices and acceptance of WIC-approved foods among parents of young children enrolled in WIC”. This qualitative study aims to describe findings from the formative research (in-depth interviews) conducted to develop a digital behavioral intervention for caregivers enrolled in WIC to improve maternal diet quality by supporting redemption of WIC-approved foods.

Hammad NM, Kay MC. Perspectives on healthy eating practices and acceptance of WIC-approved foods among parents of young children enrolled in WIC. *PLoS One* 2023; **18**(12): e0295902.

Cami Christopher, doctoral student in Population Health Sciences (Nutritional Epidemiology), published the following review of exercise and nutrition interventions for prehabilitation among hepato-pancreato-biliary cancer patients, in collaboration with **Dr Christina Dieli-Conwright**, Associate Professor in the Department of Nutrition. This review synthesizes the existing literature on pre-operative prehabilitation interventions that incorporate exercise, with or without a nutrition component, in hepato-pancreato-biliary (HPB) cancer populations focused on clinically relevant outcomes associated with frailty and malnutrition. Pre-operative prehabilitation displayed promising implications for supporting post-operative outcomes among HPB patients, particularly in the domains of fitness and physical function.

Christopher CN, Kang DW, Wilson RL, Gonzalo-Encabo P, Ficarra S, Heislein D, Dieli-Conwright CM. Exercise and Nutrition Interventions for Prehabilitation in Hepato-Pancreato-Biliary Cancers: A Narrative Review. *Nutrients*. 2023 Dec 8;15(24):5044. doi: 10.3390/nu15245044. PMID: 38140303; PMCID: PMC10745391.

PRESENTATIONS

Dr Stephen Devries, Adjunct Associate Professor of Nutrition, was a guest on the national NPR 1A hour show that addressed the topic of “How Caffeine Affects Our Bodies” (<https://the1a.org/segments/in-good-health-how-caffeine-affects-our-body/>)

DISSERTATION DEFENSES

Doctoral student **Margaret (Meg) Salvia** successfully defended her dissertation titled "Eating Behaviors in Adolescence and Young Adulthood and Adult Cardiometabolic Disease Risk" on Tuesday, January 2, 2024.

STUDENT NEWS

Doctoral student **Sarthak Agarwal** participated in the 2024 Harvard CDC Practicum wherein HSPH students receive didactic instruction in program evaluation at the CDC's Campus in Atlanta, GA, which then matches students with a real-world evaluation project. The project for Agarwal's team was the Snohomish County Health Department in Everett, WA. The evaluation plan for this project is to be used by the states and the CDC to evaluate their active public health programs for the next 2-3 years.

NEW FACULTY APPOINTMENTS

The following people have been reappointed in the Department of Nutrition:

Dong Wang, MD, DSc, Assistant Professor in the Department of Nutrition.

Xuehong Zhang, MD, ScD, Associate Professor in the Department of Nutrition.

Iris Shai, PhD, Adjunct Professor of Nutrition.

NEW FACES IN THE DEPARTMENT



Xiaowen Wang
Postdoctoral Research Fellow

Hello, I'm **Xiaowen Wang**. I received my Ph.D. in the field of Epidemiology and Health Statistics from Peking University and a second Ph.D. in Medical Science from Osaka University. Now I'm excited to join Harvard's Nutrition Department as a postdoctoral researcher, working under the guidance of **Professor Qi Sun**. My research is focused on identifying genetic factors, lifestyles, diet and environmental exposures and risk of cardiovascular disease, obesity, and type 2 diabetes by using population-based cohort studies. Also, I am interested in the role of plasma metabolomics in cardiometabolic health.

I come from Sichuan Province of China, the hometown of pandas. I love pandas, as well as nature, the seaside, and enjoy Disneyland Park. I also enjoy spicy food, especially Sichuan or Chongqing Hotpot.

Here at Harvard, I hope to engage in more innovative and interdisciplinary studies to tackle the challenges confronting our world. By collaborating with pre-eminent researchers, I aspire to work together to address more public health issues and promote the health of populations.

MORE NUTRITION NEWS

Three Members of Nutrition Department Rank Among Top Best Scientists in the World!

According to the 2nd edition of Research.com ranking of leading scientists in the world, 3 of the top 20 scientists are in our Nutrition Department. Position in the ranking is based on a researcher's general H-index. **Walter Willett**, Professor of Epidemiology and Nutrition, is ranked No. 1, followed by **Meir Stampfer**, Research Professor and Faculty Affiliate in the Department of Nutrition, and **Frank Hu**, Fredrick J. Stare Professor of Nutrition and Epidemiology, and department chair, ranked No. 12. This ranking of best scientists in the world includes leading researchers from all core research areas. It was based on a detailed evaluation of 166,880 profiles on Google Scholar and Microsoft Academic Graph.

The H-index threshold for accepting a researcher to be considered for a global ranking was selected differently for every area of study, but was usually equal to 30 or 40. The inclusion criteria for scientists to be selected into the world ranking of top researchers are based on the H-index, rate of the published work made within a specific field of study in addition to the awards and accomplishments of the scholars. Only top 1000 scientists with the highest H-index are listed in the ranking.

To read more: <https://research.com/scientists-rankings/best-scientists>

Slower long-term weight gain is associated with low-carbohydrate diets emphasizing healthy, plant-based sources

According to a new study led by **Binkai Liu**, Research Assistant, slower long-term weight gain was associated more with low carbohydrate diets comprised mostly of plant-based proteins and fats with healthy carbohydrates such as whole grains than with low-carbohydrate diets comprised mostly of animal proteins and fats with unhealthy carbohydrates like refined starches.

Lead author Liu states that "Our study goes beyond the simple question of, 'To carb or not to carb?' It dissects the low-carbohydrate diet and provides a nuanced look at how the composition of these diets can affect health over years, not just weeks or months."

The researchers analyzed the diets and weights of 123,332 healthy adults from as early as 1986 to as recently as 2018 by using data from the Nurses' Health Study, Nurses' Health Study II, and Health Professionals Follow-up Study. Each participant provided self-reports of their diets and weights every four years. Participants' diets were scored based on how well they adhered to five different categories of low-carbohydrate diet.

Results indicate that diets comprised of plant-based proteins and fats and healthy carbohydrates were significantly associated with slower long-term weight gain. Senior author **Dr Qi Sun**, Associate Professor in the Department of Nutrition, adds that "The key takeaway here is that not all low-carbohydrate diets are created equal when it comes to managing weight in the long-term. Our findings could shake up the way we think about popular low-carbohydrate diets and suggest that public health initiatives should continue to promote dietary patterns that emphasize healthful foods like whole grains, fruits, vegetables, and low-fat dairy products."

"Low-Carbohydrate Diet Macronutrient Quality and Weight Change," Binkai Liu, Yang Hu, Sharan K. Rai, Molin Wang, Frank B. Hu, Qi Sun, JAMA Network Open, December 27, 2023, doi: 10.1001/jamanetworkopen.2023.49552

Do middle grocery aisles explain why Americans are so sick?



Photo: Food Tank

The Centers for Disease Control claim that more than 40 percent of Americans are obese, with many of those people struggling with comorbidities such as Type 2 diabetes, heart disease, and cancer. According to a recent online panel hosted by the Harvard Chan School, the ultra-processed foods that make up the bulk of the American diet are among the major culprits.

Experts from Harvard, the NIH, and journalist **Larissa Zimmeroff** met to discuss why the processing of cereals, breads, and other items typically found in the middle aisles of the grocery store may be driving American weight gain.

According to panelist **Jerold Mande**, CEO of Nourish Science and an adjunct professor of nutrition at the Chan School who has previously held positions with the FDA and USDA, foods like shelf-stable breads found at the grocery store are often no more than “very sophisticated emulsified foams.”

“We’re starting to see a little bit of that evidence that some ultra-processed foods might have a higher risk of disease and chronic disease than others,” said Josiemer Mattei, the Donald and Sue Pritzker Associate Professor of Nutrition at the Chan School. “Higher consumption and higher intake of ultra-processed foods overall was associated with higher risk of eventually developing Type 2 diabetes, and more emerging evidence coming with cardiovascular disease, especially for coronary heart disease,” she said.

All the panelists agreed that obesity and negative health outcomes have risen alongside consumption of ultra-processed foods. “We need to invest more in the science. We need to make sure our regulatory agencies work, and we need to leverage the biggest programs.”

To read the full article: <https://news.harvard.edu/gazette/story/2023/12/why-are-americans-so-sick-researchers-point-to-middle-grocery-aisles/>

Healthy Diets and Longevity



Photo: Everyday Health

Although diet plays an important role in helping people live longer and it reduces their risk of chronic disease, **Dr Frank Hu**, Fredrick J. Stare Professor of Nutrition and Epidemiology and chair of the Department of Nutrition, said that eating healthy doesn't necessarily mean following a rigid formula. Instead, it's better to identify whole foods you enjoy so you can make your own healthy eating pattern.

Among these, Hu suggested people should aim to add more whole, minimally processed foods, especially plant foods like fruits and vegetables, nuts, whole grains, and legumes to every meal. It's also important to reduce consumption of heavily processed foods like snacks and sodas.

Certain eating patterns, such as the Mediterranean Diet and other healthy plant-based diets, are rich in whole foods and have been linked to reduced disease risk and improved longevity. According to Hu, it's perfectly all right for people to mix and match elements of these diets—or use their basic principles to create something new. In fact, "That's how to actually improve their enjoyment and also long-term adherence to dietary patterns," Hu said, noting that it's important to "be more flexible and enjoy the healthy diet." Hu also emphasizes the importance of making mealtime a time for social gathering.

From: <https://www.hsph.harvard.edu/news/hsph-in-the-news/diet-longevity-whole-foods/>

Read the CNBC article: <https://www.cnbc.com/2024/01/06/harvard-expert-4-simple-ways-to-eat-for-longevity-in-2024.html>

Beware of the hidden sources of added sugars



Photo: Centers for Disease Control & Prevention

If people want to minimize the amount of sugar in their diets, they can't afford to neglect all of the unexpected sources of added sugar such as sweetened beverages, cereals, and yogurts. According to **Dr Erica Kenney**, Assistant Professor of Public Health Nutrition, diets that are high in added sugars have been associated with higher risks of obesity and type 2 diabetes. These added sugars in processed foods are in contrast to sugars that naturally occur in foods like fruits—which provide fiber and important nutrients.

To give an example, Kenney cited sugar-sweetened beverages, saying “They are basically liquid candy”. Other strategies for reducing intake of added sugars include reading nutrition labels and swapping out foods with high levels of added sugars with similar ones containing lower levels.

From: <https://www.hsph.harvard.edu/news/hsph-in-the-news/avoiding-hidden-sources-of-added-sugars/>

Read the Wall Street Journal article: <https://www.wsj.com/health/wellness/healthy-eating-less-sugar-c7a87428>

Are sugar alcohols healthier alternative sweeteners?



Photo: LifeMD

Choosing sugar alcohols rather than sugar or other sweeteners may provide some health benefits. Sugar alcohol, which is derived from plants but can also be synthetically produced to create commercial sweeteners, is a type of sugar substitute found in products like candies and chewing gum. It is

identifiable on ingredient lists by names including sorbitol and xylitol. However, Frank Hu, Fredrick J. Stare Professor of Nutrition and Epidemiology and chair of the Department of Nutrition, advises consuming them in moderation.

Hu explained the pros and cons of sugar alcohols in a December 18, 2023, *Harvard Health Publishing* article. According to Hu, sugar alcohols contain fewer calories than sugar and they taste less sweet than other low-calorie sweeteners like aspartame. Further, they also break down slowly in the gut, keeping blood sugar and insulin levels from spiking.

However, Hu also noted that there was a downside to sugar alcohols' slow digestion. For example, they may cause gastrointestinal problems for some people if consumed in high amounts. Therefore, Hu suggested introducing sugar alcohols into the diet gradually. The potential for any long-term health risks from these products is being studied.

According to Hu, "Sugar alcohols offer a healthier alternative to sugar because of their lower calorie content and reduced glycemic response. But they also have potential drawbacks, especially for those with sensitive digestive systems, so it's best to consume them in moderation as part of an overall healthy eating pattern."

Read the Harvard Health Publishing article: <https://www.health.harvard.edu/blog/how-healthy-is-sugar-alcohol-202312183002>

MORE STUDENT NEWS

MPH graduate Momi Afelin examines subsistence practices and environmental resilience on a Hawaiian island



Photo: Momi Afelin

Recent graduate **Momi Afelin** described in a recent interview how her community's commitment to preserving traditional practices and restoring the local food system guided her decision to pursue an MPH degree in nutrition and planetary health.

Born and raised on the Hawaiian island of Molokai, Afelin's father's side of the family has lived there since they emigrated from the Philippines five generations ago. Of interest, more than half of the 7,500 residents there have Native Hawaiian ancestry. Of Hawaii's major islands, Molokai has the smallest tourism footprint of Hawaii's major islands.

In college, Afelin originally planned to become a doctor so she could address some mental health and wellbeing needs in her community. During her studies she became interested in neuroscience and behavior, as well as environmental justice issues and how they intersect with the food system. She was awarded a Watson Fellowship after graduation, which Momi used to explore how other island communities like hers organize to address issues of environmental and social concern through social innovation and social entrepreneurship. Afelin had to return home to continue her project during the pandemic and it was then that she became interested in planetary health.

Afelin says that "[B]ack on Molokai, I worked as a medical scribe, assisting my mentor, **Dr Emmett Aluli**, at a rural family health clinic. At the same time, I also started working in community-led environmental restoration. In the process, I got to see the connection between issues of land dispossession and degradation—like how a lot of our food is imported and less nutritious—and the health of our patients at the clinic. Many people were coming in for cardiovascular disease or metabolic disorders like diabetes, so a lot of our conversations were around food, and contextualizing dietary advice for the community. I started to realize that much of this work was actually public health, rather than just medicine, and that this was the area where I wanted to make an impact."

She further reflects, "Planetary health put a name to what I wanted to do. I wanted to look broadly at how environmental change affects our health—including both marine and terrestrial health and subsistence practices. There aren't a lot of other programs that let you specialize in this budding field in your master's degree."

At Harvard Chan, Afelin found that being able to work in **Dr Christopher Golden's** lab had been really impactful, and a source of a lot of support and community. "For my practicum [which received financial support from the Rose Service Learning Fellowship], I returned home to Molokai to study subsistence practices and food security. Subsistence practices like hunting, fishing, gardening, and gathering are a big part of our food sources and lifestyle on my island. Thirty years ago, the governor commissioned a report on the importance of these practices and the problems that were making them more difficult. Local organizations still reference it, so I thought it could be valuable to the community to see what has changed and to build upon the topics explored in the initial report."

Many environmental issues, such as drought, coral bleaching, and erosion, arising on Molokai have the potential to impact subsistence practices. A key part of this study was evaluating the environmental changes that Molokai residents view as impacting subsistence practices. Looking forward, I'm hoping to continue building upon this line of research post-graduation.

To read the full interview: <https://www.hsph.harvard.edu/news/features/subsistence-practices-environmental-resilience-hawaii/>

NEWS FROM THE THICH NHAT HANH CENTER FOR MINDFULNESS PUBLIC HEALTH

In a recent NPR interview, **Dr Lilian Cheung**, director of mindfulness research and practice, shares practical tips to help us savor our meals, appreciate the nourishment they provide, and cultivate a healthier relationship with food. Host **Juana Summers** begins by addressing common challenges we face in our fast-paced lives, from accidental mouth bites to uncomfortable bloating. Lilian emphasizes that


incorporating mindfulness into our eating habits can lead to choices that are both satisfying and nourishing for our bodies.






HEALTH

Lots of people scarf down their food. Here's how to eat at a healthier pace

JANUARY 5, 2024 · 4:24 PM ET

HEARD ON ALL THINGS CONSIDERED

 Marielle Segarra

 8-Minute Listen    

If you're working on building better eating habits in the new year, consider mindful eating, which asks us to slow down and notice our food.

Check out the 8-minute listen [here](#).



SAVE THE DATE

04

16

24

Mindful Actions for Climate Change Symposium

April 16, 2024
Joseph B. Martin Center, Rotunda Room
77 Avenue Louis Pasteur, Boston, MA 02115
Contact: ddecosta@hsph.harvard.edu



Save The Date for the **"Mindful Actions for Climate Change"** symposium which aims to explore the connection between mindfulness and climate change. Hosted by the [Thich Nhat Hanh Center for Mindfulness in Public Health](#), the symposium will focus on evidence-based approaches to improving climate change, health, and wellbeing through mindfulness. The symposium will feature engaging discussions, including panel sessions led by individuals actively working to create a healthier and sustainable world at both scientific and community levels. The overarching vision is to inspire global action and cultivate mindfulness in individuals, fostering a deeper connection with others and the planet.

This day-long symposium will bring together leading academics, well-known practitioners of mindfulness, and monastics who studied under Zen Master Thich Nhat Hanh. We anticipate 150 in person guests from the Boston community and beyond. We will honor Thich Nhat Hanh's remarkable life and timeless teachings while exploring the scientific evidence supporting the value of practicing mindfulness to address the burden of climate change.

*More details featuring symposium presenters and topics TBA.

Date: April 16th, 2024, 8 a.m. to 4:30 p.m., in-person and livestreamed.

Location: Joseph B Martin Center, Rotunda Room, 77 Avenue Louis Pasteur, Boston, MA 02115

Livestream on Zoom: Link to be announced at a later date.

Registration Link: Not yet available.

Contact: Dawn DeCosta at ddecosta@hsph.harvard.edu

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 in 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 February speakers will be:

- Feb 5** **Dr Nancy Krebs, MD, MS**, Professor, University of Colorado Denver / Anschutz Medical Campus – “Plant-Based Diets for Complementary Foods for Toddlers: Tradeoffs between Biology and Context?” – NGHP
- Feb 12** **Dr Juliana F W Cohen**, Professor, Nutrition & Public Health, Merrimack College; Adjunct Professor of Nutrition – “Impact of Universal Free School Meals”
- Feb 19** **PRESIDENT’S DAY**
- Feb 26** **Dr Parke Wilde**, Professor, Tufts University, Friedman School of Nutrition Science and Policy, Food and Nutrition Policy and Programs; Visiting Scientist, HSPH - TBD



Technology-driven solutions to advance Precision Medicine

Welcome to **Precision Nutrition Forum 2024!**

Precision Nutrition Forum 2024 will bring together researchers at all career levels interested in nutrition research and related disciplines to discuss the latest science in precision nutrition.

The conference takes place in the Maersk Tower at the University of Copenhagen on **April 16-17, 2024.**

A limited number of **travel awards** are available for early career scientists, PhD students, or postdocs.

For program and registration visit: <https://cbmr.ku.dk/events/pnf-2024/>

***Celebrating Dr. Frank Sacks' Career Accomplishments and Emeritus Professorship
New Research Building
77 Avenue Louis Pasteur
Boston, MA
March 26, 2024***

Rotunda Room

2-:2:30 pm

Opening Remarks:

- **Frank Hu, MD, PhD**
Fredrick J. Stare Professor of Nutrition and Epidemiology and Chair of Department of Nutrition Harvard T.H. Chan School of Public Health and Professor of Medicine, Harvard Medical School and Brigham and Women's Hospital
- **Walter Willet, MD, DrPH**
Professor of Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health

2:30-2:45 pm

Dr. Frank Sacks Reflects on His Career:

- **Frank Sacks, MD**
Professor of Cardiovascular Disease Prevention and Medicine, Emeritus, Harvard T.H. Chan School of Public Health

2:45-5:30 pm

Speakers Share Their Experiences and Research Working with Dr. Frank Sacks

- **Bernard Rosner, PhD**
Professor of Medicine, Brigham and Women's Hospital, Professor in Department of Biostatistics, Harvard T.H. Chan School of Public Health
- **Masanori Aikawa, MD, PhD**
Professor of Medicine, Harvard Medical School and Brigham and Women's Hospital
Director of the Center for Interdisciplinary Cardiovascular Sciences (CICS), Brigham and Women's Hospital

Break 3:15-3:30

- **Lawrence Appel, MD**
David Molina Professor of Medicine and Director of the Welch Center for Prevention, Epidemiology and Clinical Research at Johns Hopkins University, a joint program of the Johns Hopkins University School of Medicine and the Bloomberg School of Public Health
- **Allison Andraski, PhD**
Research Consultant and Founder at BioMedical Research Consulting LLC
- **Kathy McManus, MS, RD, LRN**
Director of the Department of Nutrition and Director of the Dietetic Internship at the Brigham and Women's Hospital, Teaching Affiliate of Harvard Medical School, Director for Nutrition at Dana Farber Cancer Institute, and Director of Nutrition and Behavior Modification Programs for the Program for Weight Management at the Brigham and Women's Hospital

Break 4:15-4:30 pm

- **Marc Pfeffer, MD, PhD**
Victor J. Dzau Professor of Medicine, Harvard Medical School and Brigham and Women's Hospital
- **Majken Jensen, PhD**
Professor of Epidemiology, University of Copenhagen
Adjunct Professor of Nutrition, Harvard T.H. Chan School of Public Health

Closing Remarks

- Drs. Frank Hu and Frank Sacks

5:30 pm**Reception, First Floor Lobby****6:30 pm****Dinner, Elements Café**

Understanding the Fundamentals of the Live Interview



**With Professor
Howard K. Koh,
MD, MPH**

C-CHANGE IN YOUR SKILLS

In this workshop, students will be introduced to basic strategies for being interviewed by the press. It will include reviewing the theory and practice of public health communication, sharing media experiences to date and critiquing examples of communication with the press.



HARVARD T.H. CHAN
SCHOOL OF PUBLIC HEALTH

C-CHANGE
CENTER FOR CLIMATE, HEALTH, AND
THE GLOBAL ENVIRONMENT

**FEBRUARY 11, 2020
HSPH FXB G10
9:45 AM - 11:15AM**

Register: hsph.harvard.edu/c-change/events