



NUTRI NEWS

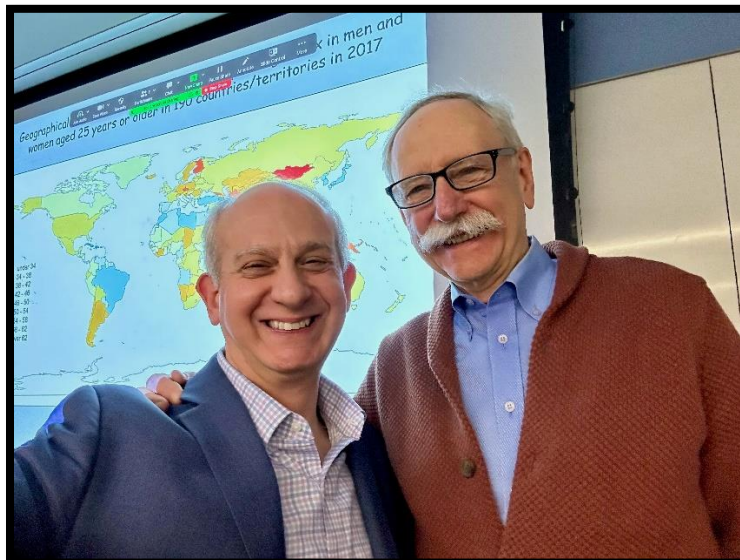
The Department of Nutrition

March 2024

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DR STEPHEN DEVRIES WORKS TO ENHANCE NUTRITION EDUCATION IN MEDICAL TRAINING

Dr Stephen Devries is a preventive cardiologist whose work at the nonprofit Gaples Institute focuses on enhancing nutrition education in medical training and includes an online nutrition course now required in the curriculum in seven medical schools. He is also an Adjunct Associate Professor of Nutrition in our Department and teaches a course at the Harvard Chan School on integrating nutrition into clinical medicine. Dr Devries was voted one of the 'Best Doctors in America' by his peers in a Best Doctors Polling.



Stephen Devries and Walter Willett

NN: Dr Devries, what brought you from the Windy City (Chicago) to Harvard?

SD: I'm still based in Chicago and am a Midwesterner at heart, but now proud to call Boston and Harvard my second home! I'm originally from Michigan and have enjoyed swapping Midwest memories with **Dr Willett**, who shares my Michigan roots.

And it's my work with Dr Willett that brought me to Harvard. We had been working together on advocacy to promote nutrition education in medicine for several years when he suggested that I teach a nutrition class for clinicians at the Harvard T.H. Chan School of Public Health.

NN: *I see you started out as a preventive cardiologist. What led you from the practice of cardiology to your current focus on advancing the role of nutrition and lifestyle in medicine?*

SD: When I was the director of our university outpatient cardiology clinic, I explored ways we could bolster our prevention efforts—and was startled to learn about the depth of nutrition literature that was completely missing from my medical training. From then on, I've been bitten by the nutrition bug and it's been the focus of my professional world ever since.

NN: *Dr Devries, you are the co-leader, along with Dr Walter Willett, of the Nutrition Education Working Group, which meets regularly at the Harvard T.H. Chan School of Public Health for the purpose of exploring ways to strengthen nutrition education in all levels of medical training. What have some of this group's major accomplishments been so far?*

SD: The Nutrition Education Working Group includes faculty from the Harvard T.H. Chan School of Public Health, Harvard Medical School, and the Harvard Law School Food Law and Policy Clinic.



Congressman McGovern and Nutrition Education Working Group

Our group's most impactful accomplishment has been working closely with Rep. McGovern (D-MA) leading to the passage of [U.S. House Resolution 1118](#), a Resolution that focuses on the need to ensure meaningful nutrition education in all phases of medical training. And it all got started with a Nutrition Education Working Group meeting with Rep. McGovern in our Dept of Nutrition 3rd floor Conference Room!

In addition, our Nutrition Education Working Group developed a relationship with the chair of the American Board of Internal Medicine Board Exam Committee, leading to the addition of new clinically relevant nutrition questions on the board exam.

NN: *Dr Devries, your new winter course NUT 280, Integrating Nutrition into Clinical Medicine: The role of health professionals as change agents, has been very well received. What kind of*

students has it attracted and what kind of teaching approach have you used? What do you hope will be the takeaways by the end of your course?

SD: The class attracts a diverse group of students from both the Harvard T.H. Chan School of Public Health and Harvard Medical School. Public health students are generally clinicians enrolled in the MPH and doctoral programs and include practicing physicians, nurses, and nurse practitioners. The mix of students from such varied backgrounds and seniority has led to some wonderfully thought-provoking discussions.

Students have two capstone projects. The first is to make and report on a personal dietary change along with the challenges they encountered and how they addressed them.

For the second project, students design a nutrition-focused systems change that could be implemented in their current or anticipated clinical environment. The projects have targeted significant needs with such insight and creativity. Very uplifting for me, and the entire class.

That's exactly the goal of the class—to encourage a sense of agency in students and help cultivate their role as nutrition-focused change agents.

NN: Before starting your course, students are now required to take the online nutrition course sponsored by the nonprofit Gaples Institute, of which you are the Executive Director. Could you please describe this online course and tell us something about the Gaples Institute?

SD: The Gaples Institute is an educational nonprofit with the mission of advancing the role of nutrition and lifestyle in medicine. We develop nutrition education programs for health professionals and the general public, including [Healthy Plate/Healthy Planet](#), an interactive program I co-authored with Dr Willett. Importantly, our nonprofit neither seeks nor accepts corporate funding.

One of our nonprofit's main goals is to address the deficiency of nutrition education in medical practice. To fulfill that need, [the Gaples Institute has developed an online nutrition course](#) that provides medical students and clinicians with the essentials of clinical nutrition. The course takes clinicians on a journey from nutrients, to foods, to dietary plans, all thoroughly referenced and updated every year. Our 2024 update has 180+ clickable references.

And needless to say, the vast majority of those references are to publications from our Department of Nutrition.

NN: Last month you had the wonderful honor of being invited to the White House along with leaders from a group of selected nonprofits for an event that honored commitments to end hunger and reduce the burden of diet-related disease. The White House spotlighted your plan to scale the use of the Gaples Institute nutrition course for health professionals on a national level in medical school education. That's quite an achievement! Do you have any thoughts you'd like to add?

SD: My White House invitation came about as a result of the [White House spotlighting the Gaples Institute nutrition education of clinicians](#) as part of their strategy to end hunger and reduce the burden of diet-related disease.

The Gaples Institute's course is now required in the curriculum of nine medical schools, including Harvard Medical School's Health Science & Technology track, Johns Hopkins, Tufts, and Uniformed Services University. To our knowledge, it's the most widely adopted nutrition course required in U.S. medical schools.

[The Gaples Institute's new commitment highlighted by the White House](#) was to further expand our offerings to an even larger number of medical and health professional schools, prioritizing those in underserved areas.



Stephen Devries at White House

NN: Do you any tips on how to survive Chicago's legendary cold winters? Is that why you come to Boston every January?

SD: Funny you mentioned that. Undoubtedly for a scary reason, Chicago's weather has recently been shockingly temperate. Several days last December were over 50 degrees—wicked warm even by Bostonian standards!

But regardless of the weather, in all sincerity, I've found nothing but warmth and positivity among everyone in the Dept of Nutrition, and for that, I'm very grateful.

GRANTS

Dr Josiemer Mattei, Donald and Sue Pritzker Associate Professor of Nutrition, and doctoral student **Kenny Mendoza**, have received funding from the Almond Board of California and will be serving as co-Principal Investigators on a project on the "Association and mechanisms of almond consumption and mental health in The Hispanic Community Health Study/Study of Latinos (HCHS/SOL)". This project will characterize almond consumption, the characteristics determining its intake, and assess the prospective association of almond intake and its microbiome and metabolic signatures with changes in depressive symptomatology in US-residing Hispanics/Latinos.

HONORS AND AWARDS

Dr Miguel A Martinez-Gonzalez will be appointed Doctor Honoris Causa by Almeria University in Southern Spain. (As an interesting side note, Almeria was the hometown of his late Dad, who was a well-known Endocrinologist).



Doctoral student **Cami Christopher** presented an oral presentation at the New England Science Symposium 2024 titled "Effects of a circuit, interval-based exercise program on vascular function among cancer survivors." She received two awards for this presentation including the Dana-Farber/Harvard Cancer Center Award for cancer research and third place for the Ruth and William Silen Award for top oral presentation.

PUBLICATIONS

Dr Miguel Ángel Martínez González, Adjunct Professor of Nutrition, published the following paper. In this narrative review, Prof. Martinez-Gonzalez addresses in depth, as he did when he delivered the 18th Annual Stare-Hegsted Lecture last October 2nd, the current on-going controversy about the pros and cons of light-to-moderate alcohol intake. Special emphasis is given to the new evidence from the Global Burden of Disease study group, Mendelian Randomization studies and the UK Biobank. It seems apparent that the drinking pattern might be able to modify the effects of the total amount of alcohol. He also introduces the design and objectives of the new trial, UNATI, which he will start now in Spain with 10,000 drinkers.

Martínez-González MA. Should we remove wine from the Mediterranean diet?: a narrative review. *Am J Clin Nutr.* 2024 Feb;119(2):262-270. doi: 10.1016/j.ajcnut.2023.12.020. Epub 2023 Dec 28. PMID: 38157987.

Kenny Mendoza, PhD candidate in Population Health Sciences, and colleagues have published the following paper. Their team of public health researchers from the Mexican National Institute of Public Health, along with designers and programmers, have developed Salud Activa (Active Health), a distinctive

mHealth application for smartphones. This application combines gamification and crowdsourcing, demonstrating significant potential in promoting healthy lifestyles and complementing epidemiological studies in Mexico. As pioneers in this evidence-based approach in Mexico, they have meticulously documented the lessons learned throughout their project in this paper.

Mendoza, K., Villalobos-Daniel, V.E., Jáuregui, A. et al. Development of a crowdsourcing- and gamification-based mobile application to collect epidemiological information and promote healthy lifestyles in Mexico. *Sci Rep* 14, 6174 (2024). <https://doi.org/10.1038/s41598-024-56761-4>.

MORE NUTRITION NEWS

Does Adhering to healthy habits affect our metabolome?

Adhering to healthy habits such as eating well, staying active, not smoking, and maintaining a healthy body weight may affect our metabolome. An analysis led by **Dr Anne-Julie Tessier**, Research Associate at the Harvard TH Chan School of Public Health Department of Nutrition, leveraged well-phenotyped participants' data from 4 US cohorts to identify and replicate a healthy lifestyle metabolomic signature, and examine how it is related to mortality and longevity over 28 years of follow-up.

In 13,056 individuals from the Nurses' Health Study (NHS) I, NHS II, the Health Professionals Follow-Up Study and the Women's Health Initiative, the healthy lifestyle metabolomic signature identified comprised 101 metabolites and was highly reflective of lipid metabolism pathways.

Participants with a higher healthy lifestyle metabolomic signature score had a 17% lower risk of all-cause mortality, 19% for cardiovascular disease mortality, and 17% for cancer mortality and were 25% more likely to reach longevity.

The healthy lifestyle metabolomic signature explained 38% of the association between greater adherence to a healthy lifestyle and premature mortality risk and 49% of the association with longevity.

The study provides new biological understanding about how living healthily is linked to lower risk of dying early. This research was funded to senior author **Dr Marta Guasch-Ferré**, Adjunct Professor at the Harvard TH Chan School of Public Health, by the National Institute on Aging. The study was recently published in [Med \(Cell Press\)](#).

Tessier AJ, Wang F, Liang L, et al. Plasma metabolites of a healthy lifestyle in relation to mortality and longevity: Four prospective US cohort studies. *Med* 2024; 5(3): 224-38 e5.

Can you reduce your diabetes risk by eating yogurt?



Photo: Eat This, Not That

Yogurt has many labels: Nonfat or full-fat, flavored or plain, probiotic or natural, but soon you may see a new claim on your container: Yogurt may prevent Type 2 diabetes. Beginning this month, the Food and Drug Administration announced it will allow yogurt makers to make this claim.

According to the FDA, there is "limited scientific evidence" that consuming yogurt may reduce the risk of Type 2 diabetes. **Dr Frank Hu**, Professor of Nutrition and Epidemiology, says that "Yogurt can be a nutrient-rich food and part of a healthy diet, and there is some evidence to suggest that people who eat it regularly have a lower risk of Type 2 diabetes".

However, the Center for Science in the Public Interest suggests the evidence isn't very strong.

Although the FDA cited 28 studies in its review of the evidence on yogurt and risk of Type 2 diabetes, Hu found that, overall, the evidence is somewhat limited and inconsistent, and some studies found that people who consumed more yogurt were less likely to develop diabetes, but others did not. All of the studies cited by the F.D.A. were observational. According to the F.D.A., the label should specify that "eating yogurt regularly, at least 2 cups (3 servings) per week may reduce the risk of Type 2 diabetes."

Hu continues, "Despite the uncertainties, it is plausible that consuming yogurt could contribute to a lower risk of Type 2 diabetes. It's rich in protein, minerals and vitamins, and unlike most other dairy products, yogurt usually contains a significant amount of live bacteria which could reduce inflammation and insulin resistance".

Hu adds that "maintaining a healthy weight and following an overall balanced diet are both important for preventing Type 2 diabetes". Further, drinking coffee has also been linked to a lower risk of Type 2 diabetes. And just as important, he said, is limiting your consumption of foods that can increase your risk of developing Type 2 diabetes, including sugary beverages, processed meats, and ultra processed foods.

From: https://www.nytimes.com/2024/03/05/well/eat/yogurt-diabetes-risk-fda.html?unlocked_article_code=1.aU0.yjeq.ioRE-RO1T_YQ&smid=url-share

Nutrition-DIB Committee Updates

By Bristian Justice

Hello and Happy Spring 2024 from the Nutrition-DIB Committee.

We are currently recruiting for Diversity-Inclusion-Belonging committee within the Department of Nutrition. We welcome individuals from all backgrounds (students, faculty, staff etc). Please feel free to send your inquiries to Erica Kenney or Bristian Justice, email listed below.

An upcoming event the school is hosting will be the **HEAL Conference – Health, Equity, and Leadership Conference**, which is hosted by the Office of Diversity & Inclusion. The conference is taking place on April 19, 2024 8:00 AM – 4:00 PM. If you are interested in attending, or would like more information about the conference, please feel free to visit the link : [Health Equity and Leadership Conference \(HEAL\) | Office of Diversity and Inclusion | Harvard T.H. Chan School of Public Health](#)

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NEW FACES IN THE DEPARTMENT



Sara Castro
Postdoctoral Research Fellow

Hello everyone! I'm Sara Castro, and I'm from Barcelona, Spain. I hold a B.Sc. in Human Nutrition and Dietetics, along with an M.Sc. and Ph.D. in Medicine and Translational Research, all from the University of Barcelona. I joined the Department of Nutrition as a postdoctoral research fellow, working under the guidance of **Professor Eric B Rimm**. My research focuses on the effects of the Mediterranean Diet and cardiovascular diseases in different life stages, including pregnancy, adolescence, senior adulthood, and among individuals at high cardiovascular risk. Particularly, I am interested in the role of dietary (poly)phenol intake in cardiometabolic health.

Over the past few years, I was a dietitian and researcher of the PREDIMED-Plus trial, involved in the dietary intervention based in the prescription of energy-restricted Mediterranean Diet and physical activity promotion under the supervision of **Professor Ramon Estruch**. Additionally, I worked as a postdoctoral researcher at the BCNatal Fetal Medicine Research Center in Barcelona, Spain, contributing to the IMPACT BCN (Improving Mothers for a better Prenatal Care) trial.

Outside of research, I enjoy spending time on outdoor activities, such as walking, running, and hiking. I'm always listening to music, and I really enjoy discovering new songs and artists. I am looking forward to meeting everyone!



**Mahsa Fardisi,
Senior Lab Manager**

Dr Mahsa Fardisi recently joined the Nutritional Biomarker Lab and **Dr Qi Sun's** research team as a Senior Lab Manager. She collaborates closely with multiple faculty and researchers both within and outside of the Harvard T.H. Chan School of Public Health to achieve the mission of the lab, providing high quality data to support scientific inquiries. She obtained her MS and PhD degrees from Purdue University West Lafayette IN, where she studied food and feed susceptibility to insect pests. During her postdoctoral training at the Center for Urban and Industrial Pest Management at Purdue, her research focused on controlling German cockroaches while reducing their resistance to chemicals. Prior to joining the Harvard T.H. Chan School of Public Health community, Mahsa worked as a research assistant at Michigan State University, where she studied early-life adversity on gut immune development in a porcine model. She joined HSPH as a Laboratory Operations Manager in 2022, working with a diverse group of researchers in the Hotamışlıgil lab. Born and raised in Shiraz, Iran, Mahsa enjoys spending time in nature and painting in her free time.

Exciting Updates from the *American Journal of Clinical Nutrition*

In the past few months, the *American Journal of Clinical Nutrition* has added two new series:

- 1) "New Developments from Federal Colleagues" - The intent of this series is to provide regular updates of relevance to our readership from pivotal institutions and individuals in the federal government. These will include leaders at NIH, CDC, FDA, Congress, and other branches of the federal and other levels of government. So far, we have included commentary from **Congressman Jim McGovern** ([https://ajcn.nutrition.org/article/S0002-9165\(23\)03598-0/fulltext](https://ajcn.nutrition.org/article/S0002-9165(23)03598-0/fulltext)) and our HSPH colleague **Sara Bleich** ([https://ajcn.nutrition.org/article/S0002-9165\(23\)46305-8/fulltext](https://ajcn.nutrition.org/article/S0002-9165(23)46305-8/fulltext)), among others.
- 2) "Nutrition for the Clinician" - We believe that this new series will benefit both the clinician and non-clinician readership of AJCN by 1) keeping readers aware of clinical nutrition challenges and current evidence-based treatment approaches across medical specialties, 2) reviewing the pathophysiology underpinning challenging nutrition problems, 3) illuminating the critical thinking and decision-making processes of seasoned clinicians, and 4) highlighting research needs. Check out the first interactive case study here: [https://ajcn.nutrition.org/article/S0002-9165\(23\)66234-3/fulltext](https://ajcn.nutrition.org/article/S0002-9165(23)66234-3/fulltext)

And to keep up with all of these and other developments in the AJCN, as well as to hear from our authors, please subscribe to our podcast "AJCN in Press" hosted by **Associate Editor Kevin Klatt**.



AJCN In Press

American Society for Nutrition

MEDICINE

The official AJCN podcast from the American Society for Nutrition.

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1D AGO

A Perfect Storm in a Pandemic (1st Case Study)

In this episode, Kevin C. Klatt, PhD, RD (he/him) speaks with Section Editor Nancy Krebs MD MS, and Stephanie Waldrop MD MPH, both from the Section of Nutrition at the University of Colorado Anschutz Medical Center. D...

55 min

...

1D AGO

Introducing the Nutrition For the Clinician Series

In this episode, Kevin C. Klatt, PhD, RD (he/him) speaks with Editor In Chief Christopher Duggan MD MPH, Section Editor Nancy Krebs MD MS, and Early Career Editor Cora Best PhD MHS RD about the newly launched section of th...

13 min

...

03/08/2023

Capturing Racial/Ethnic Heterogeneity in Dietary Patterns

In this episode, Early Career Editor Kevin C. Klatt, PhD, RD speaks with Briana Stephenson, PhD (she/her/hers), an Assistant Professor in the Departments of Biostatistics at the Harvard TH Chan School of Public Health,...

29 min

...

Oboist Matt Lee Shines on the Stage



Matthew Lee, PhD candidate in Population Health Sciences, who plays oboe in the Longwood Symphony, performed a solo in last week's concert at Jordan Hall during Symphony Number 3 by Aaron Copland. Many of the PhD students from the Population Health Sciences program were there to support him and cheer him on. Matt will be defending his thesis, titled "Policy, Systems, and Environmental Levers to Improve Diet, Population Health, and Health Equity in the United States" on Tuesday April 23rd at 1:15pm in Building 2, Room 102 (1st floor Molecular Metabolism conference room).



Kelsey Kinderknecht (PHS G3 in Nutrition), Matt Lee (PHS G5), Eric Rimm and his wife Allison, and Keona Wynne (PHS G5 in SBS)

NEWS FROM THE THICH NHAT HANH CENTER FOR MINDFULNESS PUBLIC HEALTH





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.

In an era where the impact of human activities on the planet has reached critical levels, we come together to explore and promote mindful actions for climate change mitigation and adaptation. This symposium aims to bridge the gap between research, policy, and public awareness, fostering collaboration and inspiring actionable steps toward a sustainable future. As the urgency to address climate change intensifies, this symposium serves as a platform for interdisciplinary discussions, innovative solutions, and collective mindfulness towards sustainable practices and individual behavior change.

The day-long symposium will bring together leading academics, community leaders and activists, practitioners of mindfulness, and monastics who studied under Thich Nhat Hanh.

Join us for an inspiring and informative day of discussion, networking, and mindfulness. **This event is free and open to the public through an online webinar. Please register [here](#).**

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: Please register [here](#) to attend the livestreamed event.

**Department of Nutrition students, staff, or faculty interested in attending in person, please email Dawn DeCosta at ddecosta@hsph.harvard.edu*

Please visit our [website](#) to learn more about the event and participating presenters and speakers.

MONDAY NUTRITION SEMINARS

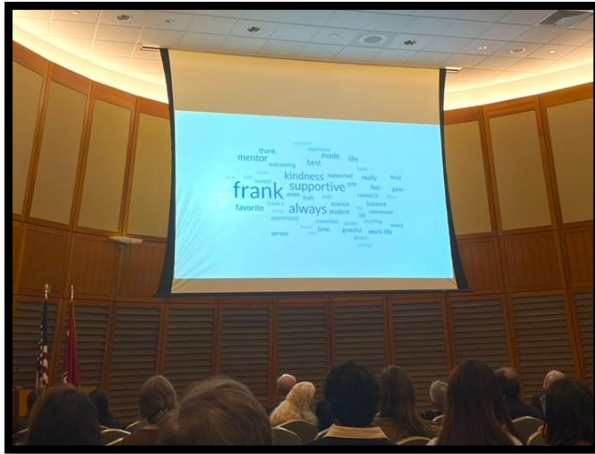
The Department of Nutrition holds its weekly **Monday Nutrition Seminar Series** every Monday throughout the academic year. The talks are varied, but they highlight the many different aspects of cutting-edge research that is currently being conducted in the fields of nutrition, planetary nutrition, public 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 Kresge 502. zoom link for viewing will be available one week prior to each seminar.

Our April speakers will be:

- Apr 1** **Shibani Ghosh, PhD**, Research Associate Professor, Friedman School of Nutrition Science and Policy, Tufts University – “Ensuring nutrition equity for women and children within the context of food systems transformation” - NGHP
- Apr 8** **Dr Chris Duggan**, Samuel J. Meltzer, MD Professor of Pediatrics in the Field of Gastroenterology; Professor in the Department of Nutrition – “Publishing in the Nutrition Literature”
- Apr 15** **NO MONDAY NUTRITION SEMINAR TODAY** (Today’s seminar will take place on April 29, 2024. There will be two Monday Seminars that day)
- Apr 22** **Dr Vasanti Malik**, Assistant Professor and Canada Research Chair in Nutrition and Chronic Disease Prevention, Department of Nutritional Sciences, University of Toronto; Adjunct Assistant Professor, Department of Nutrition, HSPH – TBD
- Apr 29** **Valter Longo, PhD**, Professor of Gerontology and Biological Sciences, Edna M. Jones Chair in Gerontology, University of Southern California (1:00-2:00) – TBD
- AND**
- Dr Shakuntala Thilsted** (WorldFish), Director for Nutrition, Health and Food Security Impact Area Platform, CGIAR (4:00-5:15) – TBD

CELEBRATING DR FRANK SACKS' CAREER ACCOMPLISHMENTS AND EMERITUS PROFESSORSHIP--MARCH 26, 2024













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/>

During the last ten years, a symposium has been taking place each year on one side of the Atlantic, chaired by **Frank Hu** and **Miguel A. Martínez-González**. This is a yearly cutting-edge international meeting on Nutrition, Epidemiology and new "omics" (e.g., metabolomics, genomics, metagenomics). This year it will be held on June 13th at one of the campuses of the University of Navarra, in San Sebastian, Northern Spain, with the participation of top investigators from Harvard, Broad-MIT, Navarra and other Spanish Universities, Chalmers (Gothenburg, Sweden), Copenhagen, Parma (Italy), Weizmann Institute (Israel) and Cambridge University (UK).

10TH ANNUAL NUTRITION & OMICS SYMPOSIUM

Advances, applications, and translation in nutrition and epidemiology

**San Sebastian, University of Navarra-TECNUN
Campus,
June 13-14, 2024**

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

JUNE 13 th , 2024: International OMICS Symposium

[SIGN UP HERE](#)

Program

8.30-8.40 am

Introduction

Frank B. Hu, Harvard T.H. Chan School of Public Health; & **Miguel A. Martínez-González**, CIBEROBN, University of Navarra

8:40-9:00 am

Precision nutrition and cardiometabolic kidney syndrome prevention and management

Frank Hu, Harvard T.H. Chan School of Public Health

9:00-9:30 am

Metabolomics, Mediterranean diet interventions, and prevention: Updates from PREDIMED and

PREDIMED-PLUS trials

Miguel A. Martínez-González, CIBEROBN, University of Navarra; & **Jordi Salas-Salvadó**, CIBEROBN, University Rovira i Virgili

9:30-10:00 am

Challenges of computational models of gut microbiota metabolism in the context of human nutrition

Francis Planes, University of Navarra, TECNUN

10:00-10:30 am

Host-microbiome-diet interactions in human health and disease

Rafael Valdes-Mas, Weizmann Institute of Science

Coffee break

10:30-10:45 am

10:45–11:05 am

Dietary (poly)phenols for precision nutrition?

Pedro Mena, University of Parma

11:05–11:25 am

Unveiling the Landscape: Biomarkers in Neurodegenerative Diseases

Olga Castañer, IMIM, CIBEROBN

11:25–11:45 am

Role of HDL miRNA in CHD incidence. Customised miR-sHDL as strategy for atherosclerosis treatment

Montse Fitó, IMIM, CIBEROBN

11:45-12:15 pm

Biomarkers of food intake and novel disease-associated compounds identified using metabolomics

Clary Clish, Broad Institute, MIT

12:15-1:15 pm

Lunch break

1:15-1:45 pm

Metabotyping as a precision nutrition strategy – from idea to evidence

Rikard Landberg, Chalmers University of Technology

1:45-2:15 pm

Nutritional Metabolomics and its Potential for Biomarker-Driven Precision Nutrition

Clemens Wittenbecher, Chalmers University of Technology

2:15-2:45 pm

Genetic determinants of metabolic profiles of multiple dietary patterns and type 2 diabetes risk

Liming Liang, Harvard T.H. Chan School of Public Health

2:45-3:15 pm

Exploring the Interplay between Lifestyle, Metabolomics, and Mortality

Marta Guasch-Ferré, University of Copenhagen

3:15-3:30 pm

Coffee break

3:30-3:50 pm

Metabolomics and type 2 diabetes in the PREDIMED-Plus trial

Miguel Ruiz-Canela, CIBEROBN, University of Navarra

3:50-4:10 pm

Urinary metabolites and cardiometabolic disease

Rosa Lamuela-Raventós, CIBEROBN, University of Barcelona

4:10-4:40 pm

Gut microbiome and type 2 diabetes in the MicroCardio Consortium

Daniel Wang, Harvard T.H. Chan School of Public Health

4:40-5:10 pm

Metabolomics to enhance understanding of the links between diet quality and disease risk

Nita Forouhi, University of Cambridge

5:10-5:15 pm

Final remarks

Frank B. Hu, Harvard T.H. Chan School of Public Health; &

Miguel A. Martínez-González, CIBEROBN, University of Navarra

On June 12th there will be a dinner organized in [Jaizkibel](#) (Aldapeta 49, 20009, San Sebastián) at 6:30 pm. And on June 13th the dinner will be served at the [Basque Culinary Center](#) (Paseo Juan Avelino Barriola, 101, 20009, San Sebastian) at 9:00 pm. These are for the **invited speakers only**.

JUNE 14 th , 2023: Internal meeting of PREDIMED-related OMICS grants
(Not streaming, only in person)


Shared AP Newsletter March 2024:

Starting March 2024 the Shared AP Team that supports Departments: Epidemiology, Molecular Metabolism, Nutrition will be providing a monthly newsletter regarding tips and resources associated with travel and payables. Please see below and feel free to reach out to a Shared AP Member with any questions/inquiries:

[SPRINTAX](#) is live as of January 2024. International individuals and companies will be required to setup Sprintax details if they are receiving payment from Harvard University. This new system is in place of Glacier which is now decommissioned.

[PER DIEM](#) travel reminders, please setup your per diem within the travel itinerary option within Concur. This option is solely best if you are using the full per diem rate. If you are using less than federal, please be sure to select this as an expense type when setting up a concur report referencing the link . If you are a non-employee, you will need to manually enter this information into the form. Please be sure to confirm your funding allows for per diem to be claimed (there are funding types that do not allow for per diem claim).

[2024 IRS MILEAGE Rates](#) Effective January 1, 2024, the IRS mileage rate for business use is 67 cents per mile. This update is reflected in Concur when requesting mileage rates.

 [Combined Business and Personal Travel](#) In the PDF link you will find the guide regarding combined business and personal travel. It is a helpful policy to review when considering combining business travel with personal travel. You are required to obtain a price comparison within 24 hours of booking a flight to show the cost difference between business travel only vs business travel combine with personal travel. You will also need to work closely with your Senior Grants/Contracts Manager when evaluating this cost.

Tips:

When setting up a concur report, please confirm with a note when International SOS is not required (i.e. flight booked with Egencia)

- **Shared AP Team members:**
 - **Bristian Justice (Manager)**
 - **Gloreimy Nova**
 - **Regla Soto**
 - **Sokharat Um (Ethan)**

Looking Forward:

- April 2024 Newsletter
- Office Hour Information release
- University information release regarding B2P updates and Concur Updates
- Policy Management Tools for travel and disbursement within the school/university

If you would like to provide feedback and/or items you would like discussed, please reach out to Bristian Justice: bjustice@hsph.harvard.edu

Please join us in congratulating our 25th Annual Nutrition Stars!

25TH ANNUAL NUTRITION STARS

5 YEARS

Areli Caballero-Gonzalez
Heather Eliassen
Hazel Seung
Mingyang Song
Regla Soto

10 YEARS

Susanne Alexander
Christopher Golden
Erica Kenney
Gloreimy Nova
Brett Otis
Christopher Sudfeld

15 YEARS

Jorge E. Chavarro
Ann Fisher

20 YEARS

Hilary Farmer
Siobhan Saint Surin
Patrice Soule

25 YEARS

Lauren Dougherty
David Eisenberg
Frank Hu

30 YEARS

Wafaie Fawzi
Elizabeth Lenart

35 YEARS

Betsy Frost-Hawes

50 YEARS

Walter Willett





THE HARVARD CHAN
MICROBIOME IN
PUBLIC HEALTH CENTER

May 13, 2024 8:30am-5pm EDT

Snyder Auditorium at Harvard. T.H. Chan School of Public Health

The Microbiome and Cancer

OUR KEYNOTE SPEAKERS ARE:

Marcel van den Brink | MEMORIAL SLOAN KETTERING CANCER CENTER

Jun Yu | LI KA SHING INSTITUTE OF HEALTH

ADDITIONAL TALKS INCLUDE:

Francesco Asnicar (U TRENTO), **Robert Holt** (BC RESEARCH CANCER INSTITUTE),
Florencia McAllister (MD ANDERSON), **Emily Vogtmann** (NCI)

We're delighted to welcome everyone for the sixth annual Harvard Chan Microbiome in Public Health center symposium, which this year will be run in tandem with a partner Dana-Farber / Harvard Cancer Center workshop. Our symposium program will include keynotes, invited talks, and selected presentations from poster submissions, and Harvard affiliates can join for a second day of hands-on details and training in microbiome population research. We collect a nominal \$20 fee for in-person registration, with virtual attendance available for free.

Refreshments and a poster reception are offered on-site, and support for social media and interactive participation are provided for online attendees.

Speakers will share their own perspectives; they do not speak for Harvard.

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



Dana-Farber/Harvard
Cancer Center



Registration link: <http://hsph.me/hcmph2024>