



NUTRI NEWS

The Department of Nutrition

April 2024

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Annual Symposium examines how health, mindfulness, and climate change all intersect



Walter Willett, professor of epidemiology and nutrition and director of the Thich Nhat Hanh Center, speaks at symposium

The Thich Nhat Hanh Center for Mindfulness in Public Health organized a daylong event at Harvard T.H. Chan School of Public Health titled **Mindful Actions for Climate Change** on April 16th. The *symposium brought together academics, community leaders, activists, mindfulness practitioners, and monastics who studied under Thich Nhat Hanh*. It provided a different approach to the issue than the usual dire warnings of rising temperatures, catastrophic weather events, and slow-moving public policy. It explored the deeper roots of the climate crisis, along with a more holistic call to action.

Opening remarks were made by **Dr Walter Willett**, professor of epidemiology and nutrition and director of the Thich Nhat Hanh Center, who said that public health is uniquely suited to a more all-encompassing approach to the wellbeing of people and the planet. Willett noted that interbeing is Hanh’s term for describing the interdependency of all things in the universe, and said “This is really what public health is all about—it’s not just one person with one condition, one disease, trying to find one solution, it’s about that interbeing.”

To cite an example, Willett pointed to findings from the Nurses’ Health Study, which is the longitudinal study of diet and health that Willett has helped lead for more than 40 years and which tracks more than 250,000 people. According to the latest data, the healthiest diet—a Mediterranean-style diet including whole grains, vegetables, legumes, and little or no red meat—can lower mortality risk by up to 30%. Willett then warns that red meat production is one of the biggest contributors to fossil fuel emissions; thus, the Mediterranean diet is also healthy for the planet. “What we do in our own lives does have a ripple effect throughout the world,” he adds.

Dr Harvey Fineberg, former Harvard Chan School dean, moderated the event, which was interspersed with sitting and walking meditations and mindful eating at lunch. Various speakers throughout the day examined the consumption mindset as well as how to make the difficult transition to a different future. These included **Dr Kari Nadeau**, John Rock Professor of Climate and Population Studies and chair of the Department of Environmental Health, who discussed the links between climate change and health, and **Dr David Williams**, Florence Sprague Norman and Laura Smart Norman Professor of Public Health, who spoke on the connections between environmental racism and health disparities.



Leslie Jonas

Other speakers included **Leslie Jonas**, an elder member of the Mashpee Wampanoag Tribe. Jonas spoke of her work bringing back indigenous land management practices through the Native Land Conservancy, the first indigenous land trust east of the Mississippi. In acknowledging that in 2022 the Biden Administration issued guidance for federal agencies on including indigenous knowledge in research, policy, and decision-making, Jonas said that “Such knowledge and experiences are honed over millennia from observations and connections that are place-based. By including ‘different ways of knowing our communities and our mother Earth,’ we will then see much bigger and faster change.”

At a panel titled 'Imperatives for Action,' **Kasisomayajula (Vish) Viswanath**, Lee Kum Kee Professor of Health Communication, focused on the disconnect between the existential threat climate change poses and the lack of action on the issue.

Melissa Hoffer, Massachusetts' first climate chief, spoke about extreme weather events the state has experienced as well as positive steps it has taken to address climate change, such as increasing the use of electric vehicles in the state's public fleets and establishing the nation's first green bank to invest in decarbonization.

To read more: <https://www.hsph.harvard.edu/news/features/exploring-the-intersection-of-health-mindfulness-and-climate-change/>

Photos: Steve Gilbert and Tony Rinaldo

DEPARTMENT NEWS

PUBLICATIONS

Marianna Cortese, Senior Research Scientist, and colleagues published a new paper in *JAMA Neurology* in March, which is a follow-up investigation of their *Science* paper published in 2022, in which they identified an infection with the Epstein-Barr virus as the leading cause of MS. In this new paper the researchers assessed the serologic response to the entire EBV peptidome in individuals with MS compared to controls from the US military cohort with pre-symptomatic serum samples stored in the Department of Defense Serum Repository to determine whether the disease led to a distinct immune response to EBV and evaluate whether specific EBV epitopes drive the response. Their findings suggest that the antibody response to EBNA-1 (an EBV transcription factor) is the strongest serologic risk factor for MS. No single EBV peptide stood out as being selectively targeted in individuals with MS but not controls. (See: <https://pubmed.ncbi.nlm.nih.gov/38497939/>)

Cortese M, Leng Y, Bjornevik K, Mitchell M, Healy BC, Mina MJ, Mancuso JD, Niebuhr DW, Munger KL, Elledge SJ, Ascherio A. Serologic Response to the Epstein-Barr Virus Peptidome and the Risk for Multiple Sclerosis. *JAMA Neurol.* 2024 Mar 18:e240272. doi: 10.1001/jamaneurol.2024.0272. Epub ahead of print. PMID: 38497939; PMCID:

Nour Hammad, PhD student in Population Health Sciences (Public Health Nutrition), has published the following paper with **Dr Walter Willett** and **Dr Cindy Leung** and colleagues. Their paper showed that food insecurity was associated with cardiovascular health among adolescents ages 12 to 19 years, driven by disparities in diet quality and nicotine exposure.

Hammad, N. M., Wolfson, J. A., de Ferranti, S. D., Willett, W. C., & Leung, C. W. (2024). Food Insecurity and Ideal Cardiovascular Health Risk Factors Among US Adolescents. *Journal of the American Heart Association*, e033323. <https://www.ahajournals.org/doi/full/10.1161/JAHA.123.033323>.

DISSERTATION DEFENSES

Jhordan Wynne, PhD candidate in Population Health Sciences and Nutrition, has successfully defended her dissertation, titled "Qualitative Themes and Associations Between Parental Feeding Behaviors and Youth Body Image Among Black and Latina Caregivers" on Monday, April 22nd.

Linh Bui, PhD candidate in Population Health Sciences and Nutrition, has successfully defended her dissertation, titled "Planetary Health Diet Index" on Tuesday, April 23rd.

Matthew Lee, PhD candidate in Population Health Sciences and Nutrition, has successfully defended his dissertation, titled "Policy, Systems, and Environmental Levers to Improve Diet, Population Health, and Health Equity in the United States" on Tuesday, April 23rd.

MORE DEPARTMENT NUTRITION NEWS

Cami Christopher moderated a panel at the recent Food 4 Thought Festival that took place at Harvard recently. The panel discussion titled "Food is Health: Narratives Around Healthy Eating and Addressing Nutrition (Mis)information" featured panelists **Dr Sean Cash** (from the Friedman School of Nutrition Science and Policy at Tufts University) and **Dr Roxanne Becker** (from the Physicians Committee for Responsible Medicine), moderated by Cami Christopher (PhD student in Nutritional Epidemiology at Harvard T.H. Chan School of Public Health). The panel was organized by **Whitney Peng**, an MPH student at Harvard Chan, and the student club at Food Health and Sustainability at Harvard Chan.



Roxanne Becker, Cami Christopher, Sean Cash, Whitney Peng

* * * * *

A large representation from the Department of Nutrition, consisting of PhD students and professors, recently attended the **Precision Nutrition Forum 2024** held in Copenhagen. This forum served as a platform for early career researchers to showcase their work in the field of precision nutrition, featuring presentations on topics such as recent advances in precision nutrition, molecular food preferences, sustainable diets, gut microbiota, and the intersection with nutrition.

The forum was hosted by **Marta Guasch** from the University of Copenhagen (UCPH) and adjunct associate professor at the Department of Nutrition, Harvard School of Public Health (HSPH), alongside **Jordi Merino** from UCPH and Broad Institute. **Frank Hu**, Professor and chair of the Department, served on the scientific committee and gave a keynote talk. **Clemens Wittenbecher**, visiting scientist and former postdoc at the Department, was also part of the scientific committee. Other professors in the

Department including **Deirdre Tobias** and **Qi Sun** also gave talks on different topics including sustainable diets, and food biomarkers.

Postdoc **Andrea Glenn** was the recipient of a travel award, and numerous students and postdocs presented their research through flash posters and poster presentations.



Dr Juliana Cohen led the development of a policy brief for the World Health Organization and World Food Programme to help inform the expansion of school meals to children in Ukraine during a time of war and post-war recovery efforts ("Expanding the national school meals programme in Ukraine" <https://iris.who.int/handle/10665/376509>). Dr Cohen recently presented her research documenting the benefits of universal free school meal policies to the Ministry of Health of Ukraine, the Office of the First Lady of Ukraine, and the World Health Organization Country Office in Ukraine.

Користь для здоров'я від впровадження політики загального забезпечення безоплатним шкільним харчуванням

Juliana Cohen, ScM, ScD
 Professor & Director of the Center for Health Inclusion, Research and Practice (CHIRP), Merrimack College
 Adjunct Professor, Department of Nutrition, Harvard TH Chan School of Public Health

New Faces in the Department



Chloe Wilkens

Research Assistant II Health Professionals Follow-Up Study

Hello everyone! I am Chloe Wilkens and I recently joined the team with The Health Professionals Follow-Up Study working primarily on specimen management and prostate cancer. Working with **Siobhan Saint Surin**, I will be helping to maintain our large biorepository of tissue specimens for current and future research.

I graduated with my BS in Microbiology from the University of Washington in Seattle, WA with a minor in Classical Studies. After graduating, I worked for two years in infectious disease clinical research, mainly focused on the COVID vaccine trials through the NAID Vaccine and Treatment Evaluation Unit grant. I helped run three studies there while also managing their local laboratory and specimens. I recently moved to Boston in September to pursue my MPH in Epidemiology and Biostatistics at the Boston University School of Public Health. There I focus mainly on

building data analytic skills and my understanding of social determinants of health.

I love a good audiobook, listening to music, and trying new recipes in my free time! I hope to meet many of you soon!



Liz Petit
Research Assistant

Hello everyone! My name is Liz Petit, and I recently joined **Dr. Josiemer Mattei's** research team as a research assistant. I will help with data management and analysis for her research studies, mainly PROSPECT and PRECISION, which investigate diet and behavioral factors and their associations with chronic disease outcomes such as diabetes and cardiovascular disease in adults living in Puerto Rico. I received my Bachelor of Arts (BA) in Biochemistry from Colby College and a Master of Public Health (MPH) from Boston University School of Public Health. During my MPH, I focused on epidemiology/biostatistics and human rights/social justice studies, hoping to leverage my research skills to influence health policy and help underserved populations. My previous work involved laboratory and clinical research in endocrinology and pediatric gastroenterology and laboratory operations in vaccine development.

I love coffee and tea, and when not working, I get outside as much as possible, especially on my mountain bike or skis. I'm in room 310; come

say hi!

New Faculty Appointments

Elsie Tavares, MD has been reappointed as Professor in the Department of Nutrition

Sjurdur Olsen, MD, DMSc, PhD has been reappointed as Adjunct Professor of Nutrition

Department's Annual Retreat Held on April 12, 2024

By Stefanie Dean

The Retreat for our Department's students, postdoctoral fellows, research scientists, and faculty was held on Friday, April 12th at Simmons University. The event provided the opportunity to gather as a larger group and connect in-person. It was well attended despite the rainy and windy weather.

The Retreat started with an icebreaker over lunch. **Frank Hu** gave a warm welcome to those in attendance which was followed by an overview of the Hermann Brain Dominance Instrument (HBDI). The HBDI is an assessment of thinking-style preferences of which an understanding can aid in improving communication, decision-making, and dynamics in groups. Attendees took a mini-assessment followed by a discussion of their findings, reflecting on the new information and how it may impact their working and personal relationships and cooperation.

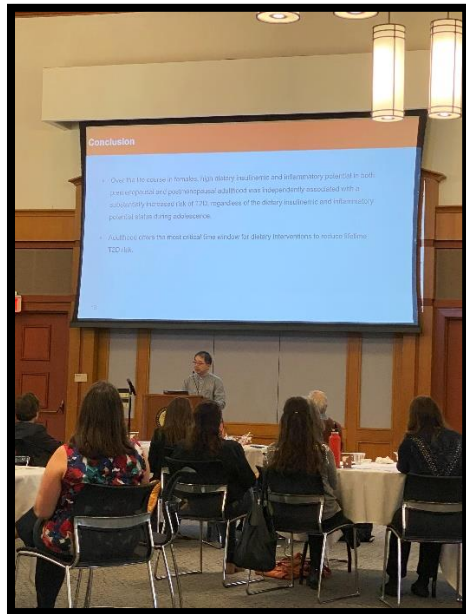
Five lightning talks were given by representatives of the various programs in our department (MPH, PhD, Postdoctoral Fellow, and Faculty). **Marissa Huggins**, a 2nd year MPH student, presented her Applied Practice experience on *food insecurity and childhood obesity* with a project led by Boston Children's Hospital in coordination with Eat Well meal kits. **Yin Zhang**, a PhD candidate, shared his research on *life course dietary insulinemic and inflammatory potential and risk of type 2 diabetes*. **Sara Mahdavi**, a postdoctoral fellow, shared a newsclip on the findings from her research on caffeine which tied in nicely with the hackathon discussion regarding media and nutrition information which was the final session of the retreat. **Andrea Glenn**, Postdoctoral Fellow, presented her research on *the Portfolio Diet Score and cardiovascular health*. Andrea provided an overview of the Portfolio Diet and its inclusion of nuts, plant

protein, viscous fiber, and plant sterols along with data on its potential impact on cardiovascular health. **Aviva Musicus**, Adjunct Assistant Professor, wrapped up the lightning talks discussing her work on front-of-packaging nutrition information labels which stemmed from her dissertation and postdoctoral research and continues in her role at the Center for Science in the Public Interest (CSPI).

For the concluding session of the retreat, attendees split into groups for a mini-hackathon. A hackathon is an event where people engage in rapid and collaborative brainstorming and engineering over a short period of time. The hackathon topic was *how to make evidence-based nutrition information fun and exciting to stand out amidst influencers and catchy marketing of false claims/information?* The group viewed some examples of social media messages both with misinformation and those with an evidence-based approach to get the brainstorming started. Each table had several questions to prompt their ideas and concluded with the tables sharing some of their ideas and approaches.

Thank you to the attendees, presenters, and the Retreat Planning Committee, including **Sappho Gilbert**, **Lorena Pacheco**, **Carmenmari Zaballa Lasso**, **Rifka Verma**, and **Stefanie Dean**, for making this year's retreat a success! Thank you to **Hazel Seung** for her assistance at the event and photography skills.





The 'portfolio diet' improves cardiovascular health through several distinct mechanisms

According to a recent study, the 'portfolio diet' is one of the easiest ways to improve long-term cardiovascular health. The 'portfolio diet' consists of plant-based foods proven to lower unhealthy cholesterol, such as nuts, oats, berries, and avocados. **Andrea Glenn**, an HSPH postdoctoral research fellow in nutrition and the lead author of the study states that "The idea was that each of these foods lowers cholesterol quite minimally, but if you make a whole diet based on these different foods, you will see large reductions in [unhealthy] cholesterol. In fact, the more of these foods one eats, the higher the protection—but one need not include them all to reap the diet's benefits. Like a business portfolio, you can choose the ones you want."

Glenn and colleagues, including **Walter Willett**, professor of epidemiology and nutrition, based their study upon data collected on the diets of more than 200,000 adults who had enrolled in long-term health studies begun in the mid-1980s or early 1990s and concluded in 2016 or 2017. The researchers, who scored each participant's eating patterns based on their compliance with the portfolio diet, found that, by the end of the 30 years those who adhered most closely to the 'portfolio diet' had a 14 percent lower risk of heart disease and stroke compared to participants with lower scores.

"The portfolio diet...was linearly and consistently associated with a 14 percent lower risk of cardiovascular disease, coronary heart disease, and stroke," Glenn said. "There was also a linear dose relationship with all three outcomes—so, that means that the more portfolio diet foods you add to your diet, the greater risk reduction you will have."

The portfolio diet isn't mutually exclusive of other eating patterns such as the Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) diet and, in fact, shares similarities with them: all tend to emphasize unprocessed, plant-based foods such as whole grains, fruits, and vegetables.

"It's good to have multiple options for different dietary patterns, because people need to be able to follow them for a long time," Glenn said. "We also saw that only partial adoption of [the portfolio diet] still gave cardiovascular benefits. So you don't have to follow every single part of the diet to a tee—maybe you'll follow a couple of them, or all of them halfway, and you'll still see some benefits."

"In this study, what's unique is that we looked at a plant-based dietary pattern that combined multiple plant-based components," said co-author **Frank Hu**, Stare professor of nutrition and epidemiology and professor of medicine. "The benefits are not just from fiber or from plant-based fats or proteins," he continued: the combined components enhance the health benefits beyond what individual ones can offer alone. The plant-based portfolio diet has the added advantage of being healthy not just for humans, but for the planet, he said: "As we're facing the climate crisis, I think it's important for us to be mindful not just of human health but also environmental impact."

The exact processes by which the portfolio diet lowers cholesterol vary. Important among them is the simple act of replacement: "If you're replacing red meat with tofu, you're going to have less saturated fat in your diet," Glenn said.

Hu said that the scientists plan to do further research to understand the biological mechanisms underlying the benefits of the diet. They are conducting studies to determine metabolites (molecules produced during metabolic processes) associated with the portfolio diet that researchers can measure in people's blood, making it easier to track adherence to the diet in future studies. They also hope to examine the diet's potential impacts on other chronic illnesses, such as type two diabetes and some cancers, and on mortality.

Glenn concludes “Be open to trying new foods, maybe pick a few items from the portfolio diet and see if you can swap them with things you already eat. That can be a really great way to just get started on adding some of these plant-based foods that can lower cholesterol into your diet.”

From: <https://www.harvardmagazine.com/2024/05/right-now-portfolio-diet>

Friends and colleagues gather to celebrate Frank Sacks' pathbreaking career in nutrition and heart health



Dr Frank Sacks, professor of cardiovascular disease prevention and medicine, emeritus, at Harvard T.H. Chan School of Public Health, was surrounded by colleagues, former mentees, and friends on March 26, 2024, who gathered to celebrate his nearly 50-year career in nutrition and public health.

Sacks is known best for his laboratory research on human lipoprotein metabolism and his leadership of clinical trials in diet and cardiovascular disease. Some of his landmark contributions include discovering new species of human lipoproteins that differentially predict coronary heart disease.

Sacks also ran several clinical trials, including MIND, DASH (Dietary Approaches to Stop Hypertension), and POUNDS Lost. These trials informed dietary guidelines from organizations such as the American Heart Association, and increased our understanding of diet, weight loss, and healthy aging.

Speakers at the celebration all noted the impact that his skills and experience had on research in the Department of Nutrition; they also commented on Sacks' scientific rigor, collaborative spirit, and supportive mentorship. In fact, **Dr Frank Hu**, department chair and Fredrick J. Stare Professor of Nutrition and Epidemiology, called Sacks' ability to bridge disciplines such as clinical medicine, nutrition, biochemistry, and epidemiology “uncanny”. Hu further commented that Sacks' rare convergence of skills has uniquely advanced the field.



Dean Andrea Baccarelli recalled leading a discussion on results from the DASH study when he was in medical school. He remarked that Sacks was “exemplary of what the School is about.” He further stated that “All of us are grateful for your research, for your practice, and for your support of students, trainees, staff, and faculty.”

Dr Walter Willett, professor of epidemiology and nutrition, also spoke about collaborating with Sacks on numerous studies before Sacks joined the School. After Willett became chair in the early 1990s, he brought Sacks over to the faculty, noting [this was] “probably one of the best decisions that I ever made”.

Sacks recalled that he himself first became interested in how best to eat for human and planetary health when he was studying at the New England Conservatory of Music in the 1970s and shared an apartment with a roommate who practiced a macrobiotic diet.

When asked about his advice to researchers considering an academic career, Sacks cracked, “You have to like work because you’re going to work a lot.” However, he recommended taking a risk and giving it a try. He credited his research staff with playing a key role in his success. He then said about his career, “It’s been a great ride.” But even though he is retiring, he said, “I’m not disappearing.”

From: <https://www.hsph.harvard.edu/news/features/frank-sacks-retirement-nutrition-heart-health/>

Photos: Department of Nutrition

Nutrition-DIB Committee Updates

By Bristian Justice

Happy Spring everyone! Pleasant reminders for the following Diversity, Inclusion, and Belonging Committee:

- **Recruiting for the 2024-2025 academic year is happening now! Please reach out to Erica Kenney and/or Bristian Justice if interested!**
- **The HEAL Conference is taking place on April 19, 2024 – 8:00 AM – 4:00 P.M, for more information please visit this [link!](#)**
- **Conscience Point Film Screening, offered by the Department of Social Behavioral Sciences. April 16, 2024, 1:00 PM to 2:30 PM. You can register [here](#)**

Please let us know if you have any questions.

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Dr Erica Kenney, Matthew Lee (PhD 5th year), and **Kelsey Kinderknecht** (PhD 3rd year) recently led a session for the [HMS Office For Diversity Inclusion And Community Partnership's](#) Apprentice Learning program. The [program](#) engages middle school students from nearby Dearborn STEM academy to bring them onto the Longwood campus, meet scientists and health professionals here, and learn about the different types of research that are being done to help expose them to different potential future career paths. We introduced the students to the basics of public health and led an interactive session about the impacts of digital food and beverage marketing on food preferences and choices- and the students taught us about the enormous amounts of marketing they are exposed to on their social media accounts!

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 May speaker will be:

May 6 **Dr Yasir Shafiq**, Senior Instructor Research, Aga Khan University, Pakistan – “Balanced energy-protein (BEP) supplements trials in Pakistan” – NGHP

This will conclude our Spring 2024 Monday Nutrition Seminar Series. Our Monday Seminars will resume in the fall.


Shared AP Newsletter April 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:

Supplier Portal Support: The Supplier Portal is a system within B2P that is used university-wide to onboard individuals and companies for payments for services/products, and Non-employee reimbursements (staff, visitors, externally paid post-docs). It is important to note that invitations are sent electronically from the Shared AP Team to register within the Supplier portal platform. This is a direct relationship between the Supplier Onboarding team and the supplier and/or reimbursee. It is the responsibility of the vendor and/or reimbursee to adhere to requirements and complete their registration within the portal. The Shared AP team can solely provide status updates. The Supplier Onboarding Team provides resources for troubleshooting if the vendor and/or reimbursee have difficulties completing their registration.

International Payee Tax Compliance: The International Payee Tax Compliance Team is officially here to help! This team provides support specifically to international individuals and businesses regarding completion of their Sprintax system requirements (Sprintax replaced Glacier as of January 2024). Please feel free to visit [this link](#) to explore their numerous resources if individuals/companies are having a trouble with completing their registration.

Refundable Airfare Tickets: The university allows for refundable tickets when budgeting and funding sources allow. Please ensure if this is allowed on your funding source particularly when using a Harvard corporate card, that flight purchases are refundable. This allows for a full refund of payment vs a credit which can be problematic especially when using Harvard resources at the time of purchase. Flight insurance is not advised, as there are cases where the insurance is not reimbursable. Please check with a Shared AP Team member if you need assistance!

 **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.

Office Hours Release:

Bi-Weekly Tuesday(s) Starting April 9, 2024 from 12:00-12:30. Meeting details are [here!](#)

Tips:

- **Please ensure itemized receipts are provided whenever possible**
- **Shared AP Team members:**
 - **Bristian Justice (Manager)**
 - **Gloreimy Nova**
 - **Regla Soto**
 - **Sokharat Um (Ethan)**

Looking Forward:

- May 2024 Newsletter

- 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

Have a wonderful month!

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 13th, 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)**

Diet and Disease: Cause or Confounding?

The 8th Symposium

Friday, May 3, 2024

2:00-4:00PM Symposium

4:00-6:00PM Reception

Open to the public

In-person at:

Harvard T.H. Chan School of Public Health

677 Huntington Avenue

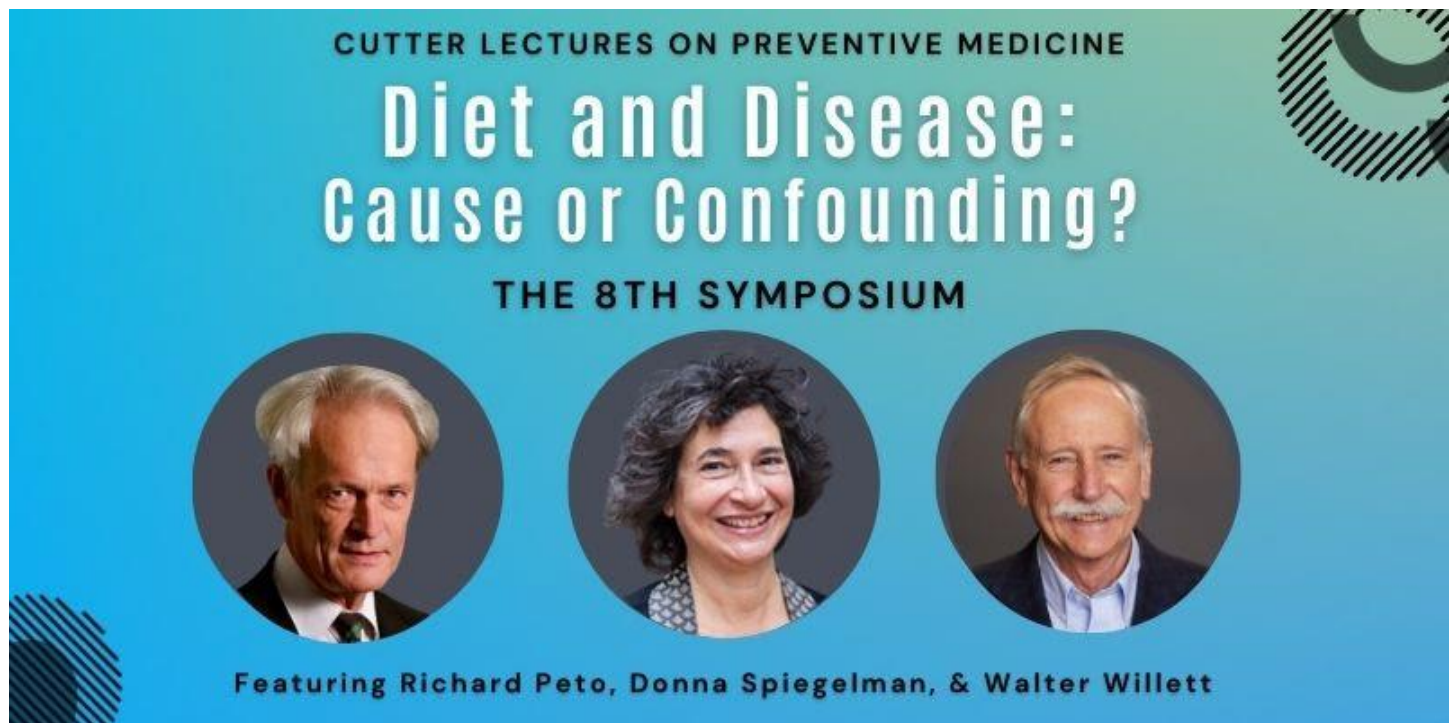
Snyder Auditorium (Kresge G1)

Boston, MA 02115

[Register for in-person](#)

[Watch livestream](#)

[Go to Event Page](#)



Speakers:

- Quantifying Regression Dilution and Residual Confounding

Richard Peto, FRS

*Emeritus Professor of Medical Statistics and Epidemiology
University of Oxford, UK*

- The Limits of Confounding, the Boundlessness of Measurement Error

Donna Spiegelman, ScD

Susan Dwight Bliss Professor of Biostatistics

Director, Center for Methods Implementation and Prevention Science Yale University School of Public Health

- Diet and Disease: Remember Bradford Hill

Walter Willett, MD, DrPH

Professor of Epidemiology and Nutrition

Department of Nutrition

Harvard T.H. Chan School of Public Health

Go to [events page](#) for details and schedule.

This is an-person event with limited seating. Seats in the main auditorium are first come, first served. There will also be a livestream of the event for those who cannot attend.



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>