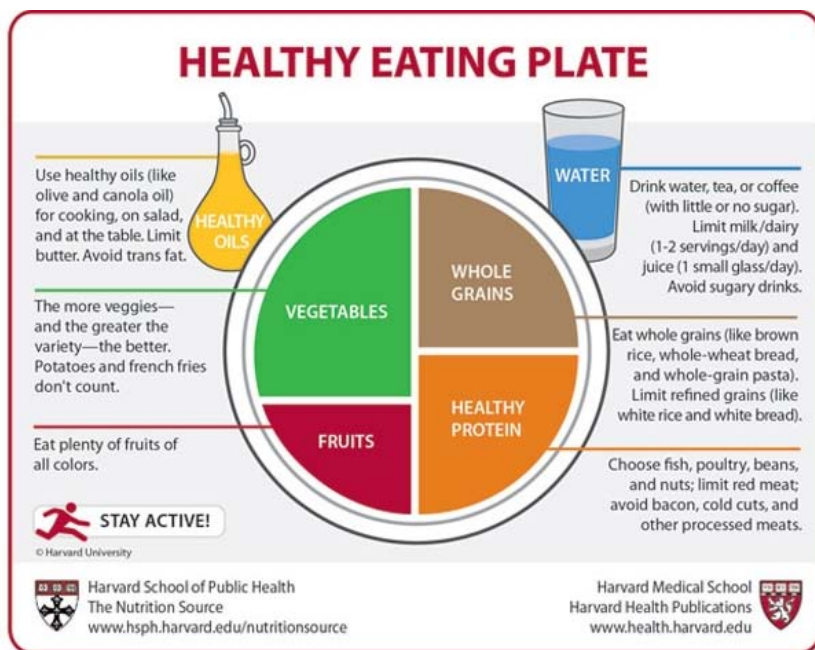


Harvard's healthy eating plate



Quick Links



[Kiosk issue archive](#)

[HSPH home page](#)

[Latest HSPH news coverage](#)

[HSPH videos and podcasts](#)

Download our app for [iPhone](#) and [Android](#)

[HSPH calendar](#)

[Harvard Public Service on the Map](#)

[Contact us](#)

HSPH researchers, working with colleagues at Harvard Health Publications, have created a new Healthy Eating Plate. It's a simple and easy to understand visual guide that addresses shortcomings in the U.S. government's MyPlate icon. [Read more](#)

Dean Frenk urges action on noncommunicable diseases

HSPH Dean [Julio Frenk](#) said there is a "moral imperative" to prevent and treat noncommunicable diseases in poor countries, similar to the effort made during the AIDS epidemic a decade ago. Frenk and other health experts spoke Sept. 14 at a daylong conference sponsored by *The Washington Post*. [Read more](#)

Greener, saner commuting options abound at HSPH

This fall, leave the car at home



The start of a new academic year in Boston brings excitement, fresh new faces...and gridlocked traffic. This year, try a commute that's healthier for the planet, your wallet, and maybe even your peace of mind.

CARPPOOL: Carpool with another Harvard employee 4-5 days/week and get a 50% reduced rate on parking. Carpools with 3 or more employees get a 75% reduced rate.

It's flu shot time



HSPH flu clinics

Oct. 6, 13, 27
9:00-11:00 AM
(or until all available doses are administered)
Kresge Cafeteria

Free to all faculty, staff and students.
Harvard ID required.

Event highlights

Today

Dean's Distinguished Lecture

[Tipping the Scales on Obesity: A Health in All Policies Approach](#)

Whether you have a car or need a ride, [Zimride](#) matches you with Harvard friends and colleagues who are going the same way. Post your destination (whether it is a regular commute or one-time ride) and the system will show you if anyone is going your way and let you preview profiles of potential carpool partners.

ZIPCAR: Drive and carpool using [Zipcars](#) by the hour or the day. Harvard faculty, staff, and students join for only \$25/year.

TRANSIT: Harvard offers a 50% discount on all monthly MBTA transit passes for employees and pre-tax savings on private transit providers such as Amtrak, regional transit authorities, and private bus companies. Check out www.mbta.com for schedules and mobile apps that show real-time locations of buses and subways. [Click here](#) for real-time location of Harvard shuttles or [download](#) the shuttle-tracker Iphone app.

BIKE: The city's new [Hubway](#) bike-rental program is currently offering an introductory \$60 annual membership rate, a 30% discount from the regular rate of \$85. Several docking stations are located in the area.

Source: [Harvard's Office for Sustainability](#). Visit their website for more green commuting resources.

And now you can earn rewards for your greener commutes through the NuRide program, offered by Harvard's Commuter Choice Program. Bike, walk, or carpool to work, log your trips, and earn points that can be redeemed for rewards such as restaurant tickets and tickets to shows and attractions.

[Enroll](#) for free and enter promo code MASSRIDES to automatically receive 1,000 reward points for joining.

Rear Admiral Susan J. Blumenthal

Sept. 15
4:00-5:00 PM
Reception to follow
FXB G-12

***HSPH Center for
Public Health
Leadership
Inaugural
Advanced
Leadership
Seminar Series***

[Leadership and
Public Service](#)

Harry Spence,
Harvard Graduate
School of Education

Sept. 15
5:30-7:00 PM
Kresge 502
[RSVP](#)

Next week

[Harvard America-
China Health
Summit](#)
Sept. 21-22
(registration
required)

Around the School



Faculty news

Michael Sinclair joined the [Division of Policy Translation and Leadership Development](#) in the new post of director of global programs and executive director of the Ministerial Leadership Program for Health. Sinclair also holds an instructor appointment with the [Department of Global Health and Population](#).

The Ministerial Leadership Program in Health is a new joint initiative of HSPH and the Harvard Kennedy School of Government, funded by a grant from the Children's Investment Fund Foundation. Aimed at health ministers and the very top officials in developing countries, the program's goal is to promote stronger and more farsighted leadership in health around the globe, focusing on transforming health systems with a special emphasis on children's health.