

Nutrition in the Spotlight



A recent [Harvard Gazette article](#) highlighted the groundbreaking work being conducted by Professors [Walter Willett](#) and [Frank Hu](#) (pictured) and their colleagues in the HSPH Department of Nutrition.

In addition, two nutrition studies were published this week that are making headlines around the world.

[Red meat consumption linked to increased risk of total, cardiovascular, and cancer mortality](#)

Researchers found that one serving a day of unprocessed red meat (about the size of a deck of cards) was associated with a 13% increased risk of premature death and one daily serving of processed red meat (one hot dog or two slices of bacon) was associated with a 20% increased risk. The results also showed that substituting other healthy protein sources, such as fish, poultry, nuts, and legumes, lowered risk.

[Daily sugar-sweetened drink may increase heart disease risk in men](#)

Drinking just one daily sugar-sweetened soda, juice drink, or energy drink may increase a man's risk for heart disease by 20 percent.

Photo by Rose Lincoln/Harvard University Staff Photographer

What's your Outlook?



If you have transferred to Outlook and still need training or have questions, get up to speed at an upcoming Friday Follow-Up session. An IT staff member will be available during these informal drop-in sessions, to be held in Kresge LL-10.

- March 16, 10:00 AM-12:00 PM
- March 30, 12:00-2:00 PM
- April 13, 12:00-2:00 PM
- April 27, 3:00-5:00 PM

[Learn more](#)

HSPH delegation travels to India

This week, Dean Julio Frenk is leading a trip to India with members of his advisory board

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Around the School

["Take the Stairs" campaign starts April 2](#)



Form a team and climb to the top of the world -- without leaving HSPH.

[School Innovation Project seeks ideas](#)



There's still time to submit your ideas to help the School save money and/or enhance revenue. Earn prizes and be eligible for a cash reward.

[Student opportunity: The President's Challenge](#)

This University-wide initiative seeks to



-- including the board's newest member and global maternal health champion Christy Turlington. Follow her live [updates](#) from the trip on Twitter. HSPH is also [tweeting](#) news from the trip with the hashtag #HarvardIndia.

Read an [interview](#) with Dean Frenk on India's efforts to achieve universal health coverage and watch a [video](#) of an address he gave during the trip on improving professional health education.

Harvard works to investigate impact of abuses by Kony and LRA



Photo: Lindsay Branham/DTJ

In recent days you may have heard about the Kony 2012 viral video--the fastest-growing in history, gaining over 70 million views in under a week--advocating for the arrest of Joseph Kony, fugitive leader of the militant group the Lord's Resistance Army (LRA). The LRA has allegedly killed and mutilated tens of thousands of people, looted communities, and abducted children for forced conscription over a 25-year campaign of fear that began in Uganda and has since spread to neighboring Sudan, Central African Republic, and the Democratic Republic of Congo.

The Harvard Humanitarian Initiative has spent years working with local partners to document human rights abuses in central Africa. Now Jocelyn Kelly, MS '08, director of HHI's Women in War program, is gathering evidence on the LRA's destabilizing effect on the region to help policymakers determine how best to help survivors of these atrocities. To learn more, read an [interview with Kelly](#) and check out the [Women in War Program](#).

Viswanath named to HHS committee



[K. "Vish" Viswanath](#), associate professor of society, human development, and health, has been appointed as a member of the [National Vaccine Advisory Committee](#) of the Department of Health and Human Services. The committee recommends ways to achieve optimal prevention of infectious diseases through vaccine development and provides guidance on preventing adverse reactions to vaccines.

Watch videos of the latest Voices

develop entrepreneurial solutions to the world's most important social problems.

[Have you scheduled your annual review yet?](#)

Visit the HSPH Performance Management site for forms and tips. All reviews must be submitted to HR by April 30.

[Dean's Distinguished Lecture](#)

Dr. Joseph Warren: The Boston Tea Party, Bunker Hill, and the Birth of American Liberty
Author and keynote: [Samuel Forman](#),

HSPH visiting scientist
March 21
4:00-5:00 PM
Kresge G-2
Reception to follow

[Gonzo Pornography: A Threat to Public Health](#)

Emily F. Rothman, Boston University School of Public Health
Mar. 22, 12:30-1:30 PM
[RSVP](#) requested
Kresge 502

News and interviews



from the Field speakers



Tough decisions are the essence of leadership and help shape and translate policy. The *Decision-making: Voices from the Field* speaker series brings in senior leaders to speak to

students about the practical aspects of judgment and decision making. Topics include how to assemble strong evidence, how to communicate effectively in tough environments around difficult issues, how to avoid pitfalls, and how to maximize influence while making critical decisions.

[Leadership at the USDA, UNICEF and Beyond](#)

with Ann Veneman, former Executive Director of UNICEF and former Secretary of the U.S. Department of Agriculture. Moderated by Wafaie Fawzi, Chair of the Department of Global Health and Population. (March 1)

[Improving Global Health through Innovation](#)

Judith Rodin, President, The Rockefeller Foundation. Moderated by Dean Julio Frenk. (February 27)

[Battling the Future of National Health Service \(UK\)](#)

Lord Nigel Crisp, former Chief Executive of the National Health Service, and former Permanent Secretary of the UK Department of Health. Moderated by Jennifer Leaning, Professor of the Practice of Health and Human Rights. (February 16)

[Changing Healthcare through IT Innovation](#)

David Blumenthal, Officer, Partners HealthCare and Professor of Health Care Policy, Massachusetts General Hospital/Harvard Medical School. Moderated by Robert Blendon, Senior Associate Dean for Policy Translation and Leadership Development. (February 6)

[Study finds benefits of rotavirus vaccine outweigh potential risks](#) (*Voice of America*)

[Youth angry with global economic crisis insist on change](#) (*Finance and Development*)

[Hispanics born abroad face lower stroke risk than US-born Hispanics and Whites](#) (*Reuters Health*)