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SCHOOL OF PUBLIC HEALTH

# Kiosk



## The health benefits of optimism

Women with an optimistic outlook on life had a significantly reduced risk of dying from several major causes of death over an eight-year period, compared with women who were less optimistic, a new study found.



## Airline pilots report depressive symptoms, suicidal thoughts

Hundreds of commercial airline pilots currently flying may be clinically depressed, according to an anonymous survey of nearly 1,850 pilots.



## The BMJ Christmas edition highlights quirky research

Why can't some people smell asparagus pee? Is Pokémon GO actually good exercise? Does naughty vs. nice matter to Santa? Check out these three studies from Harvard Chan researchers.

December 15, 2016









#### **Event Highlights**

## Workshop on Microbial Genome Sequencing

December 16 9:00 AM-4:00 PM Joseph B. Martin Conference Center

Event calendar >

## Listen: Genetics and disease risk



In this week's episode: The link between our genes and disease risk. A new study is shedding light on how genetic mutations may increase our risk for a range of diseases—from cancer to heart conditions.

#### In the news

Making way for millennials in the health care industry

Declining mercury levels in tuna a positive development

Warning labels on consumer products not effective

#### **Around the School**



#### Watch: The Future of Food

Experts discussed the challenges of feeding billions of people during a time of climate change during a recent Forum webcast.

You can also watch a Facebook Live Q&A on sustainable food

choices.

#### **Scholars at Risk nominations**

Each year the Scholars at Risk program supports scholars, writers, artists, and public intellectuals who face persecution. All Harvard faculty, staff, and students are welcome to submit nominations. The deadline for submissions is Thursday, December 15. Complete the nomination form here.

## Djokovic Science and Innovation Fellowship application deadline

The deadline to apply for the Djokovic Science and Innovation Fellowship at the Center on the Developing Child is Friday, December 16. The Fellowship provides a \$10,000 stipend and a series of thematic and skill-building workshops to help students grow both intellectually and professionally, with the goal of preparing the next generation of leaders to catalyze innovation that impacts the early childhood field.



## De-stressing from finals prep at holiday expo

Students took a break from final exam preparation at the 2016 Holiday Expo held in Kresge cafeteria on Wednesday, December 7. Hosted by the Office for Student Affairs, the

expo featured de-stressing activities such as teddy bear making, bubble wrap popping and holiday card creating. Extra sweet touches included hot chocolate on tap, a s'mores bar, and a sugar cookie decorating station.

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