The Nutrition Department will be closed for its holiday break from December 24, 2018 to January 2, 2019. Happy holidays!

The End of Year Holiday Message from Dr. Frank Hu

Dear Members of the Nutrition Department:

As the second year of my role as Chair of the Department draws to a close, I would like to extend my sincere thanks to all of you for your steadfast support and commitment to our department. It has been another exciting year and one filled with many different accomplishments, beginning with the addition of two new faculty members, Dr Erica Kenney, Assistant Professor of Public Health Nutrition, and Dr Christopher Golden, Assistant Professor of Nutrition and Planetary Health. Other new faculty members who have joined our Department (with a joint or secondary appointment) this year are: Dr Mingyang Song, Assistant Professor of Clinical Epidemiology and Nutrition, Dr Christopher Sudfeld, Assistant Professor of Global Health and Nutrition, and Dr Deirdre Tobias, Assistant Professor in the Department of Nutrition. In addition, Dr Majken Jensen was promoted to Associate Professor of Genetic Epidemiology and Nutrition. We are also presently conducting a search for a third new faculty member in Integrative Genomic Epidemiology with a focus on microbiomics. This year we’ve also implemented a brand new 65-credit program offering a MPH degree in Nutrition which will extend the reach of our education beyond research into public health practice. Our first students will enroll next September. Our Nutrition faculty continue to be successful in obtaining funding for NIH grants in what remains a challenging funding environment, and once again our Nutrition Source website enjoyed the highest number of readers of all the Harvard Chan School websites. Dr Christopher Duggan has been named as the new Editor of The American Journal of Clinical Nutrition and Dr Walter Willett’s portrait commemorating his 25 years as Chairman of the Department was unveiled on May 8th. The Department continued to expand its other outreach activities with the 19th Annual Harvard Nutrition and Obesity Symposium, Epidemiologic, Physiologic and Policy Considerations of the Sugar Epidemic, held on July 11-12, 2018, and our 14th Annual Stare-Hegsted Lecture, which was delivered by Dr Pekka Puska, Professor, Finnish Physician, and Member of Parliament, on October 29th. I had the honor to deliver the 2018 Ancel Keys Memorial Lecture at the annual meeting of the American Heart Association in Chicago on November 10, 2018. A high number of our students and postdocs represented our department with a strong showing at the June ASN conference with a large number of presentations and awards. We had
another successful student/faculty retreat on March 2\textsuperscript{nd}, and the department’s annual picnic on September 15\textsuperscript{th} at Larz Anderson Park was fun-filled and relaxing for everyone.

Looking ahead to 2019, we will continue to strengthen our research and educational programs and expand interdisciplinary collaborations within and outside our department and school. The success of these programs will ensure the continued and future success of the Department. It has been truly a privilege and honor for me to work closely with so many talented and dedicated faculty, staff, and students in the past year and I look forward with enthusiasm to another great year ahead.

Best wishes for a healthy and joyful holiday season!

Frank Hu
Chair, Department of Nutrition

\section*{NEWS FROM AROUND THE NUTRITION DEPARTMENT}

\textbf{Dr Feiby Laban Nassan Tawadros}, Research Fellow, has published the following paper presenting evidence that pre-pregnancy fish consumption is related to a higher probability of live birth following infertility treatment with assisted reproductive technology (ART). In the estimated substitution analyses, the odds of giving live birth were associated with increasing fish intake by 2 servings/week (the current FDA and EPA recommendations for pregnant women). The odds were higher when fish replaced any other meat, or any other protein-rich food.


\textbf{Dr Walter Willett}, Professor of Epidemiology & Nutrition, was awarded an Honorary Professorship at Hanoi University Medical School, Vietnam.

\textbf{Dr Guy Crosby}, Adjunct Associate Professor of Nutrition, has become an advisor to the New York City Department of Health and Mental Hygiene to reduce added sugar in processed food. He has also joined the Culinary Institute of America’s new School of Culinary Science and Nutrition Advisory Council.

\textbf{Dr Guy Crosby} appeared on the StarTalk TV show as a special guest with Neil deGrasse Tyson and other special guests (the late) Anthony Bourdain and Sasheer Zamata on the National Geographic channel on November 12\textsuperscript{th}. This episode, which discusses food, culture, and cooking science, can be viewed “On Demand” or downloaded at: https://www.amazon.com/gp/video/detail/B0762CBKPK.

\textbf{Laura Zatz}, doctoral student, won an award at the November 2018 ObesityWeek conference in Nashville TN. She received a Poster of Excellence award from The Obesity Society’s Health Services Research Section for her poster titled "Physicians’ Political Ideology and Clinical Management of Obesity". ObesityWeek is the annual conference sponsored jointly by The Obesity Society and the American Society for Metabolic & Bariatric Surgery (ASMBS)
New Faces in the Department!

Will Koh  
Research Assistant

My name is Will Koh and I am a new research assistant in the Nutrition Department joining Dr. Lilian Cheung, Brett Otis, and Nancy Oliveira to curate The Nutrition Source website. I research and write content for the website related to sustainable food systems, anthropogenic climate change, and climate-adapted diets. I also contribute to research projects with Dr. Walter Willett (balancing the environmental and health impacts of various tree nuts) and Dr. Christopher Golden (scaling sustainable aquaculture in Bangladesh).

I graduated with a Master of Environmental Management from the Yale School of Forestry and Environmental Studies, where I analyzed the environmental impacts of industrial animal agriculture and its role in the American food system. I also earned my BA from Yale College in History. I previously worked in the culinary world as a whole-animal butcher and in the environmental movement managing a wolf conservation non-profit. I am committed to exploring the intersection between diet and planetary health. In my spare time I love cooking, surfing, and fly fishing.

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 and global public health. These seminars are held from 1:00-1:20 pm in Kresge 502 at the Harvard T.H. Chan School of Public Health. The seminars are free and open to the public.

There will be no Monday Nutrition Seminars during the Winter Recess. Our regular seminar series will resume on January 28, 2018.

For more information, contact: hfarmer@hsph.harvard.edu
Where Are They Now?

After three years as a post-doc in the Nutrition Department, Dr. Sara Raposo, Postdoctoral Research Fellow, will move back to her home country of Sweden to begin her new position as an administrative officer in nutrition at the Stockholm County Council. During her time in the Nutrition Department, Dr. Raposo has worked with Professor Eric Rimm on studies of diet quality and cardiovascular disease among women and men with hypertension using data from the Nurses’ Health Study and the Health Professionals Follow-up Study. In particular, she has evaluated four healthy dietary patterns: the alternate Mediterranean Diet, the alternate Healthy Eating Index 2010, the DASH diet, and a healthful Plant-based Diet Index in relation to the incidence of coronary heart disease, coronary revascularization and stroke. Sara has also been involved in studies of flavonoid and flavonoid-rich food intake and cardiometabolic health among individuals with hypertension and cholesterolemia.

Once back in Sweden, Dr. Raposo will be joining the Center for Epidemiology and Community Medicine at the Stockholm County Council where she will work with evidence-based support for the development and evaluation of nutrition policies as well as with nutrition programs and education targeted at schools and the health care sector. She will also work with national nutrition surveys and community-level interventions for the promotion of healthy dietary habits. Dr. Raposo feels very privileged to be able to combine research with implementational work and looks forward to applying her experience in public health nutrition and nutritional epidemiology at her new workplace. Meanwhile, she will continue her collaborations with the Nutrition Department and hopes to come visit sometime during the next year. Feel free to reach out to Dr. Raposo at sraposo@hsph.harvard.edu or sara.raposo@sll.se.

MORE NUTRITION IN THE NEWS

Drs Frank Hu and Walter Willett are two of three most highly-cited Harvard Chan faculty members

Frank Hu, Fredrick J. Stare Professor of Nutrition and Epidemiology, and Walter Willett, Professor of Epidemiology and Nutrition, were among the three Harvard T.H. Chan School of Public Health faculty members whose papers are cited most often by their peers around the world. Albert Hofman, Stephen B. Kay Family Professor of Public Health and Clinical Epidemiology, was the third Harvard Chan faculty member on this list. All 3 were named by Clarivate Analytics for being among only 24 researchers worldwide with multiple citations in three different fields.
This list of Highly Cited Researchers—those who rank in the top 1% for citations—included about 6,000 researchers worldwide. In all, Harvard University had the highest number of Highly Cited Researchers, at 186. Hu and Willett were named for citations in the fields of agricultural sciences, clinical medicine, and social sciences.

Other faculty members with primary appointments in the Nutrition Department who made the Highly Cited Researchers list, for citations in one or two fields, included:

Edward Giovannucci, Professor of Nutrition and Epidemiology; Gokhan S. Hotamisligil, J.S. Simmons Professor of Genetics and Metabolism; and Meir Stampfer, Professor of Epidemiology and Nutrition. Faculty members with secondary or other appointments in the Department on the list included Eric Ding, Visiting Scientist in the Department of Nutrition; Eric Rimm, Professor in the Departments of Epidemiology and Nutrition; and Rob van Dam, Adjunct Associate Professor of Nutrition and Epidemiology.


Mediterranean diet may lower risk of CVD in women

According to a new study, the Mediterranean diet may reduce the risk of cardiovascular disease in women. This study followed more than 25,000 women who were participants in the Women’s Health Study, and found that those who followed the Mediterranean diet had 25% less risk of developing CVD over the course of 12 years compared with women who didn’t adhere to the diet. The Mediterranean diet recommends consuming olive oil vs butter and margarine, chicken and poultry vs red meat, and eating plenty of fruits, nuts, vegetables, and whole grains.

In a December 7, 2018 Kaiser Health News article, Dr Shafqat Ahmad, lead author of the study and a research fellow working with Professor Frank Hu in the Department of Nutrition, said that the reduced risk of cardiovascular disease appears to be linked to changes in inflammation, blood sugar, and body mass index that accompany the diet.


Read the Kaiser Health News article: Even When Not In Rome, Eat A Mediterranean Diet To Cut Heart Disease Risk

Learn more:

Widely studied Mediterranean diet linked to good health (Harvard Chan School news)

Diet Review: Mediterranean Diet (Nutrition Source)

Visit the Harvard Chan School website for the latest news, press releases, and multimedia offerings.

ASN selects Christopher P Duggan, MD, MPH, as new Editor of The American Journal of Clinical Nutrition

The American Society for Nutrition announced the appointment of Dr. Christopher Duggan, a 24-year faculty member in academic and clinical nutrition at Boston Children’s Hospital, Harvard Medical School and Harvard TH Chan School of Public Health, as the new editor of The American Journal of Clinical Nutrition (AJCN).
Duggan is currently Professor of Pediatrics at Harvard Medical School and a Professor in the Departments of Nutrition and Global Health and Population at Harvard T.H. Chan School of Public Health. He has authored more than 300 research and review articles and has edited several books including *Nutrition in Pediatrics* and *Clinical Management of Intestinal Failure*.

“We are delighted to have Christopher Duggan assume the leadership of the *AJCN*. Dr. Duggan is eminently qualified to ensure the continued excellence of the journal, and to help the journal meet the opportunities and challenges ahead in scholarly publishing,” said ASN President Catherine Field. Established in 1952, *AJCN* is the highest peer-reviewed journal in its category, with a 2017 Impact Factor of 6.549 and a standing in the top 5% of all journals included in the Clarivates Journal Citation Reports.

“As a longtime contributor to the Journal as author and reviewer, I'm honored to be selected to serve the nutrition community and build on *AJCN*’s well-deserved reputation for excellence. Nutrition science is increasingly recognized as critical to public, sustainable and equitable health outcomes, and publishing excellent science is our goal. *AJCN* is in many ways the footprint that ASN leaves in the inbox of many clinicians and nutrition scientists, and I’m thrilled to be chosen to help shape its future,” said Duggan.

Duggan is a former recipient of the ASN Physician Nutrition Specialist Award and is board-certified by both the National Board of Physician Nutrition Specialists and the American Board of Pediatrics (Gastroenterology). Alongside his research in pediatric nutritional and gastrointestinal diseases, Duggan runs a large Center for Nutrition at Boston Children’s Hospital, directing a staff of 77 and teaches at the undergraduate, graduate, and post-doctoral level at Harvard. He will begin a five-year term on February 1, 2019, supported by a team of Associate Editors who will be recruited in the coming weeks.

During his tenure, Dr Duggan’s priorities will include adding more globally diverse thought leaders to the Editorial Board, actively recruiting research from emerging and related fields, and developing increased digital content.

**NUTRITION SOURCE UPDATES**

**Develop a “sugar strategy” for healthy holiday eating**
Shared meals are a highlight of the holidays. And while it’s easy to overindulge when there are so many delicious dishes on the table, desserts can be especially easy to overeat:  
[https://www.hsph.harvard.edu/nutritionsource/2013/12/20/develop-a-sugar-strategy-for-healthy-holiday-eating/](https://www.hsph.harvard.edu/nutritionsource/2013/12/20/develop-a-sugar-strategy-for-healthy-holiday-eating/)

**Prioritize plants in holiday cooking**
Five nourishing recipes that add up to one healthy holiday meal, bursting with delicious flavors:  

**Holiday gift guide**
Still a few items left on your holiday shopping list? From olive oil to a home-cooked meal, here are 17 creative gift ideas:  
[https://www.hsph.harvard.edu/nutritionsource/2015/12/03/healthy-gift-guide-17-ideas-for-giving-the-gift-of-health/](https://www.hsph.harvard.edu/nutritionsource/2015/12/03/healthy-gift-guide-17-ideas-for-giving-the-gift-of-health/)
Food feature: Winter Squash
Along with being uniquely beautiful in a variety of colors and shapes, the firm flesh of winter squash is ideal for soups and other warming dishes:
https://www.hsph.harvard.edu/nutritionsource/food-features/winter-squash/

If you would like to remain current as to what is happening in the field of nutrition, please be sure to view our Nutrition Source website for the latest updates!

(See: https://www.hsph.harvard.edu/nutritionsource/)

EVERGREEN UPDATES:

Summary: Anti-hunger Groups are Blocking Nutrition Progress in SNAP

Drs. SN Bleich, MT Gorski Findling, and JP Block published a viewpoint about the role of anti-hunger groups in blocking nutritional improvements to SNAP. In this article, the authors suggest changes to leverage anti-hunger groups and the SNAP program to improve dietary quality.


Summary: The Impact of Healthier School Food Policies on Students’ Diets during and Outside of the School Day

Drs. JFW Cohen, EB Rimm, and MT Gorski Findling, along with co-authors, published a study that provides important new evidence on the impact of national school food policies on diet quality through an assessment of a healthier school food environment and children's diets.


Strategies to reduce sugar-sweetened beverage consumption and increase water access and intake among young children: perspectives from expert stakeholders

Kelsey Vercammen, Johannah Frelier, Caitlin Lowery, and Drs. Moran & Bleich published an article on stakeholder recommendations to reduce SSB consumption and increase water intake in children. The study provides important perspectives on resource utilization.


For more information about EVERGREEN: https://sites.sph.harvard.edu/evergreen/about/
The Department of Nutrition is currently seeking candidates for the position of Assistant or Associate Professor of Integrative Genomic Epidemiology. Please feel free to share this with your colleagues!

For more information: https://academicpositions.harvard.edu/postings/8319