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DEPARTMENT’S CULINARY NUTRITION TEAM EXPLORE GENDER DIFFERENCES IN GLOBAL COOKING FREQUENCY PRIOR TO COVID-19

Drs. Eisenberg and Massa in culinary nutrition action with MPH Culinary Club, February 2020
The Culinary Nutrition activities in the Department of Nutrition are led by Dr David Eisenberg, Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Dr Jen Massa, Research Scientist, and Kate Janisch, Coordinator—Culinary Nutrition. The fields of Culinary Nutrition and Culinary Medicine focus on practical dietary and lifestyle changes, food knowledge, and cooking skills needed to move toward a healthier diet and enhanced personal and public health. These activities assist with the translation of the department’s scientific efforts to provide practical advice for patients, clinicians and educators. Examples of this work include:

- The annual “Healthy Kitchens, Healthy Lives” Continuing Education Conference, co-sponsored by the Harvard T.H. Chan School of Public Health and the Culinary Institute of America (CIA).

- The Teaching Kitchen Collaborative, created from participants from the CIA and the Department of Nutrition’s CME course, is a group of 37 organizations with teaching kitchens - which are more than kitchens, as they are “learning laboratories” whereby individuals learn how to eat, cook, move and think more healthfully. Members of this collaborative are devoted to the design, implementation and evaluation of teaching kitchens as applied to a range of populations across multiple settings.

- The recent Teaching Kitchen Research Conference (TKRC), hosted by our Department, in association with the Teaching Kitchen Collaborative. This conference attracted more than 2500 registrants from 75 countries. Read about the conference overview and abstracts via the Journal of Alternative and Complementary Medicine.

- The recent publication of an article describing Teaching Kitchens in the Learning and Work Environments: The Future Is Now

- And our most recent publication, Gender differences in global estimates of cooking frequency prior to COVID-19, discussed below.

For those interested in learning more about Culinary Nutrition, or in collaborating with David, Jen, Kate and their many colleagues, please follow up with Kate Janisch (Kjanisch@hsph.harvard.edu) or Jen Massa (Jmassa@hsph.harvard.edu ). They especially welcome doctoral, post-doctoral and MPH students interested in exploring research project and practicum opportunities in culinary nutrition. NutriNews asks the Culinary Nutrition team to discuss their latest publication in the following interview:

**NN:** Your team just published a very interesting and novel paper recently. What made you decide to embark on this study in the first place?

**CN:** We were interested in knowing what the frequency of “cooking from scratch” was globally, as this remains largely unstudied and unknown, as strange as this may seem. There are some publications of frequency of cooking internationally; however, the definitions of cooking are broad and are open to include heating foods prepared outside of one’s home, as well as heating up or assembling processed foods. We are interested in knowing if respondents “cooked from scratch” or ate lunches/dinners which were “cooked from scratch” by someone else in their family/home. We were also interested in exploring any associations with “cooking from scratch” in terms of perceived quality of life as well as health and wellness outcomes.

We were invited to join a group based in Japan to develop a new survey, a “cooking frequency questionnaire”, which was to be incorporated into the 2019 Gallup World Poll which was ultimately performed in 142 countries, in person, with 152,974 respondents selected at random for this global, annual questionnaire conducted by Gallup. We created 4 questions (see article) using the specific definition of “cooking from scratch” which we and our co-authors created de novo:
**NN: Why is a study such as yours so important?**

**CN:** As the landscape of how individuals and families eat meals changes, with convenience foods and meals consumed outside the home becoming more prevalent; and, with the obesity epidemic ballooning, it’s important to understand associations between preparing (aka cooking) meals from scratch at home with (a) the quality of one’s overall dietary intake; and (b) one’s health and wellbeing. We have long hypothesized that the frequency with which an individual cooks for oneself, from scratch, at home; and/or the frequency with which one eats meals at home, cooked from scratch and made by others living in the same home, may be associated with dietary quality, adherence to recommended dietary interventions and/or outcomes of prescribed dietary change. Consider, for instance, the Predimed studies, as these do NOT ask whether subjects consume meals cooked by oneself from scratch, or cooked from scratch by other household members, vs meals cooked and purchased outside the home. Might it be the case that individuals who cook their own lunches and dinners from scratch consume a healthier diet overall; and, possibly, that individuals who cook meals from scratch experience better health outcomes? In other words, might the frequency of cooking one’s meals from scratch impact overall dietary quality and the ability to adhere to, and benefit from, a recommended diet? All of these questions must rely on the creation of a questionnaire which can capture the necessary information. This is why we embarked on the development of our Cooking Frequency Questionnaire and the analysis of the data compiled by the Gallup Poll as our first step in this line of inquiry.

**NN: Have you taken into account wide differences across cultures and variations in cross-cultural gender roles?**

**CN:** We controlled for education level as well as income in our model which would address many of the socio-economic status factors. In addition, we controlled for individual countries in our model which would account for many of the cultural considerations. Gender itself rose to the top of the variables we considered as having the biggest effect on “cooking from scratch”.

**NN: Did you factor in the various reasons why many households are not able to cook at-home nutritious meals every day? For example, many households are experiencing severe food insecurity, or they are headed by single women who must work several different jobs to support their families, or many people nowadays have changing lifestyles where they are often away from home at mealtimes.**

**CN:** We had access to several variables from the Gallup Poll that we considered as far as determinants to “cooking from scratch” frequency. Flushing out some of the details for why some determinants were more strongly associated with frequency of cooking than others was the work of this paper as well as our intention for future analyses.
We controlled for variables such as economic income level and employment which would capture many of the considerations you listed. (Variable included: gender, age, education, marital status, children, income, employment status, access to food, health problems, living environment, religion, region, positive index, negative index, life evaluation (e.g., social support, freedom to make life choices, perception of corruption, generosity, healthy life expectancy at birth, GDP per capita))

**NN: How do you expect this study to influence similar research in the future?**

**CN:** Our hope is that the questionnaires we created for the Gallup Poll, asking about frequency of “cooking from scratch”, become widely used and considered in analyses of diet and other lifestyle exposures and associations with health and wellness outcomes.

**NN: Will you be comparing pre-covid vs post-covid results?**

**CN:** Yes, we are currently talking with our collaborators about when to ask these “cooking from scratch” questions in future Gallup Polls to explore trends in cooking frequency pre- vs post-COVID (as this may change significantly and globally). This is one of the research questions we hope to answer during our next investigation. Additionally, we want to add questions which can help assess the degree to which cooking, by men vs women, was viewed as a pleasurable or non-pleasurable (e.g., obligatory) activity, as we still do not have sufficient information in this regard to assess the degree to which cooking, per se, is seen in a positive or negative light by those who do the cooking “from scratch”.

**NN: You hypothesized that women would cook more than men, particularly in less developed countries, and that greater disparities in cooking frequency (by women vs men) would be associated with lower subjective well-being. Can you expand on this thesis and explain how this meshes with the observation that better educated, higher SES women cook (presumably with higher subjective well-being) less frequently?**

**CN:** Our hypothesis is that in countries with better social systems of support: paid parental leave from work, access to childcare, mechanisms for income equality, etc. that women had choices about engaging in work in the workplace compared to working from home and taking on more household responsibilities such as cooking. The data from the 2019 Gallup Poll showed that in countries where the difference in frequency of cooking from scratch by women and men was the smallest – the perceived subjective well-being associated with cooking from scratch was the highest. Therefore it appears that in countries where men and women are sharing more household duties such as cooking, likely due to factors which make it easier for women to have more fair considerations in the workplace, the sense of wellbeing associated with cooking is higher, among both women and men, than in those countries where men and women have more disparate lifestyles (and fewer shared household duties).

**NN: Dr Eisenberg, what was your role in this study?**

**DE:** This effort began with an inquiry from colleagues from Japan, interested in developing the new Cooking Frequency Questionnaire to assess “cooking from scratch” within the next Gallup World Poll. I introduced them to our Harvard colleagues and to the lead author, **Julia Wolfson**, a colleague from Johns Hopkins who has published extensively in this area. I then worked with all co-authors on the development of the questionnaire, the analysis of the data and drafting of the manuscript submitted for peer review.
**NN:** Dr Massa, what was your role in this study?

**JM:** I helped to create the definition of “cooking from scratch” as well as the 4 questions which asked about the frequency of “cooking from scratch”. I was involved in the data analysis as well as manuscript preparation and review process.

**NN:** Kate, what was your role in this study?

**KJ:** I was involved in the data analysis as well as manuscript preparation and review process.

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**NEWS FROM AROUND THE NUTRITION DEPARTMENT**

**AWARDS**

**Dr Walter Willett**, Professor of Epidemiology and Nutrition, delivered the Harry A Feldman Memorial Lecture titled “Food, Health, and Environment: A Role for Epidemiology” in March at the American Epidemiological Society Meeting. Willett discussed the role of epidemiology in developing dietary guidance for both health and mitigation of climate change. This Lecture is the opening lecture of the AES national meeting.

**Mary Kathryn Poole**, PhD Candidate in Population Health Sciences, has been selected as a Science and Innovation Fellow for 2021-2022 by The Center on the Developing Child, which will be supporting the development of her doctoral dissertation with a year-long, multidisciplinary experience as well as a $10,000 stipend. This award recognizes her exceptional achievements and demonstrated leadership.

Since 2007, the Center has awarded fellowships to doctoral students in support of their science, education, and policy research and scholarly development. The Science and Innovation Fellowship is an effort to build knowledge and capacities that could enable breakthrough thinking and work that leads to science-based innovations in the field of early childhood development. We aim to advance and deepen your ability to conduct precise, meaningful, and applicable research, as well as translate and communicate that research to advance early childhood policy and practice settings.

The fellowship will formally begin at the start of the 2021–2022 academic year in September and will run through June. This fellowship experience is designed around a cohort model that prioritizes development of a learning community, in addition to providing important content to the fellows.

**PUBLICATIONS**

**Dr Anne Lusk**, Research Scientist, encourages students in her Harvard Chan course “Built Environment, Human Transportation, Public Health and Climate Change,” to get their new policies into the press or in the hands of decision makers. One student, **James Medeiros**, had his Op Ed published in the April 8th edition of the Charlestown Patriot-Bridge in which he lobbied to stop the jake braking on the Tobin Bridge, which would lessen the noise pollution in Charlestown. The class assignment is to have the students describe their policy and how to effect the change, rather than just identify a problem. Thus, the intent of the course is to have an impact on real problems.

**Dr Manja Koch**, Research Scientist, and colleagues have published a new paper in American Journal of Clinical Nutrition. This paper is important because phospholipids are biomarkers of dietary fat intake and
metabolism, linked to several cardiometabolic disorders. Few prospective studies have assessed plasma phospholipids in relation to dementia risk and cognitive function. To address this gap, Koch et al. examined the association of objectively measured fatty acid profiles from blood with risk of dementia, AD, and cognitive function in a large, community-dwelling population of older adults. This prospective study provided evidence that substitution of saturated fatty acids for linoleic acid was associated with higher risk of dementia and worse cognitive function. Further, the substitution of the marine n-3 fatty acid DHA for linoleic acid was associated with lower risk of dementia. These results suggest that blood concentrations of specific phospholipid fatty acids, which reflect both dietary intake and metabolic influences, could be associated with later-life dementia, a hypothesis that requires formal testing in long-term randomized controlled trials.


GRANTS AND FUNDING

Dr Qi Sun’s, Associate Professor in the Departments of Nutrition and Epidemiology, application entitled "Per- and poly-fluoroalkyl substances, apolipoproteins, and risk of coronary heart disease” was recently funded by the Harvard Catalyst Translational Innovator Program. This project will evaluate whether the per- and poly-fluoroalkyl substances may influence heart disease risk through modulating blood apolipoprotein profiles in cohort studies. Drs Frank Sacks, Eric Rimm, and Jeremy Furtado are co-investigators of the project.

PRESENTATIONS

Abrania Marrero, PhD Candidate in Population Health Sciences | Department of Nutrition, had her podcast on nutrition and agriculture in Puerto Rico released on April 21st by Agents of Change in Environmental Health. The podcast is available here, https://www.agentsofchangeineh.com/podcast-1 on their website; listeners can also subscribe to the full series on Apple Podcasts, Spotify, Stitcher, or SoundCloud. The official title of the podcast is “Abrania Marrero on dietary colonialism in Puerto Rico”. Abrania is currently an Agents of Change in Environmental Health Fellow, a program sponsored by the George Washington University Milken School of Public Health that seeks to amplify neglected voices in environmental health. Agents of Change will also release a written essay of hers later in the year.

DISSERTATION DEFENSES

Fenglei Wei, PhD candidate in Population Health Sciences and Nutrition, successfully defended his dissertation titled "Diet, Metabolomics, and Colorectal Cancer Risk” on Monday, April 26th, 2021.

FACULTY APPOINTMENTS AND PROMOTIONS

The following people in the Department of Nutrition have been reappointed:

1. Teresa Fung, ScD
   Adjunct Professor of Nutrition

2. Miguel Martinez-Gonzalez, MD, PhD
   Adjunct Professor of Nutrition
Dr Josiemer Mattei, Donald and Sue Pritzker Associate Professor of Nutrition, was recently featured in Shape magazine in a discussion on the serious underrepresentation of Black people in the dietetics industry. According to statistics from the Commission on Dietetic Registration, <3 percent of registered dietitians and nutritionists in the US are Black, while >80 percent are white. Mattei suggests that Black Americans are often fed information from (mostly white) practitioners who may not be culturally competent—or, in other words, aware and inclusive of the cultural differences and lived experiences of diverse patients.

"Diversity matters for everything," explains Mattei, whose research focuses on genetic, dietary, and psychological risk factors in racial and ethnic groups and underserved populations. "Having a diverse pool of nutrition and health professionals makes culturally-appropriate counseling more accessible to diverse communities. Patients tend to trust and relate more to providers with the same cultural background as themselves, increasing the likelihood of adhering to their advice."

According to Mattei, to be a culturally competent nutrition expert means to be well-versed in the eating and cooking habits and behaviors of diverse populations, as well as the barriers that some communities can face when it comes to healthy eating. Some of these barriers include the fact that communities of color tend to have more difficulty accessing grocery stores than white communities. For example,
according to statistics from the Southern Poverty Law Center’s Teaching Tolerance program, only 8 percent of Black Americans live in a census tract (a region defined for the purpose of a census, with an average population of 4,000) with a supermarket, compared to 31 percent of white people.

Mattei adds that it’s also crucial for RDs and nutritionists to be aware of the many challenges Black Americans face in accessing equitable health care overall, whether in nutrition or other areas of wellness, “There are social determinants that impact Black health, including racism, discrimination, and economic inequities,” she explains.

There are also other social determinants that can affect Black health more indirectly, "such as high cost of advanced education and gaps in educational opportunities for underrepresented minorities," which in turn can "hinder career growth," explains Mattei. "Think of it this way: A lack of educational and career opportunities means a lack of Black practitioners, and a lack of Black practitioners not only means lower-quality (read: culturally incompetent) care for Black communities but also a lack of mentoring and exposure to health science fields for young Black people who may aspire to work in these industries one day.”

In short, "The dietetics industry (and, really, the health-care industry as a whole) can do better. The first step in making nutrition more equitable and inclusive is to prioritize cultural competency among practitioners", says Mattei. "That means using measures such as workplace training courses and seminars to educate RDs and nutritionists about health disparities, as well as implementing policies to help reduce barriers for marginalized communities", explains Mattei. In the larger overall picture, prioritizing cultural competency also means "increasing educational and career opportunities to providers of diverse backgrounds, reaching out to communities [with] higher needs to raise awareness of the role of nutritional guidance, helping to break institutional barriers—such as covering nutritional counseling through universal health insurance—and making proper linguistic and cultural adaptations to reach a broader audience," says Mattei.

Adapted from: https://www.shape.com/healthy-eating/diet-tips/black-nutritionists-recipes-healthy-eating

Colorectal Adenoma Risk May Be Increased by High Sugar Intake in Adolescence

According to a new study led by Dr Kana Wu, Principal Research Scientist, people who consume high amounts of simple sugars and sugar-sweetened beverages in adolescence may have a greater risk of developing colorectal adenomas than people who consume lower amounts. Colorectal adenomas are benign tumors that can be precursors to cancer. In this study data were analyzed from 33,106 participants of the Nurses’ Health Study II who provided adolescent dietary information in 1998 and subsequently underwent lower gastrointestinal endoscopy between 1999 and 2015.

In an April 5, 2021 Reuters article, Wu states that “Exposures during childhood and adolescence are likely critical for cancers because of the long subsequent lifetime at risk and enhanced susceptibility. However, most epidemiological studies on the role of diet and lifestyle in cancers have focused on exposures during mid-to-late adulthood, likely missing important windows for cancer prevention.”

Link to Reuters Health article: https://www.medscape.com/viewarticle/948637
Dr Frank Hu Clarifies Whether Coffee Is Good or Bad for People’s Health

Earlier studies of coffee suggested that it could lead to health problems. However, recent research provides strong evidence that drinking coffee actually has a variety of health benefits.

Dr Frank Hu, chair of the Department of Nutrition, stated in an April 5, 2021 article in Discover, “The overall evidence has been pretty convincing that coffee has been more healthful than harmful in terms of health outcomes. For most people, moderate coffee consumption can be incorporated into a healthy diet.”

Hu adds that moderate coffee intake—about 2–5 cups a day—is linked to a lower likelihood of heart disease, type 2 diabetes, liver and endometrial cancers, Parkinson’s disease, and depression, and suggests that it’s even possible that people who drink coffee can reduce their risk of early death.

Although early research linked coffee to diseases ranging from heart disease and asthma, Hu noted that many participants in those studies also smoked, which may have led researchers to think that coffee was responsible for the adverse effects that are now linked with cigarettes. He added that anything people consume a lot of tends to come under scrutiny. “In the past, I think a lot of people thought, ‘Oh, coffee’s so delicious, there must be something bad about coffee’. So I think the good news is that [for] most people, coffee actually confers some health benefits.”

Hu cautioned, however, that certain groups should be careful about drinking coffee. For example, not much is known about the effects of coffee on children, and caffeine could be harmful to pregnant women. Too much caffeine can also cause anxiety in people with panic or anxiety disorders.

For those who drink coffee, experts suggest brewing it with a paper filter, because unfiltered coffee is associated with higher rates of early death, and can contain compounds that raise levels of LDL, or “bad,” cholesterol. They also advise not going overboard with added cream or sugar.

From: https://www.hsph.harvard.edu/news/hspinh-in-the-news/is-coffee-good-or-bad-for-your-health/

Read the Discover article: https://www.discovermagazine.com/health/is-coffee-good-for-you-or-not

Learn more


https://www.hsph.harvard.edu/nutritionsource/food-features/coffee/ (The Nutrition Source)

The CHOICES Project at the Harvard T.H. Chan School of Public Health – a research project that focuses on identifying cost-effective strategies to promote healthy weight – recently launched a LinkedIn page. You are invited to follow their page here: https://www.linkedin.com/company/choicesproject and are welcome to share this page with your networks, both through your personal network and through your organization’s network!
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 1:00-1:50 pm and are free and open to the public. Because of COVID-19, the seminars have been presented via Zoom since March of this past spring, and this zoom format may continue in the fall of 2020. A zoom link for viewing will be available one week prior to each seminar.

Our May speakers will be:

May 3  Dr Chris Duggan, MD, MPH, Professor, Departments of Nutrition and Global Health and Population, Harvard T.H. Chan School of Public Health; Professor, Pediatrics, Harvard Medical School – “Is zinc the answer for childhood diarrhea? Recent trial data from Tanzania and India” - NGHP

May 10 Dr Elsie M. Taveras, MD, MPH, Executive Director, Kraft Center for Community Health; Division Chief, General Academic Pediatrics, Massachusetts General Hospital; Conrad Taff Professor of Nutrition in the Department of Pediatrics, Harvard Medical School; and Dr Ronald E. Kleinman, MD, Physician in Chief, MassGeneral Hospital for Children; Chair, Department of Pediatrics, Massachusetts General Hospital; Charles Wilder Professor of Pediatrics, Harvard Medical School – “Recommendations for infants and children from the DGAC 2020-2025 report”

This will conclude our 2020-2021 Monday Nutrition Seminar Series. Our series will resume in the Fall 2021.

NUTRITION SOURCE UPDATES

Plate and the Planet
Different foods have differing impacts on our health; they also have differing impacts on the environment. This earth month, learn about following a “planetary health diet.”
https://www.hsph.harvard.edu/nutritionsource/sustainability/plate-and-planet/

Food Feature: Chickpeas (Garbanzo Beans)
Learn more about these versatile legumes which are a staple of diets worldwide: https://www.hsph.harvard.edu/nutritionsource/chickpeas-garbanzo-beans/

Spotlight on Vitamin D
Few foods naturally contain vitamin D, though some foods are fortified with the vitamin. For most people, the best way to get enough vitamin D is taking a supplement because it is hard to eat enough through food. Learn more:
https://www.hsph.harvard.edu/nutritionsource/vitamin-d/

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/)
7th Annual PREDIMED Omics Symposium: Advances, Applications, & Translation in Nutrition & Epidemiology

Save the Date:
Livestreaming June 9th, 2021
8:00am – 3:00pm EST

Program and Registration Coming Soon!
Assistant or Associate Professor of Public Health Nutrition

The Department of Nutrition at the Harvard T.H. Chan School of Public Health (HSPH) seeks candidates for the position of assistant or associate professor in public health nutrition. This is a tenure-ladder position, with the academic rank to be determined in accordance with the successful candidate’s experience and productivity. The department and the school are committed to mentoring early career investigators.

Situated within a vibrant school of public health, the Nutrition Department has an exceptional and diverse portfolio of research in public health nutrition and nutrition epidemiology and trains doctoral and postdoctoral students in each of these areas. The faculty are actively engaged in an extensive range of cross-disciplinary research topics including community interventions to prevent childhood obesity, sociocultural attitudes and diet quality in underserved populations, national food policy in relation to WIC, SNAP and the National School Lunch Program, and the influence of behavioral economics on food choice and dietary patterns.

The successful applicant will be expected to develop a leading research program on the translation of nutrition and public health knowledge into policy, programs, and practice. The search committee welcomes applications from individuals with a broad range of relevant scholarship and experience in nutrition and related areas, including economics, exercise science and social and behavioral sciences. The successful candidate will be expected to develop an independent research program in public health nutrition, participate in collaborative research activities, teach and supervise students in the Harvard Chan doctoral and master’s programs. The Department is keenly interested in diversifying its faculty and encourages applicants from diverse candidates, including women and minorities.

The successful applicant will hold a doctoral degree in nutrition or in another area related to public health, or will have a medical degree and formal training in public health. Inquiries about this position are welcome and should be directed to: Patrice Brown (pbrown@hsph.harvard.edu)

Please follow the link below to submit your application: https://academicpositions.harvard.edu/postings/10165

The due date for applications and reference letters is 6/1/21.

Four letters of reference are needed for those being considered for assistant professor. Six letters of reference are needed for those being considered for associate professor.

The Harvard T.H. Chan School of Public Health seeks to find, develop, promote, and retain the world’s best scholars. Harvard University is an affirmative action/equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected veteran status, or any other characteristic protected by law. Women and minorities are strongly encouraged to apply. Information on resources for faculty career development and work/life balance can be found at: http://hsph.me/resources-career-development-and-work-life-balance
Assistant or Associate Professor of Nutritional Clinical Trials
and/or Nutritional Metabolism

The Department of Nutrition at the Harvard T.H. Chan School of Public Health invites applications from candidates for a tenure-track position as assistant or associate professor with a focus on nutritional clinical trials. Candidates are also invited who have expertise and interest in nutritional metabolism and biochemistry in humans, or who have training in human genetics and coronary heart disease. This position will hold a primary appointment in the Department of Nutrition with a secondary appointment in the Department of Molecular Metabolism at the Harvard Chan School. This position may also have affiliation with the newly established Harvard Chan Research Center on Causes and Prevention of Cardiovascular Disease (CAP-CVD).

The successful candidate will have the opportunity to develop an independent and collaborative research program to study the effects of foods, nutrients and dietary patterns on biomarkers, disease risk factors, omics outcomes, and other mechanisms by which foods and nutrients affect chronic disease. The candidate’s focus may include atherosclerosis, dyslipidemia, hypertension, diabetes, or other conditions related to nutrition and metabolism. Expertise in clinical trials of dietary interventions that include disease-related outcomes, especially when linked to fundamental mechanisms, is desirable.

The Nutrition Department has facilities and staff to conduct clinical trials, including effectiveness, efficacy, and mechanistic studies, utilizing dietary supplementation, controlled feeding, and other research designs. The Department’s faculty have partnered for many years with the Center for Clinical Investigation at Brigham and Women’s Hospital to conduct nutritional studies that require ambulatory or inpatient admissions, and mechanistic studies such as stable isotope tracer studies and euglycemic hyperinsulinemic clamp.

The candidate will be encouraged to utilize a new facility in proteomics, lipidomics and metabolomics under the direction of the Molecular Metabolism Department, to study biomarkers and mechanisms of human disease.

Longitudinal well-established cohorts managed by the Nutrition Department and Brigham and Women’s Hospital such as the Nurses Health Study and Health Professionals Follow-Up Study are key resources for the faculty to apply basic and mechanistic science to populations. These cohorts have extensive genomic and epidemiological data resources, including nutritional, lifestyle, anthropometric, and social factors; and incidence data on a broad range of complex diseases, including diabetes, heart disease and cancer.

The Department of Nutrition is committed to expanding multi-/trans-disciplinary studies of complex diseases and pressing public health problems using the latest methods and technologies. We are also committed to training students in the skills needed to conduct cutting-edge research in our increasingly interdisciplinary and changing
fields. The successful candidate will be expected to participate actively in teaching and in the direction of training programs.

Candidates should hold a doctoral degree and are engaged in or have completed postdoctoral training with a focus on clinical trials in human nutrition. Linkage to biological mechanisms is desirable. Publication record can be in clinical nutritional trials; metabolism; and/or a closely related field. The successful candidate will have a record of outstanding productivity in an area that complements the existing research and training goals of the department. The candidate should possess the ability to work collaboratively with other scientists and the scholarly qualities required to mentor doctoral students in the PhD Programs in Population Health Sciences and Biological Sciences in Public Health within Harvard’s Graduate School of Arts and Sciences.

The Harvard T.H. Chan School of Public Health seeks to recruit, develop, promote, and retain the world’s best scholars. We are committed to upholding the values of diversity, equity, and inclusion in our hiring and promotion processes. Harvard is an Affirmative Action/Equal Opportunity Employer. Applications from women and minority candidates are strongly encouraged. We are an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability status, protected veteran status, or any other characteristic protected by law.

Information on resources for career development and work/life balance at HSPH can be found at: http://hsph.me/resources-career-development-and-work-life-balance.

Applicants can access more information regarding the position and apply using the link below: https://academicpositions.harvard.edu/postings/10260

For questions or support with submitting your application, please contact: Katrina Soriano, Executive Director in the Department of Nutrition and the Department of Molecular Metabolism, Harvard T.H. Chan School of Public Health, kwright@hsph.harvard.edu
We’re Hiring

Postdoctoral Fellowships
Training in the Epidemiology of Pancreatic Cancer

Division of Cancer Epidemiology and Genetics

Postdoctoral Fellowships
Training in the Epidemiology of Pancreatic Cancer

Dr. Rachael Stolzenberg-Solomon, Senior Investigator in the National Cancer Institute (NCI)’s Metabolic Epidemiology Branch, in the Division of Cancer Epidemiology and Genetics, is looking for motivated postdoctoral fellows who are interested in clarifying the etiology of pancreatic cancer through various study design and molecular approaches, as well as biomarker and metabolic studies particularly related to nutritional exposure.

Potential opportunities include:

1) Molecular epidemiologic studies to investigate biomarkers (including metabolomics) and genetic susceptibility (e.g. GWAS) in prospective studies

2) Cohort analyses of diet and lifestyle exposures

3) Studying biological mechanisms underlying epidemiologic risk factors using biomarkers.

The Division of Cancer Epidemiology and Genetics (DCEG) is a research division of the NCI program of the National Cancer Institute (NCI), one of the focal points for cancer research at the National Institutes of Health (NIH). The Division is the world’s most comprehensive cancer epidemiology research group. Its renowned epidemiologists, geneticists, and biostatisticians conduct population and multidisciplinary research to discover the genetic and environmental determinants of cancer and new approaches to cancer prevention.

Qualifications: Applicants must have a doctoral degree or expect to soon complete a graduate degree program in epidemiology, nutrition, or related field. Individuals with training in epidemiologic methods and biostatistics, strong analytic thinking skills, and an understanding of biological and molecular processes and population genetics are encouraged to apply. Good writing skills are also desirable.

Review of applications will continue until a position is filled. Applicants may be U.S. citizens, permanent residents or foreign nationals (visa requirements apply).

Candidates are subject to a background investigation. DHHS, NIH, and NCI are Equal Opportunity Employers and dedicated to building a diverse community in their training and employment programs.

For more information about this position, contact:

Rachael Stolzenberg-Solomon, Ph.D., M.P.H., R.D., Senior Investigator
Email: Rachael.Stolzenberg-Solomon@nih.gov
Tel: 240.276.7224

To Apply: dceg.cancer.gov and directly to Dr. Stolzenberg-Solomon. Click on Fellowship & Training for overview, qualifications, and application details.