Nutrition Department holds first in-person retreat since pandemic

By Stef Dean, Academic Program Manager

The Retreat for our Department’s students, postdoctoral fellows, research scientists, and faculty was held on Monday, April 25th at Simmons University. The event provided the first opportunity to gather as a larger group and connect in-person since the start of the pandemic and included both social and intellectual sessions.

The Retreat started with an icebreaker and social time, with postdoctoral fellow, Simone Passarelli, finding the most matches for the descriptive BINGO board. Frank Hu gave a warm welcome to those in attendance, which was followed by three quick talks by faculty and a research scientist. Jerry Mande provided a brief history of nutrition policies and their impacts on public health. He encouraged students to include policy in their training and to consider a career in nutrition policy as there are several key nutrition policy positions currently open in U.S. government. Clemens Wittenbecher shared recent results of his metabolomics research, presenting analyses of ten-year metabolomics profile changes in relation to
subsequent type 2 diabetes risk. **Lilian Cheung** presented on her translation and communications work with the *Nutrition Source* and a couple new projects including Eat and Move Mindfully.

Attendees split into groups for roundtable discussions on climate change, nutrition, and health. Each table had a different question to focus their discussion, and the session concluded with a spokesperson from each table sharing a summary of their discussion.

The final session of the Retreat was a poster session using ePosterboards. The presenters and their poster titles are listed below. Attendees voted for the best overall poster and the winner was **Lorena Pacheco**, Yerby postdoctoral fellow, with her poster titled *Avocado Consumption and Risk of Cardiovascular Disease in US Adults*.

Lorena Pacheco  
**Avocado Consumption and Risk of Cardiovascular Disease in US Adults**

Fenglei Wang  
**Plasma metabolite profiles related to plant-based diets and the risk of type 2 diabetes**

Zhila Semnani-Azad  
**Plasma metabolite predictors of metabolic syndrome incidence and reversion: the PREDIMED study**

Andrea Glenn  
**Adherence to the Portfolio Diet and Risk of Type 2 Diabetes in the Women’s Health Initiative**

Yi Wan  
**Changes in carbohydrate quantity and quality, and long-term weight changes in three cohort of men and women**

Linh Bui  
**Developing Planetary Health Diet score**

Danielle Haslam  
**Discovery and validation of a saliva metabolomic signature of insulin resistance and diabetes progression among Puerto Rican adults**

Georgia Martimianaki  
**Coffee and Tea Consumption and Gastric Cancer / Today’s Mediterranean Diet in Greece**

Jessica Z Mason  
**Developing nutrition-sensitive targets for coral reef fisheries: current status and nutrient potential**

Yiyang Yue  
**Long-term diet and risk of SAS-CoV-2 infection and Coronavirus Disease 2019 (COVID-19) severity**

Thank you to the attendees, presenters, and the Retreat Planning Committee, including **Marta Gausch-Ferre**, **Mingyang Song**, **Ya Xuan Sun**, **Saloni Gautam**, **Ganmaa Davaasambuu**, **Sharan Rai**, and **Stefanie Dean**, for making this year’s retreat a success!
A recent study by Dr Lorena Pacheco, Yerby Fellow, and colleagues, just published in *Journal of the American Heart Association* examined the relationship between avocado intake and long-term cardiovascular disease (CVD) risk in 68,786 women from the Nurses’ Health Study and 41,701 men from the Health Professionals Follow-up Study (1986 to 2016) who were free of cancer, coronary heart disease (CHD), and stroke at baseline. Results indicate that participants who ate at least two servings of avocado a week had a lower risk of cardiovascular disease compared to those who rarely ate avocados. Further, replacing animal products like butter, cheese or bacon with avocado was also associated with a lower risk of cardiovascular disease events.
Dr Pacheco is a Yerby Fellow in the Department of Nutrition. She is an experienced dietitian with a demonstrated history of working in the hospital & health care industry. She is also skilled in Nutrition Education, Health Promotion, Nutritional Counseling, Clinical Nutrition, and Dietetics. Dr Pacheco received her PhD in Public Health, Epidemiology, from the University of California, San Diego-San Diego State University Joint Doctoral Program in Public Health.

Because these are particularly notable findings since the consumption of avocados has risen steeply in the U.S. in the last 20 years, according to data from the U.S. Department of Agriculture, and could have a major impact on improving cardiovascular health, NutriNews decided to ask Dr Pacheco for her comments.

**NN: Dr Pacheco, why did you choose to study avocados? Do they have any special health benefits over other foods?**

**LP:** Well, I have been interested in avocados for some time. They have been part of my diet since I was a child and consider them a ‘Mexican’ Mediterranean-style diet food. I had the opportunity of collaborating on a randomized controlled trial in families of Hispanic/Latinx heritage during my doctoral training and that further strengthen my interest in this nutrient-packed fruit. Additionally, once I started as a postdoc in the Department, it was my primary mentor’s, Dr Frank Hu, suggestion for me to consider analyzing avocado intake in the Channing cohorts.

It was actually the perfect time to work on this since a recently published systematic review and meta-analysis encouraged the examination of avocado intake in well-conducted prospective observational studies to determine the association between avocado consumption and clinical CVD end points since most of the published evidence is limited to cardiovascular risk factors as outcomes.

Regarding health benefits, avocados are a nutrient-rich food item with favorable food compounds including monounsaturated and polyunsaturated fats (healthy fats), vitamins, minerals, soluble fiber, vegetable proteins, phytosterols, and polyphenols. They are a concentrated source of certain nutrients that are often lacking in many people’s diets, including magnesium, B6, vitamin C, vitamin E, and folate. Additionally, they are a low-glycemic index food, with a low-carbohydrate and rich in fiber profile. Avocados also contain carotenoids, lutein and zeaxanthin, that help support eye health.

**NN: Could you please summarize your study and its findings for our readers?**

Lorena Pacheco at the pirámides de Teotihuacán
LP: This was an observational epidemiology that examined the association between avocado intake and risk of a CVD event. The main findings were that in two large prospective cohorts of men and women followed for 30 years, we found that compared to adults that never or rarely consumed avocado, those that consumed at least 2 servings of avocado (1 serving = ½ avocado or ½ cup avocado) per week, had a 16% lower risk of cardiovascular disease (CVD) and a 21% lower risk of coronary heart disease (CHD). Additionally, we found that when we replaced margarine, butter, egg, yogurt, cheese, and processed meats for the same amount of avocado, which is a healthy plant fat and a healthy source of dietary fat, this was associated with a lower risk of CVD and CHD. Of note, we were pleased to observe these findings aligned with previous monounsaturated fatty acid-rich foods analysis, such as olive oil and nuts, in our cohorts, with similar effects and CVD risk reductions.

NN: What would you say are the main takeaway points?

LP: The main takeaway or message is that this research complements and expands the current literature on plant-sourced unsaturated fats and CVD. These findings further substantiate the evidence on the replacement of certain spreads and saturated fat-containing foods such as cheese and processed meats, with a plant-sourced fat such as avocado, which, for the most part, is a well-accepted and popular food. Furthermore, the results from this study are akin to those of other monounsaturated fatty acid-rich foods, such as olive oil and nuts; and that avocado can be incorporated into a healthy dietary pattern as a source of heart-healthy fat.

NN: Although your study found lower risk of CVD and CHD, there was no such association for stroke. Do you have an explanation for this?

LP: This was a surprising finding, especially since we did not see an association with ischemic stroke. As my co-authors and I discuss in the paper, the stroke findings could be explained by chance or the lack of statistical power. We must remember that although avocado intake has increased in recent years, it is still low overall.

NN: How would you characterize your study participants in terms of race, sociodemographic factors, etc. Could this tend to bias the study in any way?

LP: Yes, good question and we do discuss this in the paper. The study population consisted of primarily non-Hispanic White nurses and health professionals, living in mostly urban settings. We acknowledge that this limits the generalizability of our results to other populations. Still, there is no known reason to expect that the underlying biological mechanisms may be different in other ethnic groups or that socioeconomic status would affect the results since the sensitivity analysis included adjusting the models for socioeconomic status and findings remained consistent.

NN: How do avocados reduce CVD risk? Do they contain any special nutrients that are heart healthy?

LP: Yes. There are potential biological mechanisms by which avocados offer cardioprotective benefits through modulating cardiovascular risk factors. The primary monounsaturated fatty acid present in avocados is oleic acid, the same fatty acid in olive oil and nuts, and it is suggested that it helps in reducing endothelial dysfunction, hypertension, inflammation, and insulin sensitivity. Besides this, plant sterols are moderately high in avocados and could have favorable effects on lipid profiles. Furthermore, higher fiber intake via avocado consumption can lead to a better lipid profile.
**NN:** Was this epidemiologic study on the relationship between avocado intake and long-term (CVD) risk the first of its kind?

**LP:** Yes, this is a significant study that is filling a gap in the literature as it is the first large prospective study to examine the longitudinal association between avocado consumption and CVD events. In addition, the study’s findings have noteworthy public health implications since it provides further evidence that the intake of plant-sourced unsaturated fats can improve diet quality and is an important component in CVD prevention in the general population. Furthermore, the results are timely since the nationwide consumption of avocado have risen steeply in the US in the last 20 years.

**NN:** In which directions will your research go from here?

**LP:** I am looking forward to continue monitoring and studying avocado consumption in our cohorts since we know avocado intake has increased in recent years. We should consider adding questions on avocado eating habits and avocado oil in the cohorts, to examine down the line. I am also a collaborator of the recently completed analysis on avocado intake and risk of cancer led by grad student Caroline Ericsson and recent graduate Benjamin Fu, with Drs Lorelei Mucci, Heather Eliassen, Edward Giovannucci, and postdoctoral fellow Dr Andrea Romanos-Nanclares. Additionally, it would be interesting to consider other outcomes.

**NN:** How do you like living in Boston?

**LP:** I love living in Boston. It is a vibrant city and have enjoyed the ever-growing food/restaurant scene as well as its history, culture, and all the unique neighborhoods. I live in Brookline and adore my community. Additionally, I have appreciated the convenience of public transportation as I have always had a car and used to drive everywhere back home (San Diego, California/Tijuana, Baja California, Mexico) yet you deal with parking and other issues. I like the fact that I can get from Brookline or the Longwood area to the Boston Commons in 20 min and to Chinatown in 30 min.

**NN:** What do you like to do in your spare time?

**LP:** As several colleagues already know, I love cooking. I grew up in my family’s Chinese restaurant in Tijuana, Baja California, Mexico (border city to San Diego, California) and was enthralled by everything
that had to do with the kitchen, from the selection of the best ingredients to the exactitude of wok cooking and the presentation of a dish, and everything in between. Thus, I enjoy creating recipes, learning about new cooking skills and techniques, and even watching some cooking tv shows. I also like to bake gluten- and dairy-free baked goods. I enjoy the outdoors – just being in nature – and hiking. I also take great pleasure in reading, meditating, and conversations with friends (or strangers – I have had interesting conversations with people on the bus and train).


NEWS IN THE DEPARTMENT

HONORS AND AWARDS

Christopher P. Duggan, MD, MPH, Professor in the Department of Nutrition, has just been named the Samuel J. Meltzer, MD Professor of Pediatrics in the Field of Gastroenterology, Boston Children’s Hospital, Harvard Medical School.

Doctoral student Kenny Mendoza-Herrera has been named a finalist in the American Society for Nutrition’s (ASN) Young Minority Investigator Oral Competition, an educational activity that recognizes young investigators from underrepresented communities within the biomedical and life sciences presenting outstanding research. This is a significant honor.

Five finalists were chosen and will be recognized during NUTRITION 2022 LIVE ONLINE, the American Society for Nutrition’s annual scientific meeting that will be held virtually from June 14-16, 2022.

Mr Mendoza-Herrera’s abstract for NUTRITION 2022 LIVE ONLINE is titled Association Between Parental Feeding Styles and Excess Weight, and Its Mediation by Diet in Costa Rican Adolescents.

Dr Lorena S. Pacheco, Yerby Fellow in the Department of Nutrition, won the Department of Nutrition Retreat's Students/Postdocs Poster session, held in-person (after 2 years) on Monday April 25th. The event also included opening remarks and Department highlights from Chair Dr Frank Hu, and talks on current and future projects from Dr Jerry Mande, Dr Clemens Wittenbecher, and Dr Lilian Cheung.

PUBLICATIONS

Albert Salas-Huetos, PhD, Postdoctoral Research Fellow, has published the following paper:


This study was conducted because, despite evidence suggesting that men’s and women’s intake of omega-3 fatty acids and omega-3 rich foods (nuts and fish) may have a positive influence on a couples’ fertility, studies simultaneously considering intakes of both prospective parents on fertility are scant. Salas-Huetos and colleagues found that women’s consumption of omega-3 fatty acids and omega-3 rich-foods may improve the probability of live birth by decreasing the risk of pregnancy loss. In addition, men’s intake of omega-3 fatty acids may influence semen quality. To the researchers’ knowledge, this is the first study to date examining the association of men’s and women’s intake of omega-3 fatty acids and their primary
food sources with couples’ assisted reproductive technologies (ART) outcomes and men’s semen quality parameters in the same cohort of participants.

Alan Espinosa Marron, Master of Science in Nutritional Epidemiology | 2022, and colleagues have published the following publications:


In "Environmental Impact of Animal-Based Food Production and the Feasibility of a Shift Toward Sustainable Plant-Based Diets in the United States," published in *Frontiers in Sustainability*. Marron and colleagues examined national, state, and municipal public health policies in the US around food systems using the social-ecological framework for discussing factors that accelerates and hinder a shift toward healthier and sustainable plant-forward diets. Their manuscript underscores the need for multi-sector collaboration and context-specific policy solutions to address diet-related climate concerns in the United States. This publication was co-authored by other members of the Nutrition Department: Alan Espinosa-Marron, Kate Adams, Lea Sinno, Alejandra Cantu-Aldana, Martha Tamez, Abrania Marrero, Shilpa Bhupathiraju, and Josiemer Mattei as the corresponding author.

In their paper titled "Muscle wasting assessment tools for prostate cancer," published in *Scientific Reports from Nature Portfolio*. Here Marron’s team underscore that prostate cancer and its treatment induce muscle wasting with detrimental effects on long-term survival. However, it is rarely assessed in developing countries due to the limited availability of high-quality equipment for routine diagnosis. They therefore developed and validated an easy-to-use predictive equation that categorizes seniors with prostate cancer at risk of muscle wasting. This formula requires simple anthropometric measures obtained by untrained personnel. This publication was developed in collaboration with the National Institute of Nutrition in Mexico City.

Marron comments on "Nutritional imbalances in a Mexican vegan group: urgent need for country-specific dietary guidelines," published in *Nutricion Hospitalaria*. This is a short communication where Marron’s team documented unhealthy dietary behaviors in a group of Mexican vegans. The researchers urged country-specific guidelines considering local eating habits, food availability, and sociocultural perspectives around food to support a shift toward healthy and sustainable plant-based diets in Mexico. To the best of their knowledge, this is the first culturally-sensitive project offering a comprehensive characterization of the Mexican vegan diet.

Dr Marta Guasch-Ferre, Senior Research Scientist, and her team have published the following papers:


PRESENTATIONS

Dr Anne Lusk, Research Scientist, has been invited to give a keynote talk in Budapest, Hungary at the “Moving Towards Health and Resilience in the Public Realm” 7th Fábos Conference on Landscape and Greenways, June 30 – July 3, 2002. Her talk is titled, “Identifying the Fine Details for Greenways to Fully Address Climate Change: A 40 year career in greenways continues.”


New Faces in the Nutrition Department

Georgia Martimianaki
Visiting Graduate Student

Hi everyone! I’m Georgia and I’m from Crete, Greece. I will be joining the Nutrition department for the next few months as a visiting graduate student.

I’m a third-year Ph.D. student in Public Health Sciences at the University of Milan and a research collaborator for the Hellenic Health Foundation in Athens. My Ph.D. focuses on the role of dietary factors in the risk of gastric cancer in a global consortium of epidemiological studies, while at the same time, I work on the Greek national diet and health survey and on the estimation of the nutritional status of the Greek population. During my stay here, I will investigate the relationship between olive oil consumption and prostate cancer risk using data from the HPFS and the EPIC-Greece study, under the supervision of Dr. Walter Willett.

I’m excited to be here and for all the new things I will learn! I’m looking forward to meeting you all!

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 2020, and this zoom format will continue for now. A zoom link for viewing will be available one week prior to each seminar.

The following speakers will present in May 2022:

May 2 Keith P. West, DrPH, MPH, RD, George G. Graham Professor of Infant and Child Nutrition, Department of International Health, Johns Hopkins Bloomberg School of Public Health – “Periconceptional micronutrient supplementation and pregnancy loss in rural Bangladesh: The JiVitA-5 Trial” – NGHP
May 9  Luc Djousse, MD, ScD, MPH, FAHA, Associate Professor of Medicine, HMS; Director of Research, Div Aging, Dept. of Medicine, BWH – “Prevention of CVD: Do Omega-3 Supplements Have a Role?”

This ends our Spring 2022 Monday Nutrition Seminar Series. Our seminars will resume in early Fall 2022. Enjoy your summer holidays!

RESEARCH NEWS

Student Nina Sayles interviewed about her work on exploring intersection of community health and agriculture

Stephanie Mitchell/Harvard Staff Photographer

Nina Sayles, who is in a dual-degree program at the Harvard Chan School and the Graduate School of Design, was recently featured on the Harvard Chan website. Excerpts of her interview appear below.

During a 5-month Covid isolation at her parents’ house in New Hampshire, Sayles had plenty of time to ponder the various flaws of the modern industrial food system, such as excess resource use, narrowing of varieties, foods — both fresh and processed — selected for shelf life and stability during transport rather than taste and nutrition.

Although consumer demand for fresh, locally produced fruits and vegetables has boomed over the last decade, as evidenced by the proliferation of farmers markets and community-supported agriculture groups (CSAs), Sayles said that there are potentially insurmountable hurdles to growing and distributing enough locally produced agriculture to feed the entire nation.

To address this, she has set her sights on the regional food systems, with the thought that they may be the sweet spot where foods can be grown close enough to reduce transportation and related environmental costs as well as the toll on freshness and nutrition resulting from producing food far away from where it will be consumed. Boosting regional agriculture could allow growers to scale up enough to meet greater area demand, fill the needs of communities with fresher, more nutritious produce and other foods, and even retain some benefits of local agriculture, such as accessibility for consumers who want to learn more about where their food comes from.
“What I want to go on and do has gone more toward focusing on the potential for a regional food system,” Sayles said. “Something a little more robust than a local food system that might also have the benefit of economies of scale, which would improve food access, but also those environmental and educational benefits that you might get from local food.”

Sayles’ adviser, Dr Erica Kenney, assistant professor of public health nutrition, said Sayles brings a unique perspective to the problem of nutrition, which has long been a focus of public health officials. “I don’t think it can be overstated how important it is to have a multidisciplinary perspective like Nina’s on this problem,” Kenney said. “The fields of nutrition and agriculture have traditionally been very siloed and cut off from one another, yet most of the pressing public health nutrition challenges we’re facing today — food insecurity, sustainability, and a food environment that primes us to overeat and increase our risk of diabetes, heart disease, and cancer — are intimately linked with how our agricultural system is set up. Having someone like Nina who can understand both perspectives and bridge that gap between them will be critical for solving some of these problems.”

After graduation, Sayles said she’ll likely stay in New England, where she appreciates how foods shift with the seasons and where cities and rural areas are close to each other, which she said boosts opportunities to find synergies in the food system.

To read the full interview: https://news.harvard.edu/gazette/story/2022/04/harvard-grad-aims-to-improve-food-system/

Dr Anne Lusk discusses what families can now do at home to lessen the effects of climate change

According to an article written by Dr Anne Lusk, Research Scientist and Instructor, students in high school family and consumer science (FCS), formerly “home ec”, classes, could be provided with valuable skills “to save their planet one house and one yard at a time” if these classes were repurposed to focus on what families can do at home to lessen climate change. The article was published in the Spring 2022 issue of the Journal of Family & Consumer Sciences.

Lusk states that “Fires, hurricanes, heat waves, animal extinction, and worldwide crop failures emphasize the need for high school students to identify positive ways they could address climate change in their own homes”. With enrollment in FCS high school classes on the decline and fewer college students choosing FCS as their major, shifting the curriculum toward climate solutions could both elevate the field and help the planet, according to Lusk.

Lusk listed a number of topics that revamped FCS classes could cover, such as gardening, rewiring a lamp, installing the most efficient home heating or cooling system, mending clothing, glazing a window, or planting and maintaining trees near a house for cooling.

She continues, “With the need for everyone to drive less, purchase less, eat better, and renovate or build sustainable homes, now is the time to revamp the high school FCS class so students are not waiting for leaders to implement large-scale solutions”. 


Welcome to the fifth of our monthly updates regarding Diversity, inclusion and Belonging within the Department of Nutrition! This column will provide updates regarding NUT-DIB committee efforts along with departmental wide updates for newest developments, changes, and initiatives. While we are currently establishing useful forms of communication to/from the committee, please feel free to submit anonymously via our Qualtrics form https://harvard.az1.qualtrics.com/jfe/form/SV_8D642fDG6wcRNUG

The Nutrition DIB Committee Liaison recently collaborated with all other department committee liaisons across the school. This was an opportunity for all to share their progress along with difficulties. A constant but present term used was engagement and giving people in our departments the ability to interact safely, along with giving a sense of belonging. We are currently looking into a few opportunities for engagement. A major takeaway was a course curriculum requirement change in the Department of Environmental Health. They confirmed all individuals who will graduate from their department will be required to take the Environmental Justice course. Students and Faculty spearheaded this achievement together.

**NUTRITION SOURCE UPDATES**

**Plate and the planet**
Just as different foods can have differing impacts on human health, they also have differing impacts on the environment. This Earth Month, learn about shifting towards a “planetary health diet” that can nurture both people and planet: https://www.hsph.harvard.edu/nutritionsource/sustainability/plate-and-planet/

**Customizable stuffed peppers**
Using a bell pepper as a vessel can yield an endless number of delicious and creative filling combinations! Here are three recipes to get you started: https://www.hsph.harvard.edu/nutritionsource/customizable-stuffed-peppers/

**Food feature: Avocados**
Avocados or “alligator pears” are known for their creamy smooth flesh and bumpy skin. Learn more about this popular food found throughout many cultures: https://www.hsph.harvard.edu/nutritionsource/avocados/

(See: https://www.hsph.harvard.edu/nutritionsource/)
SAVE THE DATE!

We are pleased to announce that the Department of Nutrition at the Harvard TH Chan School of Public Health will hold its 17th Annual Stare-Hegsted Lecture on Monday, November 14, 2022, from 4:00-5:15 pm.*

Dr Alice H. Lichtenstein, DSc, Tufts University, will be this year’s speaker. Dr Lichtenstein, who is an alumna of the Department of Nutrition, is a senior scientist and director of the Cardiovascular Nutrition Laboratory at the HNRCA, as well as the Stanley N. Gershoff Professor of Nutrition Science and Policy at the Friedman School. Dr Lichtenstein also serves as the executive editor of the Tufts University Health & Nutrition Letter and Associate Editor of the Journal of Lipid Research.

Dr Lichtenstein’s general research focus is on assessing the interplay between diet and heart disease risk factors, specifically addressing issues related to trans fatty acids, soy protein and isoflavones, sterol/stanol esters, novel vegetable oils differing in fatty acid profile and glycemic index, in postmenopausal females and older males. Selected issues have been investigated in animal models and cell systems with the aim of determining the mechanisms by which dietary factors alter cardiovascular disease risk. Additional work is focused on population basis studies to assess the relationship between cholesterol homeostasis biomarkers and nutrient biomarkers, and cardiovascular disease risk; the application of systematic review methods to the field of nutrition, and the impact of taste acuity on food choices and cardiometabolic risk.

Dr. Lichtenstein was vice-chair of the 2015 Dietary Guidelines Advisory Committee (DGAC) of the USDA/HHS. She also served on the 2000 DGAC. Dr. Lichtenstein has chaired AHA’s Nutrition Committee, and served on the 2013 AHA/ACC’ task forces on practice guidelines to reduce CVD risk.

*Should current Covid restrictions be lifted by that time, Dr Lichtenstein will deliver her lecture in person, final time and venue TBD. Otherwise, this will be a zoom presentation.

MARK YOUR CALENDARS NOW!
Register for the 2022 Teaching Kitchen Research Conference and connect with health professionals, researchers, educators, food system experts and others from around the globe dedicated to the improvement of personal and public health.

two days of...

• Inspiring speakers
• Cutting-edge original research
• Interactive breakout sessions
• Cooking demos & tastings*

Don’t miss this opportunity to learn how teaching kitchens are being applied across a diverse spectrum of populations & venues; the business case for teaching kitchens; and the life-long impact these programs can make!

**Early Bird Registration Now Open**
Abstract submissions opening in April 2022

Funding for this conference was made
possible (in part) by R13AT0011986 from the National Center for Complementary and Integrative Health (NCCIH) and the National Heart Lung and Blood Institute (NHLBI).
The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention by trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

*In the event that local municipalities, state health boards, sponsoring institutions or CDC guidance restricts the opportunity for an in-person gathering in October 2022, the conference will be conducted virtually, and all in-person tickets will be converted to the standard virtual program pricing, and the difference will be refunded accordingly.
Request for Applications: Pilot & Feasibility Grants in Nutrition, Obesity, and/or Metabolism

The Nutrition Obesity Research Center at Harvard (NORCH) is currently seeking applications for Pilot & Feasibility Grants related to nutrition, obesity, and metabolism. This award is up to $30,000 over 1 year, with possibility for up to $30,000 additional funding during year 2 via a competitive renewal if good progress is achieved.

Applications must be submitted by Wednesday, June 1, 2022. The funding period will begin on August 1, 2022. Click here to learn more and apply.

The Neurobiology of Eating Behavior in Obesity:
Mechanisms and Therapeutic Targets
The 23rd Annual Harvard Nutrition Obesity Symposium

Date: June 8, 2022
Time: 8:30am to 4:30pm EST
This event will be held virtually. All are welcome!
Registration is free for all attendees. Register now >
Add to calendar >
Download program flyer >

The Nutrition Obesity Research Center at Harvard (NORCH) invites you to attend our 23rd Annual Symposium, featuring the latest research on a wide range of topics including appetite regulation, gut-brain communication, and mechanisms of surgical and non-surgical obesity interventions.

Click here to register now. We are expecting a high volume of attendees and encourage you to secure your spot early. Additional event info and speaker information can be found here.

Program and Registration: https://www.hsph.harvard.edu/nutrition/omics-2021/
7th Annual PREDIMED Omics Symposium: Advances, Applications, & Translation in Nutrition & Epidemiology

Livestreaming July 1st, 2021
8:00am-2:15pm EST / 14:00-20:15 Spain

Co-chaired by:
Frank B. Hu Harvard Chan School
Miguel A. Martínez-González CIBERObN, University of Navarra, Spain
Rosa M. Lamuela-Raventós CIBERObN, INSA-University of Barcelona, Spain

Link to Program Agenda  |  Link to Event Registration