



# NUTRITION notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes  
Monthly Member  
e-Newsletter

October 2018  
Edition

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## Fall 2018 ASN Board of Directors Update

I am very pleased to provide you with an update from the ASN Board of Directors meeting that took place in early October. ASN continues our impressive growth with rising impact factors for our stellar journals in the Nutrition Science Collection, record breaking abstracts and attendance at our Flagship Nutrition 2018 meeting, strong advocacy for nutrition research funding and science-based nutrition policies and impressive growth in ASN membership. Congratulations and thanks to all of you for this continuing success. On behalf of the ASN Board of Directors, I am pleased to report on actions items from our recent board meeting. These include:



Catherine Field, PhD  
ASN President 2018-2019

- We are making excellent progress on initiatives I discussed in the 2018 ASN Business Meeting ([nutrition.org/virtual-business-meeting](http://nutrition.org/virtual-business-meeting))
- We received a positive report from Treasurer Paul Coates and the Finance and Audit Committee highlighting a strong and clean FY 2017 annual audit.
- Members will receive a draft of the proposed updated ASN Bylaws that strengthen ASN's Governance in the next few weeks. We value your input and comments before they are sent to the membership for a vote.
- We are in the final stages of the search for a new Editor in Chief of AJCN. The Board of Directors wishes to thank chair Kathleen Rasmussen and the entire AJCN Search Committee for their leadership. Stay tuned an announcement will be made very soon!
- The Blue Ribbon Panel commissioned by ASN to provide a report and recommendations on Ensuring Trust in Nutrition Science will be published in the next several weeks in the AJCN *From the Society* pages. We will also publish a call for member feedback as we want to hear your advice and input on implementing the report and proposed recommendations.
- Vision 2028 – the ASN plan to guide our activities to the ASN 100<sup>th</sup> anniversary in 2028 was discussed. There is still time for us to hear from you. We are very excited about the future and the increasing role ASN can play to improve health around the world through the best nutrition science and practice.
- The excitement is already building for **Nutrition 2019** to be held in Baltimore “Bold and Beautiful”, Maryland. The Program Committee promises a stellar program and even more networking opportunities for you to meet new and renew friendships with your colleagues. We want every single member to attend!! Abstract submissions can be found at [meeting.nutrition.org/abstracts](http://meeting.nutrition.org/abstracts).

Thank you for the honor and opportunity to serve as President of the American Society for Nutrition.

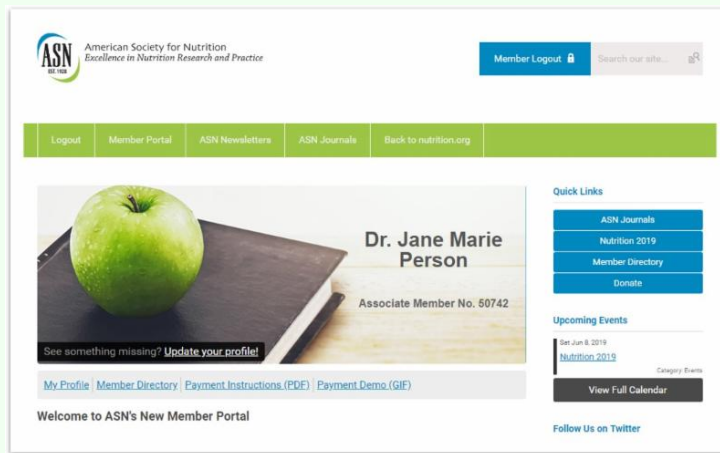
Catherine Field, PhD, ASN President, 2018-2019  
Professor, Agricultural Food and Nutritional Science  
University of Alberta

## Visit the New ASN Member Portal

Login at <https://signin.nutrition.org> to access the new ASN Member Portal. Your Username is now your email address and Password is your ASN member number.

The new website will help maintain more current membership records, with active links to ASN journals, simple tools for staying in touch through ASN NutriLink, updated information for Nutrition 2019, and valuable member resources. Please pardon our dust, we are still under construction and in the process transitioning all membership information and links to this new portal. Come see what we've started.

While you are logged in, take a few moments to review your ASN Member Profile. You can even renew your dues and manage other transactions online. We are very excited about this enhancement for our members! We welcome your feedback as we transition to the New ASN Member Portal. Please contact the ASN Membership Department at [mem@nutrition.org](mailto:mem@nutrition.org) or +1-240-428-3619 or 3640.



## “90” – An Important Number for the ASN Foundation

For the ASN Foundation, 90 represents the number of years your professional home has been building, supporting, and advancing the field of nutrition science and practice. As we enter October, 90 also represents the remaining number of days in 2018, recognized as the “Season of Giving”. Please consider making a charitable donation to the ASN Foundation during our “Give 90 for 90” campaign.

A symbolic gift of \$90 representing your Society’s historic 90-Year Anniversary in 2018 will go a long way in strengthening the Foundation’s efforts to support the future of nutrition science and practice through awards, scholarships, and education. Giving back is easy; just click on the link below and select “Activities of the ASN Foundation (where most needed)”. Any donation higher or lower is also welcomed and greatly appreciated. Thank You!

[Donate Now](#)

## ASN Members in National Academy of Medicine

Congratulations to ASN Members Xiaobin Wang and John Ioannidis for their recent election to the National Academy of Medicine:

- **Xiaobin Wang, MD, MPH, ScD**, Zanyl Krieger Professor in Children's Health and Director, Center on the Early Life Origins of Disease, Department of Population, Family, and Reproductive Health, Johns Hopkins Bloomberg School of Public Health, and Professor of Pediatrics, Johns Hopkins University School of Medicine and Children’s Center.
- **John P.A. Ioannidis, MD, DSc**, CF. Rehnberg Professor in Disease Prevention, Professor of Medicine, Health Research and Policy, Biomedical Data Science, and Statistics, and Co-Director, Meta-Research Innovation Center at Stanford University.

Election to the National Academy of Medicine is considered one of the highest honors in the fields of health and medicine and recognizes individuals who have demonstrated outstanding professional achievement and commitment to service. ASN salutes Drs. Wang and Ioannidis for their service.





## ASN Health & Policy News



### ASN Science Policy Fellows Participate in Rally

**for Medical Research** - ASN's Science Policy Fellows Chris Radlicz, MS, MPH, and Jennifer Mansfield participated in the September 13 "Rally for Medical Research Hill Day", along with ASN staff Sarah Ohlhorst, MS, RD. Rally participants met with nearly 200 House and Senate offices meetings to push Congress to adopt the Senate-passed National Institutes of Health (NIH) funding level of \$39.1 billion in a final, FY 2019 appropriations bill. Participants include patients, survivors, patient advocates, researchers, physician scientists, physicians, and other leaders. ASN's Science Policy Fellows also met with various Agencies during their time in Washington, DC.

See also: [ASN Submits Written Comments on FDA Nutrition Innovation Strategy](#)

See also: [ASN Requests Input on Codex Committee on Nutrition & Foods for Special Dietary Uses Agenda Items](#)

See also: [ASN Requests Input on USDA/NIFA REE Priorities](#)

**More ASN Policy News**

### Call for 2019 ASN Science Policy Fellowship Applications Open

- ASN is now accepting application packets for the [2019 ASN Science Policy Fellowship!](#) ASN will offer two Science Policy Fellowships in 2019 for advanced graduate students, early professionals, postdoctoral trainees, or medical interns, residents, or fellows. Science Policy Fellows will be based at their home institution during the one-year Fellowship. ASN Science Policy Fellows gain an enhanced perspective on public policy issues related to nutrition, including an expanded understanding of current nutrition policy issues and initiatives. The Fellowship will facilitate the acquisition of skills and tools necessary to become well-informed advocates for nutrition research and policy. The deadline to submit [application packets](#) is **Monday, December 17, 2018**. Please send completed application packets as well as any questions regarding the Fellowship to [sohlhorst@nutrition.org](mailto:sohlhorst@nutrition.org).

## Call for Nominations: Nutrition 2019 Awards & Fellows

The American Society for Nutrition Foundation is pleased to announce the **Call for Nominations** for **2019 Awards** and the **ASN Class of 2019 Fellows**.

Each year, the ASN Foundation's awards program recognizes outstanding scientists, clinicians and scholars for significant contributions to nutrition research, education and practice. Our awards span numerous areas of nutrition science, targeting both young and senior investigators.

To be inducted as a Fellow of the ASN is the highest honor that the Society bestows. Scientists who have had distinguished careers in the field of nutrition and are at least sixty-five years of age are eligible for nomination.

Award winners and ASN Class of 2019 Fellows will be honored at Nutrition 2019. We look forward to celebrating these accomplishments with everyone in Baltimore, MD, June 8-11, 2019!

Please visit the [ASN Awards Portal](#) for information and to submit a nomination.

The Call for Nominations will remain open through **November 1, 2018**.

**ASN Awards Portal**

[Click here](#) for information on nominations for **2019 Awards**

[Click here](#) for information on nominations for **ASN's Class of 2019 Fellows**

## Call for Nominations: 2019 W.O. Atwater Memorial Lecture

The Agricultural Research Service, USDA's chief scientific agency, is seeking nominations for the 2019 W. O. ATWATER MEMORIAL LECTURE, co-sponsored by the American Society for Nutrition. The Lecture will be presented at NUTRITION 2019 in Baltimore, June 8-11.

The Lectureship was established in 1968 to honor the memory of Wilbur Olin Atwater (1844-1907) and to recognize scientists who have made unique contributions toward improving the diet and nutrition of people around the world. Atwater, considered the father of modern nutrition research and education, was the U.S. Department of Agriculture's first chief of nutrition investigations.

The Lecture is on a research topic, scientific trend or policy issue of the Lecturer's choice. An

honorarium of \$2,000, a medallion, and expenses to present the Lecture are part of the award.

To nominate, send a letter explaining the nominee's contributions to nutrition and the candidate's current CV to: [AtwaterLecture@ars.usda.gov](mailto:AtwaterLecture@ars.usda.gov) (PDF format only). Nominees may be outstanding contributors in industry, universities, or government positions. Current ARS employees are not eligible.

**Deadline for nominations — November 16, 2018.**

## Save the Date

### DATE AND TIME

06/08/19 6:00am-06/11/19 12:00pm



**Nutrition 2019 – June 8-11, 2019**  
Baltimore Convention Center, Baltimore, MD



## ASN on Demand

[Visit ASN on Demand](#)

## Nutrition 2018 Now On Demand

If you missed Nutrition 2018, or attended a session you'd like to see again, you're in luck! Nutrition 2018 session content is available now on [ASN on Demand](#) for purchase.

If you signed up for ASN on Demand at registration, your access instructions were sent to you via e-mail. To view the presentations, you may need to add access to your account on [ondemand.nutrition.org](http://ondemand.nutrition.org) using the access code sent to you. For assistance email [asnondemand@nutrition.org](mailto:asnondemand@nutrition.org).

## Association for Nutrition Departments & Programs (ANDP) Fall Meeting

Mark your calendar for the Joint Meeting of the Association of Nutrition Departments & Programs (ANDP) and the Council of Food Science Administrators (CFSA), October 24-26, 2018 at Cornell University:

- Wednesday, October 24 – Association of Nutrition Departments & Programs (ANDP) 12:00 PM - 5:00 PM
- Thursday, October 25 – Joint Meeting: CFSA & ANDP 8:15 AM - 5:00 PM
- Friday, October 26 – Council of Food Science Administrators Meeting (CFSA)

Check [www.ANDPonline.org](http://www.ANDPonline.org) for the program, registration and other information.



**ASN NutriLink**  
JOIN THE NUTRITION CONVERSATION

[Visit ASN NutriLink](#)

## Visit ASN NutriLink today

[ASN NutriLink](#) is the ASN members-only community forum. Post discussions, browse resource files, and search for a mentor - all in one place! It is also **home for all RIS and Council communities**. ASN NutriLink is the official way for RIS leaders to communicate deadlines, plan events and share other information specific to the group. Use [this guide](#) to adjust your email frequency. Contact the [ASN NutriLink Community Administrator](#) with any questions.

## ASN Journal Highlights





Current Issue

## The American Journal of Clinical Nutrition (AJCN)

October 2018, 108(4)

### Featured Articles:

- **Does adaptive thermogenesis contribute to risk of weight regain?** Sustained weight loss may not result in substantial, disproportionately low Resting Energy Expenditure. Ostendorf DM, Melanson EL, Caldwell AE, Creasy SA, Pan A, MacLean PS, Wyatt HR, Hill JO, Catenacci VA. [No consistent evidence of a disproportionately low resting energy expenditure in long-term successful weight loss maintainers](#). *Amer J Clin Nutr* 108(4):658-66.
- **Can genetic variation explain physiological response to starchy foods?** The number of copies of the salivary amylase gene influences the rate of starch digestion and glycemic responses after consumption of starchy foods. Atkinson FS, Hancock D, Petocz P, Brand-Miller JC. [The physiologic and phenotypic significance of variation in human amylase gene copy number](#). *Amer J Clin Nutr* 108(4):737-48.
- **Dairy fat consumed in the matrix of cheese does not appear to adversely affect blood lipoprotein cholesterol.** Fats sequestered within the matrix of cheese can significantly lower plasma cholesterol levels compared with the same components eaten within different food matrices. Feeney EL, Barron R, Dible V, Hamilton Z, Power Y, Tanner L, Flynn C, Bouchier P, Beresford T, Noronha N, Gibney ER. [Dairy matrix effects: response to consumption of dairy fat differs when eaten within the cheese matrix – a randomized controlled trial](#). *Amer J Clin Nutr* 108(4):667-74.
- **Autistic traits, autism spectrum disorder, and food neophobia: Is there an association?** Wallace GL, Llewellyn C, Fildes A, Ronald A. Early emergence of Food Neophobia behaviors and their linkage to autistic traits may impact health outcomes such as body weight. [Autism spectrum disorder and food neophobia: clinical and subclinical links](#). *Amer J Clin Nutr* 108(4):701-7.



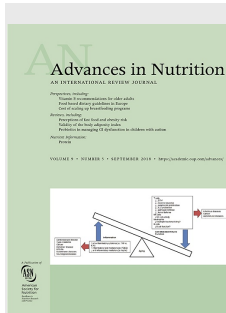
Current Issue

## The Journal of Nutrition (JN)

October 2018, 148(10)

### Featured Articles:

- **Does breakfast influence food intake consumed later in the day?** Rosi A, Martini D, Scazzina F, Dall'Aglio E, Leonardi R, Monti L, Fasano F, Di Dio C, Riggio L, Furio Brighenti F. [Nature and Cognitive Perception of 4 Different Breakfast Meals Influence Satiety-Related Sensations and Postprandial Metabolic Responses but Have Little Effect on Food Choices and Intake Later in the Day in a Randomized Crossover Trial in Healthy Men](#). *J Nutr* 148(10):1536-46.
- **Does coconut oil have a role in heart healthy diets?** Maki KC, Hasse W, Dicklin MR, Bell M, Buggia MA, Cassens ME, Eren F. [Corn Oil Lowers Plasma Cholesterol Compared with Coconut Oil in Adults with Above-Desirable Levels of Cholesterol in a Randomized Crossover Trial](#). *J Nutr* 148(10):1556-63.
- **Closing the gap: Can linking nutrition and agriculture improve diets?** Gelli A, Margolies A, Santacroce M, Roschnik R, Twalibu A, Katundu M, Moestue H, Alderman H, Ruel M. [Using a Community-Based Early Childhood Development Center as a Platform to Promote Production and Consumption Diversity Increases Children's Dietary Intake and Reduces Stunting in Malawi: A Cluster-Randomized Trial](#). *J Nutr* 148(10):1587-97.



## Advances in Nutrition (AN)

September 2018, 9(5)

### Featured Articles:

- **Meydani et al.** make the argument that “evidence, based on biological plausibility as well as data from animal studies and clinical trials that show the efficacy of vitamin E in improving immune response and reducing the risk of infection in the aged, strongly suggests that higher than currently recommended levels of vitamin E might be needed for the elderly.” [Perspective: Should Vitamin E Recommendations for Older Adults Be Increased?](#) *Adv Nutr* 9(5):533-43.

## Current Issue

- Recently developed, the body adiposity index (BAI) is a practical anthropometric method used to measure body fat percentage. After conducting a systematic review, however, [Cerqueira et al.](#) believe that that the BAI does not present satisfying results predicting body fat percentages among adults. Its use is not recommended for clinical practice and epidemiologic studies. [Validity of the Body Adiposity Index in Predicting Body Fat in Adults: A Systematic Review](#). *Adv Nutr* 9(5):617-24.



## Current Developments in Nutrition (CDN)

October 2018, 2(10)

### Featured Article:

- There are many effective nutrition interventions designed for women; however, [Fox et al.](#) point out these interventions largely target women who are pregnant and lactating or with young children. The authors conclude that this imbalance “fails to address the interrelation and compounding nature of nutritional disadvantages that are perpetuated across many women's lives. In order for policies and interventions to more effectively address inequities faced by women, and not only women as mothers, it is essential that they reflect how, when, and where to engage with women across the life course.” [Who is the Woman in Women's Nutrition? A Narrative Review of Evidence and Actions to Support Women's Nutrition Throughout Life](#).

## Current Issue

## Highlights from Other Journals

- [Cost-effectiveness of financial incentives and disincentives for improving food purchases and health through the US Supplemental Nutrition Assistance Program \(SNAP\): A microsimulation study](#). [Mozaffarian et al.] *PLOS Med*.
- [Associations of TV Viewing Duration, Meals and Snacks Eaten When Watching TV, and a TV in the Bedroom with Child Adiposity](#) [Collings et al.] *Obesity*.
- [Consumption of Mediterranean versus Western Diet Leads to Distinct Mammary Gland Microbiome Populations](#) [Shively et al.] *Cell Reports*.
- [Cost-effectiveness of Financial Incentives for Patients and Physicians to Manage Low-Density Lipoprotein Cholesterol Levels](#). [Pandya et al.] *Jama Netw Open*.
- [Sugar-sweetened beverage consumption and incidence of breast cancer: the Seguimiento Universidad de Navarra \(SUN\) Project](#) [Romanos-Nanclares et al.] *Eur J Clin Nutr*.

## Important Dates

Oct 20-23

### [FNCE 2018: Food & Nutrition Conference & Expo](#)

(Washington, DC)

Oct 24-26

### [Joint Meeting of the Association of Nutrition Departments & Programs \(ANDP\) and the Council of Food Science Administrators \(CFSA\)](#)

(Ithaca, NY)

Nov 7-9

### [Personalized Nutrition 2018: ACN Annual Meeting](#)

(Seattle, WA)

Nov 11-15

### [XVIII Latin-American Congress of Nutrition / Congreso Latinoamericano de Nutrición](#)

(Guadalajara, Mexico)

### [ObesityWeek 2018: TOS Annual Scientific Meeting](#)

Nov 11-15

(Nashville, TN)

Jan 12, 2019

[CNS Thematic Conference - Healthy Diets and Weight: Sorting Fact from Fiction](#) (Toronto, Canada)

Mar 7-9, 2019

[6th International Conference on Nutrition and Growth](#) (Valencia, Spain)

Jun 8-11,  
2019

**NUTRITION**  **2019** (Baltimore, MD)

## Give Today - Support Tomorrow

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