



NUTRITION notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes
Monthly Member
e-Newsletter

February
2019 Edition

In This Issue: *(scroll below for details)*

- Last Call for Abstracts!
- Nutrition 2019's Scientific Program and Schedule Now Available
- Nutrition 2019 Travel Awards and Family Support Grants
- Herbalife Nutrition Scholarship
- Congratulations to Karen King on Her Retirement
- ASN Science Policy Fellows Announced
- Association of Nutrition Departments and Programs 2019 Meeting
- ASN Health and Policy News
- Subscribe to *Nutrition Today*



LAST CALL FOR NUTRITION 2019 ABSTRACTS

Deadline: February 15, 2019

With the reopening of the U.S. federal government, ASN has [reopened abstract submission](#) for [Nutrition 2019](#). We are pleased to allow additional time for researchers affected by the shutdown to share their science. Last Call will remain open through **February 15, 2019**. Any investigator is welcome to submit an abstract during this special Last Call!

Students and young investigators who are ASN members can also apply for abstract-based award competitions and travel funding opportunities as part of their Last Call abstract submissions.

Abstracts submitted by the January 18 deadline are now locked and under review. A separate round of review will be held for abstracts submitted during the Last Call. ASN extends our deepest gratitude to the hundreds of ASN members serving as abstract reviewers. Your efforts help elevate the quality of science presented at ASN meetings.

After the Last Call deadline, abstract submission will be closed and there will not be a late-breaking round for abstracts. If you have any questions about your abstract, the review process or the Last Call, please contact education@nutrition.org.

[Submit Your Abstract](#)

Nutrition 2019's Scientific Program and Schedule is Available!

Nutrition 2019 will feature more than 100 sessions covering 6 tracks so you can get the knowledge and skills you need on the topics you want.



- Hear experts weigh in on hot areas such as nutritional microbiology, big data analytics, nutrition-related health effects of cannabis, animal protein sources, meal timing and circadian rhythms, omics in nutrition, delivery of micronutrients to populations and much more in our featured symposia.
- Explore our preconferences and sponsored satellite programs spanning content from sports nutrition to sustainability of the food supply.
- Drop in to the *From Research to Practice* clinical programming track to hear the latest on practice-changing science.
- Network with leaders from federal agencies in our **Connect with the Fed** activities.
- Brush up on skills in one of our professional development workshops.

Learn more about programming and events at [Nutrition 2019](#).

Browse the [Schedule Planner!](#)

Nutrition 2019 Travel Awards

Are you a student or early career professional? The **Nutrition 2019**/FASEB "Diversity Resources for Enrichment, Access & Mentoring" (DREAM) Mentored (formerly called MARC) Travel Award offers up to \$1000 in travel support. For full eligibility details, please [click here](#).

To be considered, you must:

- Meet the [eligibility guidelines](#)
- Have [submitted an abstract](#) for Nutrition 2019
- [Complete the application](#) by April 15

Nutrition 2019 Family Support Grants

Deadline for Applications: **April 1, 2019**

Nutrition 2019 aims to be a family friendly environment and ASN is offering small grants to help off-set caregiving expenses to enable scientists with dependent children or family members to present their research in Baltimore. The Nutrition 2019 Family Support Grant is a reimbursable allowance up to a maximum of \$750 towards eligible funding scenarios. Provision of these grants is part of a study to assess and evaluate conference attendance feasibility; through this effort we will gather feedback about preferences and barriers to conference attendance.

For full eligibility guidelines, please [click here](#).

To apply, [click here](#).

Special thanks to the **National Dairy Council** and **The Sugar Association**, our supporters of the Family Support Grants.

ASN Foundation Announces New Herbalife Nutrition Scholarship

[Deadline for Applications](#): **March 1, 2019**

ASN announced a new partnership with Herbalife Nutrition to award an annual education scholarship

to a promising student seeking an advanced degree in nutrition or related field.

We know dietitians are on the front lines of teaching consumers about the principles of healthy eating and, thus, have directed this scholarship program to Registered Dietitians (RD) or those intending to become an RD.

For 2019, applicants must reside in the United States and be accepted/enrolled in a post-baccalaureate MS, PhD, ScD, DCN, DrPH, or clinical health science graduate program.

The first scholarship will be presented at [Nutrition 2019](#), June 8 – 11, 2019 in Baltimore, MD, and the 2019 scholarship recipient will receive a complimentary registration to the meeting.

For more details about the award and to apply, [click here](#).

ASN Predoctoral Fellowships for Students in Nutrition Research

Deadline for Applications: March 1, 2019

Applications for the 2018 ASN Predoctoral Fellowships are currently being accepted. All application materials must be submitted by the deadline.

- Eligibility is based upon ASN membership and enrollment in a U.S. graduate program in nutrition.
- Grants range from \$2,000 to \$5,000.
- Awards will be presented at Nutrition 2019 in Baltimore, Maryland
- [Details and Application Form](#)
- Questions? Contact Michelle Crispino by e-mail at awards@nutrition.org.

ASN Congratulates Karen King, VP of Publications and Member Services, on Her Retirement

Karen King, ASN's Vice President of Publications and Member Services, retired at the end of January after more than 29 years of service with the organization. Beginning in October, 1989, as Communications Assistant for ASN's predecessor organization AIN, she utilized her journalism degree from Syracuse University and her Master's in Nutritional Biochemistry from Cornell University to advance nutrition science communications.

Over the years, Karen rose through the ranks at AIN and ASN as she expanded the Publications division's reach globally in both basic and clinical nutrition with ASN journals, ultimately rising to Vice President for Publications in 2010 after having positioned ASN and the Nutrition Science Collection as the pre-eminent source of new research in nutrition. In this key position, Karen successfully launched two new journals, led the membership services division, and was a vital member of the ASN Executive Team.

On a more personal level, Karen is an avid traveler and adventurer, and we are all very interested in what is next for a person who has already ridden elephants in Thailand, surfed down the Great Wall of China, and ridden Criollo's horses with the gauchos in Uruguay. Within ASN Karen has been a most trusted colleague, and a friend and mentor to many. She has always been willing to go the extra mile, visioning a future of what ASN could be, and being passionately committed to ensuring success for our members and society.

All of ASN wishes to congratulate and thank Karen for her leadership and all she has accomplished to make ASN a stronger organization. We wish her much happiness in retirement.



2019 ASN Science Policy Fellows Announced

The 2019 class of ASN Science Policy Fellows has been selected. Jessica Soldavini, MPH, RD, LDN, from the University of North Carolina Chapel Hill, and Rebecca Hagedorn from West Virginia University, both doctoral candidates, will begin as ASN Science Policy Fellows on April 1, 2019. ASN conducted an interview with each Fellow.



Jessica Soldavini received her B.S. in Nutritional Sciences from the [University of California, Berkeley](#), with a focus in Dietetics, and received her M.P.H. in Community Health Sciences at the [University of California, Los Angeles](#). She is now completing her Ph.D. studies in Nutrition at the [University of North Carolina at Chapel Hill](#). Jessica is a Registered Dietitian and works as a Graduate Research Assistant with the UNC Center for Health Promotion and Disease Prevention. She has been a member of ASN since 2017.

1. How did you first get involved in nutrition science and research? What led you to be interested in nutrition policy?

I first became interested in nutrition while I was in high school and decided that I wanted to become a Registered Dietitian. While studying nutritional science as an undergraduate at UC Berkeley...

[Read the Full Interview](#)



Rebecca Hagedorn received her B.S. in Human Nutrition and Foods from [West Virginia University](#) and she is now completing her Ph.D. studies in the [Animal and Food Science program at West Virginia University](#). She is an NIH T32 Behavioral and Biomedical Sciences Trainee, a graduate of the [Applied Biostatistics Certificate Program through the West Virginia University School of Public Health](#), and has advanced research training in behavioral analysis and experimental models. Rebecca has been a member of ASN since 2018.

1. How did you first get involved in nutrition science and research? What led you to be interested in nutrition policy?

As an undergraduate at West Virginia University, I was provided the opportunity to volunteer with Dr. Melissa Olfert in the Lifestyle Intervention Research Lab and quickly caught the research bug...

[Read the Full Interview](#)

Association of Nutrition Departments and Programs (ANDP)

The 2019 Fall Joint ANDP-CFSA Meeting will be held October 22-24, 2019 at UC Davis. Francene Steinberg, PhD, UC Davis is the 2018-2019 ANDP Chair. During the Fall Election, Michelle R. Foreman, PhD, Purdue was elected 2019-2020 Chair-Elect. For more information or to join ANDP, visit www.andponline.org.



ASN Health & Policy News



Input Requested on Best Practices from Ensuring Trust in Nutrition Science Report

The full report from the American Society for Nutrition (ASN)-commissioned Blue Ribbon Panel, "[Best Practices in Nutrition Science to Earn and Keep the Public's Trust](#)", is now available online in *The American Journal of Clinical Nutrition's* [January 2019 issue](#). The report shares recommendations for working collaboratively with various stakeholders across sectors and disciplines while maintaining transparency and scientific rigor to uphold trust. There is also an accompanying commentary by ASN's President, Catherine J. Field, "[Ensuring Trust in Nutrition Science: Request for Stakeholder Input](#)." An online Stakeholder Consultation is now open to all interested stakeholders on the ASN website to gather

See also: [ASN Seeks Videos for](#)

[Understanding Nutritional Science Competition](#)

See also: [Upcoming ASN Briefing on Plan S](#)

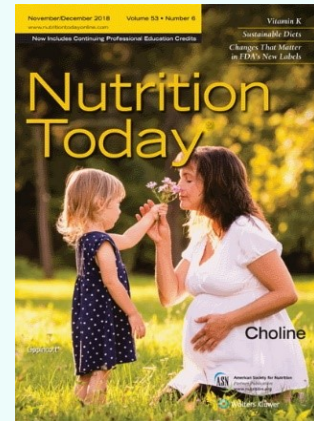
input on the recommendations and to help inform ASN's plans for implementation of the recommendations. **The stakeholder consultation will end on Friday, February 15, 2019.** Please [click here](#) to learn more and to access the Stakeholder Consultation questions. We would appreciate your input on the recommendations, as well as on ASN implementation of the recommendations.

[More ASN Policy News](#)

Subscribe to *Nutrition Today*

Nutrition Today is an ASN official partner publication, helping professionals clear a pathway through today's maze of fad diets and cure-all claims by publishing easy-to-read, authoritative reviews. Members can subscribe at exclusive rates for full access at nutritiontodayonline.com, including archive and mobile access.

To order the Print & Online edition, [visit Nutrition Today](#) and use promo code **WGK152AA** at checkout (USA price: \$77 / 42% discount). For Online Only, [visit Nutrition Today Online](#) using promo code **WGK152BB** (\$43 / 61% discount).



ASN NutriLink
JOIN THE NUTRITION CONVERSATION

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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 on Demand

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Nutrition 2018 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 using the access code sent to you. For assistance email asnondemand@nutrition.org.

ASN Journal Highlights



The Journal of Nutrition (JN)

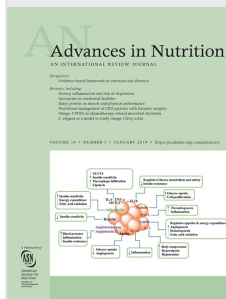
January 2019, 149(1)

Featured Articles:

- **Strategies to improve bone health among Hispanic adults: where do we go next?** A study found that higher intakes of milk protein in Hispanic adults were associated with higher bone mineral density, but calcium and vitamin D intakes in this population were below Dietary Guidelines, which can detrimentally affect bone health. Mangano KM, Noel SE, Sahni S, Tucker KL. [Higher dairy intakes are associated with higher bone mineral density among adults with sufficient vitamin D status: results from the Boston Puerto Rican](#)

Current Issue

- **Osteoporosis Study.** *J Nutr* 2019;149:139–48.
- **Can skipping breakfast increase risk of type 2 diabetes?** Risk of type 2 diabetes increases with each additional day of breakfast skipping, reaching a plateau at 4-5 days a week, according to a recent study. Ballon A, Neuenschwander M, Schlesinger S. [Breakfast skipping is associated with increased risk of type 2 diabetes among adults: a systematic review and meta-analysis of prospective cohort studies.](#) *J Nutr* 2019;149:106–13.
- **Personalizing intake of individual saturated fatty acid: odd or even?** Results from a new study suggest that even-chain saturated fatty acids are associated with higher total mortality in women, whereas intake of odd-chain fatty acids is related to lower total mortality in both sexes. Zhuang P, Cheng L, Wang J, Zhang Y, Jiao J. [Saturated fatty acid intake is associated with total mortality in a nationwide cohort study.](#) *J Nutr* 2019;149:68–77.



Advances in Nutrition (AN)

January 2019, 10(1)

Featured Articles:

- Higher-protein diets, particularly when coupled with resistance exercise, preserve muscle mass and maintain whole-body protein homeostasis during moderate energy deficits (i.e., normal weight loss). However, [John W. Carbone et al.](#) note that as the magnitude of energy deficit increases, the ability of higher-protein diets to mitigate losses of muscle mass is diminished. Carbone JW, McClung JP, Pasiakos SM. [Recent Advances in the Characterization of Skeletal Muscle and Whole-Body Protein Responses to Dietary Protein and Exercise during Negative Energy Balance.](#) *Adv Nutr* 10(1):70–9.
- [Ana Isabel Rodríguez-Rejón et al.](#) examined the prevalence of sarcopenia among older adults who live in residential facilities such as nursing homes and assisted living. They discovered that different studies produced very different estimates. The authors believe that differences in approaches to diagnosing sarcopenia are hampering the implementation of appropriate nutritional interventions. Rodríguez-Rejón AI, Ruiz-Lopez MD, Wanden-Berghe C, Artacho R. [Prevalence and Diagnosis of Sarcopenia in Residential Facilities: A Systematic Review.](#) *Adv Nutr* 10(1):51–8.

Current Issue



Current Developments in Nutrition (CDN)

February 2019, 3(2)

Featured Article:

- The Synergistic Theory Research Obesity and Nutrition Group (STRONG) Kids 2 birth cohort study examines multi-level predictors of weight change and dietary habits over the first five years of life, including individual biology, child socioemotional and behavioral characteristics, family environment, and child care environment. Rather than focus on single predictors of obesity risk, [Barbara H. Fiese et al.](#) believe that practice and policy should be based on “a richer approach to the complex origins of dietary habits and weight gain in the early years to include child socio-emotional development, family organization, and child care as they provide an environmental context in support of individual variations in biology.” Fiese BH, Musaad S, Bost KK, McBride BA, Lee S-Y, Teran-Garcia M, Donovan SM. [The STRONG Kids2 Birth Cohort Study: A Cell-to-Society Approach to Dietary Habits and Weight Trajectories Across the First Five Years of Life.](#) *Curr Dev Nutr* 2019 [Published ahead of print]

Current Issue

Highlights from Other Journals

- [Association Between SNAP Participation and Cost-Related Medication Nonadherence Among Older Adults With Diabetes](#) [Pooler and Srinivasan] *JAMA Intern Med.*
- [Use of Active Workstations in Individuals with Overweight or Obesity: A Systematic Review](#) [Josaphat et al.] *Obesity.*
- [CRISPR-mediated activation of a promoter or enhancer rescues obesity caused by haploinsufficiency](#) [Matharu et al.] *Science.*
- [Lettuce be happy: A longitudinal UK study on the relationship between fruit and vegetable](#)

[consumption and well-being](#) [Ocean et al.] *Soc Sci Med*.

- [Wholesomeness and safety aspects of irradiated foods](#) [Ravindran and Jaiswal] *Food Chem*.
- [The Imperative for Climate Action to Protect Health](#) [Haines and Ebi] *NEJM*.

Important Dates

Feb 27-Mar 2

[4th International Congress Hidden Hunger](#) (Stuttgart, Germany)

Mar 7-9

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

Mar 10-14

[58th Annual Meeting & ToxExpo](#) (Baltimore, MD)

Mar 20-22

[XV International Magnesium Symposium](#) (Bethesda, MD)

May 2-4

[CNS 2019 Annual Conference](#) (Niagara Falls, ON, Canada)

Jun 8-11

NUTRITION  **2019** (Baltimore, MD)

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