



# NUTRITION notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes  
Monthly Member  
e-Newsletter

April 2019  
Edition

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

- Register for Nutrition 2019: Time is Running Out!
- 2019-2020 ASN Election Results
- Membership Sets Path for ASN 2028
- Listen to the Nutrition 2019 Preview Podcast
- Nutrition 2019's Scientific Program and Schedule
- Award Lectures Announced for Nutrition 2019
- Legislation Proposed to Create a National Institute of Nutrition

## Nutrition 2019: Time is Running Out!

We really outdid ourselves this time! There's so much great science and networking packed into 4 days at [Nutrition 2019](#), it's like a dozen conferences combined into one. With the knowledge, inspiration, and new connections you'll make at Nutrition 2019, the contributions you'll make to nutrition science far outweigh the cost of attending. Plus, your registration fee includes receptions and two lunches. This is all on top of more than 100 featured sessions covering 6 tracks, professional development workshops and networking opportunities.

Time is running out! Take advantage of significant savings by [registering by April 26](#). Book an [official Nutrition 2019 hotel](#) to reap all the benefits and fly United Airlines for additional [travel discounts](#).

**Register Now!**

## 2019-2020 ASN Election Results

**Vice President Elect, Paul Coates, PhD** – Until June 2018, Dr. Coates was Director of the Office of Dietary Supplements (ODS) at the U.S. National Institutes of Health, a position held since 1999. Dr. Coates currently provides consulting services to universities, serves as an expert on dietary supplements to the AARP) volunteer with the United States Pharmacopeia, and works with ASN staff on a number of projects.

**Director At-Large, Elizabeth Mayer-Davis, PhD** – Dr. Mayer-Davis is a Cary C. Boshamer Distinguished Professor and Chair for the Department of Nutrition at Gillings School of Global Public Health and School of Medicine, University of North Carolina at Chapel Hill.

**Nominating Committee, Jamy Ard, MD** – Dr. Ard is a Professor in the Departments of Epidemiology and Prevention and Internal Medicine at Wake Forest School of Medicine and Co-Director of the Weight Management Center at Wake Forest Baptist Health.

**Nominating Committee, Connie Weaver, PhD** – Dr. Weaver is a Distinguished Professor at Purdue University's Department of Nutrition Science, Director of the Women's Global Health Institute, and Deputy Director for the Indiana Clinical and Translational Science Institute.

## Membership Sets Path for ASN 2028

As we enter 2019 and begin our journey to **ASN 2028**, ASN's new strategic vision to our 100<sup>th</sup> year anniversary of our Society, [new Bylaws](#) were approved by the membership. The updated governance structure reflects best practices for a scientific scholarly society and better enable ASN to implement the strategic work of the association.

The Bylaws enable voting-eligible members to vote for all ASN Board members to broaden the scientific expertise on the ASN Board to include Global Nutrition and Medical Nutrition and adding new Board members with expertise in Nutrition Science Mechanisms, Nutrition Science Translation, Nutrition Population Science, and Food and Nutrition Policy.

The Bylaws also strengthen and empower the ASN Standing Committees that are essential to managing the Society's core programs in Membership, Scientific Publishing, Education and Professional Development, Science Policy and Advocacy. The ASN member-elected Secretary will Chair the Membership Committee and will be responsible and empowered to represent and provide support for our members in RIS, Councils, Student and other member groups.

ASN membership is the lifeblood of our Society. The Society is grateful to Governance Task Force Co-Chairs and Past Presidents Sharon Donovan and Simin Meydani and the Committee for their leadership on this important initiative: Laura Caulfield, Past Global Nutrition Council Chair; Frances Coletta, Past RIS Director; Cindy Davis, Past Nutrition Science Council Chair and RIS Director; Edward Saltzman, Past Medical Nutrition Council Chair; and ASN Board Sponsor, Past President Marian Neuhauser.

Support for the new governance structure as well as thoughtful suggestions and new ideas gathered through the Governance Study, open comment period and Bylaw vote once again demonstrate member commitment to ASN today and in the future.

[nutrition.org/governance-faq](http://nutrition.org/governance-faq)



## Nutrition 2019 Preview Podcast

Interested in the interplay of nutrition and the microbiome?

Find out what's in store at Nutrition 2019. Dr. Catherine Field, ASN President and Dr. David Sela, a member of Nutrition 2019's Scientific Program Committee and Chair of ASN's Nutritional Microbiology Research Interest Section, preview the Presidential Symposium -- *You Are What Your Microbes Eat* -- and other microbiome highlights that aim to convene microbiologists and nutrition scientists to advance this field of research. Find out what microbiome-focused companies will be in The Hub and gain a sneak peek into other scientific programming.

[Listen Now](#)

## Nutrition 2019's Scientific Program and Schedule Now Available

Nutrition 2019 will feature over 100 sessions covering 6 tracks for 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 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!](#)



[Award Lectures Announced for Nutrition 2019](#)

A highlight of ASN's annual scientific meeting is the recognition of excellence in nutrition science and practice through distinguished lectureships. We are delighted to share the following renowned honorees:

**George Bray, MD**, Professor Emeritus, Louisiana State University  
*W.O. Atwater Memorial Award*  
*"Lessons in the Tradition of Atwater"*

**Bo Lönnerdal, PhD**, Distinguished Professor of Nutrition and Internal Medicine, Univ. of California, Davis  
*Robert Suskind and Leslie Lewinter-Suskind Pediatric Nutrition Lifetime Achievement Award*  
*"Breast Milk – The Ultimate Functional Food"*

**Marie T. Ruel, PhD**, Director, Food Policy Research Institute's Poverty, Health and Nutrition Division  
*Kellogg Prize for Lifetime Achievements in International Nutrition Lectureship*

**Mario Ferruzzi, PhD**, Professor of Food Science and Nutrition,  
North Carolina State University Plants for Human Health Institute  
*Gilbert A. Leveille Award Lectureship*

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## Mark Your Calendars: Virtual Business Meeting and Telephone Town Hall

For the convenience of our members and leadership, we will host our annual business meeting online again this year. The presentation by leadership will be available online for you to view on your own time in early May. There will be a Telephone Town Hall to follow, on May 22 at 2:00 PM ET. You'll be able to submit your questions ahead of time or live on the call.

More details will be emailed to membership in the coming weeks and you may also check [nutrition.org/2019-business-meeting](http://nutrition.org/2019-business-meeting) for updates.

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## Announcing Two New Research Interest Sections (RIS)

### New RIS: Climate/Environment, Health, Agriculture and Improving Nutrition (CHAIN)

The global food/agricultural, health and nutrition context is becoming increasingly complex. Climate/environmental change is a reality that has and will have wide-reaching implications for our efforts to promote health, prevent and treat disease via sustainable food systems. These challenges will require an integrated approach that looks at a number of intersecting systems in order to develop context specific sustainable solutions. An engagement is needed that includes not only the resident strength of the ASN constituency but also representation from other key stakeholder communities involved in all aspects of food production, health and environmental sciences.

To provide a venue for this engagement, we are excited to announce a new Research Interest Section that will build on the multi-faceted aspect of nutrition science and focus on developing an integrated, systems-approach to address the intersection of food systems, nutrition and health in a changing environment. Titled Climate/Environment, Health, Agriculture and Improved Nutrition – or CHAIN – this section will be led by Dan Raiten, PhD (NIH Eunice Kennedy Shriver National Institute of Child Health and Human Development) and John Finley, PhD (USDA ARS).

This RIS will bring critical elements of the intersection of climate, food, nutrition and health into focus by:

- Engaging the resident strengths of the ASN community and
- Engaging partners in related disciplines in the public, academic and private sectors.

Sign up for the CHAIN RIS today. ASN members can log in to the [Member Portal](#), click on "Update My Profile." In the "My Profile" tab, click the Edit button. Scroll down and click the box for CHAIN under "Research Interest Sections"

Make plans to join us in Baltimore at Nutrition 2019 for the following CHAIN events:

- Understanding the Intersection of Climate/Environmental Change, Health, Agriculture and Improved Nutrition: A Case Study on Micronutrient Nutrition and Animal Source Foods (Sunday, June 9, 10:30 AM - 12:30 PM)
- Oral Session 20: Climate, Health and Improved Nutrition: Planetary Health (Monday, June 10, 10:30 AM - 12:30 PM)
- CHAIN Poster Session (Monday, June 10, 12:45 - 2:45 PM)
- CHAIN Forum (Monday, June 10, 2:00 - 3:00 PM)

## New RIS: Sports Nutrition & Human Performance

ASN's community of scientists and practitioners interested in the area of nutrition and human performance continues to grow. As a result, we are in the early stages of forming a new interest section devoted to this area.

Please indicate your interest by joining the Sports Nutrition & Human Performance RIS. ASN members can log in to the [Member Portal](#), click on "Update My Profile." In the "My Profile" tab, click the Edit button. Scroll down and click the box for this new "Research Interest Sections."

Stay tuned for updates!

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## Upcoming Webinar: How to Fund and Implement ADOPT Core Measures in Your Adult Weight Loss Trial

Join us on Thursday, May 9 from 1:00 – 2:00 EDT for a webinar organized in partnership with the National Heart, Lung and Blood Institute to introduce obesity researchers to the Accumulating Data to Optimally Predict Obesity Treatment (ADOPT) Core Measures Project. ADOPT provides a framework for how obesity researchers can generate the evidence base needed to guide the development of individually tailored and potentially more effective strategies for the treatment of obesity. Presentations will highlight use of the ADOPT core measures in an ongoing weight loss clinical trial and provide guidance on how to get involved with ADOPT, including funding opportunities.

Learn more and register. <https://nutrition.org/meetings/continuing-education/adopt/>

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## Newly-Appointed CDN Academic Editor

*Interview with Mindy S. Kurzer, Ph.D., Professor and Director, Healthy Foods, Healthy Lives Institute at the University of Minnesota and Academic Editor for Current Developments in Nutrition*

Dr. Mindy S. Kurzer is a nutritional scientist and Professor in the Department of Food Science and Nutrition with a joint appointment in the Department of Medicine. She is Director of the Healthy Foods, Healthy Lives Institute at the University of Minnesota, where she has been for thirty years. Mindy Kurzer graduated from the State University of New York at Buffalo with a B.A. Degree in History, and earned her Master's Degree and Ph.D. in Nutrition from the University of California, Berkeley. She was a NATO Postdoctoral Fellow at the National Nutrition Institute in Rome and Odense University in Denmark and a Postdoctoral Fellow at the Reproductive Endocrinology Center at University of California, San Francisco.



Mindy Kurzer received the International Life Sciences Institute Future Leader Award in 1992, the Ruth Pike Lectureship at Penn State University in 1994, was a 2006-07 Committee on Institutional Cooperation (CIC) Academic Leadership Fellow and received a lifetime achievement award for contributions to soy research in 2008. After 25 years of NIH funding in diet and cancer prevention, she recently switched her scholarly focus to the area of Native American nutrition, resulting from a collaboration between the University of Minnesota and the Shakopee Mdewakanton Sioux Community (SMSC) in Prior Lake, MN. Since 2016, she has chaired the Seeds of Native Health Conference on Native American Nutrition, the first ever conference devoted to the food and nutrition of Indigenous Peoples. She is also collaborating with SMSC to bring more Native Americans into food and agriculture higher education and careers.

Dr. Kurzer is the newly-appointed Academic Editor, Food and Nutrition of Indigenous Peoples, for *Current Developments in Nutrition*, ASN's full open access journal.

[Read the full interview here](#)

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## Scientific Research Conference on Human Milk Bioactives

The 3<sup>rd</sup> FASEB meeting on "The Origins and Benefits of Biologically Active Components in Human Milk" will be held in West Palm Beach, Florida on July 21-26, 2019. [Details.](#)

Scientific topics include:

- Experimental models to study human milk bioactive function



- Nitrogenous bioactives secreted in human milk
- The glycobiology of human milk
- The relationship between human milk and allergies
- Maintaining integrity and function of human milk bioactives
- Benefits of bioactive milk components for behavior and well-being
- Influence of mother's nutrition and toxicology on breast milk composition
- Ongoing and recently concluded clinical studies centered on human milk

Graduate students, postdocs, and junior faculty are invited to submit an abstract for consideration for a travel award. Email your abstract to [David Sela](#) by April 17. You do not need to register for the conference first. The selection committee will inform awardees prior to the June 5 early bird registration deadline.



## ASN Health & Policy News

Recently proposed legislation would create a [National Institute of Nutrition](#) under the National Institutes of Health (NIH). The idea for a National Institute of Nutrition was introduced earlier through recent op eds, including a January 2019 New York Times [editorial](#). The National Institute of Nutrition Act would establish an Institute within NIH that will facilitate and help coordinate innovative research into nutrients, foods and their relationships to better health. It seems crucial that ASN be an active participant in talks to

establish such an Institute, so that if established, we can be a key player and help shape the scope and focus for the National Institute of Nutrition. ASN has already been closely engaged with members of Congress, as well as with the authors of the editorial, to discuss this important initiative. We look forward to hearing your thoughts on a National Institute of Nutrition during Nutrition 2019 in Baltimore, MD, June 8-11, 2019, where a session is planned to discuss the vision for this Institute and gain stakeholder feedback! Please reach out to [Sarah Ohlhorst](#), MS, RD, ASN Senior Director of Advocacy and Science Policy, with questions or feedback in the meantime.



**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 on Demand*

[Visit ASN on Demand](#)

## 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](mailto:asnondemand@nutrition.org).

## ASN Journal Highlights

### *The Journal of Nutrition (JN)*

April 2019, 149(4)

#### Editor's Choice Articles:

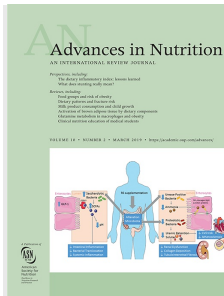
- **Lipid metabolism in obese rats is improved by a diet containing an insect meal.** Researchers report the results of a study exploring the impact of insect meal on lipid metabolism using lean and obese



## Current Issue

Zucker rats. Gessner DK, Schwarz A, Meyer S, Wen G, Most E, Zorn H, Ringseis R, Eder K. [Insect meal as alternative protein source exerts pronounced lipid-lowering effects in hyperlipidemic obese Zucker rats](#). *J Nutr* 2019;149:566-67.

- **Dietary DHA requirements can be halved and still maintain tissue levels when DHA exposures occur cyclically.** Researchers report the results of a study that determined whether it was possible to achieve tissue levels of DHA using cyclical exposures to dietary DHA that were similar to those obtained with daily consumption. Blood and tissues levels of DHA were similar in rats consuming DHA daily or in a cyclical manner, and they were elevated above those found in rats consuming only ALA. Metherell AH, Irfan M, Chouinard-Watkins R, Trépanier M-O, Stark KD, Bazinet RP. [DHA cycling halves the DHA supplementation needed to maintain blood and tissue concentrations via higher synthesis from ALA in Long-Evans rats](#). *J Nutr* 2019;149:586-95.
- **Poor diet quality exists in children with ADHD but does not appear to contribute to symptom development.** Researchers report the results of a study that explored the temporal relationship between diet quality and ADHD symptoms. Mian A, Jansen PW, Nguyen AN, Bowling A, Renders CM, Voortman T. [Children's attention-deficit/hyperactivity disorder symptoms predict lower diet quality but not vice versa: Results from bidirectional analyses in a population-based cohort](#). *J Nutr* 2019;149:642-48.



## Current Issue

### Advances in Nutrition (AN)

March 2019, 10(2)

#### Featured Articles:

- Upon conducting a systematic review and meta-analysis, [Sabrina Schlesinger et al.](#) find that high intakes of whole grains, vegetables, fruit, and probably fish as well as low intakes of refined grains, red meat, and sugar-sweetened beverages are associated with a reduced risk of obesity. The authors did, however, state that the quality of evidence for the associations were rated low to very low. *Adv Nutr* 10(2):201-18.
- [Roberto Fabiani et al.](#) found that a healthy dietary pattern, characterized by high intakes of vegetables, fruits, poultry, fish, and whole grains, was least likely to be associated with low bone mineral density and bone fracture. Because most osteoporotic fractures occur among older women, the authors believe public health efforts should emphasize the need for a healthy dietary pattern among this population. *Adv Nutr* 10(2):219-36.



## Current Issue

### Current Developments in Nutrition (CDN)

April 2019, 3(4)

#### Featured Article:

- Undernutrition is common among pediatric cystic fibrosis patients; however, current nutritional interventions have not demonstrated consistent improvements in energy intake, and subsequently, growth. Development of novel nutritional interventions to increase energy intake is therefore essential to improve clinical outcomes of children with cystic fibrosis. [Ryan T. Pitman et al.](#) demonstrate the potential for developing ready-to-use supplemental food as a nutritional supplement for increasing energy intake in children with cystic fibrosis. The authors identified six ready-to-use supplemental food formulations with sufficient nutrient density, protein, and fat. *Curr Dev Nutr* 2019 [Advance Access]

## Highlights from Other Journals

- [Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017](#) [GBD 2017 Diet Collaborators] *The Lancet*.
- [Effect of a Breakfast in the Classroom Initiative on Obesity in Urban School-aged Children: A Cluster Randomized Clinical Trial](#) [Polonsky et al.] *JAMA Pediatr*.
- [Structural variation in the gut microbiome associates with host health](#) [Zevey et al.] *Nature*.
- [Ethical, Stigma, and Policy Implications of Food Addiction: A Scoping Review](#) [Cassin et al.] *Nutrients*.

- [Effects Of Alternative Food Voucher Delivery Strategies On Nutrition Among Low-Income Adults](#) [Basu et al.] *Health Aff (Millwood)*.

## Important Dates

May 2-4

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

Jun 8-11

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

Jun 13

[Nutrition and Health Status of New Canadians:  
Readiness for Culturally Appropriate Care](#) (Toronto, ON,  
Canada)

Jul 21-26

[Origins and Benefits of Biologically Active Components  
in Human Milk Conference](#) (West Palm Beach, FL)

Aug 4-7

[Asian Congress of Nutrition 2019](#) (Bali, Indonesia)

Sep 19-22

[14<sup>th</sup> China Nutrition Science Congress & 11<sup>th</sup> Asia  
Pacific Conference on Clinical Nutrition](#) (Nanjing, China)

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