



ASN Nutrition Notes  
Monthly Member  
e-Newsletter

August 2019  
Edition

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**ASN 2028**

In 2028, ASN will celebrate 100 years as a leading advocate for nutrition scientists and the advancement of nutrition. During the recent strategic planning process, ASN members recognized the opportunity to take a bolder stand in our field and build on our strengths to drive the organization and the field of nutrition science into the future. ASN 2028 is a

transformational road map for the future that builds on our significant accomplishments as we seek new challenges. It aims to position ASN as a major contributor to improved health through knowledge, engagement, and impact, with a significant focus on expanding our reach. We look forward to building a stronger ASN and a healthier world through nutrition. Watch for more information on how you can be part of ASN 2028.

**ASN at Asian Congress of Nutrition (ACN)**

ASN participated in the 13<sup>th</sup> Asian Congress of Nutrition (ACN) in Bali, Indonesia, August 4-8, 2019. ASN Vice President, Dr. Lindsay Allen led the ASN delegation, which included AJCN Editor-In-Chief, Dr. Christopher Duggan and CDN Deputy Editor, Dr. Sarah Booth.



**ANDP/CFSA Joint Meeting**

The *Joint Meeting of the Association of Nutrition Departments & Programs (ANDP) and the Council of Food Science Administrators (CFSA)*, will take place October 22-24, 2019 at the University of California, Davis. The half-day ANDP meeting from noon-5 pm on October 22 begins with lunch and



includes presentations and discussion on *Dietetics Programs – Trends & Future outlook: Implications for Nutrition Departments and Public Trust in Nutrition Science*, the *ANDP Business Meeting and Elections*, and a tour of the USDA Western Human Nutrition Research Center (WHNRC) at UC Davis. The full day joint meeting with ANDP & CFSA on October 23 includes: *Student Mentoring for Academic Success, Diversity in Academia and Science, Rapidly Changing Publishing Landscape, Scientific Ethics Consortium Overview, Faculty load expectations, Undergraduate and Graduate Student Recruitment*, and a *Challenges and Successes Session*

followed by dinner. CFSA will meet on October 24.

Register and book your hotel by October 8 for best savings and availability. For more information about the program, registration and hotel accommodations, visit <https://andponline.org/joint-meeting-of-andp-cfsa-2019/>. Contact [ANDP@nutrition.org](mailto:ANDP@nutrition.org) with any questions

## Nutrition 2019 Highlights

Relive [Nutrition 2019](#) or see what you may have missed as 3,200 nutrition scientists, global health specialists and public policy experts gathered June 8-11 in Baltimore!



[Nutrition 2019 Highlight Video](#)

[Nutrition 2019 Photos](#)

[Nutrition 2019 Daily Post-Edition](#)

[Nutrition 2019 Abstracts](#)

[Visit ASN on Demand](#)

Missed Nutrition 2019, or attended a session you'd like to see again? Content is available on [ASN on Demand](#) for purchase.

For assistance email [asnondemand@nutrition.org](mailto:asnondemand@nutrition.org).

## Mark Your Calendar for Nutrition 2020



Save the date for [Nutrition 2020](#) – May 30 - June 2  
Washington State Convention Center, Seattle, WA!

[Learn More & Share Ideas](#)

## Call for Session Topics for Nutrition 2020

We are currently seeking great content ideas for consideration for the scientific program for [Nutrition 2020](#), May 30-June 2 in Seattle, WA. The Program Committee will utilize a blended model for planning, identifying sessions based on topic submissions as well as proactively curating session content.

Please tell us what you would like to see on the program. In particular, we would love your thoughts on:

- Contemporary topics that address new scientific frontiers
- Cutting-edge advances that have shared interest among ASN's multidisciplinary audience
- New innovations in nutrition science and practice
- Controversies in the field of nutrition

[Submit your session ideas](#) today! Deadline for submissions: August 30.

## Call for Nominations: 2020 W.O. Atwater Memorial Lecture

The Agricultural Research Service, USDA's chief scientific agency, is seeking nominations for the 2020 W. O. ATWATER MEMORIAL LECTURE, co-sponsored by the American Society for Nutrition. The Lecture will be presented at NUTRITION 2020 in Seattle, May 30 - June 2.

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 someone, send a letter explaining the nominee's contributions to nutrition and the candidate's current CV to: [AtwaterLecture@usda.gov](mailto:AtwaterLecture@usda.gov).

Deadline for nominations — November 15, 2019 (COB)

Nominees may be outstanding contributors in industry, universities, or government positions. Current ARS employees are not eligible.



## Health & Nutrition Policy Updates

### ASN Sponsors 50<sup>th</sup> Anniversary of the White House Conference on Food, Nutrition, and Health

ASN has joined with Tufts University Friedman School of Nutrition Science and Policy and the Harvard University T.H. Chan School of Public Health Department of Nutrition as a sponsor of a 50<sup>th</sup> Anniversary of the White House Conference on Food, Nutrition, and Health event. Held **October 3-4, 2019** in Boston, Mass.

Complementing the Boston event, a Washington, DC Capitol Hill event will be held on October 30 from 2:00 to 4:00 PM, sponsored

by Congressman Jim McGovern (D, MA) in collaboration with Hunger Free America. Register [here](#) for these events.

### ASN Partners for Malnutrition Awareness Week

ASN has partnered with ASPEN, the American Society for Parenteral and Enteral Nutrition, once again as an Ambassador for Malnutrition Awareness Week, September 23-27, 2019. As an Ambassador, ASN members can register for [Malnutrition Awareness Week webinars](#) at no cost! Please use the discount code **MAW-Nutrition** to participate in the webinars for free. Continuing education credit is available for each webinar. ASPEN is accredited to provide medical, pharmacy, nursing and dietetic credits.

### ASN Partners for National Obesity Care Week

ASN is once again a partner for the 5<sup>th</sup> Annual National Obesity Care Week (NOCW) which takes place September 15 to 21. NOCW is a national awareness campaign to access to comprehensive obesity care for anyone affected by obesity. Now, more than ever, people affected by obesity or those who care, as well as healthcare professionals and policy makers must pledge their support for access to care without barriers. Visit [ObesityCareWeek.org/Action](https://obesitycareweek.org/Action) to pledge your support!

View the latest [ASN Health and Nutrition Policy Newsletter](#) for additional policy-related information.



## Current Developments in Nutrition (CDN): Research Interest Section (RIS) Competition

Application deadline for *CDN's* RIS Special Collection Competition is September 13, 2019! *CDN* is pleased to support ASN's Research Interest Sections by sponsoring publication of special collections. Contact your RIS Chair for information on contributing to a special collection and read the guidelines for proposals at <https://nutrition.org/cdn-ris-competition/>.

## National Breastfeeding Month

August is National Breastfeeding Month, an observance dedicated to advancing the nation's health by working together to protect, promote, and support breastfeeding. The American Society for Nutrition reaffirms its commitment to excellence in nutrition research and practice with a special collection of articles curated from its leading journals on the benefits of breastfeeding.

### CELEBRATE

National Breastfeeding Month  
with a **FREE** collection of articles  
from the ASN journals



READ NOW >>>



# Shared ASN Statistical Review Board Launched

ASN continues its tradition of innovation and excellence in nutrition research with the launch of a shared Statistical Review Board

Members of the Statistical Review Board (SRB) will provide evaluations of statistical methods and analysis in research manuscripts submitted to [ASN's four journals](#): *The Journal of Nutrition*, *The American Journal of Clinical Nutrition*, *Advances in Nutrition* and *Current Developments in Nutrition*.

Members of the SRB will provide advice to editors and authors on a full range of topics including choice of experiment design, choice of statistical procedures for analyzing experiments, interpretation of the results, statistical and mathematical modeling, and statistical computing. Where an author's test is inappropriate, SRB member will suggest an alternative and be willing to provide supporting references.

Congratulations to the [inaugural board members](#) whose term began on August 1, 2019!



**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)*

August 2019, 110(2)

#### Selected Articles:

- Dashti HS, Merino J, Lane JM, Song Y, Smith CE, Tanaka T, McKeown NM, Tucker C, Sun D, Bartz TM, Li-Gao R, Nisa H, Reutrakul S, Lemaitre RN, Alshehri TM, de Mutsert R, Bazzano L, Qi L, Knutson KL, Psaty BM, Mook-Kanamori DO, Boraska Perica V, Neuhauser ML, Scheer FAJL, Rutter MK, Garaulet M, Saxena R. [Genome-wide association study of breakfast skipping links clock regulation with food timing](#). *Amer J Clin Nutr* 2019;110(2):473-84.
- Iacovides S, Goble D, Paterson B, Meiring RM. [Three consecutive weeks of nutritional ketosis has no effect on cognitive function, sleep, and mood compared with a high-carbohydrate, low-fat diet in healthy individuals: a randomized, crossover, controlled trial](#). *Amer J Clin Nutr* 2019;110(2):349-57.
- Rietsma S, Eelderink C, Joustra ML, van Viet IMY, van Londen M, Corpeleijn E, Singh-Povel CM, Geurts JMW, Kootstra-Ros JE, Westerhuis R, Navis G, Bakker SJL. [Effect of high compared with low dairy intake on blood pressure in overweight middle-aged adults: results of a randomized crossover intervention study](#). *Amer J Clin Nutr* 2019;110(2):340-48.



Current Issue

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

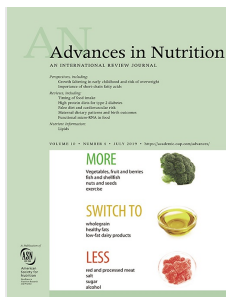
August 2019, 149(8)

#### Editor's Choice Articles:

- **Cognitive development at 5 years of age is impacted by early life micronutrient status, maternal reasoning and a nurturing environment.** A study to determine if enteropathogen burden, illness, complementary diet intake, micronutrient status, and household and maternal factors determined from birth to 2 years of age impacted cognitive development at 5 years of age. McCormick BJJ, Richard SA, Caulfield LE, Pendergast LL, Seidman JC, Koshy B, Roshan R, Shrestha R, Svensen E, Blacy L, Rasmussen Z, Maphula A, Scharf R, Nahar B, Haque S, Rasheed M, Oria R, Rogawski ET, Murray-Kolb LE. [Early life child micronutrient status, maternal reasoning, and a nurturing household environment have persistent influences on child](#)

[cognitive development at age 5 years: Results from MAL-ED](#). *J Nutr* 149(8):1460-69,

- **Mitochondrial DNA copy number is stabilized through multiple micronutrient supplementation during pregnancy.** The authors sought to determine if there was an impact of MMN supplements on mitochondrial DNA copy number in pregnant women by comparing the baseline and post supplement data from those receiving either a MMN supplement or one containing only iron and folic acid. EPiriani L, Prado EL, Restaudi R, Waturangi D, Shankar AH, Malik SG. [Maternal multiple micronutrient supplementation stabilizes mitochondrial DNA copy number in pregnant women in Lombok, Indonesia](#). *J Nutr* 149 (8): 1309-16.
- **Food insecurity is associated with poor mental health outcomes in marginalized women.** Addresses the question of whether there are associations of food insecurity with generalized anxiety disorder (GAD), stress, or posttraumatic stress disorder (PTSD). Whittle HJ, Sheira LA, Wolfe WR, Frongillo EA, Palar K, Merenstein D, Wilson TE, Adedimeji A, Weber KM, Adimora AA, Ofofokun I, Metsch L, Turan JM, Wentz EL, Tien PC, Weiser SD. [Food insecurity is associated with anxiety, stress, and symptoms of posttraumatic stress disorder in a cohort of women with or at risk of HIV in the United States](#). *J Nutr* 149(8) 1393-1403.



## Advances in Nutrition (AN)

July 2019, 10(4)

### Featured Articles:

- Analyzing data from a vast array of studies, [Michael W. Rohr et al.](#) note, “it is clear that a high-fat diet negatively impacts intestinal health by disrupting the intestinal barrier system through a variety of mechanisms.” This review enhances our understanding of “the etiology of diseases in addition to potentially providing an alternative/supplement to treating existing gastrointestinal pathologies.”
- Working with data obtained from 167,507 participants of various studies, [Ai-Ru Chia et al.](#) conclude that “greater adherence to healthy dietary patterns during pregnancy is significantly related to lower risk of preterm birth.” On the other hand, unhealthy dietary patterns were “associated with lower birth weight and a trend towards a higher risk of preterm birth.”

Current Issue



## Current Developments in Nutrition (CDN)

August 2019, 3(8)

### Featured Article:

- Avocados contain fiber, lutein, and vitamin E. Moreover, they are a rich source of monounsaturated fatty acids. [Susanne M. Henning et al.](#) set out to determine the effect of daily avocado consumption as part of a hypocaloric diet on weight loss, body composition, satiety, biomarkers of inflammation, and intestinal microbiota composition. For this study, serum markers and intestinal microbiota were analyzed at baseline and week 12. The authors determined that “daily Hass avocado consumption as part of a hypocaloric diet supported weight loss, a decrease in serum hepatic growth factor, and an increase in the abundance of bacteria involved in plant polysaccharide fermentation.” In addition, the authors believe the higher fat and fiber content of avocados may have contributed to weight loss by maintaining satiety.

Current Issue

## Highlights from Other Journals

- [Sugary drink consumption and risk of cancer: results from NutriNet-Santé prospective cohort](#) [Chazelas E et al.] *BMJ*.
- [Vitamin D Supplementation and Prevention of Type 2 Diabetes](#) [Pittas AG et al.] *NEJM*.
- [Preconception and Prenatal Nutrition and Neurodevelopmental Disorders: A Systematic Review and Meta-Analysis](#) [Li M et al.] *Nutrients*.
- [Ketogenic Diet and Microbiota: Friends or Enemies?](#) [Paoli A et al.] *Genes*.
- [Improved care and survival in severe malnutrition through eLearning](#) [Choi S et al.] *Arch Dis Child*.

- [Muscle-targeted nutritional support for rehabilitation in patients with parkinsonian syndrome](#) [Barichella M et al.] *Neurology*.

## Important Dates

Sep 19-22

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

Oct 11

[2019 Korean Nutrition Society International Conference](#) (Seoul, Korea)

Oct 15-18

[European Nutrition Conference 2019](#) (Dublin, Ireland)

Nov 7-9

[51<sup>st</sup> Annual Conference of Nutrition Society of India](#) (Thiruvananthapuram, Kerala, India)

Dec 2-5

[Nutrition Society of Australia 43<sup>rd</sup> Annual Meeting](#) (Newcastle, NSW, Australia)

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