

NUTRITION

notes

YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes
Monthly Member
e-Newsletter

June 2019
Edition

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

- Thank you for a successful **Nutrition 2019**
- View photos and see highlights from **Nutrition 2019**
- **Nutrition 2019** Abstracts are now published!
- Save the Date for **Nutrition 2020**
- CE, CME and Certificate of Attendance
- ASN Journals receive increased Impact Factors
- Health and Nutrition Policy Updates

Thank You for a Successful Nutrition 2019 Conference!



Thank you for your attendance at Nutrition 2019 and your continued support of ASN's annual flagship meeting. Your participation, through attending, sharing your research and exhibiting made Nutrition 2019 a huge success. We look forward to welcoming you in Seattle for Nutrition 2020, May 30 - June 2, 2020.



Nutrition 2019 Official Photos

[Click here](#) to view photos.

Please credit the American Society for Nutrition/EPNAC and include **#Nutrition2019** when you share.



ASN TV

Click on the links below for each installment of ASN TV:

- [Saturday - Knowledge](#)
- [Sunday - Engagement](#)
- [Monday - Influence](#)



Nutrition 2019 Daily

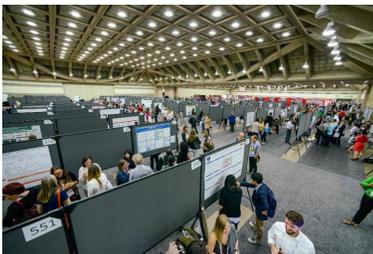
Click on the links for each Nutrition 2019 Daily issue:

- [Preview Edition](#)
- [Saturday Edition](#)
- [Sunday Edition](#)
- [Monday Edition](#)



Nutrition 2019 Abstracts Published!

[Click here](#) to view the Nutrition 2019 published abstracts.



Nutrition 2019 Award Competition Winners

Congratulations to the Nutrition 2019 award competition finalists! [Click here](#) to view the Nutrition 2019 list of award recipients.





ASN on Demand

Visit ASN on Demand

Nutrition 2019 On Demand

If you missed Nutrition 2019, or attended a session you'd like to see again, you're in luck! Recordings from NUTRITION 2019 will be available in July 2019.

If you pre-ordered, you will receive your code and log-in information in early July.

If you missed the advance sale, you can still access meeting content year-round from your desktop or mobile device. ASN on Demand will be available for purchase online for \$500 starting in early July. [Click here](#) for additional information.

CE, CME and Certificate of Attendance

Nutrition 2019 Certificate of Attendance

- Please [click here](#) to access your certificate of attendance for **Nutrition 2019**.
- Certificates may be printed or emailed directly from the website.
- All verified **Nutrition 2019** attendees are eligible to receive a certificate of attendance.
- A certificate of attendance verifies your attendance/participation in the conference but does not indicate any continuing education available for the activity.
- Note: This site will be accessible to **Nutrition 2019** attendees through **August 9, 2019**. Requests for certificates of attendance after this date must be submitted to meetings@nutrition.org.

Continuing Education/ Accreditation

- For CPE, [click here](#) to fill out the survey
- Physicians will receive an attestation and evaluation by email from Eastern Virginia Medical School. Dietitians must complete a session evaluation to receive Continuing Professional Education credit.
- Details are available at meeting.nutrition.org/program/#ce

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

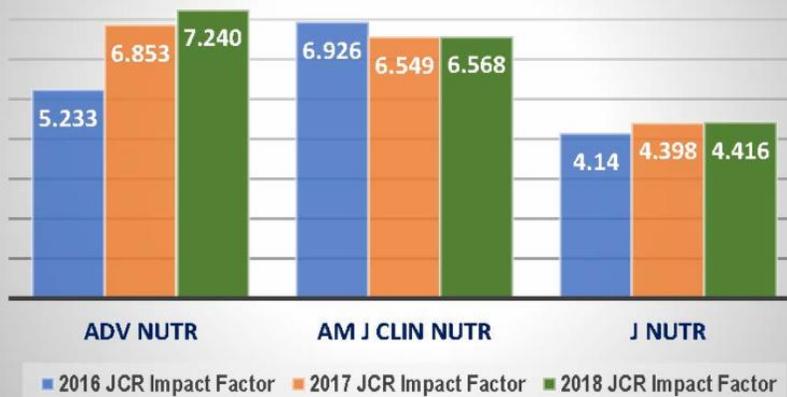
ASN Journals See Increases in Impact Factors

The 2018 Journal Citation Reports® by Clarivate Analytics have been released, and ASN Journals continue to lead in the Nutrition & Dietetics journal category with over 100,000 citations!

All of ASN's journals indexed in Web of Science saw increases in their Impact Factor. **Both *Advances in Nutrition* and *The Journal of Nutrition* earned the highest Impact Factor ever**, increasing to **7.240** and **4.416** respectively, keeping their place alongside *AJCN* as top-ranked journals in nutrition and dietetics.

We look forward to announcing an Impact Factor for ASN's newest journal, *Current Developments in Nutrition*, after it reaches the 3-year minimum needed in order to obtain an Impact Factor. Please contact publications@nutrition.org if you have any questions.

2016–2018 Impact Factors, ASN Journals



Health & Nutrition Policy Updates

ASN sent a [letter](#) to the National Institutes of Health (NIH) regarding the proposed closure of the Metabolic Clinical Research Unit (MCRU) of the NIH Clinical Center, and the relocation of MCRU functions to other areas in the Clinical Center. ASN encouraged the NIH to allow the MCRU to continue to operate in its current state to ensure critically important nutrition research that cannot be adequately conducted elsewhere is maintained and supported by the NIH.

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

June 2019, 109(6)

Featured Articles:

- **Apolipoprotein M (ApoM) is a novel adipokine, the expression of which is a hallmark of healthy AT and is upregulated by calorie restriction.** Adipose tissue apoM deserves further investigation as a potential biomarker of risk for diabetes and cardiovascular diseases. V, Berend S, Siklova M, Caspar-Bauguil S, Carayol J. [Apolipoprotein M: a novel adipokine decreasing with obesity and upregulated by calorie restriction](#). *Amer J Clin Nutr* 2019;109(6):1499-1510.
- **Blueberries should be included in dietary strategies to reduce individual and population CVD risk.** Despite insulin resistance remaining unchanged, the researchers show the first sustained improvements in vascular function, lipid status, and underlying NO bioactivity following 1 cup blueberries/d. Curtis PJ, van der Velpen V, Berends L, Jennings A, Feelisch M, Umpleby AM, Evans M, Fernandez BO, Meiss MS, Minnion M, Potter J, Minihane AM, Kay CD, Rimm EB, Cassidy A. [Blueberries improve biomarkers of cardiometabolic function in participants with metabolic syndrome—](#)



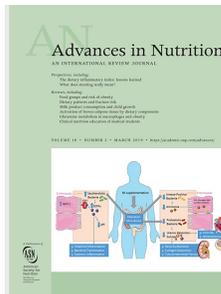
Current Issue

The Journal of Nutrition (JN)

June 2019, 149(6)

Editor's Choice Articles:

- **Maternal diet carbohydrate quality does not impact birth outcomes or childhood obesity at 5 years.** Researchers report on the results of their study conducted using individuals enrolled in the Lifeways prospective cohort study. Chen L-W, Navarro P, Murrin CM, Mehegan J, Kelleher CC, Phillips CM. [Maternal dietary glycemic and insulinemic indexes are not associated with birth outcomes or childhood adiposity at 5 years of age in an Irish cohort study.](#) *J Nutr* 2019;149(6): 1037-46.
- **Healthy eating patterns could contribute to reductions in premature deaths worldwide.** Researchers conducted a study in which they estimated dietary quality using the Alternate Healthy Eating Index (AHEI) among people living in 190 countries/territories. Wang DD, Li Y, Afshin A, Springmann M, Mozaffarian D, Stampfer MJ, Hu FB, Murray CJL, Willett WC. [Global improvement in dietary quality could lead to substantial reduction in premature death.](#) *J Nutr* 2019;149(6):1065-74.
- **Relationships among milk, oral and fecal microbiomes of mothers and infants in the first 6 months after birth.** Researchers report the results of a study involving 21 dyads in which 9 samples were collected between 2 days and 6 months of age. Williams JE, Carrothers JM, Lackey KA, Beatty NF, Brooker SL, Peterson HK, Steinkamp KM, York MA, Shafii B, Price WJ, McGuire MA, McGuire MK. [Strong multivariate relations exist among milk, oral, and fecal microbiomes in mother-infant dyads during the first six months postpartum.](#) *J Nutr* 2019;149(6):902-914. Greer FR. [Origins of the human milk microbiome: A complex issue.](#) *J Nutr* 2019;149(6):887-89.



Current Issue

Advances in Nutrition (AN)

May 2019, 10(3)

Featured Articles:

- [Ehsan Ghaedi et al.](#) believe that the Paleo diet may improve risk factors associated with cardiovascular disease, including lowering weight and blood pressure. The authors, however, note "we have insufficient evidence to make solid conclusions regarding the efficacy of a Paleo diet on improving cardiovascular risk factors, mostly owing to a lack of qualified randomized controlled trials."
- Studies show that following cancer prevention dietary guidelines may reduce the risk of some cancers by 30% or more. The problem is most people do not follow them. [Katie M. Di Sebastiano et al.](#) set forth examples of effective and ineffective knowledge translation of diet and nutrition evidence, providing recommendations to better communicate and instill dietary guidelines to prevent cancer.



Current Issue

Current Developments in Nutrition (CDN)

June 2019, 3(6)

Featured Article:

- Chronic inflammation is thought to be a major characteristic of aging, which may increase the need for substrates, specifically protein, to support anti-inflammatory processes. [Adela Hruby et al.](#) set out to assess the associations between dietary protein and changes in biomarkers of inflammation and oxidative stress over the long term in a community-dwelling population. Their study population consisted of 2,061 participants from the Framingham Heart Study Offspring Cohort. Upon analyzing the results of their study, the authors concluded that "dietary protein, particularly from plant sources, may be associated with beneficial changes in the inflammatory burden in aging populations."

Highlights from Other Journals

- [Association between consumption of ultra-processed foods and all cause mortality: SUN prospective cohort study](#) [Rico-Campa A et al.] *Br Med J*.
- [Daily Sampling Reveals Personalized Diet-Microbiome Associations in Humans](#) [Johnson AJ et al.] *Cell Host Microbe*.
- [Drivers of meat consumption](#) [Milford AB et al.] *Appetite*.
- [The Philosophy of Evidence-Based Principles and Practice in Nutrition](#) [Johnston BC et al.] *Mayo Clin Proc Innov Qual Outcomes*.
- [Environmental interventions to reduce the consumption of sugar-sweetened beverages and their effects on health](#) [von Philipsborn P et al.] *Cochrane Database Syst Rev*.

Important Dates

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

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

Oct 15-18

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

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