



# NUTRITION

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YOUR MONTHLY MEMBER NEWSLETTER

ASN Nutrition Notes  
Monthly Member  
e-Newsletter

September  
2019 Edition

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## From the ASN President

Dear Friends,

Planning is already well underway for Nutrition 2020 in Seattle, May 30 - June 2. The call for nominations for 2020 Awards and Fellows is now open through November 1. Abstract submission opens next week with a deadline of January 31.

Nutrition 2020 will build on the momentum of Nutrition 2019 in Baltimore and the inaugural meeting in 2018 in Boston. We expect over 3,500 of us will participate in four days of exposure to and deliberation about the most recent advances in nutrition science discovery, learning and engagement.

Nutrition 2020 will feature more than 100 sessions distributed across six tracks representing the many facets of nutrition, including basic science, clinical and translational nutrition, global and public health nutrition, psychology, sustainability, technology, and more. The event also offers featured sessions, presentations of new, original research, award lectures, numerous workshops, interactive exhibits, alumni events, career development activities, networking opportunities, and the HUB expo hall. The popular Poster Theater Flash Sessions that feature four-minute talks will make a return.

Known for its culture of innovation and collaboration, as well as its natural beauty, good food, and iconic attractions, Seattle is a great place to explore science and nurture new relationships.

Join me, your colleagues, your friends, and exhibitors in Seattle as we all work to advance nutrition research and practice. I look forward to meeting and learning from you!

Richard Mattes, MPH, PhD, RD  
ASN President



## Mark Your Calendar for Nutrition 2020



Save the date for **Nutrition 2020** – May 30 - June 2  
Washington State Convention Center, Seattle, WA!

[Visit the Nutrition 2020 Website](#)

# Honoring Excellence in Nutrition Science, Education and Practice

## Call for Nominations: Nutrition 2020 Awards & Fellows

The American Society for Nutrition Foundation is pleased to announce the Call for Nominations for 2020 ASN Awards and the ASN Class of 2020 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 ASN is the highest honor that the Society bestows. ASN member scientists who have had distinguished careers in the field and are at least sixty-five years of age are eligible for nomination.

Award winners and ASN Class of 2020 Fellows will be honored at Nutrition 2020. We look forward to celebrating these accomplishments with everyone May 30 - June 2 in Seattle, WA!

Please visit the [ASN Awards Portal](#) for more information and to submit a nomination. The Call for Nominations will remain open through **November 1, 2019**.

[Click here](#) for more information on nominations for 2020 ASN Awards

[Click here](#) for more information on nominations for ASN Class of 2020 Fellows

[ASN Awards Portal](#)

## 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.

## ASN 2028

In 2028, ASN will celebrate 100 years as a leading advocate for nutrition scientists and the advancement of nutrition. During the 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 and practice into the future. ASN 2028 is a transformational road vision for the future that builds on our significant accomplishments as we seek new challenges. It positions ASN as a major contributor to improved health through knowledge, engagement, and impact in the field of nutrition science and practice, 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.



## 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

## Health & Nutrition Policy Updates

### Free Malnutrition Webinars for ASN Members

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.



### President's Council on Sports, Fitness and Nutrition Science Board Nominations Requested

The HHS Office of Disease Prevention and Health Promotion is currently [searching for experts](#) to serve on the President's Council on Sports, Fitness and Nutrition Science Board. The Science Board is a subcommittee of the President's Council on Sports, Fitness & Nutrition (the Council) and is made up of Council members and scholars with expertise in the fields of physical activity, health, sports, and nutrition. Science Board members must hold a PhD, MD, or related terminal degree in the fields of physical activity, health, sports, and/or nutrition. Nominations are due to HHS by October 11. Please send suggestions for ASN nominees to [sohlhorst@nutrition.org](mailto:sohlhorst@nutrition.org) by **Friday, September 27**. ASN will then reach out to potential nominees to determine their interest and to request a current CV, which is required for nomination.

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

ASN has joined with Tufts Univ. Friedman School of Nutrition Science and Policy and Harvard Univ. 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, **October 3-4** in Boston, MA. Complementing the Boston event, a Washington, DC Capitol Hill event will be held on October 30, 2:00-4:00pm, sponsored by Congressman Jim McGovern (D, MA) in collaboration with Hunger Free America. Register [here](#).

### ASN to Participate in NIH Geroscience Summit

ASN will participate in the third [Geroscience Summit](#), hosted by the National Institutes of Health (NIH) and organized by the trans-NIH Geroscience Interest Group. The Summit, focused on the emerging field of geroscience and its potential role in combating specific age-related diseases, will provide a forum for novel interactions between professional societies and foundations, and the community of researchers and practitioners of geroscience. The summit will take place at the NIH **November 4-5, 2019** and will also be live streamed by videocast. Please share any input you may have with [sohlhorst@nutrition.org](mailto:sohlhorst@nutrition.org) to help prepare ASN's comments related to the opportunities for nutrition to impact the onset, severity, or treatment of aging biology coupled with nutrition-related diseases.

## NIH Sensory Nutrition and Disease Workshop

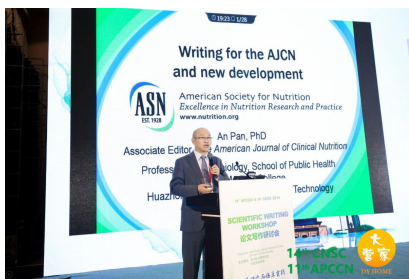
Mark your calendar for an NIH Workshop on Sensory Nutrition and Diseases, Nov 12-13, 2019 at NIH Campus, Bethesda, MD.

Co-Chaired by ASN President, *Richard D. Mattes, Ph.D., M.P.H., R.D., Purdue University*, alongside *Danielle R. Reed, Ph.D., Monell Chemical Senses Center*, this workshop aims to:

- Understand both the hedonic pathways linked to tasting and sensing of food.
- Understand the physiological roles of chemosensory receptors and how these taste and smell sensors are involved in nutrition.

[Register](#) to join in person or by web-ex for the NIH Workshop on Sensory Nutrition and Diseases. Check out the full agenda and registration [here](#).

## ASN Journal News



**The American Journal of Clinical Nutrition Associate Editor, An Pan, PhD** represented both ASN and *The AJCN* at the 14<sup>th</sup> China Nutrition Science Congress in a session titled "Scientific Writing Workshop". Several hundred attendees listened as he explained the advantages of publishing with *The AJCN* and elaborated on new policies and procedures designed to publish the highest quality research and to simplify authors' work.

**Current Developments in Nutrition Editor-in-Chief, Jack Odle, PhD**, is pleased to welcome Jonathan Buckley, PhD of the University of South Australia as a Deputy Editor for *CDN*. Dr. Buckley will cover the area of nutrition and exercise, and he has extensive editorial experience with open access journals. We are honored by his support of *CDN*.

**The American Journal of Clinical Nutrition Editor-in-Chief, Christopher P. Duggan, MD, MPH**, is pleased to welcome Jessica Fanzo, PhD, of Johns Hopkins University as Associate Editor for *The AJCN*. Dr. Fanzo will cover the area of food systems and the environment, and she has extensive editorial experience with ASN and other journals. We are honored by her support of *The AJCN*.

In keeping with ASN Journals' commitment to ethical and transparent peer review, the **editors have agreed to publish a disclosure statement** on all articles that are authored or co-authored by any member of the journal's editorial board.

## 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 [as nondemand@nutrition.org](mailto:as nondemand@nutrition.org).



[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

### ***The American Journal of Clinical Nutrition (AJCN)***

September 2019, 110(3)

#### **Selected Article:**

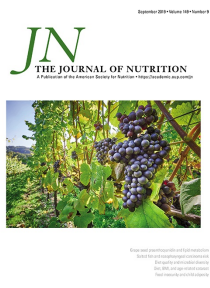
- **Neural activation patterns in response to food-related cues.** Research findings by [Sonja Yokum and Eric Stice](#) suggest that limiting intake of high-fat and high-fat/high-sugar foods avoids the



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blunting of taste and reward responsiveness to food, thus reducing risk for future weight gain. Yokum S, Stice E. [Weight gain is associated with changes in neural response to palatable food tastes varying in sugar and fat and palatable food images: A repeated-measures fMRI study](#). *Amer J Clin Nutr* 2019; 110(3):nqz204,

[Read the full summary here](#)



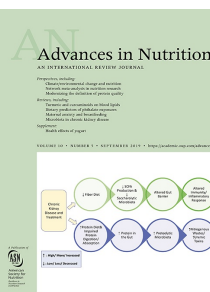
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## The Journal of Nutrition (JN)

August 2019, 149(8)

### Editor's Choice Articles:

- **Creating temporal feeding patterns in rats and mice are possible with an automated system.** The authors report the results of a study using a system with a pneumatic servocontrolled lid on the food source that regulates access to the food with a computer. Tilston TW, Brown RD, Wateridge MJ, Arms-Williams B, Walker JJ, Sun Y, Wells T. [A Novel Automated System Yields Reproducible Temporal Feeding Patterns in Laboratory Rodents](#). *J Nutr* 149(9):1674-84,
- **Diet quality among diverse ethnic groups is associated with fecal microbial diversity.** The authors addressed the void that exists in the role of dietary pattern in determining microbial diversity or abundance of specific bacteria. Maskarinec G, Hullar MAJ, Monroe KR, Shepherd JA, Hunt J, Randolph TW, Wilkens LR, Boushey CJ, Le Marchand L, Lim U, Lampe JW. [Fecal microbial diversity and structure are associated with diet quality in the Multiethnic Cohort Adiposity Phenotype Study](#). *J Nutr* 149(9):1575-84,
- **Accuracy of estimating usual intakes with single 24-hour recall is dependent on unbiased external variance ratio.** The authors report the results of a study that compares the results obtained with a single 24-hour recall with multiple recalls. Luo H, Dodd KW, Arnold CD, Engle-Stone R. [A New Statistical Method for Estimating Usual Intakes of Nearly-Daily Consumed Foods and Nutrients Through Use of Only One 24-hour Dietary Recall](#). *J Nutr* 149(9): 1667-73.



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## Advances in Nutrition (AN)

September 2019, 10(5)

### Featured Articles:

- While much research has focused on the link between cancer and the consumption of fresh fruits and vegetables, [Valeri V. Mossine et al.](#) present evidence that dried fruit may have special chemopreventive properties. According to the review, “the associations between consumption of total/fresh fruits and cancer risk were generally weaker than the associations determined for dried fruit intake and cancer.”
- According to [Mohadeseh Aghasi et al.](#), “Internet use was positively associated with increased odds of being overweight and obese.” While inactivity may be one reason why frequent Internet users are prone to overweight/obesity, the authors pointed out that poor nutritional behaviors and psychological disorders, both associated with frequent Internet use, may also underlie the link between Internet use and weight gain.

## Current Developments in Nutrition (CDN)

September 2019, 3(9)

### Featured Article:

- The SNACK program in Mali was designed to improve child linear growth through a set of interventions targeting mothers and children during pregnancy and up to the child's second birthday. Distributions of cash to mothers and a lipid-based nutrient supplement to children



were added to SNACK to increase attendance at community health centers. In this implementation science study, [Agnes Le Port et al.](#) assessed the value of cash in relation to community health center attendance. They found that "implementation constraints related to remoteness and inaccessibility may have undermined the incentive value of the cash transfers in the SNACK program." The authors posited that "additional research is needed to identify interventions that not only incentivize mothers to participate but that can be implemented effectively and with high quality in challenging contexts such as rural areas of Mali."

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## Highlights from Other Journals

- [Long-term Cardiovascular Disease Risk Among Firefighters After the World Trade Center Disaster](#) [Cohen HW et al.] *JAMA Netw Open*.
- [Adipose lipid turnover and long-term changes in body weight](#) [Arner P] *Nat Med*.
- [Does the U.S. public support using gene drives in agriculture? And what do they want to know?](#) [Jones MS et al.] *Sci Adv*.
- [A Multi-Year Examination of Gardening Experience and Fruit and Vegetable Intake During College](#) [Staub D et al.] *Nutrients*.
- [The experiential pleasure of food: A savoring journey to food well-being](#) [Wided B] *J Bus Res*.

## Important Dates

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)

Nov 12-13

[NIH Sensory Nutrition and Disease Workshop](#)  
(Bethesda, MD)

Dec 2-5

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

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