

ASN Publications

January 2017 Media Alert: *The American Journal of Clinical Nutrition*

The following articles are being published in the January 2017 issue of *The American Journal of Clinical Nutrition (AJCN)*, a publication of the American Society for Nutrition. [Full summaries and analyses](#) are available on the [ASN website](#). Links to the articles are below. Articles published in AJCN are embargoed until the article appears online either as in press ([Articles in Press](#)) or as a final version. The embargoes for the following articles have expired.

Anthropometry- "measuring people"- remains important for assessing nutritional status

Four independently conducted studies investigate various methods of assessing nutritional status via anthropometry, such as skinfold thicknesses, BMI, waist and upper arm circumferences, and height. Collective results suggest that these nutritional indices are still valuable.

Freedman DS, Zemel BS, Ogden CL. [Secular trends for skinfolds differ from those for BMI and waist circumferences among adults examined in NHANES from 1988-1994 through 2009-2010.](#) *American Journal of Clinical Nutrition* 2017;105:169-76.

Addo OY, Himes JH, Zemel BS. [Reference ranges for midupper arm circumference, upper arm muscle area, and upper arm fat area in US children and adolescents aged 1-20 y.](#) *American Journal of Clinical Nutrition* 2017;105:111-20.

Karra M, Subramanian SV, Fink G. [Height in healthy children in low- and middle-income countries: an assessment.](#) *American Journal of Clinical Nutrition* 2017;105:121-6.

Heymsfield SB, Stevens J. [Anthropometry: continued refinements and new developments of an ancient method.](#) *American Journal of Clinical Nutrition* 2017;105:1-2.

Gelatin- simple aid for strengthening ligaments?

Findings from rigorously controlled dietary intervention study highlights possibility that including gelatin in exercise routine may be beneficial in terms of connective tissue repair.

Shaw G, Lee-Barthel A, Ross MLR, Wang B, Baar K. [Vitamin C-enriched gelatin supplementation before intermittent activity augments collagen synthesis.](#) *American Journal of Clinical Nutrition* 2017;105:136-43.

Levine M, Violet P-C. [Breaking down, starting up: can a vitamin C-enriched gelatin supplement before exercise increase collagen synthesis?](#) *American Journal of Clinical Nutrition* 2017;105:5-7.

Weight loss reverses intestinal "leakiness" associated with obesity **Research team investigates complex relation between obesity, fatty liver (steatosis), insulin resistance, and excessive gastrointestinal permeability.**

Damms-Machado A, Louis S, Schnitzer A, Volynets V, Rings A, Basrai M, Bischoff SC. [Gut permeability is related to body weight, fatty liver disease, and insulin resistance in obese individuals undergoing weight reduction.](#) *American Journal of Clinical Nutrition* 2017;105:127-35.

Fasano A. [Gut permeability, obesity, and metabolic disorders: who is the chicken and who is the egg?](#) *American Journal of Clinical Nutrition* 2017;105:3-4.

Can nutritional status and environmental exposures be assessed via urine analysis?

Findings gleaned from combining data previously collected in 3 large human trials suggest that, in general, researchers need to analyze three 24-hour urine collections to have confidence in their applicability to nutrition studies.

Sun Q, Bertrand KA, Franke AA, Rosner B, Curhan GC, Willett WC. [Reproducibility](#)

March 31. [Scientific Sessions & Annual Meeting at EB](#) special meeting rate housing deadline. The ASN headquarters hotel is the Hilton Chicago.

February 23. [Scientific Sessions & Annual Meeting at EB](#) early registration rate deadline

Apr. 22 -26. [ASN Scientific Sessions & Annual Meeting at Experimental Biology.](#) Chicago, IL

Journal Links

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9211 Corporate Blvd
Suite 300
Rockville, MD 20850
media@nutrition.org
240-428-3650

[of urinary biomarkers in multiple 2 4-h urine samples](#). *American Journal of Clinical Nutrition* 2017;105:159-68.

Dragsted LO. [Relying on biomarkers for intake assessment in nutrition](#). *American Journal of Clinical Nutrition* 2017;105:8-9.

The American Journal of Clinical Nutrition: Editor's Pick

Estimating dietary consumption of individual nutrients is difficult for a variety of reasons, including the fact that the nutrient composition of individual foods is quite variable. In other words, just knowing what a person has eaten does not always tell you how much of each nutrient has been consumed. As such, being able to estimate nutrient intakes from their concentrations in biological fluids, such as blood and urine, is a mainstay of nutrition research. This study, which leveraged data from 3 previously conducted human trials, suggests that researchers may need to analyze three 2 4-hour urine collections to have confidence in their applicability to nutrition studies. This information is important as scientists design and implement future studies aimed at understanding the complex relation between food intake patterns and human health.

Sun Q, Bertrand KA, Franke AA, Rosner B, Curhan GC, Willett WC. [Reproducibility of urinary biomarkers in multiple 2 4-h urine samples](#). *American Journal of Clinical Nutrition* 2017;105:159-68.

Dragsted LO. [Relying on biomarkers for intake assessment in nutrition](#). *American Journal of Clinical Nutrition* 2017;105:8-9.

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