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American Society for Nutrition  
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### Message From the President:

**Patrick J. Stover, PhD**

We are less than a month away from the [Advances & Controversies in Clinical Nutrition](#) conference in December! I encourage everyone to [review the program](#) and see what outstanding sessions have been planned. I'd like to thank the organizing committee and staff for developing yet another important meeting that will showcase the best nutrition research and advance the field!

I recently held the first Presidential Webinar, where I provided an update on my presidential initiatives and spoke with ACCN15 program co-chair Dr. Joel Mason. [View a recording](#) of the webinar, or [download the podcast](#). I look forward to having a chance to speak with the ASN membership again at the next webinar in early 2016. Please continue to contact me with any questions, suggestions or opportunities for ASN to advance its mission.

Remember, you can [contribute](#) to the ASN Foundation through December 31 to maximize your tax deductions for 2015. The [Foundation](#) helps fund more than two dozen scientific awards and postdoctoral fellowships, which are key to promoting, recognizing, and encouraging excellence in nutrition research.

Lastly, I am looking forward to seeing many of you in San Diego for the [Scientific Sessions & Annual Meeting](#), April 2-6. I personally invite you to the Presidential Symposium, "Systems Approach to Nutrition: Where we are, and where we are going," which takes place Sunday, April 3. I wish everyone a wonderful Thanksgiving to all who celebrate and safe travels to your family and friends.

Patrick J. Stover, PhD  
ASN President



Cornell University

Assistant Professor  
Molecular Nutrition and Metabolomics  
Division of Nutritional Science

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### Upcoming Deadlines & Events

**November 27.** ASN [Science Policy Fellowship](#) application deadline.

**December 4.** [John Milner Nutrition and Cancer Prevention Research Practicum](#) application deadline.

**December 4-6.** [Advances & Controversies in Clinical Nutrition](#). Long Beach, CA.

**February 23.** Experimental Biology [hotel reservations deadline](#).

**March 1.** Experimental Biology [early registration deadline](#).

**March 14-18.** [John Milner Practicum](#). Rockville, MD.

**April 2-6.** [ASN Scientific Sessions & Annual Meeting](#) at EB 2015. San Diego, CA.

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## ASN News

### **ASN-ANDP Partnership**

The [Association of Nutrition Departments and Programs](#) (ANDP) and ASN signed a Memorandum of Understanding on October 27, building upon their mutual commitment to advancing nutrition science and policy, academic nutrition training, professional development of members, and related areas. Under the three-year agreement, ASN and ANDP will work even more closely than in the past to serve department heads and their faculty and students with educational/professional development activities, journals and membership; and will continually assess and address the unique needs of nutrition department heads and program directors. As they seek mutually beneficial ways to support both organizations' missions, ASN and ANDP will continue to broaden and enhance the community of nutrition educators through education and networking opportunities for faculty in undergraduate and graduate nutrition programs and related disciplines.

## Upcoming Meetings

### **ASN Advances and Controversies in Clinical Nutrition 2015**

ACCN15 is under a month away! [Not registered yet for the conference?](#) The good news is the registration price for regular members remains below \$400. Special rates are available for young professionals, government members, emeritus members and more.

### **Featured Lecture**

#### **Learn and Practice Motivational Interviewing Techniques at ACCN15**

Back by popular demand, Kathryn I. Pollak, PhD (Duke Medicine) will be joining us at ACCN15 to conduct small group workshops on motivational interviewing techniques to encourage lifestyle changes and weight loss. Motivational Interviewing is a method that works on facilitating and engaging intrinsic motivation within the patient to help facilitate behavior change. It is a goal-oriented, patient-focused counseling style that helps patients explore and resolve ambivalence. Two workshops will be held to train clinicians how to engage, focus and plan phases of the patient conversation. Attendees will be able to practice and get pointers in an informal setting. Space is limited and pre-registration is required. [Register](#) for these featured workshops.

### **Continuing Education**

This program is being jointly provided by ASN and the Tufts University School of Medicine.

*Physicians:* This activity has been approved for a maximum of **13 AMA PRA Category 1 Credits™**.

*Nurses:* This activity provides **13 contact hours** for nurses.



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## Combined Federal Campaign

ASN is thrilled to once again join federal employees and over 4,000 approved charities in continuing the legacy of giving with the [Combined Federal Campaign \(CFC\)](#). Pledges made by Federal civilian, postal and military donors during the campaign season (September 1-December 15) support non-profit organizations like ASN. [Enroll through CFC](#) to help ASN provide health and human service benefits throughout the world!

**ASN CFC #36770**



## Cancer Practicum

The 2016 John Milner Nutrition and Cancer Prevention Research Practicum is March 14-18, and is now accepting applications. The Practicum will be held at the National Cancer Institute in Rockville, MD. [Details about the practicum, eligibility and applying to the practicum](#) are online. The application deadline is December 4, 2015.

*Dietitians:* This activity has been approved for a maximum of 13.5 CPEUs.  
*Certified Health Education Specialists:* This activity has been approved for 13.5 continuing education contact hours (CECH).

### Program Details

The ACCN15 [advance program](#) is available online.

### Venue Information

The Hilton Long Beach is in the heart of bustling downtown Long Beach. The [ACCN15 headquarters hotel](#) is only seven miles from the Long Beach Airport (LGB) and a short drive from Los Angeles International Airport (LAX).



### ASN's Scientific Sessions and Annual Meeting at EB 2016

Mark your calendars for April 2-6, 2016 for ASN's 80th [Scientific Sessions & Annual Meeting at Experimental Biology](#), returning to San Diego, CA. Make sure to register and book your housing as soon as possible. The headquarters hotel for ASN is the [Hilton San Diego Bayfront](#). This hotel and many others will sell out - make your reservations soon!

### Featured Lecture - 2016 Presidential Symposium

Chaired by ASN President, Patrick Stover, PhD, this year's symposium is titled ***Systems Approaches to Nutrition - Where We are and Where We are Going*** and features four cutting-edge, cross disciplinary presentations to be followed by a panel discussion.

Dr. Nathan Price, Professor and Associate Director, Institute for Systems Biology, University of Washington, will present on the ***100K Wellness Project***, the first-ever broadly integrative approach to scientific wellness. This project monitors the health and wellness of 100,000 individuals over time. Each participant's whole genome is sequenced and their metabolome, proteome, and microbiome are analyzed quantitatively throughout the study. The end result is an unprecedented wealth of systems medicine information, in which individual is represented by millions of linked data points. Multivariate analysis and predictive modeling of these data reveal molecular signatures associated with shifts in individuals' wellness state, providing a deeper understanding of the molecular drivers of health and disease. Genome-scale models using systems approaches go a step further, potentially elucidating causal mechanisms. Finally, actionable lifestyle interventions provide the first large-scale validation of the personalized medicine paradigm.

[Click here](#) for the full speaker line up and make plans to join us next April in San Diego!



## Public Policy News

### ASN News

#### FDA Stays Portion of 2013 IND Guidance Related to Conventional Foods

As a direct result of a [sign-on letter](#) campaign initiated by the American Society for Nutrition, followed by additional [letters](#), the U.S. Food and Drug Administration (FDA) announced they are staying portions of the 2013 final Guidance on INDs, effective immediately. FDA is staying "portions of subsection VI.D.2, 'Conventional Food,' and all



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### Contact US

American Society for Nutrition  
9650 Rockville Pike  
Bethesda, MD 20814  
[info@nutrition.org](mailto:info@nutrition.org)  
310-634-7050

of subsection VI.D.3, 'Studies Intended to Support a Health Claim,' except as to studies intended to evaluate whether a food substance reduces the risk of a disease in individuals less than 12 months old, those with altered immune systems, and those with serious life-threatening medical conditions." A CFSAN [Constituent Update](#) and a *Federal Register* [notice](#) provide more information.

### **ASN Partner on First-Ever National Obesity Care Week**

ASN was a partnering organization for the first-ever National Obesity Care Week, which took place November 1-7. The week was named to bring attention and spark a movement to help the third of U.S. adults affected by obesity receive respectful and comprehensive care. Partners recognize that a multi-faceted strategy is needed to treat obesity and encourage healthcare professionals to use these [tools and resources](#) for engagement and treatment of obesity patients.

### **Congressional Action**

#### **The U.S. Government Is Funded Until March 2017**

The Senate and House of Representatives passed legislation which the President signed into law to raise the debt limit and to set budget caps for appropriations and program changes through March 2017. Initially, limits on crop insurance had been included in the House bill, but they were removed with strong demands from Agriculture Committee members who noted the farm bill had decreased the budget by \$23 billion this year. The bill prevents hikes in Medicare premiums and permits the discretionary funding for defense and domestic programs to increase by \$30 billion, ignoring the sequestration cuts, and pays for those increases through changes in social security, "Obama Care", railroad retirement, and other programs. The next step is for appropriators to complete the details on levels of funding for the discretionary programs throughout the government agencies.

### **Administrative Action**

#### **FDA Requests Comments on Use of the Term "Natural" on Food Labeling**

In response to three Citizen Petitions asking that the agency define the term "natural" for use in food labeling and a Citizen Petition asking the agency to prohibit the term "natural" on food labels, FDA asks for public comments on use of the term "natural". Specifically, the FDA asks for information and public comment on questions such as: Whether it is appropriate to define the term "natural;" if so, how the agency should define "natural;" and, how the agency should determine appropriate use of the term on food labels. The FDA is accepting public comments beginning on November 12, 2015. To electronically submit comments to the docket, visit <http://www.regulations.gov> and type FDA-2014-N-1207 in the search box. See the [Federal Register Notice](#) for more information.

Visit the [ASN website](#) to read the entire policy update.

## **Journal Highlights**

### ***Advances in Nutrition***

[November's issue](#) of *Advances in Nutrition*, ASN's international review journal, evaluates the latest research findings in the nutrition sciences from around the world.

The current issue provides reviews addressing such questions as:

- What is the best diet to avoid type 2 diabetes? Comparing lower-fat, higher-complex-carbohydrate diets to higher protein diets, Amy Y. Liu et al. , believe higher protein diets may have the advantages of relatively low energy density, longer-term appetite suppression, and preservation of lean body mass, all helping thwart progression to type 2 diabetes.
- What is the link between index-based dietary patterns and colorectal cancer? Susan E. Steck et al. find there is strong evidence that a high Mediterranean Diet Score,

Healthy Eating Index, or Dietary Inflammatory Index are all associated with a lower risk of developing colorectal cancer. These dietary patterns all feature high intake of plant-based foods and low intake of animal products.

#### ***The American Journal of Clinical Nutrition: Editor's Pick***

[Validity of the WHO cutoffs for biologically implausible values of weight, height, and BMI in children and adolescents in NHANES from 1999 through 2012.](#) Freedman DS, Lawman HG, Skinner AC, McGuire LC, Allison DB, Ogden CL. *American Journal of Clinical Nutrition* 2015;102:1000-6.

With childhood obesity rates skyrocketing around the world, public health organizations are keenly interested in carefully documenting trends in both developing and industrialized populations. To this end, the World Health Organization currently recommends removing very low and high weight and body mass index (BMI) values because they have historically been considered inaccurate or "implausible" and therefore were thought to skew estimations of underweight, overweight, and obesity. However, results from this study suggest that eliminating these values might, in fact, result in underestimating actual obesity incidence, especially in the most at-risk populations.

#### ***The Journal of Nutrition: Editor's Picks***

[Amino Acid-Induced Activation of mTORC1 in Rat Liver Is Attenuated by Short-Term Consumption of a High-Fat Diet.](#) Scot R Kimball, Suhana Ravi, Bradley S Gordon, Michael D Dennis, and Leonard S Jefferson. 215491

Excess consumption of nutrients leads to obesity-related pathologies including type 2 diabetes and nonalcoholic fatty liver disease. Using a rodent model, researchers demonstrated that the initial response of the liver to consumption of a high fat diet is a reduction in the activity of the energy sensor of the cell, i.e., mechanistic target of rapamycin complex 1 (mTORC1). Further, the investigators identified increased expression of the Sestrins and impaired Rag signaling as primary mechanisms for the suppression of mTORC1 activity. This response may serve to counteract the deleterious effect of excess nutrient consumption.

[Short Maternal Stature Increases the Risk of Small-for-Gestational-Age and Preterm Births in Low- and Middle-Income Countries: Individual Participant Data Meta-Analysis and Population Attributable Fraction.](#) Naoko Kozuki, Joanne Katz, Anne CC Lee, Joshua P Vogel, Mariangela F Silveira, Ayesha Sania, Gretchen A Stevens, Simon Cousens, Laura E Caulfield, Parul Christian, Lieven Huybregts, Dominique Roberfroid, Christentze Schmiegelow, Linda S Adair, Fernando C Barros, Melanie Cowan, Wafaie Fawzi, Patrick Kolsteren, Mario Meriardi, Aroonsri Mongkolchat, Naomi Saville, Cesar G Victora, Zulfiqar A Bhutta, Hannah Blencowe, Majid Ezzati, Joy E Lawn, Robert E Black, and the Child Health Epidemiology Reference Group Small-for-Gestational-Age/Preterm Birth Working Group. 216374

Being born small for gestational age (SGA) and/or preterm is associated with increased risk of adverse long-term developmental outcomes including neurocognitive impairment and chronic disease. To better understand the mechanisms leading to SGA and preterm births, the association of short maternal stature with SGA and preterm birth was examined using datasets from population-base cohort studies and the WHO Global Survey on Maternal and Perinatal Health from low- and middle-income countries. The results showed that short maternal stature is associated with increased risk for being born SGA either at term or preterm, or being born preterm of an appropriate for gestational age. The study highlights the need to address the intergenerational cycle of chronic malnutrition in order to reduce the adverse impacts of SGA and preterm birth.

[Maternal Literacy, Facility Birth, and Education Are Positively Associated with Better Infant and Young Child Feeding Practices and Nutritional Status among Ugandan Children.](#) Scott B Ickes, Taylor E Hurst, and Valerie L Flax. 214346

One-third of children less than 5 years of age worldwide are undernourished. In this

study, maternal factors that may influence child feeding practices were assessed in data collected in the Uganda Demographic and Health Survey using a sophisticated conceptual model. The results show that mothers with low literacy skills, who lack formal education, and who deliver their children at home were at greater risk of poor infant and young child feeding practices. These findings have important implications for interventions among vulnerable maternal groups.

## Member Spotlight

- **Dr. Sharon Donovan**, Professor of Nutrition at the University of Illinois, Urbana-Champaign, and **Dr. Joanne Slavin**, Professor of Food Science and Nutrition at the University of Minnesota, were appointed to the Kerry Health and Nutrition Institute Scientific Advisory Council.
- Browse the list of members who joined ASN in [October 2015](#).

*Have you received an award, been quoted in the media or published a book recently? ASN is proud of its members and wants to know about such accomplishments. Send the information to Valerie Bloom at [vbloom@nutrition.org](mailto:vbloom@nutrition.org) to be featured in an upcoming newsletter.*