



American Society for Nutrition
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Aging and Chronic Diseases RIS Newsletter February 2014

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Update on the RIS Chairs Conference call

Our most recent conference call was in early February and we discussed several administrative matters. First, we are striving to conduct a coordinating fund raising approach to fund all RIS activities. Through this approach, we aim to consolidate our funding requests so that any one company doesn't get approached multiple times. We also are trying to maximize involvement from ASN Sustaining Partners as we work together to fund RIS activities and foster the development of young nutrition

scientists. In addition, we are working to ensure each RIS offers a consistent menu of activities that will be included each year in the organizational budget as well as standardize certain activities such as our poster award competitions. Stay tuned for more details!

Update on the Webinar

On **Wednesday, Feb 12** at 2pm Eastern time, a Webinar: **“Understanding and Interpreting Meta-Analyses in Nutrition Research”** was conducted by our RIS. Dr Terri Pigott, Professor of Research Methodology, Loyola University at Chicago and co-Chair and co-Editor of the Methods Group for the Campbell Collaboration presented the basics of meta-analyses, with a critical examination of the analyses reported in a paper all attendees were asked to read before the webinar [Kwak SM et al. [Efficacy of Omega-3 Fatty Acid Supplements in the Secondary Prevention of Cardiovascular Disease](#). *Arch Intern Med*. 2012;172(9):686-694]. There were 350 persons who registered, with nearly 200 attending this webinar live. The feedback was so positive! Here's one of the comments shared with us after the webinar:

“Thank you so much- this was one of the most valuable webinars I have ever viewed. The presenter was very clear. Understanding research is a topic we all need more training in. Thanks for offering it!”

If you missed it, a recording can now be found on the ASN [website](#), under

archives. We will share more about this and future follow-ups for our membership at our business meeting on Monday April 28th from 7-9am in 33C, San Diego Convention Center. Hope to see you there!!

EB 2014 Update: There are 63 confirmed and programmed symposia, 30 science programs and three international forums (from Japan, Brazil, and China). Updates to the [website](#) are being made nearly daily! There are 12 Satellite Sessions. Currently there are also a few programs for the Friday before EB (4/25) as well as 3 breakfast programs scheduled.

For our RIS at EB 2014

- **Monday, April 28** from 7-9am, 33C San Diego Convention Center,
 - Annual Aging & Chronic Disease Business Meeting, and
 - Poster competition/session for Graduate Students and
 - NEW Poster competition/session for Post-doctoral Students

Aging & Chronic Disease RIS has three different oral mini-symposia this coming year. These include:

Sunday, April 27: 8-10am

**Aging: Nutrition and Cognition
Across the Lifespan (Co-sponsor:
Nutritional Epidemiology**
Chair: Christy C. Tangney;

Co-Chair: Lesley Tinker
Room: 29 C

Monday, April 28: 10:30am- 12:30pm

**Aging: Nutrition, Physical
Performance and Bone Health**
Chair: Shivani Sahni; Co-Chair:
Dingbo Lin Room: 30 D

Monday, April 28: 3:00pm – 5:00pm

**Aging: Nutrition Interventions
for Risk Factor Modification in
Chronic Disease**
Chair: Carmen Sceppa
Co-Chair: Elizabeth J. Reverri
Room: 29 D

We will have 4 poster sessions, one on Sunday, April 27

- Aging: Nutrition and Cognition
Across the Lifespan (Co-
sponsor: Nutritional
Epidemiology RIS)

and 3 on Tuesday, April 29:

- Aging: Nutrition Interventions
for Risk Factor Modification
in Chronic Disease
- Aging: Nutritional Assessment
and Status in Older
Populations
- Aging: Nutrition, Physical
Performance & Bone Health

Mark your calendars!!!! Hope to see you there.

Member Spotlight

NEILÉ K. EDENS, PHD

*Associate Research Fellow, Volwiler Society, **Abbott Nutrition Research & Development***

Dr. Neilé Edens joined Abbott Nutrition in 1995. Currently an Associate Research Fellow in Abbott Nutrition



Research & Development, she is responsible for early stage research on nutritional technologies for muscle and mobility. Prior to joining Abbott, Dr. Edens held academic positions in the Nutrition Department at the University of Maryland, the Laboratory of Human Behavior and Metabolism at Rockefeller University and was a visiting scholar at the National Institutes of Health. Dr. Edens' research concerned the regulation of lipid synthesis and breakdown in human adipose tissue. Dr. Edens earned her undergraduate degree in zoology from the University of Washington and a PhD in psychology from the University of Massachusetts. She did her post-doctoral training at the College of Physicians and Surgeons, Columbia University and Rockefeller University.

BARBARA LYLE, PHD

*President, **B Lyle, Inc.***



My career in the corporate environment began as a college freshman, where I started as a business major. By

my sophomore year, it was clear that I preferred people over accounting spreadsheets, and I was interested in the field of health. From a brief extern experience at General Mills, I learned that nutrition scientists in food companies are responsible for substantiating and interpreting nutrition science, and then influencing the company to develop, market, and sell “better for you” food products. Nutrition careers in industry offer the potential impact that a large corporation brings to bear – large scale and results driven. If this sounds appealing to you, here's a quick look at how my career has evolved.

- Entry position at the National Dairy Council starting a nutrition newsletter.
- Moved to consumer package goods at Kraft Foods, working with legal and scientific affairs departments to develop input on FDA and USDA proposed regulations in response to the Nutrition Labeling and Education Act. Represented Kraft Foods on external technical committees (e.g., International Life Sciences Institute).

- Worked across multiple food categories at the “fuzzy front end” of new product ideation, concepts, concept testing, and consumer messaging (e.g., Taste of Life salad dressing).
- Cross-functional career move into strategy, developing the 5-yr R&D/Quality strategy plan and positioning Kraft’s technology assets for the initial public offering of stock (IPO).
- Started a food ingredient team solving technical hurdles to enable “better for you” products (e.g., iron-fortified beverage) with substantiated efficacy.
- Partnered with the International Nutrition Foundation on capacity building in developing regions.
- Research strategist and expert on open innovation teams scoping global platforms at Kraft Foods Global.
- Independently consulting with an interest in motivating mainstream consumers to purchase “better for you” products and helping companies fuel and meet evolving consumer well-being needs.

Throughout this diversity of roles, ASN has been the most important means for building and maintaining a network of nutrition research colleagues. I wish you well on your career journey.

Lesley Fels Tinker, PhD, RD

Principal Staff Scientist (promoted March 2008), Cancer Prevention (February 2000-present), Fred Hutchinson Cancer Research Center



My hope is that this brief career example will inspire you to do whatever it takes to create a career that lets you be fully productive

and happy. The bottom line is to pursue what is of interest to you, do your homework, know your strengths and where/how you can add value, and have confidence in your direction.

If I were to describe my career path in one phrase, I’d say, “The challenges of staying true to myself have been far outweighed by personal growth, professional contribution and happiness.” Five elements each contributing to the whole: challenge, authenticity, growth, contribution, happiness. My path has orbited around a constant, nutrition, while traversing from clinical dietetics to nutrition science and bridging the two. As an undergraduate, I majored in dietetics. My goal was to complete a dietetic internship, become a registered dietitian and work in a hospital. My goal came to fruition and I was in the mix with my dream job – a registered dietitian working at a small tertiary care children’s hospital. I was involved with day-to-day operations as

well as planning diets and providing counseling for patients with inborn errors of metabolism, diabetes, allergies. I also worked with the pharmacists in planning for total parenteral nutrition. I worked with a medical team to establish nutritional assessment systems. There was a small adult wing in the hospital dedicated to patients needing open heart surgeries, primarily coronary artery bypass, for which there was a steady call for discharge consultations. Like I said, dream job, at least my dream job. From there, I branched out and joined an outpatient health care team specializing in diabetes management (children) and weight management (children and adults) and retained connections for consulting on inborn errors of metabolism. I became increasingly interested in reading research papers with in the quest of providing up-to-date nutritional care. The catch was that I hadn't had much experience reading research papers and was puzzled about how to interpret results – therein was born my aspiration to enter graduate school at a nutrition research university. University of California, Davis, here I come!

As I entered graduate school, research was completely foreign to me. Everything was new. I'm sure I was not the favorite part of the lab mix – at first I needed help with everything. With help and patience from lab colleagues by staying true to myself while embracing challenge, I persevered and thrived. At the completion of my

Master of Science degree in nutrition science, my appetite was whetted but not sated for research. With approvals, I stayed at UC Davis to complete my PhD in nutrition. With family considerations in mind, I stayed at UC Davis two additional years to complete a post-doctoral appointment. My graduate and post-doctoral years were a time of intense growth. It was now time to give back, contribute, and re-enter the work force. But in what capacity? The view of the time was that PhDs were grooming to become academic researchers following a tenure track. Deep down, that didn't seem the right fit for me. While retaining interest in research, I had not jettisoned my interest in clinical dietetics. Daily, I scanned the job board postings and research journal job advertisements. I applied for positions with the result of interviewing at two locations. One of the locations, and positions, was once again a dream job for me – requirements included having an RD, PhD, and clinical dietetics experience. The position was a nutrition scientist with the newly funded Women's Health Initiative* (WHI) Clinical Coordinating Center at the Fred Hutchinson Cancer Research Center in Seattle, Washington. I was offered and accepted the position. Start-up for the WHI Clinical Coordinating Center was weighted heavily towards operations. I managed the nutrition unit that was responsible for developing and overseeing the nutrition intervention and dietary assessment for all 40 of WHI clinical centers across the United States. This

provided a challenge while figuring out how to keep up with scientific responsibilities including publishing papers. The position I was hired into allowed a few years before entering a membership track (similar to tenure track at a research university) that comes with the ticking clock. After much soul searching and discussions with family, friends and colleagues, I decided to transfer to a staff scientist track. Career-wise, changing from member track to staff scientist could be viewed as a step down, but for me it was a step up into authenticity, being true to myself, and has fostered my work contributions being at a high caliber. When the WHI interventional phases had all ended in 2005, work shifted to supporting ancillary studies to the WHI. In that role, I am sub-contract PI at the FHCRC for several ancillary studies that are funded to utilize blood specimens or that recruit WHI participants into sub-studies. This affords me the opportunity and responsibility of working with scientists throughout the United States and overseas to oversee the WHI Clinical Coordinating Center activities, as well as being graciously considered a scientific colleague participating in offering design suggestions and co-authoring papers. Additionally, I lead one of the WHI Scientific Interest Groups (SIG), the one focusing on diabetes and obesity. SIGs meet monthly by conference call to share research ideas and stimulate productive use of WHI data by writing papers and discussing ideas for ancillary studies with the push to develop ideas

into a research proposal and funded science.

As a staff scientist at FHCRC, my dependency lies with funded projects. I have the opportunity to PI grants, but I have not done so as yet. I have been co-investigator with many grants. Leeway exists within work responsibilities for a staff scientist at FHCRC depending on the project activities. I am accountable for publishing papers. All of this suits me well, provides challenge, opportunities for growth, contributions to science—I am happy, very happy, in my work, and I wish the same for you.

Recent & Forthcoming Publications of our ACD RIS

members (Please send your new and imminent citations to ShivaniSahni@hsl.harvard.edu so that we can share these with the entire membership. Please use the *Am J Clin Nutr* style so we have some uniformity and if possible include doi or PMID link)

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Positions Available

A POSTDOCTORAL RESEARCH FELLOWSHIP position is available in the J. Paul Sticht Center on Aging/Section on Gerontology and Geriatric Medicine at Wake Forest School of Medicine to work with our

program in the area of nutrition, physical activity, and functional independence.

Areas of study include both epidemiological and clinical studies of obesity, exercise, dietary protein, and micronutrient nutrition. Specific activities will be tailored to the skills and interests of the candidate.

The Sticht Center on Aging is a nationally recognized center for multidisciplinary research on risk factors, including biological, genetic, co-morbid, psychosocial and behavioral, that contribute to the decline in physical function and progression to disability in older adults. The focus of the Sticht Center's wide-ranging NIH-funded research projects is on the translational integration of basic and clinical science (<http://www.wakehealth.edu/Research/Gerontology-and-Geriatrics/>). Applicants must have a PhD, MD, or a comparable doctoral degree in nutrition, epidemiology or related fields from an accredited domestic or foreign institution. The postdoctoral research fellow will play a leading role in scientific presentations and manuscript writing in an NIH-funded grant, and will participate in the application of future NIH grant proposals. Salary is commensurate with experience according to NIH stipend levels. AA/EOE

For additional information contact:

Stephen B. Kritchevsky, PhD
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Apply online at www.wakehealth.edu and reference Job ID #4615.

Upcoming Events (Feb 2014 and forward)

March 26-28, 2014

10TH VAHOUNY FIBER SYMPOSIUM, Bethesda MD
"Is there a role for dietary resistant starch in manipulation of gut microbiota to improve healthspan?"
Presented by Roy J Martin

April 26-30, 2014: ASN's Scientific Session and Annual Meeting at **Experimental Biology 2014**, San Diego, CA. For information visit:

scientificsessions.nutrition.org

