



President's Column



Greetings from the President: Teresa A. Davis, PhD
Professor of Pediatrics
Baylor College of Medicine

Recently I was privileged to participate in FASEB's Capitol Hill Day, along with thirteen other FASEB scientists who met with

nearly 30 Congressional offices. The main message for the visits was how sequestration will negatively affect funding for the National Institutes of Health and other federal agencies, and will therefore harm important research, the economy, and US competitiveness. Overall the Hill Day visits were a great success and made a difference. Sequestration has been delayed by two months (to March 2, 2013). However, there is still work to do to prevent sequestration altogether.

As winter gets fully underway, my thoughts turn to ASN's Scientific Sessions & Annual Meeting at EB 2013. We received a record number of abstracts for the meeting, and expect late-breaking abstracts to also surpass the previous number. I am truly excited about the breadth of scientific sessions we are offering and look forward to honoring our 2013 award winners in Boston. The ASN Presidential Symposium, Regulation of Growth and Metabolism through Amino Acid Sensing, takes place Sunday, April 21. I hope you will join us for the entire meeting, April 20-24!

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In 2012, ASN welcomed more than **4,863 members**, contributed more than **\$452,068 in scientific awards**, student grants, travel awards and honoraria to support the best and brightest of our field; upheld the quality of our world-class publications: *The Journal of Nutrition*, *The American Journal of Clinical Nutrition*, and *Advances in Nutrition*; hosted the highest attended Scientific Sessions in ASN's history: **2,800 attendees and 1,830 submitted abstracts**; expanded our education and professional development programming, including new author workshops and the successful Clinical Nutrition Conference; implemented the 2012-2016 strategic map, outlining our objectives to advance excellence through the creation, translation and dissemination of science-based nutrition information; strengthened global partnerships with the *Chinese Journal of Clinical Nutrition* and the Chinese Medical Association, The Nutrition Society (UK), *Nutrition Today*, Korean Nutrition Society, Turkish Diabetes Foundation and many others; maintained an active public affairs platform, including a comprehensive effort to analyze and prioritize nutrition research needs that will impact health and wellbeing; and engaged more than 215 donors who are helping develop the ASN Foundation's key programs, such as student scholarships, mentorship programs and research funding.

As we enter 2013, it is a fitting time to consider making a donation to support ASN. We had another fruitful year and I know that the new year will bring even more successes and valuable initiatives. Visit **www.nutrition.org/contribute** to give a tax-deductible donation to support student and research grant programs, travel awards, and other opportunities. Your generosity is appreciated, as we know there are many worthy groups competing for donations this time of year.

Finally, I wish you all a happy New Year! Please contact me at **tdavis@bcm.edu** with suggestions or comments on how to improve ASN.



Student Interest Group (SIG)

My name is Elizabeth Jordan Reverri and I am the newly elected SIG Secretary. I am excited to introduce the 2012-2013 SIG Board and inform you about four events that we are planning for the 2013 Experimental Biology (EB) conference in Boston.

2012-2013 SIG Board

Chair:	Sabrina Sales Martinez
Chair Elect:	Rebecca Creasy
Past Chair:	Sheau Ching Chai
Secretary:	Elizabeth Jordan Reverri
SIG Awards Chair:	Albert Linhong Zhou
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At Large Delegates:	Kathryn Coakley Rachele Pojednic
Advisors:	Dr. Deborah Silverman Dr. Jim Fleet
Board Liaison:	Dr. Greg Miller
Staff:	Paula Eichenbrenner Katie Oster

2013 EB SIG Events

SIG is planning four events at EB. In the past, our *Speed Mentoring* event co-sponsored with the Young Professional Interest Group has been very popular! The *Speed Mentoring* event provides mentees an opportunity to talk with a mentor and ask questions about general career planning, graduate study and postdoctoral positions, job searches and applications/interviews, non-academic careers, collaborations and networking, personal challenges. Every five minutes, a bell rings and the mentees switch chairs to talk with another mentor.

I had the opportunity to participate as a mentee during the *Speed Mentoring* event last year and I highly recommend the experience. I enjoyed meeting other professionals and learning about their experiences post-graduate school. It was interesting to gain perspective from a diverse set of mentors, who were currently working as postdoctoral fellows, researchers, industry, and professionals. If you attend, don't forget to bring your business cards!



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THE AMERICAN SOCIETY FOR NUTRITION

A Constituent Society of the
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for Experimental Biology

ASN Secretariat: 9650 Rockville Pike, Bethesda,
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A print subscription option for *Nutrition Notes* is available. The *Notes* have transitioned to a digital-only format, unless you have submitted a subscription payment with your membership. To continue receiving a hard copy, the cost is \$30/year. Visit the website at www.nutrition.org/renew to subscribe or email sprice@nutrition.org.

Deadline for Submission of **ALL** copy: First day of February, May, August, or November.

We are looking for mentors to volunteer their time and answer questions during the *Speed Mentoring* event. We will provide mentors with a list of potential questions from the mentees ahead of time. If you are interested in being a mentor during the *Speed Mentoring* event, please email jennifer.lambert@utsouthwestern.edu and rachele.pojednic@tufts.edu with your contact information. If you are interested in being a mentee, be sure to RSVP when the SIG sends out the registration information through the SIG listserv in the Spring.

The other SIG events at EB will include: *Meet the Fellows* event, *Social Media and Mobile Technology for Education, Research, and Practice in the Field of Nutrition* special session, and a *Graduate Student Breakfast* (submissions due Feb. 23 2013 to koster@nutrition.org and albert.zhov@aggiemail.usu.edu).

More information about these events will be sent through the SIG listserv in the Spring.

Contributed by Elizabeth Jordan Reverri, SIG Secretary, ebjordan@ucdavis.edu

Young Professionals Interest Group (YPIG)

ASN Scientific Sessions & Annual Meeting, April 20-24, 2013, in Boston, Mass., is just a few months away! YPIG is happy to announce that our symposium: "Navigating the Current Job Market – Grab Hold of Your Future Now!" has been accepted for programming and will take place on Sunday, April 21. We are excited to present this topic and provide ASN's Young Professional faction with tips and skills to improve their chances of landing a job and a look at non-traditional career paths for scientists. YPIG is also working to plan our 4th annual Networking Social for ASN's Young Professional members, Speed Mentoring with the Student Interest Group (SIG) and the Postdoctoral Research Award Competition supported by Solae, LLC. Don't forget the early registration deadline for EB 2013 is February 22, 2013 (www.experimentalbiology.org). Please visit ASN's website for the most up-to-date information about the events planned for young professionals.

As we enter 2013, I encourage you to make a contribution to ASN's Postdoc/Young Professional fund, where 100% of your contribution goes directly to support programs developed for postdocs/young professional members.

Contributed by Holiday Durham
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Council News



Global Nutrition Council



It is my great pleasure to announce that after a year-long consultative process, our Council's name has now officially become the Global Nutrition Council. Changing the term "International" to "Global" represents the reality that the focus of

our Council is defined by the study of food and nutrition problems among vulnerable populations (wherever they reside) and not by the country of residence where researchers coordinating this work live (as previously implied by the "International" term). A case in point is the recent FAO publication of a manual detailing the validation, application and uses of the Latin American and Caribbean Food Security Scale (ELCSA; available at: <http://www.fao.org/alcl/file/media/pubs/2012/elcsa.pdf>). This effort can be traced back first to the seminal work conducted in the USA in the 1980's that eventually led to the development of the US Household Food Security Survey Module followed by its application in Spanish among Latinos then to translating this work into the context of Brazil and Colombia and from there to the rest of the Latin American and Caribbean Region. This case study illustrates how globalized the world is and the fact that food and nutrition work conducted in a vulnerable setting in a particular geographical location often times can be translated into vulnerable settings in other geographical locations regardless of the overall level of development of the countries where vulnerable communities are located. And the strong relevance that "South to South" cooperation has gained in the global nutrition village in which we now live. In my view our Council's name change also has major implications as to how future professionals in our fields of interest should be trained.

In every column I have decided to invite a global nutrition initiative to update the ASN membership on highly relevant activities. This time the Secretariat of the Micronutrient Initiative (MN) Forum (1000-180 Elgin St., Ottawa, ON K2P 2K3; listserv at: www.micronutrientforum.net) announces that the long-awaited return of the go-to consultative group for matters related to micronutrient interventions, the **Micronutrient Forum**, is becoming a reality with its signature event, a global forum, planned for June of 2014 in Ethiopia. As with the original Forum, the mission of the new MN Forum is to improve the micronutrient status of the world's populations by fostering the generation, utilization and dissemination of evidence that responds to programmatic gaps and by advocating for the collaboration, commitments and investments needed to ensure that programs reach all those in need. The approach for the MN Forum positions the 2014 global meeting within a number of pre- and post-meeting activities that

aim to strengthen linkages across traditional and non-traditional (including agriculture, food security, social protection) nutrition-focused audiences. Look for MN Forum hosted sessions at Experimental Biology 2013 and other international nutrition conferences in the coming year, and sign up on the website to participate in pre-meeting surveys designed to inform the agenda development. The overarching theme of the MN Forum 2014 meeting is the bridging of scientific advances and multi-sectoral program needs to ensure adequate micronutrient intake and status throughout the life cycle. This theme will be implemented across four "tracks" that 1) update evidence and methods for detecting micronutrient deficiencies and intake and discuss implications for policies and programs; 2) highlight and discuss the efficacy and effectiveness of nutrition-specific and nutrition-sensitive interventions to improve micronutrient intake and status and identify gaps in evidence that limit our ability to program effectively ; 3) spotlight and debate experiences, challenges and opportunities for scaling up evidence-based policies and programs from diverse sectors; and 4) identify, present and explore mechanisms, challenges and opportunities of engagement among various stakeholders, including experiences from global initiatives and partnerships. The program is intended to cast a wide net to spark interest among the diverse communities involved in nutrition and initiate a process for on-going dialogue that would ultimately accelerate progress towards the implementation and scale-up of effective, evidence-based programs.

By the time this column goes to press the Council's Governing Committee will have received the many EB 2013 abstracts that we expect to see. We have a wonderful team in place to ensure that EB 2013 includes state of the art global nutrition minisymposia and posters sessions in addition to the amazing set of symposia already in place and announced in our previous column. I'm looking forward to the best ever EB meetings for our Council especially in this occasion when it will be showcasing its new name for the first time.

Enjoy living la vida global!

Contributed by Rafael Pérez-Escamilla, PhD
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GNC Chair

Medical Nutrition Council (MNC)



We hope you make plans to attend ASN's Scientific Sessions at EB 2013, April 20-24 in Boston. We have a number of exciting sessions planned and will be offering more than 28 hours of Continuing Professional Education (CPE) credits for dietitians. Program highlights include:

Symposia

- The B-24 Project: Evaluating the Evidence to Support the Inclusion of Infants and Children up to 24 Months of Age in the Dietary Guidelines for Americans
- Global Perspectives on Preterm Birth and Fetal Growth Restriction
- Health, Nutrition and Cost Outcomes of Human Milk Feeding for Very Low Birth weight Infants
- Impact of New Generation Parenteral Lipid Emulsions in Pediatric Nutrition
- Caloric Restriction in Humans: Is it Feasible, Effective and Safe?
- Clinical Nutrition Update 2013
- Dietary Phosphorus Excess: A Risk Factor in Chronic Bone, Kidney and Cardiovascular Disease
- Managing the Microbiome in Human Gastrointestinal Disease
- The New "Hygiene Hypothesis": Nutrition and Microbiota in Health and Disease
- Type 2 Diabetes Beyond Body Fat
- Searching for the Evidence that Linoleic Acid Fuels Inflammation
- Sweetened Beverages and Health: Current State of Scientific Understandings

Once again, MNC will be offering its annual Clinical Emerging Leaders Award Competition to recognize students with an interest in clinical nutrition.

For more information on ASN's Scientific Sessions at EB 2013, visit www.nutrition.org/meetings/annual.

Contributed by Edward Saltzman, MD
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Nutritional Sciences Council (NSC)



The Nutritional Sciences Council is gearing up for ASN's Scientific Sessions at EB 2013, April 20-24 in Boston. We hope you make plans to join us. We have a jammed packed program with many excellent sessions of interest to NSC members, including:

- Presidential Symposium: Regulation of Growth and Metabolism through Amino Acid Sensing
- Adipose and Lipid Biology: Crossing Taxonomic Boundaries
- Lipidomics Technologies at the Beginning of the Next Decade
- Metabolomics, Nutrition and Metabolic Disorders
- Nutritional Epigenomics: A Portal to Disease Prevention
- Role of Gut Nutrient Sensing in Metabolic Diseases
- Are Dietary Bioactives Ready for Review for Recommended Intakes?
- Moderate and Mild Iodine Deficiency: A Global Health Problem
- Brain Imaging and Human Nutrition: Which Measures to Use in Intervention Studies?
- Nutritional Surveys and Epidemiological Studies: Exploring and Enhancing Methods, Interpretation, and Communication

We'll have our annual business meeting at 7:00 am on Saturday, April 20. Stay tuned for details.

Also, we are excited to report that more than 320 graduate students have applied for our popular Graduate Student Research Awards. Hope to see you in Boston!

Contributed by Malcolm Watford, DPhil
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Research Interest Section (RIS) News



RIS Director



During the past few months, RIS chairs and their respective committees have been actively engaged in programming for EB 2013. This has included the development of symposium proposals, abstracts for a mini symposium and

poster sessions covering a wide range of topics. The goal for this year's submitted abstracts is to program up to 30% percent for oral presentation, and approximately 70% for poster sessions.

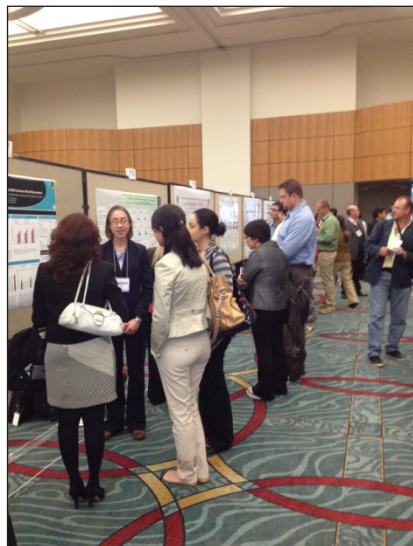
In February, you will be notified if your abstract has been accepted for a poster or an oral session in a mini symposium. An oral presentation is often considered to be a venue that provides more opportunities, versus a poster session, for displaying your research. During the October webinar on abstract development presented by the Research Interest Sections¹, the faculty emphasized a poster session can provide a number of advantages that are not always considered, which are outlined below with some additional tips.²

Posters Provide Some Unique Advantages for Displaying Research

- Posters can be viewed for several hours.
- Viewer will have ample time to review various sections, data and graphics.
- Lengthy and active discussions can occur during poster sessions.
- Most viewers come because they are really interested in your work.
- You may obtain ideas for additional research or an explanation for inclusion in your publication.
- The poster can be kept for additional display in your department or work area.

Some Additional Tips for Your Poster Session

Be sure visitors to your poster will easily know who you are. Have your name tag clearly in view. Provide a handout of your poster with your contact information. A picture of yourself on this handout and on the poster can help visitors follow up with you if you are not present when they visit your poster.



The Dietary Bioactive Components, Nutrient-Gene Interaction and Vitamin & Mineral RIS groups hosted a joint reception and poster session during EB 2012. (See picture above.) A similar activity is planned for EB 2013.

If you are not a member of a RIS or would like to become more active in ASN, plan to attend the RIS business meetings while at EB 2013. You can join by going online via the ASN login (www.nutrition.org). For more information about ASN's Scientific Sessions and Annual Meeting at EB 2013 in Boston on April 20-24, visit www.nutrition.org/meetings/annual. Please feel free to contact me with suggestions and comments.

Submitted by Frances A. Coletta
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¹ Getting it Right: Tips for Writing a Scientific Abstract (Webinar) October 17, 2012

² http://www.designerprinter.com/poster_article4.htm Accessed November 01, 2012

Aging & Chronic Disease

As we said before, get ready for *EB 2013* in Boston, April 20-24, 2013! By the time *Nutrition Notes* goes to press, a lot of work will have gone into creating a dynamic meeting full of great science, new investigators and rewarding exchange of ideas. By now, you have submitted those abstracts; the extension hopefully helped

those most hurt by Hurricane Sandy. Of course, there is also late-breaking deadline on February 21, 2013! These will not be scheduled with our programmed mini-symposia, but there are many abstracts presented at this time.

Again, the following mini-symposia and poster sessions are sponsored by our RIS at *EB 2013*:

- Community Nutrition Programs and Policies for Older Adults;
- Nutrition Interventions for Risk Factor Modification in Chronic Disease;
- Nutritional Assessment and Status in Older Populations;
- Nutrition, Sarcopenia and Physical Performance in Older Adults;
- Nutrition and Cognition across the Lifespan (co-sponsored with *Nutritional Epidemiology* RIS); and Osteoporosis and Bone Metabolism in Aging.

Please make sure you can attend some of these mini-symposia. We also encourage you to attend some of the symposia we helped to plan:

- *Caloric Restriction in Humans: Is it Feasible, Effective and Safe?* Chairs: Susan B. Roberts, PhD and John Speakman, PhD
- *Nutritional Epigenomics: A Portal to Disease Prevention* Chairs: Sang Woon Choi, MD, PhD and Kevin Schalinske, PhD
- *Clinical Nutrition Update: A Nutrition Perspective from the Crossroads of Hospital Outcomes and Medicare Policy* Chairs: Mary Ann Johnson, PhD, Connie W. Bales, PhD, RD and Edward Saltzman, MD

Poster Competition and Business Meeting

As a result of feedback we received this past August on the listserv, the membership was overwhelmingly in favor of continuing the graduate student/postdoc poster session at our annual meeting. (93% yes, 7% no). Thus, the *Aging Chronic Disease RIS* will sponsor this poster competition again at EB 2013. As soon as the time and place has been assigned we will let you know through the listserv. We will award the first place winner with \$400, second place, \$200, and third place, \$100. These awards will be distributed to the winners at EB2013 during the business meeting that immediately follows the poster session. The basic requirements to qualify for the competition are as follows:

- The abstract must be accepted to one of the poster or oral mini-symposia topics

sponsored by the Aging & Chronic Disease RIS. Late-breaking abstracts will also be considered;

- The graduate student or post-doctoral fellow must be first author on the abstract; and
- At least one co-author must be a member of the Aging and Chronic Disease RIS.

Deadlines for submission to the award competition will be posted on the listserv sometime in late December.

Membership Updates and Plans

Early in September, the membership elected our new Chair-Elect, Carmen Sceppa, M.D., Ph.D., Northeastern University. We are soliciting your ideas on some of the new initiatives (see below) that we want to roll out for our members. We will request members to serve on subcommittees to put such plans into action. OR you can propose other initiatives. A second membership call-in is planned for **early February**. At that time, we will send out a call for volunteers to serve as judges for the poster competition.

As the new chair, I would like to launch a few initiatives, but not without the support of the membership. These include: a bimonthly e newsletter (that may include what's happening with our members, new meetings, new grant initiatives between RIS members); and an educational webinar on one of many different topics helpful to us professionally. Further details will be forthcoming on our listserv. Please do not hesitate to suggest other issues important to our RIS with me directly (ctangney@rush.edu) or through our listserv AgeChron@lists.nutrition.org.

Contributed by Christy Tangney, PhD
Chair, Aging Chronic Disease RIS
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CARIG

Please mark your calendars for the CARIG 2013 Conference which will be held on Friday afternoon, 1-5PM, April 19, 2013 prior to Experimental Biology 2013. We once again have a very distinguished panel of speakers who have been invited to speak at the conference. The theme of this year's conference will be "Carotenoids and the Eye Throughout the Life Cycle."

The James Allen Olson Memorial lecture this year will be given by Dr. Elizabeth Johnson of the Human Nutrition Research Center on Aging at Tufts University. Dr. Johnson's notable contributions to our understanding of the role of lutein and zeaxanthin in diseases of the eye and her recent studies of their presence in the brain and possible effects on cognition exemplify the wide-ranging investigations on carotenoids pioneered by Dr. Olson.

EB 2013 also will again feature a CARIG/VARIG trainee poster and award session, business meeting, and annual social on the evening of April 19, 2013 following the CARIG Conference. Thank you to all who have already volunteered and contributed to the CARIG RIS this year. If you are interested in contributing as a RIS officer, or if you already have ideas for symposia or CARIG Conference topics for *EB 2013*, please contact RIS leadership: Chair Earl Harrison (harrison.304@osu.edu), Mario Ferruzzi (Past Chair, mferruzz@purdue.edu), or Loredana Quadro (Chair-Elect, Quadro@AESOP.Rutgers.edu).

Additional information on these events and EB 2013 updates will appear through the CARIG ListServ and in subsequent issues of *Nutrition Notes*.

Contributed by Earl H. Harrison, Chair
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Community and Public Health Nutrition (CPHN)

As Experimental Biology (EB) 2013 approaches, we would like to remind our members of important dates and information. The annual Community and Public Health Nutrition RIS business meeting will take place at EB 2013 in Boston, MA. Please remember to look for the email announcement about the meeting time and location. The annual CPHN RIS business meeting is an open meeting where a lot of the future programming ideas and suggestions take place, so please try to join us at the meeting and encourage your colleagues and students to attend.

We would also like to remind our members of the exciting sessions we have scheduled for EB 2013. Visit the ASN website for the latest information. www.nutrition.org/meeting/annual

The Community and Public Health Nutrition RIS will give out two \$500 awards for students or post-doctoral fellows giving a first-authored oral or poster presentation at EB 2013. Please encourage your students and post-doctoral fellows to submit abstracts and please remind them to select a CPHN topic category.

Finally, planning for EB 2014 has already begun. If you have ideas for symposia, please send a full draft proposal to Dr. Nurgul Fitzgerald (nfitzgerald@rce.rutgers.edu) ASAP. If you plan on submitting a full draft proposal, please let Dr. Fitzgerald know before your submission. Also, if you have questions about the symposium draft proposal, please email Dr. Fitzgerald. There is still time to draft a symposium proposal for EB 2014, so get started and get them in!

Contributed by Mike Burke
CPHN RIS Communications Officer
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Dietary Bioactives

Hello Everyone! 2012 is fast drawing to a close and the 2013 FASEB meeting will be here before we know it.

Joint Reception and Poster Competition

Based on positive responses from last year, we have decided to once again hold our Dietary Bioactives RIS reception and poster competition for students and post-doctoral fellows in conjunction with the Vitamins and Minerals and the Nutrient/Gene Interactions sections. One change from last year is that we are planning to hold the reception and poster competition on Sunday, April 21st from 5-7 pm, rather than on the first Saturday evening of the meeting, as in previous years. The reason for this is that last year a number of poster competitors and judges were not able to attend due to issues with their incoming flights. We feel that holding the competition on Sunday will give everyone enough time to attend and enjoy the competition.

Please note: submission of your abstract to for our RIS poster competition and submission of your abstract for presentation at the general FASEB meeting are completely separate. To submit your abstract for the Dietary Bioactives RIS poster competition, e-mail your abstracts to dietarybioactivesris@gmail.com . Abstracts must be submitted by Friday, January 18th of

2013. Abstracts will be screened for content prior to acceptance for the competition. Finalists for the competition will be notified by Friday, February 15th.

Last year we had a record 59 posters presented at the RIS meeting. One of these was presented by an undergraduate and another by a high school student. We hope that those of you who may work with these students encourage them to submit poster abstracts. We would like to create a separate "undergraduate poster" category if there are enough submissions.

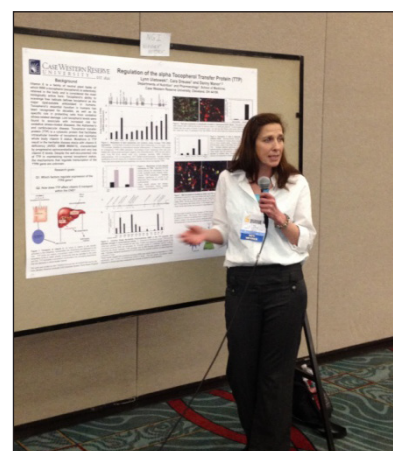
Joint Student Mentoring Activities

In addition to our joint poster competition activities, we are planning to collaborate with the Vitamins and Minerals and the Nutrient/Gene Interactions sections to schedule student mentoring activities. These activities will involve breakfast or lunch meetings between students and scientists

with experience in industry, government, and academics at the 2013 FASEB meeting in Boston. If you are planning on attending the FASEB meeting and are interested in serving as a mentor, please contact me directly at gkharris@ncsu.edu. If you are not able to attend the meeting, but would still like to serve as a student mentor, please let me know.

Sponsors

We would like to thank our corporate sponsors for their generous support of the Dietary Bioactives RIS. This support has allowed us to host a variety of student-centered activities, including the RIS reception and student poster competition. Many thanks to our incoming RIS chair, Taylor Wallace, for his help with organizing our fundraising efforts. If your company is interested in sponsoring our RIS, please contact me directly at gkharris@ncsu.edu.



2012 Student Poster Competition Winner, Sofia Moran, presenting her work.

Stay tuned for more updates via the listserv as the 2013 FASEB meeting draws closer. On behalf of our other RIS officers (*Past Chair, Susanne Talcott; Secretary/Treasurer, Kee-Hong Kim; and Student Representative, Shirley Tan*), have a safe and peaceful holiday season. We look forward to working with you in the New Year!

Contributed by Keith Harris
Dietary Bioactives Components RIS Chair
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Energy and Macronutrient Metabolism (EMM)

Greetings EMM-RIS members! I realize spring seems far away, but it is already time to start thinking about the Experimental Biology meeting next April. As always, the EMM-RIS will be active at this year's meeting and is sponsoring numerous mini-symposia and symposia. We will again be holding our abstract competition contest (details to come in early 2013) at the EMM reception following our annual meeting. Last year we were able to award ten individuals \$500 each for their outstanding abstracts. Additionally, we are pleased to announce that Dr. Fred Turek, Professor of Biology at Northwestern University, will be our Hot Topics Speaker at EB 2013. His talk is entitled "Rapid Evolution of Our Understanding of Circadian Rhythms/Clocks and Their Role in Obesity, Diabetes, and Metabolic Disorders."

If you have suggestions for future minisymposia, full symposia, presenters, or anything regarding EMM please contact Heather, Jamie, or Doug (contact information below). Also, if you have information you would like to share with the EMM-RIS group, please use the listserv function for the EMM-RIS (Heather can help with any questions).

Contributed by Heather J. Leidy, Chair
(leidyh@missouri.edu)
on behalf of: Jamie Baum, Chair-elect
(baum@uark.edu) and
Douglas G. Mashek, Past-chair
(dmashek@umn.edu)

Lactation

The International Society for Research in Human Milk and Lactation's 16th Conference

on *Breastfeeding and the Use of Human Milk-Science and Practice*, was held in Trieste, Italy, September 27-October 1, 2012. Riccardo Davanzo from the Institute for Maternal and Child Health, Division of Neonatology, Italy, chaired the organization of an excellent scientific meeting, attended by more than 200 participants representing countries from five continents.



Dewey

study of human milk and lactation. Lars Bode, Assistant Professor of Pediatrics, School of Medicine, University of California, San Diego was awarded the Ehrlich-Koldovsky Young Investigator Award for Research in Human Milk and Lactation. This award recognizes junior investigators who have begun to make outstanding, original scientific contributions to the study of human milk and lactation.



Bode

Congratulations to the winners of the ISRHML travel awards: Olivia Ballard (University of Cincinnati, Ohio), Georgia Billing (Cambridge University, Cambridge, England), Sarah Comstock (University of Illinois, Urbana), Eric Nonnecke (University of California, Davis), Mara Riley (Washington State University, Pullman, WA), Julie Ross (Medical University of South Carolina, Charleston, SC), Li Tang (Curtin University, Perth, Australia), and Catrin Würtz, (Justus-Liebig-University Giessen, Germany.)

ISRHML is again sponsoring Travel Awards for trainees to attend the Experimental Biology 2013 meeting. Undergraduate or graduate

students and postdoctoral trainees may apply for these Travel Awards if they are first author on an abstract submitted to one of the four Lactation RIS categories. This year ISRHML will sponsor four \$1,000 Trainee Travel Awards, which will be selected based on abstract review scores. To apply, students and trainees must have their faculty advisor email their abstract and their advisor's brief endorsement to Lars Bode at lbode@ucsd.edu by December 1, 2012.

Contributed by Cheryl Lovelady
The University of North Carolina at Greensboro
Chair-Elect, Lactation RIS
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Nutrient-Gene Interaction

Hello again to student members and members of the Nutrient-Gene Interaction Research Interest Section! It is now official that again this year we will be holding a joint poster session and competition with the Vitamins and Minerals and Dietary Bioactive Components. Please encourage students and postdocs to enter the competition! Abstracts for the competition can be sent to me (mrowling@iastate.edu) or our Chair-elect, Dr. Yuan-Xiang Pan (yxpan@illinois.edu).

As our RIS grows, we are still looking for new members and to keep current members up to speed with new happenings. To aid in this effort, our graduate student representative, Elizabeth Cordonier from the University and Nebraska-Lincoln, are currently creating a Facebook page and a Twitter account. We anticipate these will be up and running around the first week of 2013. We hope this will be a useful tool for our RIS to inform members about the events that will occur at EB 2013.

Contributed by Matthew Rowling,
Chair, Nutrient-Gene Interaction RIS,
mrowling@iastate.edu and Yuan-Xiang Pan,
Chair-elect, yxpan@illinois.edu

Nutrition Education

Hello Nutrition Education RIS members. I hope everyone was able to send in their abstracts before the due date. Remember to save the dates for the EB 2013 meeting in Boston on April 20-24. Keep an eye out for the NERIS Business meeting time and date as well as the Mentors Reception. If you were not able to join the ASN

webinar: *How to Write a Good Abstract*, live on October 18, it is now available on the ASN website to all members. Our members have been busy receiving recognition as listed: Dr Curtis Green, Research Fellow at Tropical Metabolism Research Unit University of the West Indies was granted a US patent for his work on citrus flavones: **Compositions and methods for treating hypercholesterolemia using Ortanique peel extract**. Dr. Linda Bobroff, professor in the Department of Family, Youth and Community Sciences at the University of Florida, is PI on a four-year CDC grant, in partnership with Molina Healthcare that will fund implementation of the National Diabetes Prevention Program with high-risk, low-income adults at the Broward County and Palm Beach County Extension. Dr. Karen Chapman-Novakofski, RD, LDN Professor, Nutrition Department of Food Science and Human Nutrition Division of Nutritional Sciences Department of Internal Medicine University of Illinois Extension received the Mary Abbott Hess Award for Innovation in Education for the Your Guide to Diet and Diabetes website from the Academy for Nutrition and Dietetics Foundation. Dr. Sarah L. Francis, MHS, RD, Assistant Professor, State Nutrition Extension and Outreach Specialist Dept. Food Science and Human Nutrition Iowa State University received the 2012 New Professional Award, Iowa State University Extension and Outreach and was awarded a grant from the National Institute of Food and Agriculture Using evidence-based programming criteria to refine a community-based intergenerational exergaming program for rural America Rural Health and Safety Education.

Congratulations to all! See everyone in Boston!

Contributed by Joyce Gilbert, PhD, RD
Chair, NERIS

Nutritional Immunology

Hope everyone is having a great end of the year. Experimental Biology 2013 is in Boston, Mass., April 20-24 and we are hosting two minisymposia entitled "Nutritional Immunology" and "Nutrition, Infection and Immunity." We are also hosting a major symposium entitled "Diet and Inflammation: New Concepts on the Impact of Nutrients on Immune Modulation," which will be held on April 22, 2013 from 10:30 am to 12:30 pm. As always, we will hold our annual business meeting and poster competition. Date

and time to be confirmed. Please check out our Twitter and Facebook sites for updates on travel awards, competition abstract submission dates, and business meeting updates.

We are always encouraging new membership and we want to remind our members and future members to check out and follow our NI-RIS Twitter (@NutImmRIS) and Facebook (Nutritional Immunology RIS) websites. You can also email the RIS at nutimmr@gmail.com. The goal of these social media platforms is to increase communication within our RIS and highlight member accomplishments and details of the business meeting.

Have a happy new year!

Contributed by Erik Karlsson, PhD
Secretary, NI-RIS
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Obesity

The Obesity RIS is busy reviewing over 100 abstracts from the following categories:

- 5260.....Obesity – Weight Management
- 5261.....Obesity – Body Composition
- 5262.....Obesity – Satiety (co-sponsored with EMM RIS)
- 5263.....Obesity – Carbohydrate Intake and Weight Management
- 5264.....Obesity – Chronic Diseases
- 5265.....Obesity – Physical Activity
- 5266.....Obesity – Energy Expenditure
- 5267.....Obesity – Socioeconomics
- 5268.....Development of Obesity: Dynamics of Physiological and Pathophysiological Parameters

We are excited to announce that we will host a student poster competition at our annual business meeting at EB 2013. There will be prizes awarded to first, second and third place posters this year. Please keep your eyes out for an email in early January 2013 announcing that we are soliciting entrants for the poster competition.

Contributed by Frank Greenway
Frank.greenway@pbr.edu

Vitamins and Minerals

VM-RIS Survey and Conference Call

In September 2012, a survey was sent out to collect the views in the community about

the mentor/mentee program. A total of 112 members responded to the survey. Some of them also offered their comments. The results showed that more than 76% of our members did not know the existence of this program. They thought that is a way to seek professional guidance. About 59% of the members wanted to be mentees. We are trying to work with another RIS to see whether a joint mentor/mentee program is possible.

On October 1, 2012, several officers and advisory council members had the first conference call to discuss several issues pertinent to the VM-RIS. The follow persons were present: Guoxun Chen, PhD; Arthur Grider, PhD; Christopher Cifelli, PhD; Maret G. Traber, PhD; Lenis Chen; Cristina Alzuru, PhD; and Angela Devlin, PhD. In the conference call, we discussed the content of a webinar, the survey results of the mentor/mentee program, and issues regarding the promotion of membership and sponsorship.

We decided to develop a webinar focused on the current advances in vitamins and minerals. The preliminary content of this one hour webinar will include vitamin D and selenium with 30 minutes for each. Two scientists were suggested by two members. We are in the process of contacting them.

EB 2013 and Poster Competition

We hope that you all have submitted abstracts for EB 2013 in Boston, MA. We invite you to attend the VM-RIS annual poster competition, reception and business meeting. More details will follow.

In an effort to enhance greater networking and scientific collaboration for our members we are excited to announce a joint reception with the Bioactive Nutrients RIS and the Nutrient Gene Interaction RIS. More details will be sent via email. Dr. Arthur Grider, Chair-Elect of VM-RIS has agreed to take the lead on the poster competition. We encourage all graduate students and postdocs who submitted an abstract to EB 2013 as the first author, to participate in the VM-RIS Poster Competition. Please submit your abstract to Dr. Arthur Grider at agrider@fcs.uga.edu to take part in the competition. Presenters must be a member of ASN (register online at www.nutrition.org) and VM-RIS. We are in need of vitamins and minerals experts to volunteer to serve as judges for the poster competition. Please send

Dr. Arthur Grider an email if you would like to volunteer as a judge.

Nominations for the Outstanding VM-RIS Investigator Award

We are seeking nominations for outstanding VM-RIS investigators to receive recognition at the annual meeting at EB 2013 in Boston, MA. The award is to recognize excellence in the area of vitamin and mineral research and is open to investigators at any stage of their career. Candidates must be VM-RIS members and actively publishing research. Nominations must include a one-page bio stating current position, academic training, brief description of research interests, and list of recent publications. Self-nominations will be accepted. Please send your nominations electronically to: Dr. Guoxun Chen, gchen6@utk.edu by January 30, 2013. We are pleased to have awarded the second annual outstanding VM-RIS recognition award to Dr. Emily Ho (Oregon State University).

Sponsors Needed! Any and All Help is Appreciated

The VM-RIS actively seeks financial support each year to help fund the annual business meeting and the graduate student awards. We are also trying to raise enough funds to help sponsor vitamins and minerals focused symposia and publications. Dr. Christopher Cifelli, Secretary of VM-RIS, has agreed to take the lead on this. If you know of any possible avenues to pursue financial support, please contact him at chris.cifelli@rosedmi.com with the information and we will do the legwork. Or, if you choose to pursue the funding yourself on behalf of the VM-RIS, we can provide you with a letter template that may be used to solicit support.

Last, I would like to encourage everyone to become more active members in the VM-RIS and contribute to the development of ASN! If you have a topic of interest for an EB 2014 symposium, please feel free to send me any suggestion or comment at gchen6@utk.edu. I hope that everyone had a wonderful fall and will have a happy holiday season!

Contributed by Guoxun Chen, PhD
VM-RIS Chair
gcheng6@utk.edu

Member Spotlight



East Spotlight

From the Department of Nutritional Sciences at Rutgers University: Malcolm Watford, presented a talk, "Glutamate and Glutamine: Nonessential or Essential?" at a symposium "Controversias y desafíos en la nutrición de aminoácidos" at the 5th Congress of the Colegio Latinoamericano de Nutrición Animal, Puerto Vallarta, Mexico, October 25th, 2012. Daniel Hoffman (Nutritional Sciences) was invited to give a seminar at the Tufts University Friedman School of Nutrition Science and Policy on The Double Burden of Malnutrition, in Boston, MA on September 12. Sue Shapses (Rutgers Univ) gave was invited to speak at a Clinical Roundtable/Case Conference on "How Much Vitamin D Do We Need?" at the American Society of Bone and Mineral Research conference in a session titled Clinical Roundtable/Case Conference - Vitamin D and Repercussions of the IOM Report. In addition, Connie Weaver (Purdue Univ) and Sue Shapses (Rutgers Univ) organized a session titled "Role of Diet and Endocrine Factors Regulating Bone Due to Weight Change" that included speakers Shapses, Irszula Iwaniec (Oregon State Univ), Michelle Warren (Columbia Univ), and Heidi Kalkwarf (Univ of Cincinnati Children's Hospital) at the Am Society of Bone Mineral Research meeting in Minneapolis, MN, Oct 2012. In addition, Sue Shapses (Rutgers Univ)) in role as Chair of NJ Obesity Group was a co-organizer for the program Pioneers in Endocrinology Workshop, The Neurobiology of Aging at Rutgers University, Piscataway, NJ, Sept 2012.

From the University of Connecticut Department of Nutrition: Maria Luz Fernandez recorded a SCAN webinar "The State of Cholesterol Science." During the month of August, the seminar was free and was watched by 2,286 individuals.

From Yale University: Working with Rafael Pérez-Escamilla, Amber Hromi-Fiedler has been awarded the R21 NIH/NINR grant "Promoting Fruit and Veggies among Pregnant Latinas: Intervention Development." Donna Chapman and Rafael Pérez-Escamilla are the joint recipients of the 2012 Connecticut Breastfeeding Coalition *Research and*

Surveillance Award. Dr. Pérez-Escamilla delivered the closing plenary lecture "Evidence-based promotion of breastfeeding: A global scaling up project" at the 16th Conference of the International Society for Research in human milk and Lactation, Trieste, Italy. He also delivered the keynote address "Impact of food insecurity on the psycho-emotional, social and intellectual development of children during the Symposium "Our commitment with nutrition: Understanding the past 40 years towards a better future," Department of Health, Universidad Iberoamericana, Mexico City, September 7, 2012. The U.N. Food and Agriculture Organization (FAO) published the *Latin American and Caribbean Household Food Security Scale* (ELCSA) manual. This evidence-based guidebook presents the validation, method of application and uses of a 15-item standardized household food insecurity measurement scale adapted from the U.S. Household Food Security Survey Module and is written in Spanish. The ELCSA project has been co-led since 2006 by manual authors Rafael Pérez-Escamilla (editor) and colleagues from The University of Campinas in Brazil (Ana Maria Segall-Correa), University of Antioquia in Colombia (Martha Cecilia Alvarez Uribe) and Ohio State University (Hugo Melgar). Support for the project has also come from the FAO, several Latin American governments and local academic institutions. The 85-page manual can be seen at: <http://www.fao.org/alci/file/media/pubs/2012/elcsa.pdf>. Dr. Pérez-Escamilla has agreed to serve in the scientific organizing committee of the 13th Public Health Research Congress (CONGISP2013) organized by The Mexican National Institute of Public Health (INSP) that will take place in March 6-8, 2013 in Cuernavaca. He was an invited participant to the WHO and Alliance for Health Policy and Systems Research closed satellite session "Journal Supplements on Advancing Methodologies, Knowledge and Practices for Using Systems Thinking in Strengthening Health Systems in Low and Middle Income Countries," Second Global Symposium on Health Systems Research, Beijing, China, October 31.

From the Dept. of Chronic Disease Epidemiology, Yale School of Public Health: Susan Mayne has been studying the effects of indoor tanning on skin cancer risk in young people. Her most recent research shows an alarming 81% of young women with basal cell carcinoma before the age of 40 in Connecticut

had tanned indoors, and that indoor tanning doubled the risk of skin cancer in young women. Indoor tanning is heavily promoted as a source of vitamin D. Dr. Mayne gave a webinar titled "Indoor Tanning and Skin Cancer: Using the Latest Evidence to Impact Public Health" to the Connecticut and Rhode Island Public Health workforce to raise awareness. The webinar is available at (<http://ctriphct.yale.edu/training/ondemand.aspx>).

From Department of Nutrition Sciences, Drexel University: Stella Volpe presented two lectures at the Diploma on Sport Nutrition Workshop in Mexico City, Mexico on September 9, 2012. Her presentations were on nutrition before, during and after endurance sports, and nutrition before, during and after weight training sports. She also presented "Prevention of Weight Gain in a Large Portion Society" at the first Wicked Good Sports Medicine conference at University New England, Biddeford, Maine. Dr. Volpe gave two keynote lectures at the Northland Chapter of the American College of Sports Medicine: "Obesity and Diabetes Prevention throughout the Lifespan" and "Ergogenic Aids and Minerals in Sports" at Mankato State University, Minnesota on October 11 and 12, 2012.

From the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts University: The HNRCA at Tufts University hosted Congressman James McGovern, D-MA, for a keynote address on October 24, 2012, International Food Day, entitled, "Food is Medicine: The Importance of Lifelong Nutrition." The Congressman called for a White House Summit on Food and Nutrition. Joel Mason and Edward Saltzman hosted a training conference for young physicians entitled, "Nutrition and Exercise in the Management of Outpatients: Important Advances You Need to Know," on October 11-12 at the HNRCA in Boston. Bess Dawson-Hughes was recently selected to join the first Board of Directors of the new Center for Advancement of Science in Space (CASIS), and was honored by the International Osteoporosis Foundation with its prestigious Pierre D. Delmas Award. Roger Fielding will become a new Associate Editor for *Journals of Gerontology Medical Sciences*, effective January 1, 2013. Sarah Booth received the Dannon Mid-Career Leadership Institute Award. Jose Ordoñas earned the 2012 Francisco Grande Covian award and the 2011 winner of the Grand Prix de la Science de l'Alimentation de L'Académie Internationale

de la Gastronomía. Simin Nikbin Meydani gave a lecture to the World Health Organization at the United Nations in New York City entitled, "Nutrition Policies for Healthy Aging." Nicola McKeown served as a member of the Programming Committee for the 2012 Whole Grain Summit: From Theory to Practice held in Minnesota, May 20-22, 2012, and spoke at this Summit on "Whole grain research: Gaps and Opportunities." She also spoke at the Pre-Summit Symposium Whole Grains Research and Health: Challenges and Opportunities on "Interventions: considerations for design, biomarkers and disease endpoints." In June, Dr. McKeown was invited to serve on the scientific advisory board for the Whole Grains Council. Paul Jacques was invited to give a presentation titled "Whole grains research: Short and long-term challenges and opportunities - Summary and next steps" at the 2012 Whole Grains Summit Pre-Summit Symposium Whole Grains Research and Health: Challenges and Opportunities. He also presented "Unraveling the inconsistencies between whole grain epidemiological and intervention studies: the epidemiological perspective" at the 2012 Whole Grains Summit: From Theory to Practice. He spoke on "Current Gaps in Whole Grain Health and Nutrition Research – What are the Future Needs" at the 2012 American Association of Cereal Chemists International Annual Meeting on September 30 - October 3, 2012 and on "Whole Grains and Health: The Latest Research" at the "Whole Grains Council Conference: Whole Grains on Every Plate," October 17-19, 2012.

From the Beltsville Human Nutrition Center of the United States Department of Agriculture: Joseph Urban gave a plenary presentation at Ninth International Conference on Equine Infectious Diseases (EID IX) in Lexington, KY on October 22, 2012. Harry Dawson gave a Plenary Presentation, titled "Dual-use models to assess the effect of nutrition on immunity and inflammation; focus on porcine genomics and transcriptomics" at 2nd Annual BARC-UMD Fall Symposium, Feeding the Next 2 Billion People: A Role for Advanced Genetic Technology. 10/2012. Thomas Wang mentored Bowie State University undergraduate on poster title "Diet and Prevention of Colon Cancer." The poster won second prize in National Food Day Symposium held at Bowie State University on October 24, 2012. Kiran S. Panickar, Ph.D., visiting Research Scientist at DGIL and Assistant Professor of Pediatrics,



Robert Russell, MD, received honorary membership during the Academy of Nutrition and Dietetics Conference.

University of Maryland School of Medicine and, gave a talk titled "Diverse cellular mechanisms underlying the neuroprotective effects of dietary polyphenols in ischemic injury in vitro" in the symposium "Neuroactive Compounds from Natural Products" held at the 244th ACS National Meeting & Exposition on August 19-23, 2012 in Philadelphia. Dr. John Milner gave a keynote address at the University of Kansas Medical Center Faculty Research Day on Nutrigenomics: Can it Assist to Identify Who Will Benefit Most or Be Placed At Risk?"

From the NIH Office of Dietary Supplements: Robert Russell was presented an honorary membership in the Academy of Nutrition & Dietetics at the Food & Nutrition Conference and Expo (FNCE) in Philadelphia. Also presenting at FNCE were Jody Engel "Confused about Nutrition and Technology? Don't Worry. Be Appy." Joseph Betz and Johanna Dwyer "The Science behind Dietary Supplements: Examining Safety and Benefits" and Kathryn Camp "Successful Research Grant Writing: Open Discussion." Dr. Russell presented "The Burning Research Questions in Nutrition and Aging" at the National Summit on Nutrition and Aging in August. This meeting was sponsored by the Administration on Aging and Meals on Wheels of America. ODS co-sponsored an international workshop on vitamin D at the Università Campus Biomedico in Rome, Oct 19-20. Elizabeth Yetley gave a presentation, "Assessing Vitamin D Status: Measurement Challenges" and Christine Taylor gave a presentation, "Vitamin D: How Much is Too Much?" Kathy Camp was the lead author of the article "Nutritional treatment for inborn

errors of metabolism: Indications, regulations, and availability of medical foods and dietary supplements using phenylketonuria as an example" published in *Molecular Genetics and Metabolism*, and she authored an article in the October *GMDI Connections*, "Integrating genetics into pediatric primary care: How can we contribute?" She is also serving as an advisor to an American Academy of Pediatrics, Genetics in Primary Care Institute Colloquium developing a supplement for the *Journal of Pediatrics* on integrating genetics into primary care practice. Joe Betz gave a talk "Resources for Dietary Supplement QA Professionals: The ODS Analytical Methods & Reference Materials Program" at the American Society for Quality, Food, Drug, and Cosmetic Division's Annual West Coast Conference in Anaheim in September; he moderated the workshop "Good Practices for Establishing Meaningful Specifications for Botanicals in Dietary Supplements and Nutrition: Scientific Perspective" and presented a poster "NIH/ODS Analytical Methods and Reference Materials Program: Accomplishments and Future Directions" in October at the AOAC Annual meeting in Las Vegas. Also in October, Joe Betz presented "Tools for Assuring Data Quality: The ODS/NIH Analytical Methods and Reference Materials Program" at the 2012 Shanghai International Conference on TCM and Natural Medicine in Shanghai, China, and he participated in an International Meeting on the Standardization and Globalization of Traditional Chinese Medicine in Beijing. Paul Coates was a keynote speaker, "Challenges and Resources for Dietary Supplement Research", at the opening general session, and Joe Betz gave the talk "Orthogonal Methods for Identity: Classical Pharmacognosy Coupled with Instrumental Analysis" at the US Pharmacopoeia Annual Meeting - Science & Standards Symposium: Functional Foods and Dietary Supplements—Global Opportunities and Challenges in Boston in September. Paul Coates also presented "Making Sense of Dietary Supplements" at the Human Nutrition Research Center on Aging at Tufts University, Boston in October. Johanna Dwyer presented a keynote talk at the 5th International Tea Symposium in September in Washington. She gave two talks at the September International Congress of Dietetics in Sydney Australia on "The Balancing Act in Professional Commitments" and "Nutrients, Dietary Supplements, Foods, and Dietary Patterns", and chaired a session and judged posters. Johanna Dwyer coauthored an article

in *Nutrition Reviews*, "Associations between flavonoids and cardiovascular disease incidence or mortality in European and US populations", and she and Rebecca Costello co-authored a chapter in "Nutrition in Prevention and Treatment of Disease."

Regan Bailey, Paul Thomas, and Johanna Dwyer are co-authors on the paper, "Why US adults use dietary supplements" currently in press in the *Archives of Internal Medicine*. Regan Bailey presented at the FASEB Summer Research Conference on Folate, B-12, and One Carbon Metabolism: Crete, Greece in July. Her title was "Impact and Measurement of Unmetabolized Folic Acid in Fortified Populations." She also presented "Modeling an MMA-derived Inflection point for Serum Vitamin B-12 in the US" at The Vitamin B-12 Congress in September in Nancy, France. Regan Bailey spoke at The Pennsylvania State University, Department of Nutrition Sciences Colloquium Series, "Monitoring Folate and Vitamin B-12 Status in the US in October" and presented "Prevalence, Predictors, and Motivations for Use of Dietary Supplements in the US" as a part of the Nutrition Seminar Series for the Department of International Health's Program in Human Nutrition at the Bloomberg School of Public Health at Johns Hopkins University in Baltimore. Barbara Sorkin spoke at the inaugural meeting of the Trans-NIH Sleep Research Coordinating Committee in September on "ODS: Co-funding, and an Energy Supplements Workshop Proposal."

Latin America/Caribbean Spotlight

From Chile: **Ricardo Uauy** of INTA was awarded the National Award for Applied Science and Technology by the Chilean Ministry of Education for his role in shaping public health policy of the nation. **Manuel Ruz**, head of the Department of Nutrition in the University of Chile Medical School, shared the II Rainer Gross Memorial Prize with **Kenneth Brown**, for projection of innovation in the area of zinc nutrition. Manuel's novel idea relates to the supplementation of zinc in diabetes to take advantage of the signaling mechanism in the Islets of Langerhans for the secretion of insulin. Dr. Ruz has obtained a three-year grant from the Chilean Council for Science and Technology to investigate the hypothesis.

From Guatemala: Guatemala was graced in November by the visit of Elaine Ferguson of the London School of Tropical Medicine and

Hygiene, an internationally renowned expert in linear programming, to provide training in the Optifood System of calculation of elements of a maximally nutritious complementary diet in situations of limited food resources.

CeSSIAM: **Melissa Bonorden**, and several professional colleagues from Hormel Foods Co, and and Paul Albergine of the division of school feeding of the USDA in Washington visited two nutrition-fortification projects in Guatemala, visiting the study sites of La Peronia near the capital and Quetzaltenango in the Western Highlands. **Rosario Garcia** of CeSSIAM met with Marion Roche, visiting from Micronutrient Initiative of Ottawa, and functionaries from the Ministry of Health in the Province of San Marcos for the initiation of formative research regarding the adherence to the regimen of post-discharge zinc supplementation after an episode of diarrhea or lower respiratory infection.

Noel Solomons traveled to Munich in August for academic matters related to the Hildegard Grunow Foundation with **Klaus Schuemann**, and on to Switzerland to visit the headquarters of SIGHT AND LIFE, at the invitation of **Klaus Kraemer** and visited the School of Law and Management at the University of Winterthur. He was again in Switzerland in October for the Nestle International Nutrition Symposium. A delegation 11 students and professionals from CeSSIAM attended the 16th Latin American Congress of Nutrition in Havana, Cuba and presenting 19 free-papers and participating in four invited symposium presentations. Gabriela Montenegro-Bethancourt returned to Guatemala in December for the home visit for the first time since initiating her doctoral studies at the University of Bonn and the Institute of Child Nutrition in Dortmund.

North Spotlight

From Iowa State University: Kevin Schalinske received the Board on Human Sciences Undergraduate Research Mentor Award at Iowa State University for his dedication to involving undergraduate students in research and in mentoring several to seek advanced degrees.

James Hollis traveled to Paris, France to develop internship exchanges, student study abroad opportunities, and research collaborations with partner institutions of project supported by Partner University Fund.

Diane Birt presented "The role of animal studies in the science of nutrition and cancer prevention at Evidence-based Nutrition, A New Paradigm for Research and Policy Development—The Workshop: CRN's Day of Science held at the Montage Laguna Beach in Laguna Beach, CA on October 3, 2012.

Laura Martin, University of Kansas Medical Center, gave a seminar titled "What can neuroimaging research tell us about obesity?" and William Haynes, director of Human Cardiovascular Research Laboratories at University of Iowa, gave a seminar on "Mechanisms of vascular damage in obesity and reversal by weight loss" in the Modern Views of Nutrition seminar series at Iowa State University.

From Ohio State University: Ramesh Selvaraj was the recipient of the Poultry Science Association Hy-Line International Research Award. This award recognizes a Poultry Science Association member who published outstanding research in poultry science during the preceding calendar year.

Two articles recently published by Ouliana Ziouzenkova and her research team have been featured in more than 350 press releases (Yasmeen R et al. Autocrine Function of Aldehyde Dehydrogenase 1 as a Determinant of Diet- and Sex-Specific Differences in Visceral Adiposity. Diabetes. [Epub ahead of print] and Yang F et al., The prolonged survival of fibroblasts with forced lipid catabolism in visceral fat following encapsulation in alginate-poly-L-lysine. Biomaterials. 33:5638-49).

Also, Robert DiSilvestro's recent publication was featured in multiple television and radio interviews (Zhao S, Bomser J, Joseph E, DiSilvestro RA. Consumption of apples or apple polyphenols lowers oxidized LDL readings in healthy adults. J of Functional Foods [Epub ahead of print]).

Bob Reynolds is retiring at the end of this semester after four years of teaching Nutrition throughout the Lifecycle and revising and teaching Experimental Foods. Bob joined the faculty at his alma mater (Ohio State University) following his retirement from the University of Illinois at Chicago.

Richard Bruno was an invited speaker at the 3rd Annual Symposium on the Prevention of

Metabolic Syndrome by Dietary Phytochemicals at Penn State University where he presented his work entitled, "Hepatoprotective Activities Of Green Tea In Obesity-Induced Nonalcoholic Fatty Liver Disease." He was also an invited speaker at Abbott Nutrition (Columbus, OH) where he presented a seminar titled, "Functional Food & Phytochemical Approaches for Mitigating NAFLD & CVD."

Eunice Mah, a post-doc under the mentorship of Richard Bruno, received a young investigator Research Mini-Fellowship from the Society of Free Radical Biology and Medicine to complete a research training experience under the supervision of Maret Traber at the Linus Pauling Institute at Oregon State University.

Jairam Vanamala (Colorado State University) recently visited campus and delivered a seminar titled "Transdisciplinary Research: Addressing whole Foods, Bioactives and Processing Trilemma."

Tonya Orchard, Martha Belury, and Rebecca Jackson recently published a joint paper describing results from an in-depth analysis of The Women's Health Initiative national dataset (Orchard TS, Ing SW, Lu B, Belury MA, Johnson K, Wactawski-Wende J, Jackson RD. The association of red blood cell n-3 and n-6 fatty acids with bone mineral density and hip fracture risk in The Women's Health Initiative. *J Bone Miner Res* [Epub ahead of print]).

Helen Everts recently published two papers in peer-reviewed journals (Everts H et al. Retinoid Metabolism Is Altered in Human and Mouse Cicatricial Alopecia. *J of Invest Derm.* [Epub ahead of print] and Duncan JF et al. Endogenous Retinoids in the Pathogenesis of Alopecia Areata. *J of Invest Derm.* [Epub ahead of print]).

From Ohio University: David H. Holben delivered the keynote address entitled, "Food Insecurity and Health Outcomes: Does Food Access Really Make a Difference?," at the Mizzou Advantage Research Symposium on "Food Insecurity: Assessing Disparities, Consequences, and Policies," on October 18, 2012, University of Missouri, Columbia, Missouri.

Lara Householder, a nutrition graduate student mentored by Darlene Berryman, received travel award to give an oral presentation of her

their findings on growth hormone and adipose tissue at the 6th International Congress of the Growth Hormone Research and IGF Societies in Munich Germany in October. Danielle Bray, a nutrition graduate student, received the Julie O'Sullivan Maillet Research Grant from the Academy of Nutrition and Dietetics. She will use this research support to produce a series of short videoclips that assimilate the nutritional counseling process highlighting key counseling techniques. An undergraduate nutrition honors student, Ariana Fiorita, received the Academy Undergraduate Research Award from the Research DPG.

From Department of Food Science and Human Nutrition, Michigan State University: Wei Li was appointed in Fall 2012 as Instructor in the Nutritional Science Undergraduate program.

Jenifer Fenton gave an invited lecture titled "Adipokines and colorectal carcinogenesis" at the United European Gastroenterology Meeting, Amsterdam in October, 2012.

Beth Olson and Sarah Comstock each presented research at the bi-annual meeting of the International Society for Research in Human Milk and Lactation in Trieste, Italy.

Sharon Hoerr's lab presented a symposium this Summer in Austin TX on child feeding at the International Society for Behavioral Nutrition and Physical Activity.

It included two PhD's Megumi Murashima, Melissa Reznar, one MS Wen Guo, plus two faculty from Baylor College of Medicine, Sheryl Hughes and Teresia O'Connor.

From Division of Nutritional Sciences, University of Illinois-Urbana: Karen Chapman-Novakofski received the Mary Abbot Hess award for innovative food/nutrition education (with Jane Scherer) from the Academy of Nutrition and Dietetics Foundation for their website Your Guide to Diet and Diabetes.

Yuan-Xiang Pan gave an invited presentation "Nutritional epigenetic effects in early Life" as a panelist for the session "Epigenetics - Significance and Relevance in Public Health Chronic Disease in the USA" at the American Public Health Association 140th Annual Meeting in San Francisco, CA in October, 2012.

The Division of Nutritional Science's Illinois Transdisciplinary Obesity Prevention Program (I-TOPP) was pleased to host two guest lecturers as part of their lecture series: Ellen Wartella (Northwestern University), "Food Marketing and the Childhood Obesity Crisis" and Robert Whitaker (Temple University), "How childhood memories influence mothers' current feeding practices with their preschoolers".

The Fall 2012 Division of Nutritional Sciences seminar series was coordinated by Yuan-Xiang Pan. The following speakers were featured: Deborah Sloboda (McMaster University), "Adaptive Consequences of Maternal Nutritional Compromise"; Michael Ross, (UCLA), "Fetal Programming of Metabolic Syndrome"; Jacob Friedman (University of Colorado Denver), "Development Effects of Maternal Nutrition on the Fetus: Dealing with Toxic Assets"; Jongsook Kim Kemper (University of Illinois at Urbana-Champaign), "Sirtuin1 and Hepatic Lipid Metabolism"; Stephanie Atkinson (McMaster University), "Maternal Influences in Pregnancy on Programming of Skeletal Acquisition in Early Childhood"; Ryan Dilger (University of Illinois at Urbana-Champaign), "Early-life Nutrition and Cognitive Development in a Piglet Model"; CheMyong Ko (University of Illinois at Urbana-Champaign), "High Fat Diet on Female Fertility".

University of Minnesota Nutrition Department: Tiffany R. Beckman was invited to NIH study section, as a Lead Reviewer, as part of a Scientific Review Group

Nicole Larson recently received an award at FNCE for Outstanding Young Member, Public Health/Community Nutrition Practice Group, Academy of Nutrition and Dietetics, 2012

Joseph Prohaska recently attended the 8th biannual international meeting on Copper in Biology held in Alghero, Sardinia, Italy.

Joanne Slavin gave two talks in September at the 16th International Congress of Dietetics in Sydney Australia: "Dietary fibre for kids" and "Emerging evidence on the benefits of cereal fibre." She also gave a talk at the FNCE meeting in Philadelphia in October: "Optimizing health with whole grain, bran, and enriched grain-based staple foods."

Lyn Steffen was recently awarded CDC grant funding for the broad agency announcement (BAA) 'Assessment of the Sources of Sodium

Intake among the US Population'. This is a 2-year study to assess sodium intake in adults ages 18-74 years from diverse race-ethnic groups including Caucasian, African American, Hispanic and Asian.

From Purdue University: Speakers for the Interdepartmental Nutrition Program Seminar Series at Purdue in fall 2012: Sibylle Kranz, Nutrition Science-Purdue; Meliza Cruz Ward, Animal Sciences-Purdue; James C. Fleet, Nutrition Science-Purdue; Phillip S. Low, Chemistry-Purdue; Emily Ho, Linus Pauling Institute, Oregon State University; Elvira de Mejia, University of Illinois; Gary Stoner, Medical College of Wisconsin; Cynthia M. Smas, University of Toledo College of Medicine; Kee-Hong Kim, Food Science-Purdue; Michael T. Green, The Pennsylvania State University; Stephen D. Hursting, University of Texas-Austin.

Connie Weaver was selected to present the McCoy Distinguished Lecture for 2012, "Chasing Calcium into Bones and Beyond." The Herbert Newby McCoy Award is the most prestigious research honor given by Purdue University.

Rocky Mountains/Great Plains Spotlight

From Baylor College of Medicine: Dr. Buford Nichols, Emeritus Professor of Pediatrics at Baylor College of Medicine, has been invited by Giancarlo Ibarguen S., the President of Universidad Francisco Marroquin in Guatemala, to receive an honorary doctoral degree in Science on Thursday, October 25th. The UFM Dean of Nutrition is one of Nichols' former fellows, Dr Jorge Tulio Rodriguez. Nichols was a research collaborator at INCAP and the Roosevelt Hospital with Dr. Jorge Alvarado and Dr. Fernando Viteri in the early 1970s. Their studies of potassium requirements are used in the WHO recommendations for nutritional rehabilitation of malnourished infants and children.

From Oklahoma State University: The university recognized 3 Nutrition students as Wentz Scholars for their outstanding undergraduate research. The students (and mentors) were Lisa Hughes (Dr. Tay Kennedy), Morgan Kinsey (Dr. Edralin Lucas), and Katharine Lasley (Dr. Edralin Lucas). Dr. Deana Hildebrand received the Marguerite Scruggs Award for Early Career Meritorious Research, and Dr. Barbara

Stoecker was selected as the "Outstanding Graduate Faculty Mentor" during the College of Human Sciences' 2012 Celebration of Excellence. Members of Dr. Stephany Parker's team received awards for the work done on a project funded by the Chickasaw Nation: Lee Longhorn won First Place in the Native American Journalists Association 2012 MEDIA AWARDS for On-Line Best Column Monthly/Bi Monthly, and Sara Mata was featured in the NASPA professional spotlight (<http://www.naspa.org/LKCNewsLetterMay2012.pdf>). Dr. Edralin Lucas received a Regents Distinguished Research Award for 2012-13. McKale Davis (Advisor Dr. Stephen Clarke) was selected to receive a Robberson Trust Dissertation Fellowship. To celebrate 100 years of graduate education at OSU, a list of "100 Graduate Students of Significance" was announced, which included Dr. Esther Winterfeldt (MS in Nutritional Sciences, alumnus), Emeritus Professor of Nutritional Sciences at Oklahoma State University.

From South Dakota State University: Bonny Specker, Director of the Ethel Austin Martin Program in Human Nutrition at SDSU, was invited to lecture on "Implications of Vitamin D Deficiency in Pregnancy" at the European Society for Pediatric Endocrinology in Leipzig Germany, September 20-23.

From Texas A&M University: The 13th International Congress on Amino Acids, Peptides and Proteins is being held in Galveston Texas on October 5-7, 2013. Those interested in presenting should send the title of their proposed talk to Dr. Guoyao Wu (g-wu@tamu.edu) by February 1, 2013. Dr. Nancy Turner presented an invited talk entitled "Contribution of Sorghum to Suppressing Human Disease" at the 29th Sorghum Research and Utilization Conference in Manhattan, KS on August 28. Dr. Turner also gave a presentation entitled "Suppression of Colon Inflammation and Cancer by Dietary Bioactives" at the W3122 Western Regional Multistate Project meeting held in Estes Park, CO on October 25.

From the University of Nebraska-Lincoln: Drs. Linda Young and Marilyn Schnepf attended the annual meeting of the Academy of Nutrition in Chicago in October. Dr. Sandeep Prabhu from Penn State visited the department to present a talk titled "Anti-inflammatory and Anti-carcinogenic Properties of Selenium" in the Nebraska Gateway to Nutrigenomics Seminar

Series on September 5th. Dr. Kevin Schalinske from Iowa State delivered a talk titled "Regulation of Glycine N-methyltransferase and Homocysteine: Critical Determinants in Health and Disease" in the same seminar series on September 26th.

From the University of Texas Southwestern Medical Center: The 30 year-old Bachelor's Dietetic Program has transitioned to a Master's-only program. Clinical nutrition students continue to have opportunities for hands-on experiences at Children's Hospital, Parkland County Hospital, University Hospital and the VA, among other clinical sites around the Dallas area. The first Master's class graduated in the summer. Recent nutrition faculty activities have included Dr. Lona Sandon serving as a National Delegate for the American Academy of Nutrition and Dietetics, and Dr. Elizabeth Parks began service on the Council of The Obesity Society this fall. This past summer, Dr. Deborah Clegg was featured in the HBO special entitled "Weight of the Nation," a documentary produced in collaboration with the NIH and available on-line at the link <http://theweightofthenation.hbo.com/films>.

From USDA/ARS/Grand Forks Human Nutrition Research Center: Dr. Gerald F. Combs, Jr. addressed a gathering of about 1500 residents during the dedication of a 160,000 sq. ft. community health and fitness center. The new center, operated by the Grand Forks Park District in collaboration with Altru Health System, will house a human physiology laboratory of the GFHNRC healthy body weight research program. Dr. Jay Cao attended the Sixth Annual International Conference on Osteoporosis and Bone Research (ICOBR) held in Xian, China, September 20-23. He presented a talk on "Obesity, Inflammation and Bone Health". Drs. Kate Claycombe, Lisa Jahns, and Leah Whigham attended the 2012 Annual Meeting of the Obesity Society in San Antonio, TX on September 20-24. Dr. Claycombe presented a talk on "Obesity, Adipose Tissue Mitochondrial Function and IGF2 Expression Are Influenced in Sprague Dawley Rat Offspring by Prenatal Low Protein and Postnatal High Fat Diets". Dr. Jahns presented a talk entitled "Two-thirds of Foods Consumed on MyPlate Contain SoFAS". Dr. Whigham spoke on "Changes in Energy Balance and Substrate Utilization Identified from Breath Carbon Stable Isotope Ratios".

Information for Datelines Rocky Mountains and Great Plains should be sent to Nancy Turner, Texas A&M University, Nutrition and Food Science Department, e-mail: n-turner@tamu.edu. If you are not receiving the quarterly requests for information, please email me so that I can add your email address to the list.

Southeast Spotlight

From Auburn University: Michael W. Green, PhD has been appointed assistant professor in the Department of Nutrition, Dietetics and Hotel Management at Auburn University. He obtained his PhD at the University of Connecticut in Molecular and Cell Biology.

From University of Georgia: Lynn Bailey gave an invited presentation at the FASEB Folate and Vitamin B12 Summer Conference in Crete, "Folate Status and Intake in the US" in August, 2012. Dr. Bailey also presented an invited talk "Biological and Contextual Determinants of Folate Status" at the August, 2012 WHO/CDC Consultation on Optimal Blood Folate Concentrations in Women of Reproductive Age for Prevention of Neural Tube Defects, and was an invited speaker "Folate Biomarkers for Nutrition and Development (BOND)" at the International Conference on Nutrigenomics in Costa Rica, in September, 2012. Rick Lewis was invited to talk at the 8th International Symposium on Nutritional Aspects of Osteoporosis in Lausanne Switzerland, May 2012. The title of his talk was, "Graded Oral Dosing of Vitamin D3 in Early Adolescence: Serum Vitamin D and Bone Biomarker Responses; Findings from the GAPI Vitamin D Intervention Trial."

As part of our seminar series in the Department of Foods and Nutrition and the Obesity Initiative (<http://obesity.ovpr.uga.edu/>), invited talks included, "The Influence of High Fat Diet Induced Inflammation on Gut-brain Axis and Regulation of Food Intake," Dr. Claire de la Serre, Temporary Assistant Professor, Department of Foods and Nutrition, UGA; "Lessons Learned from a Decade of Obesity Research in Workplaces," Mark Wilson, Professor and Associate Dean for Academic Affairs, College of Public Health, Department of Health Promotion and Behavior, UGA; "To Sleep, Perchance to Wake: Mechanisms for Cardiovascular Disease in Sleep Apnea," Bradley Phillips, Pharm. D., Millikan-Reeve Professor and Department Head, College of Pharmacy,

Clinical and Administrative Pharmacy, UGA; "Zinc and Breast Cancer: Lessons Learned from Lactation," Shannon L. Kelleher, Associate Professor, Nutritional Sciences, Surgery and Cell & Molecular Physiology, Pennsylvania State University; "A Healthy Lifestyle Intervention for Pregnancy and Postpartum Women using Electronic Communications Technology," Christine Olson, Professor, College of Human Ecology, Cornell University; and "When Nature Meets Nurture: Epigenetic Effects of Prenatal Exposures," Alicia Smith, Assistant Professor, Psychiatry and Behavioral Sciences, Emory University.

Ruthann Swanson, Associate Professor, is the new Director of the UGA School Nutrition Director Certification Program (SNDP, <http://www.fcs.uga.edu/fdn/graduate/sndp.html>). The SNDP is a collaborative effort among the UGA Department of Foods and Nutrition, UGA College of Education, and state of Georgia's Department of Education to prepare students with Master's degrees to assume roles in school nutrition in all public schools throughout the state of Georgia. The required coursework for the SNDP is available online and offered by several departmental faculty including Tracey Brigman, Instructor, Barbara Grossman, Academic Professional, and Rebecca Mullis, Professor. At the 2012-2013 Annual Conference for Georgia School Nutrition Directors, Dr. Swanson provided several informational sessions about the SNDP's application procedures, registration, and required coursework. Also, Joan G. Fischer, Associate Professor, gave a presentation to help school nutrition directors meet new federal meal pattern requirements that was titled, "If Beets are Red, Why are they 'Other': Understanding the Science behind the New Vegetable Categories."

The Handbook of Nutrition and Food, Third Edition, is forthcoming in 2013 and is edited by Carolyn D. Berdanier, Professor Emerita, UGA; Johanna T. Dwyer, Tufts New England Medical Center, Boston, MA; and David Heber, UCLA Center for Human Nutrition, Los Angeles, CA. The UGA Department of Foods and Nutrition is conducting three searches for new faculty at the Assistant, Associate, and Professor rank and the position descriptions are posted here: <http://www.fcs.uga.edu/college/jobs.html>. Also, the UGA College of Public Health, Department of Health Policy and Management, is searching for two new faculty at the Associate and

Professor ranks in obesity policy (<http://www.publichealth.uga.edu/jobs/two-senior-faculty-hires-obesity-policy>).

From University of Florida, Gainesville: Gail P. A. Kauwell, PhD, RD, LDN and Karla P. Shelnutt, PhD, RD, recently received the USDA NIFA Partnership Award for Innovative Program Models in Obesity Prevention in Children and Adolescents. Karla P. Shelnutt, PhD, RD, also recently received the Academy of Nutrition and Dietetics, Council on Future Practice Award for Innovations in Dietetics Education at the 2012 Food and Nutrition Conference and Expo in Philadelphia.

From University of North Carolina at Chapel Hill: Mihai Niculescu and his student Daniel S. Lupu have been extensively cited for their finding that feeding pregnant mice and pups α -linolenic acid induces epigenetic changes in maternal and offspring livers (*FASEB J.*, 2012 DOI: 10.1096/fj.12-210724). At the Obesity Society's Annual Meeting in San Antonio in September 2012, Eva Erber (mentored by June Stevens) received special recognition and an Epidemiology Student and Trainee Award from The Obesity Society Epidemiology Section for her poster "The joint effects of BMI, waist circumference and cardiovascular risk factors on mortality in Caucasians and African Americans: The Atherosclerosis Risk in Communities Study."

From University of North Carolina at Greensboro: Joseph Lee Beverly, joined our department as a Professor and Chair in August 2012. Dr. Beverly joins the department from the University of Illinois at Urbana-Champaign. Doctoral student Amber Haroldson (Mentor: Lauren Haldeman), received a Doctoral Dissertation Award from the USDA Ridge Center for Targeted Studies at the Southern Rural Development Center for her study titled: "Child Influence on Dietary Behaviors in Low-income Hispanic Families". During this fall semester, the department had the following guest speakers for a seminar: Neil Shay, Oregon State University, Title: "Consumption of extracts from muscadine grapes and wine improves lipid and glucose metabolism in c57 mice fed a high-fat diet"; Liza Makowski, UNC-Chapel Hill, Title: "The inflammation highway: Metabolism accelerates inflammatory traffic in obesity."

ASN Receives Communications Award



ASN was honored to receive a Silver Award for Social Media in *Association TRENDS'* 2012 All-Media Contest. ASN was selected from more than 420 entries in the association publications contest.

"This award recognizes how effectively ASN uses technology to spread knowledge about nutrition. Our goal is to reach as many people as possible with nutrition research and news from ASN, and this honor reinforces that our efforts are working," said ASN's Executive Officer John E. Courtney, PhD.

ASN's social media entry was recognized for achievements across Twitter, blog, Facebook, YouTube and LinkedIn. Appreciation is expressed to the members, journalists/science writers, sponsors, and other stakeholders who interact with us through social medial channels.

The *TRENDS* All Media Contest is an annual competition held exclusively for associations, recognizing the most creative and effective communication vehicles developed in the industry over the prior year. ASN and all 2012 honorees will be honored at the 34th Annual Salute to Association Excellence (February 15, 2013) and featured in the January issue of *TRENDS*. Learn more at www.associationtrends.com/salute.

Association TRENDS is the national newspaper for association executives and suppliers, spotlighting the latest news, information and trends in association management for the professional staff of voluntary organizations.

ASN Donors 2012

ASN extends its appreciation to the following individuals for their support of our mission in 2012.

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Nancy Alcock-Hood
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Noor Ali
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Richard Austic
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Satellite Symposia at ASN's Scientific Sessions at EB 2013

Make plans to attend the following satellite symposia to ASN's Scientific Sessions at EB 2013. Attendance is free, and continuing professional credits (CPE) for dietitians will be offered. Registration will open for satellites by early January. Stay tuned for more details.

Nutrition and Physical Activity: Impacts on Cognitive Function Across the Lifespan

Organized by ASN and The Nutrition Society

Friday, April 19, 2013, 1:00 - 5:00 PM

The role of nutrition in the development of the brain in early life as well as its impact on cognitive functions, mental performance and behavior throughout life is a hot topic in nutrition research. This program will review emerging data demonstrating how dietary components and physical activity impact various cognitive outcomes, such as learning, memory, executive function and academic achievement. *Special thanks to the following sponsors for educational grants in support of this program: Abbott Nutrition, DSM Nutritional Products Inc., Mondelēz International and Nestlé Nutrition Institute.*

The First Global Summit on the Health Effects of Yogurt

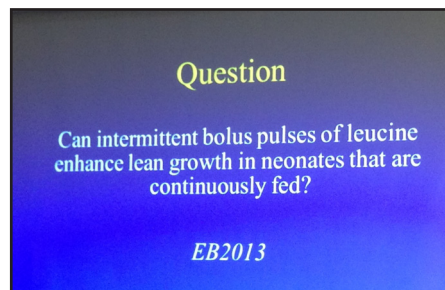
Organized by ASN, Danone Institute International, The Nutrition Society and the Dairy Research Institute

Wednesday, April 24, 2013, 8:00 AM - 3:30 PM

This new, multi-year international effort was commenced to examine the health benefits of yogurt, identify research gaps, and stimulate new research on the topic. The one-day meeting will review existing and emerging science on the health benefits of yogurt as part of a balanced diet to address current nutrient deficiencies, manage body weight and reduce chronic health conditions. The nutritional density of yogurt as well as its role in both developed and underdeveloped countries will be examined. *Special thanks to the Danone Institute International for providing an educational grant in support of this program.*

Investigators are invited to submit late-breaking abstracts in the category of Dairy and Yogurt, Health and Nutrition Benefits.

Experimental Biology 2013 will be held at the Boston Convention & Exhibition Center (BCEC) located at 415 Summer Street, Boston, MA 02210. ASN's official headquarters hotel will be the Westin Boston Waterfront located at 425 Summer Street, Boston, MA 02210.



Special Awards Given at EB 2013

Many awards for senior investigators, senior educators, senior mentors, and young investigators will be presented at the ASN Awards Ceremony at EB 2013. In addition, ASN will extend several special awards as described below. Nominations are now open for these awards; please send a letter describing the candidate's suitability for the award and a CV to awards@nutrition.org by Friday, January 18, 2013. Visit <http://www.nutrition.org/about-asn/awards/> to learn about the following awards.

Korean Nutrition Society (KNS) Award

Given to improve understanding and co-operation between KNS and ASN in nutritional matters of common interest and concern, and to promote excellence in nutrition research

Sustaining Partner Roundtable Award of Distinction

Given to recognize the outstanding contributions of time, talent and leadership made by an individual ASN member representing a Sustaining Partner company

Volunteer of the Year Award

Given to recognize the significant service that volunteers provide to enhance, promote and support the activities and programs of ASN

Food Messages: *Are We Taking the Wrong Approach?*

By Sarah Gold



Deciding what and how much to eat has become a complicated decision for many people. According to Brian Wansink, PhD, we make over 200 food decisions per day. That's a lot of decisions, and leaves a lot of room for outside influence. Nutrition and public health professionals strive to make it easier for

consumers to make healthier decisions, which has sometimes led to food being put into one of two categories: good or bad. Our food culture has become one of "eat this not that," which may have unintended consequences, according to a new study published in the journal *Appetite*.

Researchers from Scotland and Australia looked at the effect of both positive and negative advertising messages surrounding chocolate consumption on feelings towards chocolate as well as on chocolate consumption. Eighty normal weight, young women (17-26 years old) were categorized as either restrictive (on a diet) or non-restrictive eaters (not on a diet). Each participant was shown a group of advertisements that featured either thin or overweight models along with a positive or negative message about chocolate. The advertisements were based on messages that are currently found in the media, including popular diet websites. Participants were asked to fill out a questionnaire, which evaluated the effect of the ad on the participants desire to eat chocolate, as well as feelings of guilt. After viewing the messages, participants were also offered a bowl of chocolate.

It turns out dieters were more easily enticed by the ads than non-dieters, and ultimately ate more chocolate than the non-dieters, but also felt more guilt afterwards. The thin models appeared to have a greater influence on this group, but the type of message didn't appear to make much of a difference. However, non-dieters were more likely to eat chocolate after seeing the negative advertisements with messages such as "Milk chocolate is high in calories, saturated fat, and sugar," or "Chocolate: a moment on the lips, forever on the hips."

These results suggest that creating negative health messages may make those forbidden foods even more difficult to resist, which the authors state is a common reaction to advice designed to change health related behaviors. Dieters also appear to be more affected by the messages about chocolate, indicating that restricting certain foods may lead to overindulgence later on.

While these results are limited to a young female population, and were seen in a food that is known to be difficult for many women to resist, they add to the evidence that labeling food "off limits" can have the exact opposite effect that the message intended. As the authors of the study note, when it comes to health messages, framing them in a positive way may be more beneficial. Perhaps we should spend more time encouraging people to eat more of the foods that provide nutritional benefits and put less focus on avoiding unhealthy foods.

References

Durkin, K., Hendry, A., Stritzke, W. (2013). Mixed selection. Effect of body images, dietary restraint, and persuasive messages on females' orientations toward chocolate. *Appetite*; 60: 95-102.

Wansink, Brian and Jeffrey Sobal (2007). "Mindless Eating: The 200 Daily Food Decisions We Overlook." *Environment and Behavior*, 39:1 (January), 106-23.



ASN President Participates in Hill Day

ASN President Dr. Teresa Davis participated in FASEB's Capitol Hill Day on December 4 to educate lawmakers on the devastating impact of sequestration. Davis and thirteen other scientists met with nearly 30 Congressional offices to ask that they stop sequestration and sustain the US' investment in research. Sequestration will automatically cut funding for most federal programs - including scientific research at agencies including the National Institutes of Health (NIH), U.S. Department of Agriculture (USDA), National Science Foundation (NSF) and all other federal agencies – **by at least 8%** on January 2, 2013. **NIH would be cut by \$2.8 billion and would 2,300 fewer grants (25 percent of the total that would have otherwise been funded).** Sequestration will harm important nutrition research, the economy, and U.S. competitiveness, but these cuts can be avoided if Congress and the President can agree on an alternative approach to deficit reduction. Overall the Hill Day visits were a great success in educating members of Congress and made an impact, although Congress has yet to resolve how it might avoid the fiscal cliff and sequestration.

As part of the Texas delegation, Davis met with staff for Senators Kay Bailey Hutchison (R) and John Cornyn (R) and Congressmen Al Green (D) and John Culberson (R), who both represent the Houston district that includes Baylor College of Medicine. All offered their support to protect research funding and ensure that sequestration does not take place on January 2. House and Senate offices want to hear how sequestration will affect research activities in their states and districts. Will you be forced to reduce costs and lay off staff in your laboratory if agency research budgets are cut, or worse, could your lab be closed? Do you have grants that may not be renewed? Will your institution implement hiring or salary freezes?

*Accurate as of press time.

In Memoriam: 2012

David H. Baker, PhD

George H. Beaton, PhD

William E. Connor, MD

Coy D. Fitch, MD

John E. Halver, PhD

Margit Hamosh, PhD

Ralph T. Holman, PhD

Bruce E. McDonald, PhD

Toshiro Nishida, PhD

Myron Winick, MD

John A. Wise, PhD



L-R: ASN staff Sarah Ohlhorst, ASN President Teresa Davis, statue of former Speaker of the House Samuel Rayburn (TX), ASN intern Jennifer McCandless, and Ellen Kraig of the Univ of Texas Health Science Center attend Capitol Hill Day.

science meets history in boston.



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- Caloric Restriction in Humans: Is it Feasible, Effective and Safe?
- Nutritional Epigenomics: A Portal to Disease Prevention
- Health, Nutrition and Cost Outcomes of Human Milk Feeding for Very Low Birthweight Infants
- The New "Hygiene Hypothesis:" Nutrition and Microbiota in Health and Disease
- Sweetened Beverages and Health
- Promises and Pitfalls of Research Using Dietary Patterns
- The B-24 Project: Evaluating the Evidence to Support the Inclusion of Infants and Children up to 24 Months of Age in the Dietary Guidelines for Americans
- Program tracks dedicated to science in Pediatric Nutrition and Early Development; Biochemical Molecular and Genetic Mechanisms; Global and Public Health Nutrition; Research Methods and Funding; and more
- Education and professional development track featuring sessions on nutritional surveys and epidemiological studies, communication, technology, and social media and the popular Clinical Nutrition Update
- Satellite sessions

UPCOMING DEADLINES

Late-Breaking Abstract Submissions

February 21, 2013

Hotel Reservations

March 22, 2013

Late-Breaking Topics

- 300-ASN Vitamins, Minerals, and Bioactives
- 301-ASN Energy and Nutrient Metabolism
- 302-ASN Clinical and Community Nutrition
- 303-ASN Disease Prevention, Progression and Treatment
- 304-ASN Dairy and Yogurt – Health and Nutrition Benefits under Late Breaking Topics

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Upcoming Deadlines

January 18: KNS Award, Sustaining Partner Roundtable Award, and Volunteer of the Year Award nominations due

January 20: EB 2013 MARC travel award deadline

February 3: IUNS International Congress of Nutrition abstract submission deadline

February 21: Late-breaking abstract submission deadline for EB 2013

February 22: Early registration deadline for EB 2013

February 23: SIG travel award deadline

Upcoming Events

February 20-22: 2nd ASN Middle East Congress. Dubai, UAE.

February 21-23: American Federation for Medical Research and Participating Societies Southern Regional Meeting. New Orleans, LA.

April 20-24: ASN Scientific Sessions & Annual Meeting at EB 2013. Boston, MA.

September 15-20: IUNS 20th International Congress of Nutrition. Granada, Spain.