

# THE DEAN'S LETTER FOR TUFTS NUTRITION



IN THIS ISSUE ...

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<b>NEW GUIDELINES FOR PHYSICAL ACTIVITY</b> .....	1
<b>TIME TO RE-EXAMINE OUR AGRICULTURAL SYSTEMS, SAYS SUPERMARKET EXECUTIVE</b> .....	1
<b>PR AND NUTRITION</b> .....	1
<b>FORMER AGRICULTURE SECRETARY HEADLINES FRIEDMAN SCHOOL SYMPOSIUM</b> .....	2
<b>AWARDS &amp; ACCOLADES</b> ...	2
<b>HERE &amp; THERE</b> .....	2
<b>RESEARCH UPDATES</b> .....	3
<b>FRIEDMAN FACULTY IN THE NEWS</b> .....	4
<b>ALUMNI NEWS</b> .....	4
<b>SAVE THE DATE</b> .....	4

## NEW GUIDELINES FOR PHYSICAL ACTIVITY

Associate Professor **Miriam Nelson**, Ph.D., director of the John Hancock Center for Physical Activity and Nutrition, helped create the federal government's first-ever Physical Activity Guidelines for Americans, which were announced in October. Nelson served as vice chair of the guidelines committee, which reviewed the scientific literature on physical activity and health to develop a comprehensive set of recommendations. It was the government's first major review of the science on the benefits of physical activity in more than a decade. The committee's report helped the Department of Health and Human Services set physical activity recommendations for groups such as children and adolescents, adults, older adults, persons with disabilities, pregnant and postpartum women and persons with some chronic conditions. The guidelines are available at: <http://www.health.gov/PAGuidelines/default.aspx>

## TIME TO RE-EXAMINE OUR AGRICULTURAL SYSTEMS, SAYS SUPERMARKET EXECUTIVE

Consumer interest in where their food comes from and how it is produced is at an all-time high, according to Walter Robb, co-president and COO of Whole Foods Markets Inc., who gave an informal talk at the Friedman School on October 20. And that's a positive trend, said Robb, because it's time to re-examine the agricultural systems that have allowed producers to externalize labor, environmental and animal welfare costs for decades. Businesses can and should provide leadership in these areas, said Robb, who opened his first organic market in 1976 after graduating from Stanford University. "The old way the right and the left talk about business as either good or evil is bankrupt. It's old school, and it doesn't allow for businesses solving problems." Robb urged the students to cling to their idealism and put it to work. "It's possible to take what you learned here and go and act," Robb concluded. "People need help. The world needs help." — *Jacqueline Mitchell*

## PR AND NUTRITION

The public relations agency Ketchum has created a Nutrition Certification Program for Public Relations Professionals that was developed in collaboration with the Friedman School. The

certification program will help public relations practitioners better understand the language and policies of the nutrition sector. The course includes 12 online modules that cover introductory nutrition topics, including global dietary guidelines, metabolism, micronutrients and macronutrients, government regulation, nutrition research, and food packaging and labeling.

### **FORMER AGRICULTURE SECRETARY HEADLINES FRIEDMAN SCHOOL SYMPOSIUM**

Dan Glickman, the U.S. secretary of agriculture from 1995 to 2001, gave the keynote address at the second annual Friedman School Symposium, a meeting for national and international experts to discuss subjects affecting nutrition policy and the food industry. He said that he hopes the next president will have the strategic importance of food and agriculture policies at the top of his priorities list. The issue might not grab headlines like health care, terrorism or education, "but food and agriculture affect all of these other issues very directly," he said. "The issues of food security, food scarcity, nutrition, global economic development and food safety are going to be paramount to our national security focus for the next decade and will take a much higher profile than they did in the last decade."

Listen to Dan Glickman's address at [https://secure.nutrition.tufts.edu/fs08\\_lectures/glickman/](https://secure.nutrition.tufts.edu/fs08_lectures/glickman/)

### **AWARDS & ACCOLADES**

**Alice Lichtenstein**, D.Sc., the Gershoff Chair of Nutrition Science and Policy, has been selected to serve on three expert panels on cardiovascular disease at the National Heart, Lung and Blood Institute, part of the National Institutes of Health. Most notably, she will serve as co-chair of the panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults, which establishes clinical guidelines for diet and blood cholesterol.

Professor **James Tillotson**, Ph.D., has a fellowship to teach in the EU Erasmus Mundus program this fall in Gent, Belgium, and Dublin, Ireland. He will return to Tufts next semester to teach his courses on Health Claims and Global Food Business.

### **HERE & THERE**

Professor **Johanna Dwyer**, D.Sc., gave one of the keynote lectures, on nutrition literacy, at the International Congress of Dietetics in Yokohama, Japan, and also participated in an International Union of Nutrition Sciences training session for young nutrition professionals in Asia that was held at Seoul National University in Korea.

Assistant Professor **Nicola McKeown**, Ph.D., spoke to media dietitians at the symposium "Whole Grains and Beyond: An Opportunity to Discuss Emerging Trends in Nutrition," held in Toronto, Canada. The title of her talk was "Whole Grains, Metabolic Syndrome and Diabetes Risk." McKeown has also been asked to serve as a member of the editorial board for the *British Journal of Nutrition*.

Professor **Beatrice Rogers**, Ph.D., who was recently named director of the school's Food Policy and Applied Nutrition Program, has just returned from Bogota, Colombia, where she

made a presentation on the usefulness of “hunger maps” for designing and targeting nutrition and food security programs. The presentation was made at the Second Academic Forum on the Right to Food and Nutrition Security, organized by the National University of Colombia in collaboration with the Observatorio de Seguridad Alimentaria y Nutricional, a consortium of universities, non-governmental and governmental organizations concerned with nutrition and food security in Colombia. While there, Rogers also gave a presentation on an interdisciplinary curriculum she designed to train nutrition professionals working in public policy to representatives of the seven universities in Colombia that have graduate and undergraduate nutrition programs who are interested in strengthening their offerings in public policy.

Professor **Allen Taylor**, Ph.D., has attended a number of conferences recently. In July, he presented an abstract titled “Relationships between Dietary Carbohydrate, Oxidation, Proteostasis and Increased Risk for AMD and Cataract” at the Society for Free Radical Research meeting in Berlin, Germany. In September, Taylor went to China where he spoke at multiple conferences. He presented an abstract titled “Relationships between Dietary Carbohydrate, Increased Risk for AMD and Cataract and Proteometabolism” at the XVIII International Congress of Eye Research in Beijing. He presented an abstract on “Retinal Degenerations Proteostasis in the RPE, Dietary Carbohydrate and Increased Risk for AMD” at the XIIIth International Symposium on Retinal Degenerations in Emeishan, Sichuan, China. Taylor also attended the Peking University Life Sciences Symposium, where he spoke on “Relationships between Vision, Dietary Carbohydrate, Ubiquitin and Lysosomal-dependent Protein Turnover.”

Associate Professor **Parke Wilde**, Ph.D., gave a briefing on rising food prices for House of Representatives staff in Washington, D.C. The lunchtime seminar was organized by the Council on Food, Agricultural and Resource Economics, an outreach organization for the agricultural economics profession, and the National Coalition for Food and Agricultural Research, a broader umbrella group that publicizes the value of research on these topics. Read more at Wilde's blog: <http://usfoodpolicy.blogspot.com/2008/09/briefing-on-food-prices.html>.

**Andrew Wilder**, Ph.D., research director for policy process at the Feinstein International Center, had his paper, “Cops or Robbers: The Struggle to Reform the Afghan National Police,” cited in a congressional bill introduced earlier this month by Senators Joseph Biden and Richard Lugar. The report, according to the bill, observes that “without comprehensive reform of the Ministry of Interior, which is notoriously corrupt, factionalized, and an increasingly important actor in Afghanistan’s illegal drug economy, police reform efforts will fail and the money spent on reform will be wasted.”

## RESEARCH UPDATES

Assistant Professor **Natalia A. Crivello**, Ph.D., has received a two-year award from the Alzheimer's Association for her project “Folate Deficiency, Brain Lipids and Amyloid.”

**Andrew S. Greenberg**, M.D., associate professor of nutrition, and Assaf Rudich from Ben Gurion University in Beer-Sheeva, Israel, were selected to receive a four-year grant from the U.S.-Israel Binational Science Foundation on Adipocyte Metabolism. Greenberg was recently

promoted to professor at Tufts University School of Medicine.

Based on research in India, Adjunct Associate Professor **Davidson Hamer**, M.D., recently published two papers with Ph.D. candidate **Akoto Osei**. One, written with Friedman School assistant professor **Robert Houser**, Ph.D., was on the acceptability of micronutrient-fortified school meals by school children in rural Himalayan villages. The other examined zinc nutrition and tribal health.

## FRIEDMAN FACULTY IN THE NEWS

**Christina Economos**, Ph.D., the New Balance Chair in Childhood Nutrition, was quoted in a *Good Housekeeping* article devoted to Shape Up Somerville. She said the program never used the words "fat," "diet" or "weight loss" with the children. "Strong, powerful and healthy. That's what the kids told us they want to be," she said, "so those were the words we used and that parents can use, too, when they talk about healthy food and activity."

Professor **Alice Lichtenstein**, D.Sc., the Gershoff Chair of Nutrition Science and Policy, talked to *The New York Times* for an article about nutraceuticals, such as omega-3 fatty acids from fish added to juices and breads. "There is a great deal we don't know about how the compounds in food are made available to the body," she said. "Now we have to be more cautious about individual nutrients, though we should not close our minds, given the successes of the past."

## ALUMNI NEWS

### Nominations for Alumni Association Awards

The annual Friedman School Alumni Association Awards honor graduates and faculty for their service to the profession and to the community. To nominate someone, by November 20 please complete the online nomination form here: <http://alumni.nutrition.tufts.edu/?pid=34>

For a complete list of previous award winners, visit:  
<http://alumni.nutrition.tufts.edu/?pid=30&c=36>

### New Friedman School Office of Development and Alumni Relations Web Pages

The Friedman School Office of Development and Alumni Relations is pleased to announce we've updated our web pages! Please come and check out our new and improved site at: <http://alumni.nutrition.tufts.edu>. If you have any feedback, comments or other ideas, please send them to Lindsay Schoonmaker at [lindsay.schoonmaker@tufts.edu](mailto:lindsay.schoonmaker@tufts.edu).

## SAVE THE DATE

### Reunion

Please mark your calendars for the 7th Annual Friedman School All-Alumni Reunion, which will take place April 4-6, 2009. The reunion committee is hard at work planning a fantastic weekend that will feature the 2009 Alumni Association Awards, discussions of critical issues in nutrition and the opportunity to reconnect with old friends and mentors.

There will also be a reception just for Friedman School graduates from the last five years (2003 to 2008). More information will be posted on <http://nutrition.tufts.edu/reunion> soon. If you have any questions, please email [sean.devendorf@tufts.edu](mailto:sean.devendorf@tufts.edu).

The deadline for the next issue of the *Dean's Letter for Tufts Nutrition* is Wednesday, November 25. Please send your submissions to Julie Flaherty at [julie.flaherty@tufts.edu](mailto:julie.flaherty@tufts.edu).