



NutriNews

Important Nutrition-Related Updates & Events at USC

Welcome New Student Affiliate!

Penias Tembo, MPH, Department of Epidemiology and Biostatistics

Sponsor: James Hebert

Symposium Updates



NUTRITION CONSORTIUM ANNUAL RESEARCH SYMPOSIUM

THURSDAY, MARCH 28, 2024

9:00-1:00PM | Koger Center, Gallery Room

More information to come soon.



Register today! Space is limited.

When: Thursday, March 28, 2024

Where: Koger Center Gallery Room, 2nd Floor

The full symposium program is now available on our [website](#).
Deadline to register is March 22nd.

[Symposium Registration Form](#)



Nutrition Consortium
Arnold School of Public Health
UNIVERSITY OF SOUTH CAROLINA

**Nutrition
Networking
Lunch**

We are delighted to host a networking lunch directly following the Symposium at Hickory Tavern.



**HICKORY
TAVERN**

We are delighted to host a networking lunch directly following the Symposium at [Hickory Tavern](#) (907 Senate Street, Columbia, SC, 29201) from **1:00-2:30PM**.

Please note that while we have reserved space for our networking lunch, we kindly ask attendees to cover their own meal expenses. We believe this arrangement allows for greater flexibility and choice for everyone attending. If you plan on joining us for the networking lunch, we would appreciate it if you could fill out the form below to help us provide the restaurant with an accurate headcount.

[Networking Lunch Registration](#)



Volunteers Needed!

We are looking for volunteers to assist during the Symposium. Volunteer hours can be signed off upon request.

 **Nutrition Consortium**
Arnold School of Public Health
UNIVERSITY OF SOUTH CAROLINA

Volunteers Needed!

The Nutrition Consortium is looking for volunteers to assist during our Symposium on March 28th at the Koger Center. If you are interested in volunteering, please sign up using the spreadsheet linked below with your name, email, availability, and assignment preference. Volunteer hours can be signed off upon request. We look forward to your contribution!

[Volunteer Sign Up Sheet](#)

Other USC Announcements

ENERGY BALANCE Research Seminar



Sponsored by the Center for Energy Balance in Cancer Prevention and Survivorship and co-sponsored by the digital Physical Activity & Diet Collaborative

"Using technology to deliver evidence-based nutrition and weight loss interventions"



Dr. Brie Turner-McGrievy, Ph.D, MS, RD, FTOS – Professor, Department of Health Promotion, Education, and Behavior & Deputy Director for the TecHealth Center in the Arnold School of Public Health, University of South Carolina

Thursday, March 21, 2024

12:00 – 1:00 pm CST

Location: Zoom Webinar ID: 896 1100 2354

Passcode: 127335

The Center for Energy Balance in Cancer Prevention and Survivorship, of the Duncan Family Institute, facilitates and conducts state-of-the-science research to understand the relationship between activity, nutrition, obesity and cancer, and uses this knowledge to optimize interventions to decrease cancer risk and improve cancer outcomes. The Center sponsors collaborative research, transdisciplinary educational opportunities and seminars to create, produce and disseminate innovative and practice-changing research results.

The Center for Energy Balance in Cancer Prevention and Survivorship's monthly trans-disciplinary research seminar aims to bring researchers from multiple disciplines together to examine different energy balance-related topics. Center for Energy Balance in Cancer Prevention and Survivorship is directed by Karen Basen-Engquist, Ph.D., M.P.H and Joya Chandra, Ph.D.

Making Cancer History®

THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center

Nutrition Consortium faculty affiliate, Dr. Brie Turner-McGrievy, will give a seminar presentation for the Center for Energy Balance in Cancer Prevention and Survivorship on Thursday, March 21st at 12:00pm via Zoom. The presentation will focus on "Using technology to deliver evidence-based nutrition and weight loss interventions."

Zoom Link

CONFERENCE

MARCH
29-30
8:30 am – 5 pm

GLOBAL FOOD STUDIES CONFERENCE

26th Annual Comparative Literature Conference

Keynote Speakers



Dr. Vanesa Miseres, University of Notre Dame co-editor of *Food Studies in Latin America. Perspectives on the Gastronomar-rative* (2021)
March 29, 4:00 - 5:00 PM Hollings Library



Dr. Catherine Keyser, University of South Carolina author of *Artificial Color: Modern Food and Racial Fictions* (2019)
March 30, 3:00- 4:00 PM Petigru, 108

REGISTRATION INFORMATION:

<https://bit.ly/CPLT26>



UNIVERSITY OF
South Carolina

The Department of Languages, Literatures and Cultures is hosting the **26th Annual Comparative Literature Conference on Global Food Studies, March 29-30, 2024**. Food Studies is an exciting growing interdisciplinary field, combining approaches ranging

from literary and textual analysis, cultural studies, history, anthropology, and environmental studies. This conference invites the analysis of the cultural, historical, and political depth of topics such as culinary traditions, foodways, narrative representations, and emotions around food practices in a global perspective.

Global Food Studies Conference

THE ARNOLD SCHOOL OF PUBLIC HEALTH GLOBAL HEALTH INITIATIVE PRESENTS

PEOPLE NEED TO EAT MORE FRUIT AND VEGETABLES – BUT HOW?

Poor diets are a primary cause of malnutrition and the leading cause of disease worldwide. Improving diets, including increasing fruit and vegetable intake, could save one in five lives annually. Micronutrients are essential for health; those obtained from fruit and vegetables have a lower environmental footprint than from other foods making fruit and vegetables essential to sustainable and healthy diets.

Globally fruit and vegetable consumption is far below recommended levels.

Consumption levels are affected by interconnected factors related to desirability, accessibility, affordability, and availability. However, even when F&V are accessible and affordable, intake is too low highlighting a key role for increasing the desirability of fruit and vegetables.

Dietary practices are difficult to change. Some evidence suggests that dietary preferences are influenced in utero and solidified by age three. Evidence also shows that early habits persist into adulthood. Adolescence has been identified

as another opportune time for influencing health behaviors as adolescents gain independence and agency. Influencing women's preferences and empowering them could improve all household members' diets especially their children's given their central role in food preparation. Thus, targeting interventions to key life-cycle stages important for habit formation and to those responsible for supporting household practices are likely essential for establishing healthy dietary practices at the individual and household levels.

Although dietary practices are difficult to change, there are some promising behavioral and other approaches to support positive changes such as nudging strategies. In addition, emerging evidence suggests that combined versus single strategies are more effective for influencing healthy eating behaviors. National school feeding programs or other types of social assistance programs could be leveraged to address affordability, accessibility and desirability constraints simultaneously. These platforms can also be used to



Deanna Olney, PhD

Director of the Nutrition, Diets, and Health Unit

International Food Policy Research Institute

layer in behavioral approaches to increase fruit and vegetable intake such as peer-to-peer learning, targeted social media approaches or experiential learning to facilitate healthy eating habits among children and their caregivers. Utilizing more marketing-based solutions like branding and advertisement may be another avenue to explore to address low desirability of fruit and vegetables. Lastly, policy innovations are also needed to remove obstacles and enhance people's ability to eat sustainable and healthy diets.

APRIL 3, 2024 | 12:00-1:00PM | PHRC 114



Zoom link:
<https://us02web.zoom.us/j/84447106562>



**Arnold School of
Public Health**
UNIVERSITY OF SOUTH CAROLINA

Global Health Visiting Scholar, Deanna Olney, will be doing a seminar presentation on **April 3rd from 12-1PM in PHRC 114.**

MEAL PREP LIKE A PRO!
CALLING ALL GRAD STUDENTS!!
CENTER FOR HEALTH AND WELLBEING RM 219
APRIL 10TH WED. 5-7PM
Free!
[HTTPS://FORMS.OFFICE.COM/R/8BN91JJEV3Z](https://forms.office.com/R/8BN91JJEV3Z)
Register Now! 



MEAL PREP COOKING CLASS
CALLING ALL GRAD STUDENTS!
Discover tips and tricks to help you conquer your week with delicious, nutritious, & easy homemade meals
Join us for a **FREE** meal prep cooking class
When: **Wednesday, April 10th, 5-7PM**
Where: **RM 219, Center for Health & Wellbeing**
Reserve your spot by **April 3rd**
[HTTPS://FORMS.OFFICE.COM/R/8BN91JJEV3Z](https://forms.office.com/R/8BN91JJEV3Z)
Register Now! 

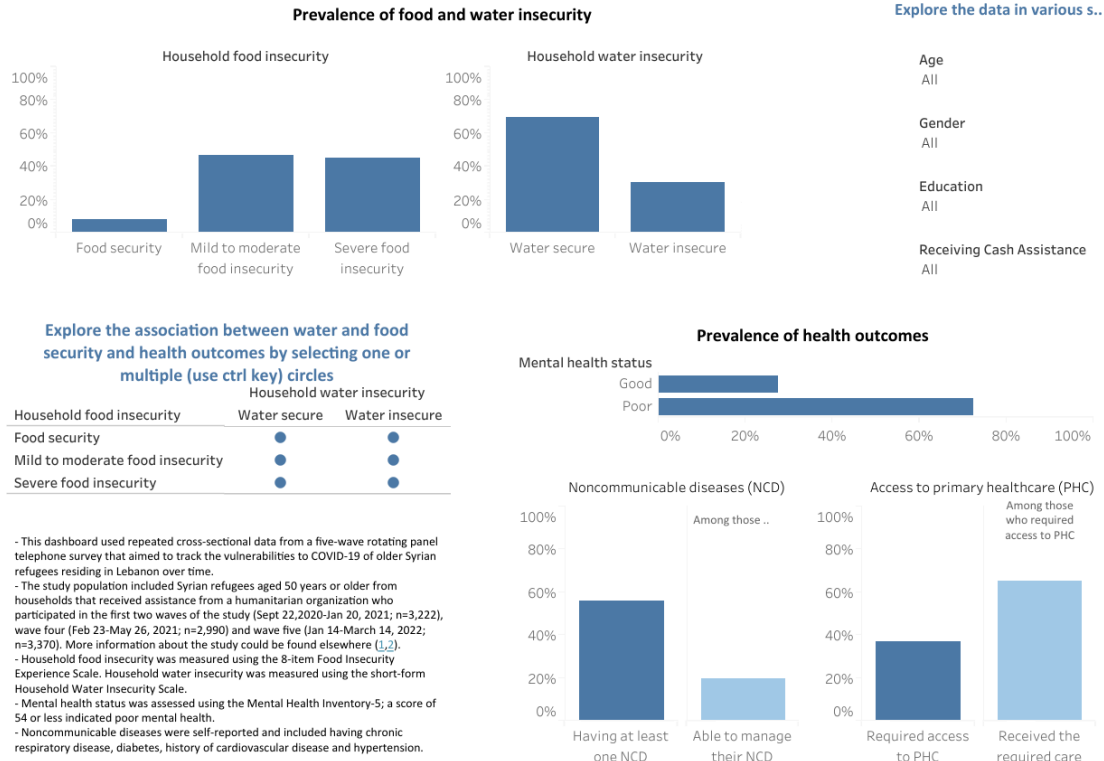


Please see the flyers above for a free meal prep cooking class for graduate/professional students on **April 10th (5-7PM)** at the **Student Center for Health and Wellbeing (RM 219)**. Students may sign up by clicking on the link or by scanning the QR code. *Spots are limited.*

[Register Now](https://forms.office.com/R/8BN91JJEV3Z)

How are food and water insecurity associated with health outcomes in older Syrian refugees in Lebanon?

Dates
Sept 22, 2020 - Jan 20, 2021



Congratulations Berthe Abi Zeid (PhD student, HPEB), who has been awarded 2nd place in the USC Graduate Student Data Visualization Award competition.

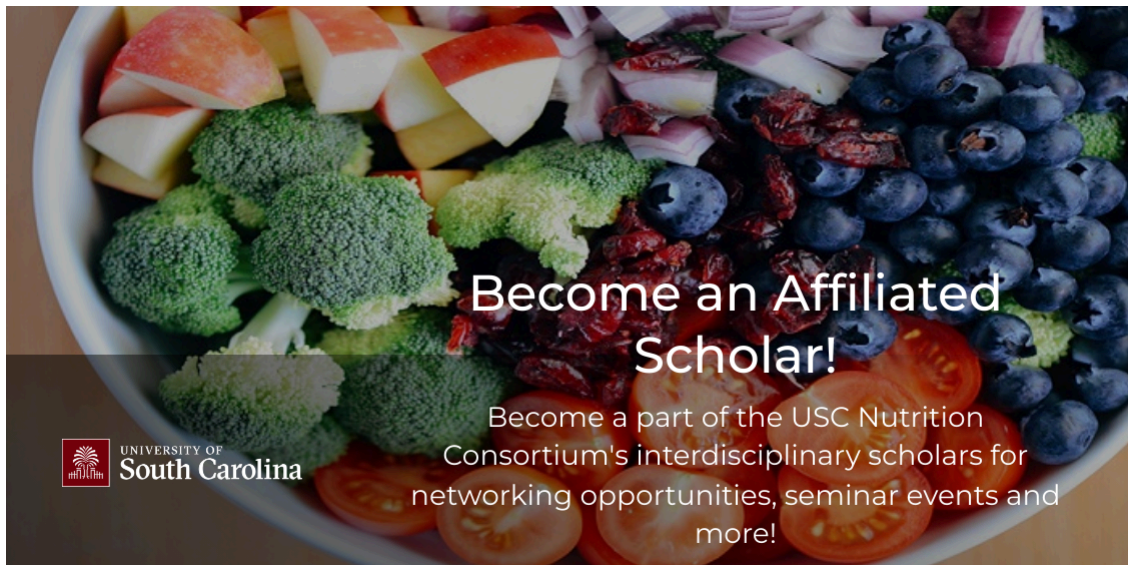
Her submission used data from a panel study of older Syrian refugees in Lebanon to create a Tableau dashboard illustrating how food and water insecurity are associated with health outcomes. Check out her submission below.

Tableau Visualization



This Spring semester the Student Nutrition Group (SNG) is meeting weekly on **Wednesdays from 6-7 PM in Petigru 102**. You can sign up to join on [GarnetGate](#) and join the GroupMe for updates on events and additional information.

[GroupMe](#)



[Learn More](#)



WANT TO TAKE YOUR IMPACT TO THE NEXT LEVEL? **BECOME A STUDENT AMBASSADOR!**

Student Ambassadors are the elite leaders of our student engagement program. They make a 1-year+ commitment to mobilize their campus and community to take action for kids. As a Student Ambassador, you will receive additional support and mentorship from Save the Children/SCAN staff, including regular check-ins to help plan and execute events and other engagement activities.

SCAN the QR Code to learn more and apply!

Or email schoolclub@savechildren.org



[Save the Children Action Network](#) has a student club at USC and is looking for new members to join and participate in activities to increase awareness of the importance of child nutrition in the state. They also have one student ambassador position open. For more information, you can check out their GarnetGate page below.

[Save the Children Action Network](#)

Important Nutrition-Related Updates & Events from Professional Organizations



Access to fresh fruits and vegetables is disproportionate in rural communities across South Carolina, where residents are subject to lower wages, fewer healthcare options, and barriers to transportation. [FoodShare](#) partners with community-led organizations who help reduce financial and accessibility barriers by distributing Fresh Food Boxes. By making a financial gift to FoodShare we can continue to positively impact health outcomes across the city and state.

[Give Back](#)

SCPHA 2024 Annual Conference

March 25, 2024 –
March 28, 2024



DoubleTree Resort
by Hilton Myrtle
Beach Oceanfront
3200 South Ocean
Boulevard
Myrtle Beach, SC 29577

The South Carolina Public Health Association’s Annual Conference will be held **March 25-28, 2024**, in Myrtle Beach, SC. **Registration is now open.**

SCPHA 2024



The International Society of Behavioral Nutrition and Physical Activity will host their conference on Advancing Behavior Change Science **May 20-23, 2024**, in Omaha, Nebraska. **Registration is now open.**

ISBNPA 2024



The American Society for Nutrition (ASN) announced its annual meeting, NUTRITION 2024, will take place in Chicago, Illinois, **June 29-July 2, 2024**. NUTRITION 2024 is the premier meeting for the nutrition community, exploring developments in clinical and translational nutrition, food science and systems, diet and disease, basic science, global health, and more.

ASN 2024

eat
right. Academy of Nutrition
and Dietetics

FNCE[®] 2024

Food & Nutrition Conference & Expo[®]

Minneapolis, MN | October 5-8

The Food & Nutrition Conference & Expo 2024 will take place in Minneapolis, MN, **Oct. 5-8, 2024**.

FNCE 2024



APHA 2024

ANNUAL MEETING & EXPO

Minneapolis | Oct. 27-30

Rebuilding Trust in Public Health and Science

ENGAGE, COLLABORATE, GROW

The 2024 APHA Annual Meeting and Expo will also take place in Minneapolis, MN on **Oct. 27-30, 2024**. Registration and housing will open in June 2024. ***Call for Abstracts is now open!*** Abstracts are due **March 29th**.

APHA 2024

We will provide more information and send notification of dates and times of affiliate presentations as they become available for these upcoming events. Please let us know if you are presenting at any of the upcoming conferences or if there are any other nutrition-related conferences we should be promoting.

Recent Affiliate Nutrition-Related Publications

Adams EL, Edgar A, Mosher P, et al. A comparison of perceived barriers to optimal child sleep among families with low and high income. *Sleep Health*. Published online January 19, 2024. doi:10.1016/j.sleh.2023.12.0041.

Akl C, El-Helou N, Safadi G, **Ghattas H**, et al. Urban school neighbourhoods dominated by unhealthy food retailers and advertisements in Greater Tunis: a geospatial study in the midst of the nutrition transition. *Public Health Nutrition*. 2024;27(1):e44. doi:10.1017/S1368980023002860

Bernhart JA, Turner-McGrievy GM, DuBois KE, Rudisill C, Okpara N, Wilcox S, et al. Community Health Worker Implementation and Cost Analysis of a Plant-based Nutrition Program. *Journal of Nutrition Education and Behavior*. Published online February 2, 2024. doi:10.1016/j.jneb.2023.12.009

Cintineo HP, Bello ML, Walker AJ, **Chandler AJ**, McFadden BA, **Arent SM**. Monitoring training, performance, biomarkers, and psychological state throughout a competitive season: a case study of a triathlete. *Eur J Appl Physiol*. Published online January 18, 2024. doi:10.1007/s00421-023-05414-x

Doustmohammadian A, Amirkalali B, Esfandyari S, **Hebert JR**, et al. The association between dietary inflammatory index (DII) scores and c-reactive protein (CRP) and nonalcoholic fatty liver disease (NAFLD) in a general population cohort. *Clinical Nutrition ESPEN*. 2024;60:156-164. doi:10.1016/j.clnesp.2024.01.017

DuBois K, Blake CB, Rudisill C, Harrison S, **Hébert JR**. Patient decision making about utilization of treatment and management methods: toward enhanced promotion of preventive self-management for ulcerative colitis. *Gastroenterology*. 2024;166(3):S108. doi:10.1053/j.gastro.2023.11.246

Freitas RGBON, Vasques ACJ, da Rocha Fernandes G, **Hébert JR**, et al. Gut bacterial markers involved in association of dietary inflammatory index with visceral adiposity. *Nutrition*. 2024;122:112371. doi:10.1016/j.nut.2024.112371

Frongillo EA, Bethancourt HJ, Pala AN, et al. Complementing the U.S. Household Food Security Survey Module with items reflecting social unacceptability. *The Journal of Nutrition*. Published online February 24, 2024. doi:10.1016/j.tjnut.2024.02.023

Frongillo EA, Suresh S, Thapa DK, et al. Impact of Suaahara, an integrated nutrition programme, on maternal and child nutrition at scale in Nepal. *Matern Child Nutr*. Published online February 11, 2024:e13630. doi:10.1111/mcn.13630

Hirsch AG, Conderino S, Crume TL, **Liese AD**, et al. Using electronic health records to enhance surveillance of diabetes in children, adolescents and young adults: a study protocol for the DiCAYA Network. *BMJ Open*. 2024;14(1):e073791. doi:10.1136/bmjopen-2023-073791

Hu EA, **Turner-McGrievy GM, Wilson MJ, Okpara N, Frongillo EA, Wilcox S**, et al. Adherence to a culturally adapted soul food vegan diet among African American

adults increases diet quality compared to an omnivorous diet in the NEW Soul Study. *Nutrition Research*. Published online February 2, 2024.

doi:[10.1016/j.nutres.2024.01.010](https://doi.org/10.1016/j.nutres.2024.01.010)

Kenney E, Rampalli KK, Samin S, Frongillo EA, Reyes LI, Bhandari S, Boncyk M, Blake CE, et al. How livelihood change affects food choice behaviors in low- and middle-income countries: A scoping review. *Advances in Nutrition*. Published online March 9, 2024:100203. doi:[10.1016/j.advnut.2024.100203](https://doi.org/10.1016/j.advnut.2024.100203)

Liese AD, Brown AD, **Frongillo EA**, et al. Properties of the Household Food Security Survey Module Scale in Young Adults with Diabetes. *The Journal of Nutrition*. Published online February 2, 2024. doi:[10.1016/j.tjnut.2024.01.028](https://doi.org/10.1016/j.tjnut.2024.01.028)

Ma C, Searle D, Tian J, **Hébert JR**, et al. Dietary Inflammatory Index and Magnetic Resonance Imaging–Detected Knee Structural Change and Pain: A 10.7-Year Follow-up Study. *Arthritis Care & Research*. n/a(n/a). doi:[10.1002/acr.25307](https://doi.org/10.1002/acr.25307)

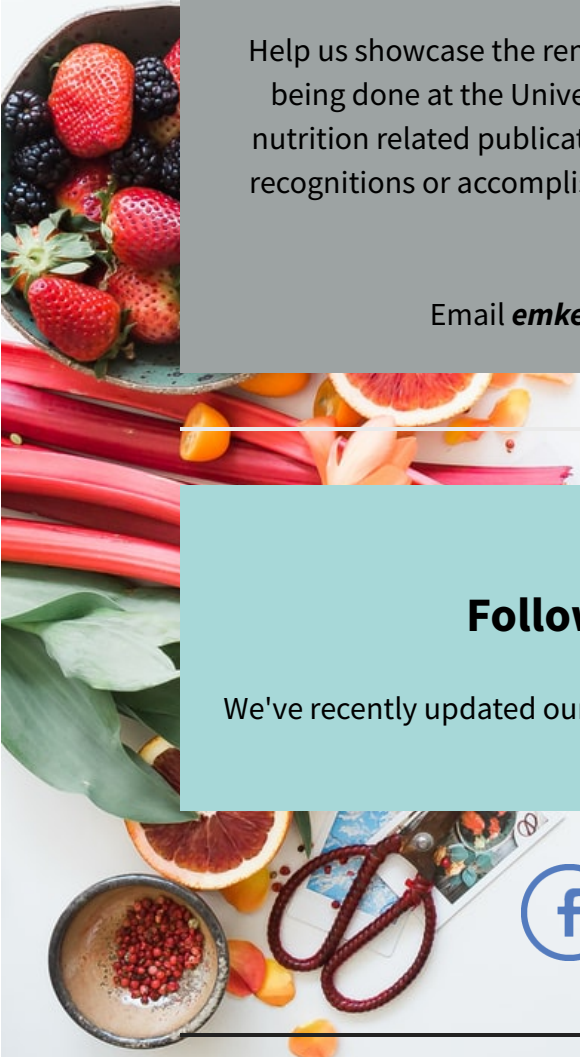
Makoukji M, Amhez NEH, Yehya AAK, **Ghattas H**, Abunnasr Y, Zurayk R. Food systems under shock: the evolution of food security status of Karantina residents after the Beirut explosion. *Frontiers in Sustainable Food Systems*. 2024;8. <https://www.frontiersin.org/articles/10.3389/fsufs.2024.1351541>

Rodgers AL, Arzoz-Fabregas M, Roca-Antonio J, Dolade-Botias M, Shivappa N, **Hébert JR**. Correlation research demonstrates that an inflammatory diet is a risk factor for calcium oxalate renal stone formation. *Clinical Nutrition ESPEN*. 2024;60:320-326. doi:[10.1016/j.clnesp.2024.02.004](https://doi.org/10.1016/j.clnesp.2024.02.004)

Ryon MG, **Langan LM**, Brennan C, et al. Influences of 23 different equations used to calculate gene copies of SARS-CoV-2 during wastewater-based epidemiology. *Science of The Total Environment*. 2024;917:170345. doi:[10.1016/j.scitotenv.2024.170345](https://doi.org/10.1016/j.scitotenv.2024.170345)

Saul A, Taylor B, Blizzard L, **Hébert JR**, et al. A pro-inflammatory diet is associated with long-term depression and anxiety levels but not fatigue in people with multiple sclerosis. *Multiple Sclerosis and Related Disorders*. 2024;84:105468. doi:[10.1016/j.msard.2024.105468](https://doi.org/10.1016/j.msard.2024.105468)

Turner-McGrievy GM, Wilcox S, Frongillo EA, Kim Y, **Okpara N, Wilson M**. Differences in dietary acceptability, restraint, disinhibition, and hunger among African American participants randomized to either a vegan or omnivorous soul food diet. *Appetite*. 2024;196:107280. doi:[10.1016/j.appet.2024.107280](https://doi.org/10.1016/j.appet.2024.107280)



Share your Successes!

Help us showcase the remarkable nutrition research, teaching, and service being done at the University of South Carolina. Tell us about your latest nutrition related publications, presentations, awards, grants, and all other recognitions or accomplishments to be featured on our website and future NutriNews.

Email emkenney@email.sc.edu to be featured.

Follow us on Social Media:

We've recently updated our [Nutrition Consortium website](#). Take a look and tell us what you think!



[view this email in your browser](#)

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