

MAY 2019

Nutrition News

Nutrition Consortium
Discovery I
921 Assembly St. Columbia, SC

UofSC Nutrition Consortium Holds 9th Annual Research Symposium

BY JALENA JAMES

The University of South Carolina's Nutrition Consortium held its 9th annual Research Symposium, UofSC Nutrition Research Day: Share, Discover, Connect on Friday, March 22 at the UofSC alumni center. The six-hour event, comprised of nearly 100 faculty, staff, students and community members from various disciplines, showcased in-depth research across the spectrum of nutrition research being conducted at the university.

Twenty-seven posters and fourteen oral presentations were given by faculty, staff, and students from all Arnold School departments--- Health Promotion, Education and Behavior, Exercise Science, Epidemiology and Biostatistics, Environmental health Sciences, Health Services Policy and Management as well as Economics and Nursing, provided a diverse range of research topics.

"As a PhD student, one major strength that attracted me to UofSC is the variety of nutrition related research foci. At UofSC, students and faculty can expand their perspectives to recognize the ways various nutrition related factors work together to improve and maintain long term health. I genuinely enjoyed witnessing the range of nutrition expertise come together to learn and share during this year's Nutrition Symposium," says Event Supervisor and PhD candidate, Kelli DuBois.

The symposium opened with an address from the 2019 Nutrition

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Symposium keynote speaker Dr. Solveig Argeșeanu Cunningham, Associate Professor of Global Health at Emory University's Rollins School of Public Health.

Dr. Cunningham's keynote address, titled "Tracing the Life Origins of Obesity" highlighted the importance of obesity prevention during early childhood. By mapping intergenerational patterns of growth and obesity, and assessing the risk factors associated with adult obesity, Dr. Cunningham argued that the predictors of obesity reach beyond individual health behaviors of diet and exercise and called for obesity prevention efforts to target early life exposures.

Student research was also highlighted as part of this year's Nutrition Symposium. Marilyn Wende of the Health Promotion, Education and Behavior Department, received the student abstract and oral presentation award. Student poster presentation award winners included: Rodrick Dugger, Exercise Science, for first place. Omonefe Omofuma, Epidemiology, and Barbara Bujak, Health Promotion, Education and Behavior, tied for second place. Paul Vecchiarelli, Environmental Health Science, and Nazratun Monalisa, Health Promotion, Education and Behavior, tied for third place.

"The 2019 Nutrition Symposium was a fantastic success. Since this was my first year as the director leading the symposium planning, I wasn't sure what to expect and am pleased to say that we met and even exceeded many of our goals. The UofSC nutrition community demonstrated their desire to share and learn from one another," says Nutrition Consortium Director, Dr. Christine Blake, "Attendance was high with many staying for the entire 6 ½ hour program, including some who planned to only attend for the morning. We will definitely build on what we learned this year's event to plan an even better Symposium in 2020." Participants and attendees are encouraged to give feedback on this year's symposium to help make the research event a continuous success in the years to come.



The winners from left to right, accompanied by Dr. Christine Blake in the middle: Marilyn Wende, Omonefe Omofuma, Paul Vecchiarelli, and Nazratun Monalisa



Affiliate Spotlight: Dr. Brie Turner-McGrievy

BY SYDNEY HANKINSON

Department: HPEB

Classes taught at USC: HPEB 502: Applied Human Nutrition

Length of time working at USC: Since 2011

How would you describe your nutrition research?

My work focuses on behavioral interventions for weight loss and the prevention and treatment of chronic diseases. My research has included the use of emerging technologies for weight loss and plant-based dietary approaches for chronic disease prevention and treatment among adults.

What professional accomplishment(s), related to nutrition are you most proud of?

While I have over 100 publications and have secured more than \$3.5 million in grant funding, I think I'm most proud of the wonderful students who have worked with me over the years. All of my doctoral students have secured faculty positions or postdocs and are doing amazing things in public health.

What do you see as some of the biggest or most interesting nutrition challenges?

There has been a recent call to establish a nutrition research institute within the NIH. I think this is a result of seeing a need for a directed effort at funding work that addresses diet, which is one of the largest contributors to all the major chronic diseases we see in the US and globally.

What do you hope to see the Nutrition Consortium accomplish in 2019?

I am excited to see how the Nutrition Consortium can highlight all the innovative nutrition research that is happening here at UofSC. The work done here not only has direct impacts on our local community, but also our nutrition researchers are making impacts on nutrition at the global level too.



Brie Turner-McGrievy,
PhD, MS, RD

Affiliate Accomplishments

BY SYDNEY HANKINSON

Publications (underlined names are current or former students, bolded names are affiliates):

- Turner-McGrievy GM, Dunn CG, Wilcox S, Boutté AK, Hutto B, Hoover A, Muth E. Defining adherence to mobile dietary self-monitoring and assessing tracking over time: Tracking at least two eating occasions per day is best marker of adherence within two different mHealth randomized weight loss interventions. *Journal of the Academy of Nutrition and Dietetics*. In press.
- Dunn C, Turner-McGrievy GM, Wilcox S, Hutto B. Dietary self-monitoring through calorie tracking but not digital photography app is associated with significant weight loss: The 2SMART pilot study, a six-month randomized trial. *Journal of the Academy of Nutrition and Dietetics*. In press.
- Turner-McGrievy GM, Wirth MD, Shivappa N, Dunn C, Crimarco A, Hurley T.G., West D, Hussey J, Hébert JR. Impact of a 12-month Inflammation Management Intervention on the Dietary Inflammatory Index, inflammation, and lipids. *Clinical Nutrition ESPEN*. In press.
- Ramakrishnan, S., Steck, S.E., Arab, L., Zhang, H., Bensen, J.T., Fontham, E.T.H., Johnson, C.S., Mohler, J.L., Smith, G.J., Su, L.J., Woloszynska, A. Association among Plasma 1,25(OH)₂D, Ratio of 1,25(OH)₂D to 25(OH)D, and Prostate Cancer Aggressiveness. *The Prostate*. 2019. In press.
- Zheng, J.L., Wirth, M.D., Merchant, A.T., Zhang, J., Shivappa, N., Stolzenberg-Solomon, R., Hébert, J.R., Steck, S.E. Inflammatory Potential of Diet, Inflammation-related Lifestyle Factors and Risk of Pancreatic Cancer: Results from the NIH-AARP Diet and Health Study. *Cancer Epidemiology, Biomarkers and Prevention*. 2019. In press.
- Zheng, J.L., Tabung, F.K., Zhang, J., Murphy, E.A., Shivappa, N., Ockene, J.K., Caan, B., Kroenke, C.H., Hébert, J.R., Steck, S.E. Post-cancer Diagnosis Dietary Inflammatory Potential is Associated with Survival among Women Diagnosed with Colorectal Cancer in the Women's Health Initiative. *European Journal of Nutrition*. 2019. In press.
- Gunter, M.A., Park, Y.M., Steck, S.E., Sandler, D.P. Day-to-day Regularity in Breakfast Consumption is Associated with Weight Status in a Prospective Cohort of Women. *International Journal of Obesity*. 2019. In press.
- Gunter, M.A., Merchant, A.T., Tabung, F.K., Wirth, M., Shivappa, N., Hurley, T.G., Hébert, J.R., Sui, X., Blair, S.N., Steck, S.E. Does Adiposity Modify the Effect of the Dietary Inflammatory Index on Type 2 Diabetes Risk? *Journal of Nutrition and Intermediary Metabolism*. 2019. In press.
- Schneider, L., Su, L.J., Arab, L., Bensen, J.T., Farnan, L., Fontham, E.T.H., Song, L., Hussey, J., Merchant, A.T., Mohler, J.L., Steck, S.E. Dietary Patterns Based on the Mediterranean Diet and DASH Eating Plan Are Inversely Associated with High Aggressive Prostate Cancer in PCaP. *Annals of Epidemiology*. 29:16-22, 2019.

Affiliate Accomplishments (Continued)

Publications (Continued):

- Jayne, J., **Blake, CE**, **Frongillo, EA**, **Liese, A.**, Cai, B., Nelson, A., Kurina, L., Funderburk, L. Trajectories of body mass index among active-duty U.S. Army Soldiers, 2011-2014. *Preventive Medicine Reports*, 2019, 14.
- Iachini, Al, DeHart, DD, Browne, T, Dunn, BL, Blake, EW, & **Blake, CE**. Examining collaborative leadership through interprofessional education: findings from a mixed methods study. *Journal of Interprofessional Care*, 2019, 33,2, 235-242.
- Escobar-Alegria, JL, **Frongillo, EA**, **Blake, CE**. Sustainability of food and nutrition security policy during presidential transitions. *Food Policy*, 2019, 83, 195-203.
- Choi, SK, **Frongillo, EA**, **Blake, CE**, **Thrasher, JF**. Why are restricted food items still sold after the implementation of the school store policy? the case of South Korea. *Food Policy*, 2019, 83, 161-169.
- Jayne, JM, Bujak, BK, Torres-McGehee, TM, **Frongillo, EA**, Cable, SJ, Glover, SH, Emerson, DM, **Blake, CE***. Role of Drill Sergeants in Nutrition Behaviors of Soldiers in Basic Combat Training. *Journal of the Academy of Nutrition and Dietetics*. 2019, 119(1), 69-75

Presentations:

1. **Turner-McGrievy GM**, "Dietary pattern recognition in Twitter: A case example of before, during, and after a natural disaster." International Society of Behavioral Nutrition and Physical Activity annual meeting, poster presentation, to be presented June 2019.
2. **Turner-McGrievy GM**, "The Nutritious Eating with Soul Study: 6-month changes in body weight and blood pressure comparing a vegan vs. low-fat soul food dietary intervention." International Society of Behavioral Nutrition and Physical Activity annual meeting, oral presentation, to be presented June 2019.
3. Dubois, K., **Beets, M.**, **Blake, C.**, McCabe, J. Meta-Analysis of Dietary Intervention Effects on Crohn's Disease and Ulcerative Colitis. Presented at the Annual Meeting of the Crohn's and Colitis Foundation, Las Vegas NV. February 2019.



Affiliate Accomplishments (Continued)

Dissertation defenses:

Anthony Crimarco (HPEB PhD Student; **Turner-McGrievy** mentor) successfully defended his dissertation entitled “The plant-based and soul-full study (PASS): Examining how owners of local vegan soul food restaurants promote the consumption of vegan foods in the African American community.”

Alycia Boutté (HPEB PhD Student; **Turner-McGrievy** mentor) successfully defended her dissertation entitled “Examining the Relationships between Stress, Depressive Symptoms, and the Neighborhood Food Environment on Diet Quality among Racially-Diverse Pregnant Women in South Carolina.”

Other news:

Dr. Brie Turner-McGrievy was selected for the Dietary Guidelines Advisory Collaborative for the Academy of Nutrition Dietetics. She attended their kick-off meeting in Washington DC on May 28-29 and will serve on this advisory group for one year.

Dr. Susan Steck was awarded a national research award from the Academy of Nutrition and Dietetics. The award recognizes an outstanding registered dietitian nutritionist who has demonstrated excellence and leadership in this specific area of practice.

Dr. Christine Blake was invited to participate as an expert on food demand in an interactive workshop hosted by the Global Alliance for Improved Nutrition (GAIN). Invited experts from diverse fields and sectors including the food & beverage industry, nutrition academics, development sector professionals, ad & digital agencies, and economists & finance experts met in Amsterdam, Netherlands in February, 2019 for a two day workshop on future action for improving quality of diets through demand creation.

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