



NutriNews

Important Nutrition-Related Updates & Events at USC

Save the Date: USC Nutrition Research Symposium

Save the Date!

The 15th Annual Nutrition Research Symposium will be held March 20, 2025, at the Koger Center.



Save the Date! Our 15th Annual Nutrition Research Symposium will be held **March 20, 2025**, at the Koger Center. More information we will available soon.

Symposium 2025

Other USC Announcements

Nutrition and Related Courses

Spring 2025 Nutrition Course Offerings

HPEB 489: Food Systems Capstone Seminar
HPEB 502: Applied Aspects of Human Nutrition
HPEB 560: Cooking Up a Storm: Food, Globalization, Localization, and Health in the South
HPEB 752: Nutrition and Public Health
EXSC 507: Exercise, Sport, and Nutrition
EXSC 620: Nutrition and Immunology
NURS 220: Clinical Nutrition
ANTH 212: Food and Culture
BIOL 425: Plant Form and Function
GEOG 538: Global Food Politics

*Some courses may have prerequisites or restrictions.

Don't forget to sign up for your nutrition courses for the Spring 2025 semester! See the full list of nutrition courses on our website, and a highlight of HPEB 752 below.

Nutrition Courses

**Spring
2025**

HPEB 752

CRN: 55948

**Instructor
Nick
Younginer**

**Mondays
9:40-12:25**



Why do we care what other people eat?



Nutrition and Public Health

This course focuses on human nutrition through the lens of public health. We will examine nutrition policies and programs as well as the potential for risk reduction through health promotion and education. Class material will be drawn from the course textbook as well as relevant literature from the field. This course will employ a seminar format in which open discussion is required. Over the semester we will examine nutrition-related diseases, public health and social theory, how different public health fields approach nutrition, and examples from the field of nutrition.

Sign up for HPEB 752 next Spring to learn about human nutrition through the lens of public health. See the image above for more details.





The Student Nutrition Group (SNG) has been busy this Fall with activities such as volunteering at Harvest Hope, group Pilates classes at Strom, and collaboration walks with Carolina Girls Who Walk (CGWW). You can sign up via [GarnetGate](#) and join the GroupMe for updates on events and additional information.

GroupMe



Become an Affiliated Scholar!



UNIVERSITY OF
South Carolina


Become a part of the USC Nutrition Consortium's interdisciplinary scholars for networking opportunities, seminar events and more!

[Learn More](#)

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Participants Needed!

Women's Health & Nutrition Research Study



UNIVERSITY OF
South Carolina
SUSTAIN LAB
exercise, nutrition, metabolism, body composition

- Contribute to research that **helps us understand how different nutrients affect female muscle health and hydration.**
- Support a master's thesis project **dedicated to advancing women's health.**

Study Overview

 **Two lab visits** during different hormone phases

- requires daily urine hormone testing

 **Nutrient challenge test:**

- Drink a beverage with protein, carbs, or water
- Multiple measures of:
 - Body water
 - Muscle characteristics
 - Energy expenditure
 - Nutrient metabolism


 **Time Commitment:**

- Lab visits: 2 x 4 hour visits
- Total time in study: 1-2 months

Who We Are Looking For?

- Premenopausal women aged 18-40
- Naturally menstruating (21-35 day cycle)
- Or using hormonal contraception
- Recreationally active (exercising ~3 d/wk)
- In good health

Interested?
Scan QR code or contact:
sustainlab@mailbox.sc.edu
Subject: 'Nutrition & Phase Angle'
Phone: 803-777-5478



IRB#: Pro00138394

Participants are needed for a women's health and nutrition research study. Study information and participant criteria are in the image above.

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](#)



NUTRITION 2025

May 31 - June 3 • Orlando, Florida

Call for Abstracts

Abstract Submission Deadline:

January 13, 2025



The American Society for Nutrition (ASN) announced its annual meeting, NUTRITION 2025, will take place in Orlando, Florida, **May 31-June 3, 2025**. NUTRITION 2025 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. *The Call for Abstracts is now open!* Abstracts are due **January 13, 2025**.

Call for Abstracts



The International Society of Behavioral Nutrition and Physical Activity will host their conference on Advancing Behavior Change Science 2025 in Auckland, New Zealand, **June 11-14, 2025**. The call for abstracts and symposia should open in mid-September, 2024.

ISBNPA 2025



The 10th Annual Agriculture, Nutrition and Health (ANH) Academy Week will be hybrid (online and in-person, Dar es Salaam, Tanzania), **June 16-26, 2025**.

ANH 2025

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

Abi Zeid B, Farouki L, El Khoury T, **Ghattas H**, et al. Predicting poor mental health among older Syrian refugees in Lebanon during the COVID-19 pandemic: a nested cross-sectional study. *BMJ Glob Health*. 2024;9(8):e015069. doi:[10.1136/bmjgh-2024-015069](https://doi.org/10.1136/bmjgh-2024-015069)

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Baldi A, Braat S, Hasan MI, **Larson LM**, et al. Effects of iron supplements and iron-containing micronutrient powders on the gut microbiome in Bangladeshi infants: a randomized controlled trial. *Nat Commun*. 2024;15(1):8640. doi:[10.1038/s41467-024-53013-x](https://doi.org/10.1038/s41467-024-53013-x)

Bazmi S, Sepehrinia M, Pourmontaseri H, **Hébert JR**, et al. Androgenic alopecia is associated with higher dietary inflammatory index and lower antioxidant index scores. *Front Nutr*. 2024;11. doi:[10.3389/fnut.2024.1433962](https://doi.org/10.3389/fnut.2024.1433962)

Beets MW, Burkart S, Pfladderer C, **Adams E**, **Weaver RG**, et al. Free Summer Programming and Body Mass Index Among Schoolchildren From Low-Income Households: A Randomized Clinical Trial. *JAMA Pediatrics*. Published online October 14, 2024. doi:[10.1001/jamapediatrics.2024.3693](https://doi.org/10.1001/jamapediatrics.2024.3693)

Bernhart JA, **Turner-McGrievy GM**, Davey M, **Okpara N**, **Wilcox S**, et al. The NEW Soul Study: Implementation and Evaluation Impact From the Secular Trend of the COVID-19 Pandemic. *Journal of Public Health Management and Practice*.:10.1097/PHH.0000000000002071. doi:[10.1097/PHH.0000000000002071](https://doi.org/10.1097/PHH.0000000000002071)

Chaney AM, Arnold CD, **Frongillo EA**, Ritchie LD, Steele EM, Au LE. Infant diet quality index predicts nutrients of concern and ultra-processed food intake in low-income U.S. children. *Current Developments in Nutrition*. 2024;0(0). doi:[10.1016/j.cdnut.2024.104483](https://doi.org/10.1016/j.cdnut.2024.104483)

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Ek C, **Hébert JR**, Friedman DB, Porter DE. Climate Change, Racism, and Food Insecurity: Cyclical Impacts of Stressors Exacerbate Health Disparities. *J Racial and Ethnic Health Disparities*. Published online October 16, 2024. doi:[10.1007/s40615-024-02202-x](https://doi.org/10.1007/s40615-024-02202-x)

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