



American Society for Nutrition
NUTRITION 2023
Live Attendance – July 22-25, 2023

Purpose

The American Society for Nutrition leads efforts to provide science-based nutrition information that is essential to advancing knowledge and improving health around the world. Its Nutrition Education Program is designed to keep nutrition professionals up to date on the latest science and trends and embraces new technologies to broaden knowledge in innovative ways. It provides high caliber, engaging education to support continuing education for nutrition professionals and healthcare providers through webinars, meetings, symposia, workshops, and online learning.

NUTRITION 2023 brings together top nutrition scientific researchers, practitioners, global and public health professionals, policy makers and advocacy leaders, industry, media, and other related professionals to examine the latest advances in nutrition science and discuss clinical applications.

The meeting is organized around critical topics including:

- Cellular and Physiological Nutrition/Metabolism
- Climate and/or Food Systems
- Clinical and Translational Nutrition
- Global and Public Health Nutrition
- Population Science
- Career/Professional Development

Needs Assessment

NUTRITION 2023 advances clinical practice through state-of-the-art education focused on the many aspects of nutrition science including basic science, clinical research, and public health interventions.

ASN uses a planning process that links identified professional practice gaps and education needs with desired results in its provision of education activities. It identifies professional practice gaps and education needs through a variety of evidence-based sources, as well as activity evaluation summaries and member surveys.

NUTRITION 2023, along with all ASN education activities, seeks to reach healthcare professionals with the knowledge and competence they need in nutrition science and practice.

Research has indicated that nutrition is minimally addressed in medical schools and residencies. Physicians are trained to treat diseases with less emphasis on preventative medicine including the importance of nutrition and other lifestyle factors. Most physicians recognize this deficiency and seek out ways to improve their knowledge, competence, and practice in this area.

Keywords

- COVID-19 and Nutrition
- Diet and Cancer
- Dietary Bioactive Components
- Eating Frequency and Chrononutrition
- Energy and Macronutrient Metabolism
- Experimental Animal Nutrition
- Global Nutrition
- Maternal, Perinatal and Pediatric Nutrition
- Neuroscience/Nutrition and the Brain
- Nutritional Epidemiology
- Nutritional Immunology and Inflammation/Immunometabolism
- Nutritional Microbiology/Microbiome
- Obesity
- Precision Nutrition
- Sports Nutrition and Physical Activity
- Vitamins and Minerals

Target Audience

- Researchers
- Physicians
- Dietitians
- Physician Assistants and Nurse Practitioners
- Academic Faculty
- Health Educators
- Behavioral Specialists
- Nurses
- Pharmacists
- Undergraduate/Graduate Students/Postdoctoral Fellows
- Medical Students and Residents
- Wellness Professionals

Overall Outcome Objectives

- Critically appraise current nutrition and obesity research and advances in basic and clinical science of nutrition, obesity, metabolism, and related conditions
- Integrate current research findings into the clinical practice of nutrition and public health
- Recognize importance of developing nutrition strategies to address special health considerations across a patient's lifespan
- Embrace technologies that broaden competence in innovative nutrition research and practice
- Identify practice gaps within clinical nutrition and public health that impact health outcomes

Competencies

The Desirable Physician Attributes addressed in this activity are:

- Systems-Based Practice
- Medical Knowledge
- Interpersonal and Communication Skills
- Professionalism

Media Used

NUTRITION 2023 is a live education activity composed of lectures, scientific sessions, abstract presentations, interactive discussions, and networking.

Method of Participation in the Learning Process

Learners will attend NUTRITION 2023 which will be held at the Sheraton Boston Hotel in Boston, Massachusetts from July 22-25, 2023. Registration for the meeting is required to attend sessions offering continuing education credit.

At the conclusion of the learning activity, learners complete an evaluation survey.

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the American Society for Nutrition (ASN). The American Society for Nutrition is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation

Physicians

The ASN designates this live course activity for a maximum of 14.25 *AMA PRA Category 1 Credits™*. Physicians should claim credit commensurate with the extent of their participation in the activity. Credit will be awarded on a per session basis, upon successful completion of the session evaluation.

The certificate you receive upon completion of this education activity will list the amount of continuing medical education credit you were **awarded**. Please use this documentation for your CME licensing or certification needs.

The following **NUTRITION 2023** sessions will offer CME credit for physicians. Please note learners can only claim credit for one session if more than one session offering continuing education credit occurs at the same time. All education content presented in this activity has been reviewed and validated as appropriate in keeping with sound scientific principles.

- Teens and Nutrient Deficiencies: A Growing Public Health Crisis (July 22, 2:30 PM – 4:00 PM)
- Opening Session & Presidential Symposium: Food as Medicine: New Findings to Explain Reduced Risk of Cardiovascular Disease by Dietary Linoleic Acid (July 22, 4:30 PM – 6:00 PM)
- It's Time to Quantify Intake Recommendations for Dietary Bioactives (July 23, 8:00 AM – 9:30 AM)
- Paving the Way to Precision Nutrition: Using Metabolomics to Discover & Validate Dietary Biomarkers (July 23, 10:00 AM – 11:30 AM)
- Ultra-Processed Foods: Current Challenges and Future Directions (July 23, 10:00 AM – 11:30 AM)
- The W.O. Atwater Memorial Award Lecture: Enhancing the Purpose of Food (July 23, 2:00 PM – 3:00 PM)
- 2023 Robert Suskind and Leslie Lewinter-Suskind Pediatric Nutrition Lifetime Achievement Award Lecture - Infant Nutrition: Challenges and Opportunities (July 24, 8:00 AM – 9:35 AM)
- Are We Ready? Resilience as a Biomarker for a “Healthy” Gut Microbiome (July 24, 2:00 PM – 3:30 PM)
- Nourishing the Future: How Early Taste and Food Exposures Shape Diet and Health in Later Life (July 24, 2:00 PM – 3:30 PM)

- Nutrition and the Aging Brain (July 24, 2:00 PM – 3:30 PM)
- 2023 George Bray Outstanding Scientific Achievements Award in Obesity Research: Adipose Tissue Metabolism in Human Obesity (July 24, 4:00 PM – 5:35 PM)
- 2023 Jean-Pierre Habicht Lifetime Achievements in Global Nutrition Award and Global Nutrition Council Forum (July 24, 6:15 PM – 7:30 PM)
- Behind the Scenes @ *Nutrition for Precision Health* (July 25, 8:00 AM – 9:30 AM)

Dietitians/Dietetic Technicians

ASN (Provider #NS010) is accredited and approved by the Commission on Dietetic Registration (CDR) as a provider of Continuing Professional Education (CPE) programs for Registered Dietitians.

ASN designates this annual meeting activity for a maximum of 18.75 CPE credits.

The following **NUTRITION 2023** sessions will offer CPE credit for registered dietitians. Please note learners can only claim credit for one session if more than one session offering continuing education credit occurs at the same time. All education content presented in this activity has been reviewed and validated as appropriate in keeping with sound scientific principles.

- Teens and Nutrient Deficiencies: A Growing Public Health Crisis (July 22, 2:30 PM – 4:00 PM)
- Opening Session & Presidential Symposium: Food as Medicine: New Findings to Explain Reduced Risk of Cardiovascular Disease by Dietary Linoleic Acid (July 22, 4:30 PM – 6:00 PM)
- Biomarkers of Nutrition for Development: Knowledge Indicating Dietary Sufficiency (July 23, 8:00 AM – 9:30 AM)
- It's Time to Quantify Intake Recommendations for Dietary Bioactives (July 23, 8:00 AM – 9:30 AM)
- Paving the Way to Precision Nutrition: Using Metabolomics to Discover & Validate Dietary Biomarkers (July 23, 10:00 AM – 11:30 AM)
- Ultra-Processed Foods: Current Challenges and Future Directions (July 23, 10:00 AM – 11:30 AM)
- The W.O. Atwater Memorial Award Lecture: Enhancing the Purpose of Food (July 23, 2:00 PM – 3:00 PM)
- Best Practices for Getting Your Manuscript Published & Improving the Discoverability of Your Research (July 23, 4:00 PM – 5:30 PM)
- What is Nutrition Security and How Do We Assess and Monitor It? (July 23, 4:00 PM – 5:30 PM)
- 2023 Robert Suskind and Leslie Lewinter-Suskind Pediatric Nutrition Lifetime Achievement Award Lecture - Infant Nutrition: Challenges and Opportunities (July 24, 8:00 AM – 9:35 AM)
- Food as Medicine (July 24, 10:00 AM – 11:30 AM)
- Prioritizing Nutrition Worldwide: Learning from Exemplar Countries (July 24, 10:00 AM – 11:30 AM)
- Are We Ready? Resilience as a Biomarker for a “Healthy” Gut Microbiome (July 24, 2:00 PM – 3:30 PM)
- Nourishing the Future: How Early Taste and Food Exposures Shape Diet and Health in Later Life (July 24, 2:00 PM – 3:30 PM)
- Nutrition and the Aging Brain (July 24, 2:00 PM – 3:30 PM)
- 2023 George Bray Outstanding Scientific Achievements Award in Obesity Research: Adipose Tissue Metabolism in Human Obesity (July 24, 4:00 PM – 5:35 PM)
- Cultivating Resiliency and a Growth Mindset in Early Career Nutrition Professionals (July 24, 4:00 PM – 5:15 PM)

- 2023 Jean-Pierre Habicht Lifetime Achievements in Global Nutrition Award and Global Nutrition Council Forum (July 24, 6:15 PM – 7:30 PM)
- Behind the Scenes @ *Nutrition for Precision Health* (July 25, 8:00 AM – 9:30 AM)
- Metabolic Adaptation and Increased Drive to Eat as Drivers of Weight Regain in Individuals with Obesity. Myth or Reality? An Exercise in Adversarial Collaboration (July 25, 10:00 AM – 11:30 AM)

Activity Type: Annual Meeting

Activity Number: 178019

CPE Level 2

Performance Indicators/Learning Objectives

- 12.3.2 Applies community-based and population-based models and theories in the development of programs and interventions
- 4.2.6 Integrates relevant information with previous learning, experience, professional knowledge, and current practice models
- 6.2.3 Analyzes and interprets data to form valid conclusions and to make recommendations

Non-physician and Non-dietetic Healthcare Professionals

ASN does not offer CME credit to non-physicians. However, all non-physician and non-dietetic healthcare professionals at **NUTRITION 2023** will be able to complete an evaluation and download a Certificate of Participation. This certificate designates your participation in this education activity. It lists the amount of continuing medical education credit that has been designated for physicians by ASN. You should be able to use this documentation for your licensing or certification needs. To determine if activities designated for *AMA PRA Category 1 Credit™* are acceptable for your licensing or certification needs, please contact your credentialing body directly. Please note ASN cannot guarantee its acceptance.

Instructions for Claiming Credit

In order to receive continuing education credit for this activity, learners must complete the activity evaluations.

Credit will be claimed on DiscoverNUTRITION, ASN's online learning platform. Learners must have an account on the DiscoverNUTRITION website to proceed.

Credit must be claimed and certificates must be downloaded by **September 30, 2023**.

Step 1: Create a DiscoverNUTRITION account

- If you are a member of ASN:
 - Click 'ASN Discover Nutrition login' at the top right corner of the screen at <https://discover.nutrition.org/>
 - Click the 'ASN Discover Nutrition login' button.
 - Enter your ASN member login credentials.
 - Click the 'LOG IN' button.
 - You will be returned to the learning portal website to complete your profile information for the DiscoverNUTRITION website.
- If you are not a member of ASN:
 - Click 'Register' at the top right corner of the screen at <https://discover.nutrition.org/>
 - Click 'Create new visitor account' in the Visitor Login section.
 - Complete the online form.
 - Click the 'Create new visitor account' button at the bottom of the page.

Step 2: Once logged into the DiscoverNUTRITION website, enroll in the appropriate course relevant to your qualifications. See below for direct links to the courses available for each specific learner group.

- Physicians: <https://discover.nutrition.org/content/nutrition-2023-cme-credit-physicians>
- Registered Dietitians: <https://discover.nutrition.org/content/nutrition-2023-continuing-professional-education-cpe-credit-registered-dietitians>
- Non-physician and Non-dietetic Healthcare Professionals: <https://discover.nutrition.org/content/nutrition-2023-certificate-participation>

*Step 3: Click the Register tab for the course and enter the following code to gain access to it: **ASN23***

Step 4: In the course, follow all instructions to (1) complete the evaluations for sessions attended, and (2) the overall continuing education evaluation. The final step of downloading a certificate for the NUTRITION 2023 sessions evaluated by the learner will become available on Tuesday, July 22 at 12:00 PM ET.

- Feedback on each session attended must be provided. CME/CE credit will not automatically be awarded.
- Follow all instructions for completing the required information.
- Please note session evaluations for each day will not be available until the day the session is scheduled to take place.

Official ASN Disclosure Policies

It is the policy of the American Society of Nutrition, in compliance with the Standards for Integrity and Independence in Accredited Continuing Education to ensure that education presents learners with only accurate, balanced, and scientifically justified recommendations and protects learners from promotion, marketing, and commercial bias. ASN requires disclosure of all financial interest that the planning committee (including ASN staff) or faculty members have with ineligible companies. All faculty and contributors to this continuing education activity have disclosed any relevant financial relationship that may have direct bearing on the subject matter of this program. Specific disclosure information is in the course materials.

The American Society for Nutrition supports fair and unbiased participation of individuals in its education activities. Any real or potential conflicts of interest must be identified and managed. All relevant financial relationships with commercial interests that directly impact and/or might conflict with ASN activities must be disclosed, or disclosure that no relevant financial relationships exist must be documented. Other relationships that could cause private interests to conflict with professional interests must also be disclosed. This policy is intended to openly identify any potential conflict so that participants in an education activity are able to form their own judgments about the presentation. In addition, disclosure must be made of presentations on drugs or devices or uses of drugs or devices that have not been approved by the Food and Drug Administration.

Disclosures

Disclosures for planners, faculty and staff for all sessions for which CME credit for physicians or CPE credit for registered dietitians is available are listed below.

Faculty

Steven Abrams, MD

Dell Medical School at the University of Texas at Austin

Abbott Nutrition Health Institute: Speaker/Speaker's Bureau (Terminated, January 1, 2022)

All of the relevant financial relationships listed for this individual have been mitigated.

Seth Adu-Afarwuah, PhD

University of Ghana, Legon

No relevant financial relationship(s) with ineligible companies to disclose.

Liliana Aguayo, PhD, MPH

Emory University, Rollins School of Public Health

No relevant financial relationship(s) with ineligible companies to disclose.

Katherine Balantekin, PhD, RD

University at Buffalo

No relevant financial relationship(s) with ineligible companies to disclose.

Paola Baratto, MS

Rutgers University

No relevant financial relationship(s) with ineligible companies to disclose.

Ty Beal, PhD

GAIN

No relevant financial relationship(s) with ineligible companies to disclose.

Martha Belury, PhD, RD
The Ohio State University
United Soybean Board: Grant/Research Support (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Paul Bernstein, MD, PhD
Moran Eye Center, University of Utah
Heidelberg Engineering: Grant/Research Support (Ongoing); Kemin: Grant/Research Support (Ongoing);
Speaker/Speaker's Bureau (Ongoing); OmniActive Health Technologies: Speaker/Speaker's Bureau
(Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Zulfiqar Bhutta, MBBS, PhD
Centre for Global Child Health, Hospital for Sick Children
No relevant financial relationship(s) with ineligible companies to disclose.

Thomas Biederer, PhD
Tufts University
Mead Johnson Nutrition/Reckitt: Grant/Research Support (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Maureen Black, PhD
University of Maryland and RTI International
No relevant financial relationship(s) with ineligible companies to disclose.

Sara Bleich, PhD
Harvard T.H. Chan School of Public Health
No relevant financial relationship(s) with ineligible companies to disclose.

Andrew Bremer, MD
NICHD, NIH
No relevant financial relationship(s) with ineligible companies to disclose.

Susan Carlson, PhD
University of Kansas Medical Center
No relevant financial relationship(s) with ineligible companies to disclose.

Jennifer Coates, PhD
Tufts University Friedman School of Nutrition Science and Policy
No relevant financial relationship(s) with ineligible companies to disclose.

Alisha Coleman-Jensen, PhD
USDA Economic Research Service
No relevant financial relationship(s) with ineligible companies to disclose.

John Combes, MD
Accreditation Council for Graduate Medical Education
No relevant financial relationship(s) with ineligible companies to disclose.

Sai Krupa Das, PhD
Human Nutrition Research Center on Aging at Tufts University
No relevant financial relationship(s) with ineligible companies to disclose.

Teresa Davis, PhD
Children's Nutrition Research Center, Baylor College of Medicine
No relevant financial relationship(s) with ineligible companies to disclose.

Nicolaas Deutz, MD, PhD
Texas A&M University
Abbott: Speaker Fees
All of the relevant financial relationships listed for this individual have been mitigated.

Christopher Duggan, MD, MPH
Boston Children's Hospital
Takeda: Grant/Research Support (Ongoing); UpToDate: Royalties or Patent Beneficiary (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Johanna Dwyer, DSc, RD
Tufts University School of Medicine
Abbvie: Stock Shareholder (excluding mutual funds) (Ongoing); Amgen: Stock Shareholder (excluding mutual funds) (Ongoing); Becton Dickinson: Stock Shareholder (excluding mutual funds) (Ongoing); Editor, Nutrition Today for Wolters Kluwer Inc Publisher: Consultant (Ongoing); Edwards Lifesciences (Ongoing): Stock Shareholder (excluding mutual funds) (Ongoing); Eli Lilly: Stock Shareholder (excluding mutual funds) (Ongoing); Merck: Stock Shareholder (excluding mutual funds) (Ongoing); Mushroom Council, McCormick Science Institute, Bay State Milling: Advisory Committee/Board Member (Ongoing); Pfizer: Stock Shareholder (excluding mutual funds) (Ongoing); Procter and Gamble: Stock Shareholder (excluding mutual funds) (Ongoing); SIFBI Singapore Institute of Food Biotechnology and Innovation: Advisory Committee/Board Member (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Christina Economos, PhD
Friedman School of Nutrition Science and Policy at Tufts University
No relevant financial relationship(s) with ineligible companies to disclose.

John Erdman, PhD
University of Illinois at Urbana-Champaign
Soy Nutrition Institute: Advisory Committee/Board Member (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Kofi Essel, MD, MPH, FAAP
Elevance Health
No relevant financial relationship(s) with ineligible companies to disclose.

Leah Evert, MBA, MS, RD, EP-C
The Willow Foundation
Viatrix: Employee (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Bradley Ferguson, PhD
University of Nevada, Reno
No relevant financial relationship(s) with ineligible companies to disclose.

Martha Field, PhD
Cornell University
No relevant financial relationship(s) with ineligible companies to disclose.

Catherine Forestell, PhD
William & Mary
No relevant financial relationship(s) with ineligible companies to disclose.

Saralyn Foster, MS, RDN, LD
The University of Texas at Austin
No relevant financial relationship(s) with ineligible companies to disclose.

Edward Frongillo, PhD
University of South Carolina
No relevant financial relationship(s) with ineligible companies to disclose.

Liz Hatzenbuehler, RDN, MS, MPH
Community Servings
No relevant financial relationship(s) with ineligible companies to disclose.

Kelly Higgins, PhD, MPH
USDA-ARS
No relevant financial relationship(s) with ineligible companies to disclose.

James Hill, PhD
University of Alabama at Birmingham
General Mills: Advisory Committee/Board Member (Ongoing); McCormick Science Institute: Advisory Committee/Board Member (Ongoing); Shakabuku, LLC: Ownership Interest (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Daniel Hoffman, PhD
Rutgers University
No relevant financial relationship(s) with ineligible companies to disclose.

Hannah Holscher, PhD, RD
University of Illinois at Urbana-Champaign
Almond Board of California; Grant/Research Support; Beneo: Speaker/Speaker's Bureau; Bio-Cat: Grant/Research Support; General Mills Inc.: Grant/Research Support; Hass Avocado Board: Grant/Research Support; ISAPP: Speaker/Speaker's Bureau; National Dairy Council: Speaker/Speaker's Bureau; National Honey Board: Grant/Research Support; Tate & Lyle: Grant/Research Support
All of the relevant financial relationships listed for this individual have been mitigated.

Frank Hu, MD, MPH, PhD
Harvard T.H. Chan School of Public Health
No relevant financial relationship(s) with ineligible companies to disclose.

Curtis Huttenhower, PhD
Harvard T.H. Chan School of Public Health
Seres Therapeutics: Advisory Committee/Board Member (Ongoing); Consultant (Ongoing); Stock Shareholder (excluding mutual funds) (Ongoing); ZOE: Advisory Committee/Board Member (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Paul Jacques, ScD
USDA Human Nutrition Research Center on Aging at Tufts University
No relevant financial relationship(s) with ineligible companies to disclose.

Michael Jensen, MD
Mayo Clinic
Biohaven Pharmaceuticals: Advisory Committee/Board Member (Ongoing); Medality: Advisory Committee/Board Member (Ongoing); Seattle Gummy Company: Advisory Committee/Board Member (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Abigail Johnson, PhD, RD
University of Minnesota
No relevant financial relationship(s) with ineligible companies to disclose.

Susan Johnson, PhD
University of Colorado Anschutz Medical Campus
No relevant financial relationship(s) with ineligible companies to disclose.

Julie Jones, PhD, CNS, CFS, Fellow of AACCI, IFT and ICC
St. Catherine University
No relevant financial relationship(s) with ineligible companies to disclose.

Leslie Kaplan, MD, CEDS
Dr. Leslie Kaplan
No relevant financial relationship(s) with ineligible companies to disclose.

J. Philip Karl, PhD, RD
U.S. Army Research Institute of Environmental Medicine
No relevant financial relationship(s) with ineligible companies to disclose.

Kevin Klatt, PhD, RD
University of California, Berkeley
Balchem, Inc.: Grant/Research Support (Terminated, January 31, 2023)
All of the relevant financial relationships listed for this individual have been mitigated.

Jonathan Krakoff, MD
NIDDK-Phoenix
No relevant financial relationship(s) with ineligible companies to disclose.

Nancy Krebs, MD, MS
University of Colorado Anschutz Medical Campus
Nurture, Inc. Danone: Advisory Committee/Board Member (Terminated)
All of the relevant financial relationships listed for this individual have been mitigated.

Penny Kris-Etherton, PhD
The Pennsylvania State University
No relevant financial relationship(s) with ineligible companies to disclose.

Gunter Kuhnle, Diplom Biochemiker; Doctor rerum naturalium
University of Reading
No relevant financial relationship(s) with ineligible companies to disclose.

Johanna Lampe, PhD, RD
Fred Hutchinson Cancer Center
No relevant financial relationship(s) with ineligible companies to disclose.

Rikard Landberg, Professor
Chalmers University of Technology
No relevant financial relationship(s) with ineligible companies to disclose.

Karin Lapping, PhD
Gates Ventures
No relevant financial relationship(s) with ineligible companies to disclose.

Heather Leidy, PhD
The University of Texas at Austin
BeachBody LLC: Advisory Committee/Board Member (Ongoing); National Cattlemen's Beef Association: Advisory Committee/Board Member (Ongoing); Grant/Research Support (Ongoing); Speaker/Speaker's Bureau (Ongoing); National Pork Board: Advisory Committee/Board
All of the relevant financial relationships listed for this individual have been mitigated.

Zhaoping Li, MD, PhD
UCLA
Nutrient Institute (Scientific Advisory Board Member)
All of the relevant financial relationships listed for this individual have been mitigated.

Ai-Ling Lin, PhD
University of Missouri
No relevant financial relationship(s) with ineligible companies to disclose.

Shuhao Lin, MS, RD
University of Illinois Chicago
No relevant financial relationship(s) with ineligible companies to disclose.

Catia Martins, PhD, RD
The University of Alabama at Birmingham
No relevant financial relationship(s) with ineligible companies to disclose.

Padma Maruvada, PhD
National Institute of Diabetes, and Digestive and Kidney Diseases
No relevant financial relationship(s) with ineligible companies to disclose.

Rick Mattes, MPH, PhD, RD
Purdue University
Eli Lilly: Grant/Research Support (Terminated); General Mills: Advisory Committee/Board Member (Ongoing); Kraft/Heinz: Consultant (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Jim McGovern
Congressman, Second District of Massachusetts, U.S. House of Representatives
No relevant financial relationship(s) with ineligible companies to disclose.

Saurabh Mehta, MBBS, ScD
Cornell University
VitaScan: Advisory Committee/Board Member (Ongoing); Ownership Interest (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Naima Moustaid-Moussa, PhD, FTOS, FAHA
Texas Tech University
No relevant financial relationship(s) with ineligible companies to disclose.

Dariush Mozaffarian, MD, DrPH
Friedman School of Nutrition Science & Policy, Tufts University
Acasti Pharma: Consultant (Terminated); Barilla: Consultant (Terminated); Beren Therapeutics: Advisory Committee/Board Member (Ongoing); Brightseed: Advisory Committee/Board Member (Ongoing); Calibrate: Advisory Committee/Board Member (Ongoing); Stock Shareholder (excluding mutual funds) (Ongoing); Day Two: Advisory Committee/Board Member (Terminated); Elysium Health: Advisory Committee/Board Member (Ongoing); Filtricine: Advisory Committee/Board Member (Ongoing); Gates Foundation: Grant/Research Support (Terminated); HumanCo: Advisory Committee/Board Member (Ongoing); Stock Shareholder (excluding mutual funds) (Ongoing); Instacart Health: Advisory Committee/Board Member (Ongoing); January Inc: Advisory Committee/Board Member (Ongoing); Kaiser Permanente Fund: Grant/Research Support (Ongoing); National Institutes of Health: Grant/Research Support (Ongoing); Perfect Day: Advisory Committee/Board Member (Ongoing); Season Health: Advisory Committee/Board Member (Terminated); The Rockefeller Foundation: Grant/Research Support (Ongoing); Tiny Organics: Advisory Committee/Board Member (Terminated); UpToDate: Royalties or Patent Beneficiary (Ongoing); Vail Innovative Global Research: Grant/Research Support (Terminated)
All of the relevant financial relationships listed for this individual have been mitigated.

Laura Murray-Kolb, PhD
Purdue University
No relevant financial relationship(s) with ineligible companies to disclose.

Marian Neuhouser, PhD, RD
Fred Hutchinson Cancer Center
No relevant financial relationship(s) with ineligible companies to disclose.

Holly Nicastro, PhD, MPH
National Institutes of Health
No relevant financial relationship(s) with ineligible companies to disclose.

Lauren O'Connor, PhD, MPH
Agricultural Research Service, USDA
No relevant financial relationship(s) with ineligible companies to disclose.

Jack Odle, PhD
North Carolina State University
No relevant financial relationship(s) with ineligible companies to disclose.

Hannah Oh, ScD, MPH
Department of Public Health Sciences, Korea University
No relevant financial relationship(s) with ineligible companies to disclose.

Semira Ortiz, PhD
Cornell University
No relevant financial relationship(s) with ineligible companies to disclose.

Claudia Perez Cruz, PhD
Cinvestav-IPN: Mexican Research Institution
No relevant financial relationship(s) with ineligible companies to disclose.

Stuart Phillips, PhD
McMaster University
Exerkine: Royalties or Patent Beneficiary (Ongoing); Myos: Independent Contractor (including contracted research) (Terminated, June 26, 2023); Nestle Health Sciences: Independent Contractor (including contracted research) (Ongoing); Roquette: Grant/Research Support (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Kathryn Porter Starr, PhD, RD
Duke University School of Medicine and Durham VA Medical Center
No relevant financial relationship(s) with ineligible companies to disclose.

Julie Poteet, OD, CNS, MS
Ocular Wellness & Nutrition Society
Bausch & Lomb: Consultant (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Daniel Raiten, PhD, FASN
Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)
No relevant financial relationship(s) with ineligible companies to disclose.

Leanne Redman, PhD
Pennington Biomedical Research Center
Abbott Nutrition: Grant/Research Support; Advocare International, LP: Advisory Committee/Board Member; Bobbie Labs: Advisory Committee/Board Member; Everly Health: Consultant (Ongoing); Willow Innovations, Inc: Consultant (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Juan Rivera Dommarco, PhD
National Institute of Public Health, Cuernavaca, Mexico
No relevant financial relationship(s) with ineligible companies to disclose.

Lewis Rubin, MD
Georgetown University Medical Center
Abbott Nutrition: Grant/Research Support
All of the relevant financial relationships listed for this individual have been mitigated.

Drew Sayer, PhD
The University of Alabama at Birmingham
No relevant financial relationship(s) with ineligible companies to disclose.

Hilary Seligman, MD MAS
University of California San Francisco
Feeding America: Advisory Committee/Board Member (Ongoing); Consultant (Ongoing); Grant/Research Support (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Genevieve Sparagna, PhD
University of Colorado Anschutz Medical Center
Stealth Biotherapeutics: Consultant (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Pamela Starke-Reed, PhD
Agricultural Research Service, USDA
No relevant financial relationship(s) with ineligible companies to disclose.

Francene Steinberg, PhD, RD
University of California, Davis
No relevant financial relationship(s) with ineligible companies to disclose.

Patrick Stover, PhD
Texas A&M
Annual Review of Nutrition: Advisory Committee/Board Member (Ongoing); Marabou Foundation: Advisory Committee/Board Member (Ongoing); PNAS Nexus: Advisory Committee/Board Member (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Jotham Suez, PhD
Johns Hopkins Bloomberg School of Public Health
No relevant financial relationship(s) with ineligible companies to disclose.

Robert Suskind, MD
California University of Science and Medicine
No relevant financial relationship(s) with ineligible companies to disclose.

Karen Switkowski, PhD, MPH
Harvard Pilgrim Health Care Institute/Harvard Medical School
Modern Fertility: Consultant (Terminated, October 31, 2022)
All of the relevant financial relationships listed for this individual have been mitigated.

Anna Thalacker-Mercer, PhD
The University of Alabama at Birmingham
No relevant financial relationship(s) with ineligible companies to disclose.

Diana Thomas, PhD
West Point
No relevant financial relationship(s) with ineligible companies to disclose.

Cheryl Toner, MS, RD
American Heart Association
No relevant financial relationship(s) with ineligible companies to disclose.

Katherine Tucker, PhD
University of Massachusetts Lowell
No relevant financial relationship(s) with ineligible companies to disclose.

Charlene Van Buiten, PhD
Colorado State University
No relevant financial relationship(s) with ineligible companies to disclose.

Jyrki Virtanen, PhD
University of Eastern Finland
No relevant financial relationship(s) with ineligible companies to disclose.

Connie Weaver, PhD
San Diego State University
California Prune Board: Advisory Committee/Board Member (Ongoing); California Walnut Board: Advisory Committee/Board Member (Ongoing); Dairy Management, Inc.: Grant/Research Support (Ongoing); International Life Sciences Institute: Advisory Committee/Board Member (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Nadeeja Wijayatunga, MBBS, MPhil, PhD, RDN
University of Mississippi
No relevant financial relationship(s) with ineligible companies to disclose.

Shiqi Zhang, BS
The Ohio State University
No relevant financial relationship(s) with ineligible companies to disclose.

Staff

Michelle Crispino

American Society for Nutrition

No relevant financial relationship(s) with ineligible companies to disclose.

Stephanie Dunbar, RD, MPH

American Society for Nutrition

No relevant financial relationship(s) with ineligible companies to disclose.

Gwen Twillman

American Society for Nutrition

No relevant financial relationship(s) with ineligible companies to disclose.

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