Welcome New Student Affiliate!

Penias Tembo, MPH, Department of Epidemiology and Biostatistics
Sponsor: James Hebert

Symposium Updates

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 Networking Lunch
We are delighted to host a networking lunch directly following the Symposium at 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!

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
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."
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 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.

Deanna Oiney, PhD
Director of the Nutrition, Diets, and Health Unit
International Food Policy Research Institute

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

Zoom link: https://us02web.zoom.us/j/84447106562
Global Health Visiting Scholar, Deanna Olney, will be doing a seminar presentation on **April 3rd from 12-1PM in PHRC 114.**

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
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.
This Spring semester the Student Nutrition Group (SNG) is meeting weekly on Wednesday 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.
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.

SCPHA 2024 Annual Conference

March 25, 2024 – March 28, 2024

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

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**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**.
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.**

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.

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**Recent Affiliate Nutrition-Related Publications**


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


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


doi: 10.1016/j.scitotenv.2024.170345


doi: 10.1016/j.msard.2024.105468

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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!