I-TOPP Team Working to Eliminate Childhood Obesity

The Illinois Transdisciplinary Obesity Prevention Program (I-TOPP) was established in 2011, with the receipt of a five-year $4.5 million grant from USDA NIFA. The program is administered by the Division of Nutritional Sciences (DNS), but reaches beyond the scope of DNS to include 13 investigators from six departments. Eight of the I-TOPP investigators are from the DNS faculty, including Sharon Donovan, former DNS director, who is the I-TOPP program Director.

I-TOPP is an innovative research-based training program focused on child obesity prevention that combines a PhD with a masters in public health (MPH). I-TOPP scholars and investigators participate in unique transdisciplinary research and curriculum that integrates nutrition, child development and family studies, physical activity, public health science and practice, economics, practices in child care centers, and the effects of media.

The I-TOPP grant is training 11 scholars to think broadly about child obesity, because research has shown that no single approach adequately addresses the problem. By combining training in research and public health interventions, these students will be uniquely qualified to develop, implement and evaluate programs targeting childhood obesity prevention. The first group of scholars are expected to graduate in 2016.

A distinctive goal of the I-TOPP is to scientifically assess the transdisciplinary education process utilizing focus groups, annual surveys, presentations, publications and kinetic drawings. The progress and perspective of the I-TOPP scholars will be compared to that of peer doctoral students in the six participating departments and to students in the MPH program.

The I-TOPP grant had three overarching aims: to educate PhD/MPH students in a transdisciplinary manner; to sponsor a visiting faculty program and a series of special guest lecturers; and to assess the effect of transdisciplinary training by comparing I-TOPP scholars to traditional MPH and PhD students. I-TOPP has made significant strides towards these aims. A new PhD/MPH degree was approved by the Board of Trustees and two new graduate courses on childhood obesity were created. All 11 I-TOPP scholars have completed their MPH degree, and thus far this group of outstanding students has delivered an impressive 114 oral or poster presentations at over 30 professional meetings or conferences, and the group has already published 44 articles in 26 different journals. I-TOPP has hosted 13 invited lecture series speakers as well as 12 symposium speakers as part of three biennial symposia. The program has also hosted two visiting faculty who were in residence at Illinois for up to two months.

In recognition of the exceptional accomplishments of the I-TOPP group, the I-TOPP was selected to receive the 2015 Team Award for Excellence from the College of ACES. I-TOPP accomplishments and research findings will be the focus of a joint scientific session entitled “Transdisciplinary Training in Childhood Obesity Prevention: Approaches, Successes and Challenges” at the Experimental Biology meetings in April 2016. The session will be jointly presented with other USDA NIFA childhood obesity prevention training programs.

For more information visit: http://go.illinois.edu/itopp

[I-TOPP scholars pictured above l to r]: Julia Kim, Jessica Jarick, Maria Pineros, Ameliee Feld, Natasha Cole, Lauren Raine, Roger Figueroa, Katie Robinson, Liliana Aguayo, Jaclyn Saltzman, and Mary Christoph.
In Memoriam

Dr. Art Siedler, who passed away June 12, 2015, was Chairman of the Nutritional Sciences Program at the University of Illinois at Urbana-Champaign from 1977 to 1981. Under his leadership, the “Program” was evaluated by a campus committee, new bylaws were approved and a new name “Division of Nutritional Sciences” was approved. Art also served as the Department Head of Food Science from 1972-1989. He joined the University of Illinois in 1972 as Professor of Food Science and Nutritional Sciences as well as Internal Medicine and was actively engaged in the scientific community until his retirement in 1994.

Art was an accomplished industry leader before arriving at the University. He earned his undergraduate degree at the University of Wisconsin. After completing his graduate degrees at the University of Chicago in 1956 and 1959, he joined the American Meat Institute Foundation as the Chief of the Division of Biochemistry and Nutrition. This was followed by Group Leader, Chief of the Physiology Section and Chief of the Biochemistry Section for Norwich Pharmacal Company in New York. Art contributed to the knowledge of dietary macronutrients on growth and development, as well as the role of pharmaceuticals in treating renal and urinary tract diseases. He was a member and fellow of the Institute of Food Technologists, and also held memberships in the American Chemical Society and the American Society of Nutritional Sciences (currently, American Society for Nutrition). He served in the United States Coast Guard from 1945-1946 and was a member of the Veterans of Foreign Wars.

Dr. Bruce Larson’s distinguished career in research, teaching, and public service at the University of Illinois began in 1951 and spanned five decades before his passing on September 30, 2015. He held the ranks of Instructor, Assistant Professor, Associate Professor, and Professor of Biochemistry in the Department of Dairy Science and later in the Division of Nutritional Sciences.

Dr. Larson was recognized as a world-renowned scientist in the area of biochemistry and metabolism of the lactating mammary gland and was the first to establish the origin of the major milk proteins. He published over 140 publications including 5 books, 23 book chapters and invited journal review articles, 57 peer-reviewed research papers, 8 book reviews, 48 abstracts, and other miscellaneous publications.

Dr. Larson also served with distinction in many capacities in the community. He was active in his church, political affairs in Urbana, University YMCA, Illinois Association of Park Districts, and particularly in the administration of the Urbana Park District. A park was named in his honor for 42 years of service to the Urbana Park District.

Dr. Larson will be remembered as a stimulating scientist, a wonderful conversationalist, and an inspiring colleague.
A new study has uncovered the genetic processes that link insufficient protein consumption during pregnancy with the development of muscle problems in mothers and their male offspring.

The findings also shed light on the metabolic pathway through which these genetic changes are transferred to the fetus, potentially triggering the development of chronic health problems in adulthood such as cardiovascular disease, obesity and Type 2 diabetes, according to researchers at the University of Illinois.

Detecting biomarkers of protein insufficiency during the early stages of pregnancy could enable clinicians to treat it through dietary changes or other strategies, possibly averting many serious health conditions in the next generation, said Huan Wang, the principal investigator on the study, published in the British Journal of Nutrition.

Although Wang’s study involved rats, prior research has shown that the implications are similar for humans. During pregnancy, women require at least an additional 25 grams of protein per day. Inadequate protein consumption by pregnant women has been linked to their children developing various chronic health problems as adults.

Wang found that inadequate protein intake during pregnancy activates the amino acid response (AAR) pathway, triggering cell destruction – a process called autophagy – as well as atrophy, or wasting, of the mother’s skeletal muscles.

Autophagy is a survival mechanism whereby cells under stress conditions degrade unnecessary or dysfunctional components to maintain homeostasis in the body.

These genetic changes may be transferred through the placenta and “memorized” in the skeletal muscles of the fetus, causing low birth weight and stunted growth in male offspring, the research team reported in the study.

“This is the link we’ve been seeking for years, which shows transduction from the mom through the placenta to the child,” said Wang, who conducted the research while completing her doctorate in food science and human nutrition at Illinois. “However, the cell autophagy is activated in the skeletal muscles of the male offspring only, so there is gender specificity. Apparently the female offspring have more resistance to low-protein exposure during gestation and to cell autophagy.”

In Wang’s study, pregnant rats in the low-protein group consumed food that contained 8 or 9 percent protein, while those in the control group consumed about twice as much – 18 to 20 percent protein. After giving birth, all of the rats consumed the control diet during lactation, as did all of their pups after weaning.

The rats’ body weights and food intake were recorded every other day.

The mother rats on the low-protein diet gained significantly less weight during pregnancy, and their pups were smaller at birth, Wang found.

The low-protein diet also changed the levels of key amino acids in the mothers’ blood plasma. At the end of pregnancy, mothers in the low-protein group had lower levels of threonine and histidine, and higher levels of alanine, lysine and serine, suggesting potential disturbances in their protein metabolism, according to the study.

Examining the mothers’ skeletal muscle fibers after delivery, Wang found evidence of muscle atrophy, including smaller fiber size, greater variation in fiber diameter and split fibers.

Insufficient protein intake also increased the activation of several AAR pathway downstream genes in both the mothers’ and their male pups’ skeletal muscles. However, their other tissues – and those of the female pups – were unaffected.

Wang also found that mothers on the low-protein diet showed higher expression of the ATF4 gene, a key regulatory protein within the AAR pathway that recently was found to play a critical role in muscle dystrophy caused by fasting.

ATF4 also has been associated with cell autophagy. The expression of several autophagy-related genes and the binding of these genes with ATF4 were significantly increased among mothers on the low-protein diet – confirming a molecular link between the activation of the AAR signal and the autophagy pathway, Wang said.

Follow-up data indicated that the AAR- and autophagy-related genes remained activated in the skeletal muscles of the male pups, suggesting that the amino acid limitation signal within the pregnant mothers’ skeletal muscles was transferred to the placenta and then to their offspring, according to the study.

The findings underscore the importance of women consuming healthy diets with adequate amounts of protein during pregnancy to protect the health of their children, from birth through adulthood, said Wang, currently a postdoctoral researcher in human genetics at the University of California at Los Angeles.

Wang’s co-authors on the paper were U of I faculty members Yuan-Xiang Pan and Donald K. Layman, both in Food Science and Human Nutrition, and the Division of Nutritional Sciences; and Stéphane Lezmi, former member of Division of Nutritional Sciences, Illinois alumni Xiwen Chen, Gabriel J. Wilson (PhD 2011) and Dan Zhou also were co-authors on the paper.

Written by: Sharita Forrest
### New DNS Students

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### 2015-2016 Fellowship Recipients

**CONACyT Fellowship:**
- Annabel Biruete
- Diego Hernandez-Saavedra

**DNS Excellence Fellowship:**
- Karen Chen

**I-TOPP Fellowship:**
- Natasha Cole
- Julia Kim
- Katie Robinson

**Jonathan Baldwin Turner Fellowship:**
- Celeste Alexander
- Lauren Killian
- Lucy Mailing
- Sharon Thompson

**Kraft Foods Human Nutrition Fellowship:**
- Jan Lumibao
- Joanna Manero

**USAID BHEARD Fellowship:**
- Richard Bukenya

**University Fellowship:**
- Joanna Manero

**Grad College Fellowship:**
- Joe Rowles
- Luis Perez

### DNS Students on the UIUC List of Teachers Ranked as Excellent

**Spring 2015:**
- FSHN 220
- Principles of Nutrition
- Natasha Chong-Cole*

**College of Medicine 626**
- Vanessa Peters

*Indicates an outstanding ranking (top 10%)

Results for the “List of Teachers Ranked as Excellent” are based on Instructor and Course Evaluation (ICES) questionnaire forms maintained by Measurement and Evaluation, UIUC Center for Teaching Excellence.

### Student Recognition

#### 2015 NSGSA Committee

Pictured (l to r): John Mathai, Patricia Wolf, Tzu-Wen Liu, Cassandra Nikolaus, Renae Geier, Lauren Killian, Sasha McCorkle, Al Towers

#### 2016 NSGSA Nutrition Symposium

- **Date:** March 30, 2016
- **Guest Speaker:** Dr. Paul S. MacLean
- **Mini-Symposium:** “Soybeans and Health”: What Have We Learned?
- **Faculty Presenters:**
  - Hong Chen
  - Elvira de Mejia
  - John Erdman
  - William Helferich

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**Awards, Service and Personal Achievements**

**Sasha McCorkle** submitted a manuscript to the *Foods* special issue: “Dietary Carotenoids and The Nervous System”. She presented a poster at FNCE (Food and Nutrition Conference Expo) October 2015 in Nashville, TN. She also completed her first marathon in May 2015.

**Cassandra Nikolaus** received the Rita Campbell Weaver Memorial Scholarship from the Academy of Nutrition and Dietetics and was elected as the 2015-2016 Public Relations Chair for the Eastern Illinois Dietetic Association. She presented two posters at FNCE in Nashville, TN, as well as two posters at the SNEB 2015 Annual Conference.

**Katie Robinson** received the Air Force Commendation medal for her contributions to the Iowa Air and Army National Guard wellness program. She has been a member of the Iowa Air National Guard since 2008 and has instructed nutrition courses at quarterly wellness camps since 2013.

**Annabel Biruete** was awarded the American society of Nephrology (ASN) Kidney STARS (Students and Residents in Nephrology) program-travel award to attend Kidney Week 2015 in San Diego, CA. She gave an invited talk at the National Institute of Cardiology in Mexio City, Mexico, July 2015 titled: “Differences in dietary patterns between hemodialysis patients from the US and the UK and its association with nutritional status and food security.” Annabel also gave an invited talk October 2015 at the 20th Symposium in Clinical Nutrition at the Regional Hospital “Lic. Adolfo López Mateos”, Mexico City, Mexico, titled “Gut microbiota and bone metabolism in kidney failure patients.” She was also the Co-PI on a Renal Research institute research grant titled “Gut microbiota-mediated effects on inulin supplementation on bone and mineral metabolism in maintenance hemodialysis patients”.

**Patricia Wolf** received the Early Investigator Award at Digestive Disease Week in May, 2015 for her presentation, “Colonic microbes contributing to hydrogen generation and utilization correlate with breath methane and functional symptoms in patients with chronic constipation and constipation predominant irritable bowel syndrome.”

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**What’s New in DNS?**

DNS faculty members Gregory Freund and Sharon Donovan will participate on the College of Medicine Transition Team. Gregory has been named as chair of the committee and Sharon has been appointed as Ombudsman. The charge given to the committee is to oversee the reimagining of medical education on the Urbana campus.

Dr. Blair Rowitz from Carle Hospital, Drs. Teran-Garcia and Donovan, and Katie Robinson have formed the ‘Obesity and Metabolic Surgery Journal Club’. The first meeting was held September 3rd, and the group will continue to meet quarterly. In an effort to promote collaboration and share ideas between Carle Foundation Hospital's clinical bariatric surgery program and the nutrition research scientists at the University of Illinois, current articles will be selected from peer reviewed literature for discussion, with a goal of generating and integrating future research opportunities.

***Planning for the DNS 50th Anniversary in 2018 is underway! Stay tuned for details***
Faculty Updates

**I-TOPP team receives the ACES 2015 Team Award for Excellence**

*Pictured: Back row standing (l to r): Brenda Koester, Craig Gundersen, Rodney Johnson, Brent McBride, Charles Hillman, David Buchner, and Janet Liechty

Middle row standing (l to r): Jessica Hartke, Donna Whitehill, Jen Themanson, Sharon Donovan, Kelly Bost, and Angela Wiley

Front row sitting (l to r): Margarita Teran-Garcia, Elizabeth Mosely, Barbara Fiese, and Soo-Yeun Lee.*

**Ryan Dilger** opened the Piglet Nutrition & Cognition Laboratory (PNCL) in May 2015. This new biomedical research facility was designed to increase the campus capacity for pre-clinical research regarding how early-life nutrition influences brain development.

**Charles Hillman** was inducted into the National Academy of Kinesiology in September 2015.

**Margarita Teran-Garcia** and Angela Wiley received a 5-year, $3.4 million grant from USDA AFRI entitled “Abriendo Caminos”. The program promotes healthy dietary behavior patterns and basic knowledge of nutrition; positive family interactions, and active living in low-literacy, low-income Hispanic families. It specifically targets 6- to 18-year-old children of Mexican and Puerto Rican heritage in five locations across the country.

**John Erdman** has been appointed Deputy Director of the Illinois Interdisciplinary Health Sciences Initiative. He will help IHSI facilitate health sciences campus wide, including establishing a new medical school on the Urbana campus.

**Erik Nelson** was recently an invited speaker at the University of Illinois at Chicago in the Department of Physiology and Biophysics. The talk was titled “Mechanisms by which Obesity and Cholesterol Impact Breast Cancer Pathophysiology”.

**Neal Merchen** was named a fellow in the administration category of the American Society of Animal Science. He began at the University of Illinois as an assistant professor in the Department of Animal Sciences in 1981. Dr. Merchen is currently the Associate Dean for Research and Director of the Experiment Station in the College of ACES.

**Dr. Sharon Nickols-Richardson** recently received the Abbott Nutrition Award in Women’s Health.

**Diana Grigsby-Toussaint** received a grant from the Duke-UNC USDA Center for Behavioral Economics and Healthy Food Choice Research titled, “Do you see what ‘eye’ see? Exploring visual attention and rational food choice on food purchasing decisions among SNAP participants”. She co-organized a conference “Health in Africa and the Post-2015 Millennium Development Goals,” sponsored by the NSF and other departments on campus, held in Champaign, IL May 20 -22, 2015. She was also involved in a presentation about sleep and the environment at Harvard Medical School, and published one manuscript.
Alumni Updates

Susan Johnson receives the 2015 ACES Award of Merit on April 13, 2015.

pictured (l to r): Dawn Bohn, Susan Johnson & Karen Chapman-Novakofski

Kirstie Canene-Adams (Ph.D. 2007) will begin a new position at Tate and Lyle this December. She will be a Senior Nutrition Research Scientist and will be working with Innovation and Commercial Development.

Kimberly Cephas (M.S. 2012) received her Board Certification in Nutrition Support. Cephas accepted a promotion as a Clinical Dietitian specializing in Nutrition Support at Lehigh Valley Hospital in Cedar Crest, Pennsylvania. She now works with the Inpatient TPN team and manages outpatient TPM regimens and teaches a 3 credit basic nutrition course at upper Bucks Community College (UBCC) in Perkasie, PA.

Kristin Harris (Ph.D. 2007) recently began her new position as Vice President, Regulatory Affairs at Dairy Management Inc.

Melissa Hendrix Olken (M.D./Ph.D. 1988) joined the department of medicine as an Assistant Professor at the Homer Stryker M.D. School of Medicine at Western Michigan University in Kalamazoo, and will be involved in teaching internal medicine residents and directing the medicine core clerkship for medical students. She will continue in her role as nutrition thread leader, which weaves medical nutrition topics throughout the first and second year medical school curriculum.

Susan Johnson (Ph.D. 1993) received the 2015 ACES Award of Merit. Susan is currently a Professor and Director of The Children’s Eating Laboratory at the University of Colorado.

Justine Karduck (M.S. 2003) received the E. Neige Todhunter Memorial Doctoral Fellowship Award.

Leia Kedem (M.S. 2010) recently joined the agricultural communications program at the University of Illinois as an instructor and coordinator. She previously served as a nutrition and wellness educator with the UI Extension program. Kedem also received the Anita Owens Innovative Nutrition Education Award.

Nancy Engelman Moran (Ph.D. 2010) received a K99/R00 “Pathway to Independence” Career Development Award from the National Center for Complementary and Integrative Health to study the “Mechanisms of Carotenoid Transport and Interactions with Nutrient Absorption.” Along with her husband Tyler, they welcomed a baby girl, Adaline June Moran on March 7, 2015.

In Memoriam Frank Morris (M.S. 1975) passed away on August 24, 2014.

Tory Parker (Ph.D. 2008) presented a simplified technique to visualize both essential oil GC/MS data and botanical biochemistry to an audience of 27,000 people at the 2015 dōTERRA International Convention. His family also welcomed their 5th child (and boy!) on March 15, 2015.

Tara Rogers (M.S. 2008) completed her Ph.D. in Nutritional Biology from the University of California, Davis. She recently began a post-doctoral position at the Center for Musculoskeletal Health, UC Davis Medical Center in Sacramento, CA.

Christina Sherry (Ph.D. 2009) began her new position at Abbott Nutrition as the R&D Manager of Therapeutic Nutrition Science. This position focuses on clinical research and clinical/scientific support to therapeutic nutrition brands including tube feeding, critical care, renal and oncology. She was recently invited to talk at the Georgia Perinatal Association annual meeting on nutrition and pregnancy cravings, and was married in May 2015.

Brendon Smith (Ph.D. 2014) is a postdoctoral research scientist in the Gokhan Hotamisligil lab at the Harvard T.H. Chan School of Public Health.

Chad Stroud (Ph.D. 2008) Graduated Magna Cum Laude from University of Illinois College of Law, in May 2015. He began a new position as an Associate Attorney at McAndrews, Held & Malloy in Chicago, IL.
Support DNS
The Division launched its Endowment Initiative in 2001, and we are very thankful to the faculty, students, alumni and friends who have supported DNS through contributions to the Endowment Fund and the Annual Fund. Contributions of all amounts are greatly appreciated. DNS would like to ask that you consider taking this opportunity to help secure our brilliant future by making a new contribution or an additional contribution to your alma mater.

Project DEED (Decade Enhancement of Endowment for DNS) is an alumni-focused effort to increase the endowment, to enhance the education of DNS students, and to maintain the excellence of the Division. Emeritus Professor James Robinson (known affectionately as Uncle Jim) has headed up the effort. This is the beginning of the fifth year of the project and it has helped raise $42,541 as of 9/30/15. If you are more than ten years out from your degree in Nutritional Science and you have not heard from Dr. Robinson, that means we do not have your current address! Please send us your contact information so Dr. Robinson can get in touch with you! Anyone (alum or friend) wishing to contribute should go to the DNS website, click on “INVEST IN ACES” and then select the Division of Nutritional Sciences Excellence Endowment. We will be pleased to recognize new donors on subsequent DEED Honor rolls.

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