



American Society for Nutrition  
*Excellence in Nutrition Research and Practice*  
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## **GREETINGS FROM THE PRESIDENT**

Honored, excited, privileged. These are words that come to mind as I officially assume the position as your 2007-2008 ASN president.

This year's Experimental Biology was a huge success, thanks to the many dedicated people who sacrificed their time and put forth their interests for the betterment of the Society. There are too many names to mention, but special thanks to former president Stephanie Atkinson for her outstanding vision of where ASN needed to go. We are growing as a Society by joining forces to become one, hiring a new Executive Officer, supporting two outstanding journals, and housing our staff in one space.

During this year, one area I would like to focus on is the importance and significance of nutrition research; public policy must be based on science. An excellent example of this is the waist circumference joint position paper with NAASO and the American Diabetes Association that was published in the May 2007 issue of AJCN. Please refer to the highlights below. I applaud our progress as a Society to "speak with one voice" and collaborate with other associations.

## **OTHER NUTRITION NEWS**

### **ASN Joint Position Statement on Waist Circumference and Cardiometabolic Risk**

"Waist circumference (WC) provides a unique indicator of body fat distribution, which can identify patients who are at increased risk of obesity-related cardiometabolic disease, above and beyond the measurement of BMI," says a recently published joint position paper by Shaping America's Health: Association for Weight Management and Obesity Prevention; NAASO, the Obesity Society; the American Diabetes Association; and the American Society for Nutrition. The paper concludes that WC can be reliably measured; is a good predictor of diabetes, coronary heart disease (CHD), and mortality rate; and has incremental value in predicting diabetes, CHD, and mortality rate beyond that provided by BMI. However, the paper does suggest the clinical usefulness of measuring WC, when risk is based on the currently accepted guidelines, is limited. Further

studies are needed to establish WC cutpoints for assessment of cardiometabolic risk that is not adequately captured by BMI or routine clinical assessments.

According to the paper, the current WC cutpoints recommended to determine health risk were derived by a regression from an “obese” BMI and are unlikely to affect clinical management when BMI and other obesity-related cardiometabolic risk factors are already being determined. WC can provide additional information to help clinicians determine which patients should be evaluated for the presence of cardiometabolic risk factors, such as dyslipidemia and hyperglycemia. It also may be useful in monitoring a patient’s response to diet and exercise therapies.

The position paper was developed after the assembly of a panel composed of Association and Society members with expertise in obesity management, obesity-related epidemiology, adipose tissue metabolic pathophysiology, statistics, and nutrition science.

[Access the Position Paper directly here](#) or in the May 2007 Issue of the *American Journal of Clinical Nutrition*.

#### **More EB 2007 information online**

A [special page](#) has been created on the ASN website for members who are seeking information from Experimental Biology (EB) 2007. It includes the President’s Report, the Awards ceremony slides, and numerous pictures from the conference. In the coming weeks, we will be adding material to this page, to include videos and presentations from select lectures and sessions from EB. These include the Educational Forum, the W. O. Atwater Lecture by Barbara Rolls, PhD, and the E.V. McCollum Lecture by Jean-Pierre Habicht, MD, PhD.



#### **ASN JOURNAL HIGHLIGHTS**

**Selected highlights** from this month’s ASN publications, *the American Journal of Clinical Nutrition* and *the Journal of Nutrition*, include the following:

#### **The American Journal of Clinical Nutrition** June 2007 issue:

[Article 1](#) Vitamin D and calcium supplementation reduces cancer risk: results of a randomized trial. JM Lappe, D Travers-Gustafson, KM Davies, RR Recker, RP Heaney.

[Article 2](#) Effect of alcoholic beverages on postprandial glycemia and insulinemia in lean, young, healthy adults. JC Brand-Miller, K Fatima, C Middlemiss, et al.

[Article 3](#) Whole-grain intake and carotid artery atherosclerosis in a multiethnic cohort: the Insulin Resistance Atherosclerosis Study. PB Mellen, AD Liese, JA Toozee, MZ Vitolins, LE Wagenknecht, DM Herrington.

[Article 4](#) (Editorial accompanying article 3) Dietary prevention of atherosclerosis: go with whole grains. VS Malik, FB Hu.

**The Journal of Nutrition** June 2007 issue:

[Article 1:](#) Whole-grain foods do not affect insulin sensitivity or markers of lipid peroxidation and inflammation in healthy, moderately overweight subjects. Agneta Andersson, Siv Tengblad, Brita Karlström, Afaf Kamal-Eldin, Rikard Landberg, Samar Basu, Per Åman, and Bengt Vessby.

[Article 2:](#) Inadequate Dietary Protein Increases Hunger and Desire to Eat in Younger and Older Men. John W. Apolzan, Nadine S. Carnell, Richard D. Mattes, and Wayne W. Campbell.



### **PUBLIC POLICY NEWS**

Congress returns from the Memorial Day recess to tackle tough issues such as immigration, fiscal year 2008 appropriations, and the 2007 Farm Bill. [Read the latest news here.](#)

I look forward to being your president and working with you as a team to reinforce ASN as the voice for nutrition research. I am excited to lead this great society and work with the ASN staff, excellent chairs of our three councils, outstanding RIS leaders, dedicated committee chairs, and above all, the supportive members. Please let us know if there are any future items that pique your interest so that we may highlight them in next month's newsletter.

Sincerely,

Joanne R. Lupton, Ph.D.

American Society for Nutrition, President

