

School of Human Nutrition



Environment • Nutrients • Health • Society

NEWSLETTER FALL 2023



WELCOME TO THE SCHOOL OF HUMAN NUTRITION! DIRECTOR'S MESSAGE



Dr. Ryan Mailloux
Associate Professor

The 21st century has brought unprecedented opportunities for research and discovery in Nutrition due to major advancements in fundamental and applied sciences. Modern Nutrition encompasses both traditional disciplinary boundaries by merging multiple disciplines under “one umbrella” to create a unified knowledge transfer system. This integrative “cell to society” approach translates foundational knowledge in many areas spanning metabolism, genetics, biochemistry, and physiology to clinical nutrition and dietetics, precision nutrition, community nutrition, Indigenous health, and food sovereignty and security. At McGill, we strive to learn, understand, and integrate basic foundational concepts to collaborate, translate and promote health and wellness from individuals to societies.



Thank you!

**TO DR LINDA WYKES
FOR HER DEDICATION AS SHN DIRECTOR
FROM 2014-2023**

FACULTY



◀◀ DR. HUGUES PLOURDE



Ordre des diététistes
nutritionnistes
du Québec

Congratulations to Hugues Plourde, PhD, Fdt.P., Senior Faculty Lecturer in the School of Human Nutrition and Clinical Coordinator, Professional Practice (Stage) in Dietetics, has been named a **Fellow of the ODNQ**. This prize highlights the exceptional work carried out by a member of the ODNQ during their professional life and is the most prestigious award submitted by the ODNQ.

DR. HARRIET KUHNLEIN ▶▶

Congratulations to Dr. Harriet Kuhnlein, Professor Emerita of Human Nutrition who was recently awarded the **LIVING LEGEND award from the International Union of Nutritional Sciences** in Tokyo! Dr Kuhnlein received this prestigious award due to her impactful decades-long global research of the nutrition of Indigenous Peoples and as Founding Director for the Centre for Indigenous Peoples' Nutrition and Environment. On behalf of her McGill colleagues and students, we extend our heartfelt congratulations to Dr Kuhnlein for receiving this honour.



◀◀ DR. CHELSIA GILLIS

Congratulations to Dr Chelsia Gillis for receiving the 2023 Macdonald Campus **Award for Teaching Excellence!**

This award was given to Dr Gillis for her creative, innovative and high standard approaches to teaching and evaluation.

Dr Gillis teaches NUTR 545: Clinical Nutrition 2 and EXSU 610: Surgical Outcomes Research Foundations





Assistant professors of human nutrition Anne-Sophie Brazeau and Daiva Nielsen are members of the research team at McGill's Clinical Nutrition Research Unit (Photo: Christinne Muschi)



@BrazeauNutritionLab



@McGillCNRU

>>> EXPLORING NUTRITION THROUGH A HIGH-TECH LENS

With a wide range of expertise and deep commitment to multidisciplinary, patient-oriented, and community-based approaches, the Clinical Nutrition Research Unit is in a unique position to advance our understanding of nutrition and human health.

With a new state-of-the-art facility located in the heart of Ste. Anne de Bellevue and procurement of innovative research infrastructure, the Unit is poised to develop solutions to public health challenges and help us all lead longer, healthier and fuller lives.

PAULA LAVERY >>>

On behalf of all of SHN, we thank Paula Lavery as she retires after 35 years of work and dedication to McGill University!

Paula has worked in the McGill Transplant Immunology Center, the Faculty Medicine Bone Center and has been with the School of Human Nutrition since 2010, working as a Research Technician with Dr Hope Weiler and more recently, instrumental in our move to the new Center for Nutritional Research Unit.

Paula looks forward to spending more time on her farm and with her beloved curling club in Eastern Ontario. Thank you Paula for your hard work and positive attitude, you will be missed!



Mitochondrial function and phenotype are defined by bioenergetics[Ryan J. Mailloux](#) ✉, [Jason Treberg](#), [Cathryn Grayson](#), [Luis B. Agellon](#) & [Helmut Sies](#)*Congrats on this significant publication!***DR. RYAN MAILLOUX
DR. LUIS AGELLON
CAT GRAYSON****>>> CANADIAN OXIDATIVE STRESS CONSORTIUM**

Dr Ryan Mailloux, named to the COSC Executive Committee, co-organized the 12th international meeting for the Canadian Oxidative Stress Consortium held at the Jewish Hospital and hosted by McGill and the Lady Davis Institute this summer. Notable keynote speakers included

Prof. Marcus Conrad: *discovered ferroptosis*

Prof Helmut Sies: *coined the term oxidative stress and is a pioneer in the field of redox biology*

Prof Sharon Campbell: *conducted groundbreaking research in cancer cell biology & the Ras proteins*

Congratulations to **Cat Grayson** (MSc candidate, Dr Ryan Mailloux) for winning a presentation award at the COSC.

**>>> DNA TO RNA (D2R)**

The Tahatikonhsontóntie'- the faces we have yet to see -- QcNEIHR is a key collaborator on McGill University's largest research grant received to date. **"DNA to RNA: An Inclusive Canadian Approach to Genomic-based RNA Therapeutics (D2R) is a program specializing in the development and delivery of more inclusive genomic-based RNA therapeutics.** It's team of seventy researchers from five academic institutions will work collaboratively with Canada's Indigenous and immigrant populations. The Network Environments for Indigenous Health Research (NEIHR) will provide guidance and participate in decision-making that ensures the promise of RNA therapeutics is made widely available in a manner that is inclusive and beneficial to all Canadians. **Dr. Treena Delormier** of the School of Human Nutrition was awarded a CAD\$3.5 million grant from the Canadian Institutes of Health Research's (CIHR) Institute of Indigenous Peoples' Health to help establish the QcNEIHR. There are nine NEIHRs across Canada. The QcNEIHR is hosted on the Mohawk Territory of Kahnawake at the Kahnawake Schools Diabetes Prevention Program.

>>> CANADIAN NUTRITION SOCIETY THEMATIC EVENT

SHN students and Faculty met for a yearly live streaming of the one-day thematic conference offered by the Canadian Nutrition Society (CNS) and hosted by **Dr. Stéphanie Chevalier** and her graduate students. The topic was Disordered Eating Behaviours - from identification to treatment and covered broad themes including the spectrum of eating behaviours and disorders, disparities in disordered eating care, and treatment approaches for eating disorders, presented by scientific experts and practitioners.



ARMOUR-MORGAN MEMORIAL >>> CONVOCATION PRIZE

Established in 2022 by family and friends in loving memory of Beth Armour, MEd 1987 and Susan Morgan, MEd 1987, valued faculty Lecturers and Clinical Coordinators with the McGill Dietetics Stage Program who shared a passion for education, the dietetic profession and support for student learning. Awarded by the School of Human Nutrition at convocation to one or more graduating undergraduate or graduate Dietetics students on the basis of academic excellence. Preference is given to students to demonstrate values shown by Beth and Susan: professionalism, leadership, collaborative spirit, creativity, critical thinking and compassion.



Congratulations to the first recipient of this award; **Lauren Rotholz** who finished the Dietetics Major with a perfect 4.0 CGPA, was an exemplary student in her stages and will be working as a Dietitian at the Jewish General Hospital following graduation!

GRADUATE



◀◀ MERYEM TALBO



PhD Candidate (Dr. Anne-Sophie Brazeau, Dr. T. Peters)
Congratulations to Meryem for being awarded the **Gold Key Award** for being an exceptionally active and engaged member of the Macdonald and McGill communities during both her undergraduate and graduate studies!

2023 PHD GRADUATIONS >>>

Congratulations to our SHN PhD students who successfully defended their thesis
(from left to right)

Farzaneh Barak, PhD (Dr H Melgar-Quiñonez)

Loloah Chamoun (Dr H Melgar-Quiñonez)

Mona Ghadirian (Dr G Marquis)

Lifeng Xie, PhD (Dr A-S Brazeau)



◀◀ DR. DIDIER BRASSARD

Fonds de recherche
Santé
Québec 

Postdoctoral Fellow, Dr. Stéphanie Chevalier
Félicitations à Dr Didier Brassard qui a reçu le **Prix Relève Étoile du FRQS**. Il s'agit d'une reconnaissance importante et compétitive d'une publication dans le domaine de la santé!
Congratulations to Dr. Didier Brassard, has been awarded the **Prix Relève Étoile du FRQS**. This is an important and competitive recognition of a publication in the health domain!

FOLLOW ALL SHN NEWS!

WWW.MCGILL.CA/NUTRITION



UNDERGRADUATE



◀◀ HONOURS IN NUTRITION

Starting this fall 2023, U2 students in the Nutrition Major will have the opportunity to apply to Honours in Nutrition. This new and exciting Major focuses on original research in human nutrition, specifically its design, execution, interpretation and reporting. The research project will involve one of several nutrition areas including: clinical nutrition, metabolism, public health or epidemiology. Research skills include formulation of testable hypotheses, experimental design, analytical methods, data analysis and interpretation. The program also emphasizes developing proficiency in scientific communication, from in-depth reading about advanced theoretical and technical concepts

to demonstrating the understanding of complex scientific ideas both orally and in written reports

DIETETICS INTERDISCIPLINARY TRAINING ▶▶▶

The SHN -Dietetics Program and the JAC School of Nursing have initiated a collaborative interdisciplinary training initiative for Dietetics and Nursing students. We will be exploring joint simulated activities using JAC Nursing Simulation Centre.



◀◀ RESEARCH AWARDS

TOMAS VALINSKAS (NSERC USRA, Dr Daiva Nielsen)

CLOE GOSSELIN (SHN USRA, Dr Anne-Sophie Brazeau)

BEN FAERMAN (SHN USRA, Dr Ryan Mailloux)

YABO CHEN (Martlet USRA, Dr Chelsia Gillis)

ASHLEY FINKEL (Martlet USRA, Dr Anne-Sophie Brazeau)

CONGRATULATIONS

PUBLICATIONS

Human milk microbial species are associated with mild growth deficits during early infancy among Guatemalan mother–infant dyads. Ajeeb TT, Gonzalez E, Solomons NW, **Koski KG**. *Frontiers in Microbiomes* 2022.

Our evolved understanding of the human health risks of mercury. **Basu N**, Bastiansz A, Dórea JG, Fujimura M, Horvat M, Shroff E, Weihe P, Zastenskaya I. *Ambio*. 2023 May;52(5):877-896. doi: 10.1007/s13280-023-01831-6. Epub 2023 Feb 15. PMID: 36790578; PMCID: PMC10073381.

A net-map analysis of stakeholder connections and influence in agriculture-for-nutrition policymaking in Ghana. Boadi P, **Marquis GS**, Aryeetey R, Tetteh A. *African Journal of Food, Agriculture, Nutrition, and Development*. 2023;23(1)22172-22199.

Demystifying Malnutrition to Improve Nutrition Screening and Assessment in Oncology. Corriveau J, Alavifard D, **Gillis C**. *Semin Oncol Nurs*. 2022 Oct;38(5):151336. Epub 2022 Aug 20.

Probiotic supplementation in Clostridioides difficile-infected fecal water protects against cytotoxic damage and inflammatory marker production in T84 cells. Gaisawat MB, Lopez S, MacPherson CW, Iskandar MM., Tompkins TA, **Kubow S**. 2022. *Front. Microbiol.* 12:698638.

Coenzyme Q10 and nicotinamide nucleotide transhydrogenase: Sentinels for mitochondrial hydrogen peroxide signaling. Grayson C, **Mailloux R**. *Free Radic Biol Med*. 2023 Aug 11;S0891-5849(23)00587-7.

Lifestyle Behavior Changes and Associated Risk Factors During the COVID-19 Pandemic: Results from the Canadian COVIDiet Online Cohort Study. Tessier A-J, Moyen A, Lawson C, Rappaport A, Yousif H, Fleurent-Grégoire C, Lalonde-Bester S, **Brazeau A-S**, **Chevalier S**. 2023 *JMIR Public Health Surveill* 2023 Mar 30;9:e43786

Small Area Vulnerability, Household Food Insecurity and Child Malnutrition in Medellín, Colombia: Results from a Repeated Cross-Sectional Study. Santa-Ramírez HA, Otálvaro-Castro GJ, Joost S, **Melgar-Quinonez H**, Bilal U, & Stringhini S. (2023) *The Lancet Regional Health – Americas*. 23: 100521. <https://doi.org/10.1016/j.lana.2023.100521>

Parvalbumin interneuron loss mediates repeated anesthesia-induced memory deficits in mice. Roque PS, Thörn Perez C, ... **Wykes L**, Schricker T, Khoutorsky A. *J Clin Invest*. 2023 Jan 17;133(2):e159344.

Development of the Support self-guided, web application platform for adults living with type 1 diabetes in Canada using multi-disciplinary and person-oriented approach based on Behaviour Change Wheel. Xie LF, Roy-Fleming A, Haag S, Da Costa D, **Brazeau AS**. *Digital Health* 2023.

The Effects of Food Advertisements on Food Intake and Neural Activity: A Systematic Review and Meta-Analysis of Recent Experimental Studies. Arrona-Cardoza P, Labonté K, Cisneros-Franco JM, **Nielsen D**. *Advances in Nutrition* Volume 14, ISSUE 2, P339-351, March 2023.

Underlined: School of Human Nutrition graduate student / Bolded: **School of Human Nutrition Faculty member**