President's Message

This is my first contribution to “Intake,” and I want to thank you all for your support as I start my year as President of the society. Most importantly, I have to thank Bob Ritter for his leadership last year fulfilling the responsibilities of President in his understated, calm and effective way. I will be relying heavily on him and other past presidents for their sage advice as this year progresses. Bob started several initiatives for SSIB, one of which was the adoption of person-first language. In this issue of “Intake,” Larry Nolan has summarized our new guidelines for abstracts and presentations which will ensure that SSIB provides an appropriate level of respect for patients and study participants. A second initiative was to enhance the financial security of SSIB. This activity is still in the development stage, and Bob has agreed to serve on the Finance Committee in order to remain involved in the evaluation of potential investment options for the society. Bob worked hard to make the annual meeting more attractive to exhibitors and one outcome of this was to establish “technical posters”. These posters allow members, exhibitors and sponsors to present data on new technologies or methodologies. I anticipate them becoming more popular as everyone takes advantage of the opportunity to share their creativity and innovations. Bob asked the Long Range Planning Committee to identify potential strategies for increasing the diversity of the society. This proved a difficult problem to address, but we all can take responsibility to make the most of any opportunity to encourage participation by under-represented groups.

As usual the SSIB meeting was a highlight of the summer with an outstanding scientific program and an increased number of lunchtime sessions of special interest to early investigators. On behalf of the society, I extend our thanks to the Program Committee for the time and effort put into organizing MARS talks, symposia and oral and poster sessions resulting in a much appreciated and stimulating meeting. As President-Elect I had the pleasure of judging NITA award submissions and was incredibly impressed by the quality of the work and presentations from our newest members. Congratulations to the recipients of the NITA, Smith, Kissileff, Bartness and poster awards. These selections were not easy to make as everyone deserved recognition for their outstanding work.

Those who have served on Program Committees understand how much effort is involved in developing the high quality programs that we have become accustomed to at SSIB. Scott has agreed to take on the responsibility of Program Chair, Will de Lartigue will be Track 1 Chair and Alain will continue as Track 2 Chair. They are already starting to plan for next year’s meeting so if there is an area of interest that you think has previously been overlooked, please respond to the upcoming request for symposia topics and help shape next year’s program. The success of the meeting would not be possible without the efficient organization provided by SPLtrak. Many of you may only encounter Adam, Jamie and Melissa during the meeting and are not aware that they provide essential administrative support throughout the year, maintain our website, send timely reminders of our officers’ duties, and function as the historical memory for the society. I greatly appreciate their patience in responding to my many questions and requests for advice.

A special part of the meeting each year is on Saturday afternoon when we celebrate the recipients of the Alan N Epstein Research Award, the Hoebel Prize for Creativity and the Distinguished Career Award. Congratulations to Eric Krause, Alan Gleibter and Wolfgang Langhans. I saw several people squirming as Alan described being his own test subject for a gastric balloon; he obviously is a much braver soul than many of us in the audience. We went on a world tour with Wolfgang as he chronicled his scientific career populated with other SSIBlings and providing a great reminder of how opportunity and success may come when least expected. Wolfgang has been a mainstay of SSIB for many years, serving as President in 2004-2005 and since then as the Chair of several of our standing committees. Although he has officially retired from his academic appointment, Wolfgang reassured me that he has not retired from SSIB, and I look forward to seeing him at many more annual meetings.

Many of you who presented at the meeting have received a request from Bart de Johnge to submit a manuscript for a Special Issue of Physiology and Behavior.

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Recruit a new member today and discount your dues.

The SSIB will continue to offer a 50% reduction of your membership dues if you recruit a new Regular member this year (limit of one member per year). Contact the SSIB administrative office (ssib@ssib.org) with the name of your recruited new member and your discount will be applied the next time you renew your membership.

Encourage lab members to join.

Are all of your students and postdocs members of SSIB? If not, please encourage them to join the Society and benefit from the following:

- Reduced registration for the Annual Meeting
- Eligibility for New Investigator Travel Awards and other SSIB awards
- Involvement in the Society through participation in the Board and other committees
- Access to members only areas of the website, which includes job postings and INTAKE

Kevin Myers, Ph.D.
SSIB Secretary and Membership Committee Chair

New SSIB policy regarding use of non-stigmatizing language and images: What is it and why?

Laurence J. Nolan & Michelle Lee

Participants in the SSIB meeting in Bonita Springs may have noticed the implementation of a new policy regarding the use of person-first (or people-first) language and the use of potentially stigmatizing imagery in presentations. This policy was approved at the December 2017 board meeting in response to a proposal from several SSIB members including the authors of this article.

The purpose of person-first language is to reduce the use of potentially stigmatizing terms and not define participants by one characteristic such as a disorder or medical condition. What does it look like? Referring to people in a disorder-first manner (e.g., people with BMI > 29 as “the obese”) reduces them to a single dimension and is discouraged in favor of a person-first approach (i.e., person with obesity). Likewise, instead of referring to binge eaters or diabetics (or even a person suffering with diabetes), one would say person who has binge eating disorder or person diagnosed with diabetes. Often, the use of person-first language is about being more accurate. For example, it is more precise to say person diagnosed with a substance use disorder instead of addict as it is not only person-first but consistent with the APA Diagnostic and Statistical Manual of Mental Disorders (DSM-5) which no longer includes terms such as addiction, substance dependence, and substance abuse in reference to disorders involving drug misuse. While there are objections to the use of the wording by writers as awkward and by some advocates for persons with disabilities and disorders, many professional and scientific organizations (e.g., The American Psychological Association, The Obesity Society) have moved to adopt this language in recent years. We would prefer to think about it as being more precise in wording and less about “political correctness.”

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President’s Message (continued)

The issue from the 2017 meeting was published at the end of July and contains an impressive 27 papers. Thanks to Bart and Larry Nolan for their persistence and the large amount of arm-twisting it took to pull that together. This year Bart will be working with Jennifer Temple, and I will take this opportunity to remind anyone who is asked to review a paper for the Special Issue to accept the invitation. You will make Bart and Jennifer’s job much easier. Last year’s issue was the final hard copy version that will be provided by Elsevier. This year, because each manuscript will be published electronically as it is accepted, our Communications Committee is looking into alternatives for promoting the issue once it is complete.

There have been a number of changes in leadership of SSIB since July when several committee chairs, committee members and board members ended their terms of service. Derek Daniels ended his extended term as Secretary and Chair of the Membership Committee, but his plan for a break from the governance of SSIB rapidly evaporated when he was voted in as President-Elect of SSIB. I welcome his support and advice and have already taken advantage of his encyclopedic memory for the bylaws and policies of the society. Kevin Myers ended his term as Chair of the Public Communications Committee following election to the position of Secretary and Chair of the Membership Committee. As noted above, Dana Small ended her term as Chair of the Program Committee and will be succeeded by Scott Kanoski. Alan Spector ended his assignment as Chair of the Long Range Planning Committee. This was only the most recent responsibility Alan assumed for SSIB. As President in 2007-2008 he helped guide the society through several years of change and established a new level of order and stability. He will finally be able to enjoy participating without any administrative responsibility. Barry Levin has agreed to continue to oversee production of Ingestive Classics, a wonderful and insightful resource for our members and their trainees. If you are interested in writing one, please contact Barry as he is always looking for new contributions. Kellie Tamashiro has agreed to continue overseeing the SSIB coffee, renewing her appointment as Treasurer, and Alan Watts will continue to lead the Nominations Committee. Look out for requests for nominees in the Spring, or, if you are really lucky, a call from Alan asking you to run for elected office! We welcome Suzy Appleyard and Larry Nolan as newly elected board members, Andi Tracey as Chair of the Public Communications Committee and Diana Williams as Chair of the Long Range Planning Committee. Diana and the committee have started to evaluate potential meeting locations for 2021, so please let her know if you have a suggestion for a meeting site. For those of you who, in a weaker moment, agreed to serve on a committee, thank you for your commitment. For those of you who recently ended your appointment on a committee, thank you so much for the time you contributed to SSIB. For those of you who asked to be included in a committee, but were not appointed, please make sure Derek is aware of your interest as he will be looking for more new committee members next July.

Each year SSIB renews its commitment to supporting and promoting students, post-docs and early investigators who represent the future of Ingestive behavior research. In Bonita Springs there were several new events intended specifically for this section of our membership. Jennifer Sandler has taken over as Chair of the New Investigators Advisory Board and will be soliciting feedback on which events should be repeated next year as well as proposals for new events. Contact her with your ideas or to reinforce support for events that you enjoyed. In addition, please don’t hesitate to contact me if you have suggestions for how SSIB may better support its younger members.

None of the activities or awards described above would be possible without the generous financial support from corporate sponsors and donors who help to cover the costs of the annual meeting. We appreciate their support and are pleased that they value the research reported by our membership. Solicitation of donations is a primary responsibility of the President, but let me know if you have contacts in any corporation that might be supportive of SSIB. Also, if you encounter any of the sponsors of our Bonita Springs meeting, please let them know how much we appreciate their support and interest. It is coming close to the time of year when you receive a reminder to make a tax-deductible donation to SSIB. These donations can be designated to the general funds, to support NITA awards or to help secure the endowment of named awards. A further option for those of us who are now the more “senior” members is to include SSIB in our legacy. Kellie can answer any questions you have regarding the use of specific funds.

I have spent much of the newsletter referring to our annual meeting. But there are a couple of events on the horizon that everyone should be aware of. Suzy Appleyard and Mitch Roitman will be hosting an Ingestive Behavior Social at Neuroscience in the Grand Ballroom 1 at the Marriott Marquis, San Diego from 6.45 to 8.45 p.m. on Monday November 5th. Diana Williams will be chairing a TOS/SSIB Joint Symposium during Obesity Week in Nashville. The symposium features SSIB members speaking on Mechanisms of the Vagus Nerve Control of Feeding Behavior at 10.15 a.m. on Tuesday November 13th in Room 214 of the Music City Center. Please take the time to support and socialize with other SSIB members if you are at either of these meetings. Our next annual meeting will be July 9th – 13th in Utrecht, The Netherlands, and Dana Small has been working with the organizers of an NIH sponsored Science of Behavior Change workshop. This will be a half-day pre-conference workshop in the morning of the first day (Tuesday) of our meeting. The workshop will be in the same conference center as our annual meeting and should be of interest to many SSIB members. We will distribute more information as it becomes available.

Finally, a big thanks to Ali Doerflinger for continuing as Editor of “Intake”. I hope you enjoy this edition and learn something new about fellow SSIBlings. Have a wonderful Fall if you are in the Northern hemisphere or Spring if you are in the Southern hemisphere. Don’t hesitate to contact me if you have suggestions for new initiatives or can identify ways in which SSIB can better support the membership.

Ruth Harris, PhD
President, 2018-2019
New SSIB policy regarding use of non-stigmatizing language and images: What is it and why? (continued)

We asked Amy Eshleman, a social psychologist who has studied stigma and prejudice, about the potential for an awkward writing style when using person-first wording. Her advice:

“Researchers might ask themselves: Am I treating this as a stigmatized identity? If yes, use people first language in the first instance of mentioning the identity and any time the sentence can be made to work with people-first language. The point of people-first language is to make a conscious choice to acknowledge the humanity of the populations we study. That might require a conscious effort, and investing effort where one has historically taken something for granted will feel cumbersome. And that might be a good thing.”

Therefore, one way to reduce awkwardness in writing would be to use person first language initially (person with obesity) to something more direct (obese person) but not reduced to that one dimension (the obese).

Of particular concern is the gratuitous use of stigmatizing imagery in presentations. These include images of large bodies with heads “cut off” which are frequently used in media as backdrops during stories about obesity. These images provide no relevant information to the presentation at hand. Neither do cartoons mocking people who have obesity or eating disorders. Such images would be potentially stigmatizing and make light of a serious condition to members of the audience which may include not only members of SSIB, but students new to our field, guests such as plenary and symposia speakers, funders, and members of the press. So, before adding a decorative image ask yourself, “Does this add something significant to the scientific message I am attempting to convey? Could it be making a joke at the expense of another who had been diagnosed with a disorder or condition?” A useful source of positive imagery is the World Obesity image bank which also provides some helpful context about weight stigma more generally.

We have been asked about the origins of the proposal. The proposal grew out of a conversation at the Montreal meeting of SSIB between several SSIB members and guest speakers who were attending their first SSIB meeting. The guests expressed surprise that SSIB had not yet adopted guidelines to promote person-first language. They also expressed concern about the imagery used in several presentations they attended.

We believe the adopted policy promotes awareness for SSIB members who may be presenting their work at and/or collaborating with members of other professional societies such as The Obesity Society. It is also worth considering that medical professionals access our work and weight stigma (among other forms of stigma) from health professionals is a commonly reported problem. Feeling stigmatized can lead to avoidance of health care professionals and other forms of maladaptive behaviors. While the new policy may appear to strictly apply to researchers of human participants, those who engage in animal research should take care when comparing animal models to human models, and also when they position their work as speaking to the worldwide growth in rates of obesity.

Resources

Obesity Action Coalition: https://www.obesityaction.org/action-through-advocacy/weight-bias/people-first-language/

National Center on Disability and Journalism: http://ncdj.org/style-guide/

World Obesity image bank: http://www.imagebank.worldobesity.org/guidelines

The Laboratory for the Study of Human Ingestive Behavior at the University Park campus of The Pennsylvania State University is dedicated to advancing the understanding of human eating behavior. The aims of the lab are to better understand why individuals eat the types and amounts of foods that they do and to develop strategies to combat obesogenic eating behaviors. Over the years, the lab has conducted seminal research investigating how food-related factors including portion size, food variety, and energy density influence food and energy intake, satiety, and body weight in both children and adults. We are known in particular for conducting controlled feeding studies to assess influences on eating behaviors.

Our lab likes to “play” with food and spends a lot of time in our commercial-grade kitchen developing and cooking recipes to use in our studies. Using the techniques that we’ve mastered, we are able to make substantial changes in food properties such as energy density and volume. For example, we can modify the energy density of many foods by 20% or more without noticeable differences in the appearance or taste! By serving experimental meals to subjects in our 16 private cubicles and assessing how the varied properties affect their intake, we have learned a lot about human eating behavior.

The lab is comprised of Dr. Barbara Rolls (director), research dietitians, research technologists, visiting scholars, doctoral students, and undergraduate students. The rigorous and influential work is facilitated by the collaborative nature of the lab, in which students, lab research staff, and other lab personnel work together to design systematic studies to investigate their research questions. In addition to our lab, which is housed in the Department of Nutritional Sciences, Penn State boasts a diverse group of researchers who study ingestive behaviors. We are encouraged to collaborate across multiple disciplines including food science, human development and family studies, biobehavioral health, neuroscience, marketing, and even hospitality management. The department of Nutritional Sciences aims to continue to strengthen the ingestive behavior core at Penn State through adding new faculty members who are experts in the field.

Dr. Rolls' lab currently has funding from the NIDDK and is running a series of clinical trials to investigate whether preschool children adjust their energy intake in response to variations in portion size or energy density over a 5-day period. This intensive series of studies, in which children are served all meals and snacks over the study duration, is co-led by Alissa Smthers (doctoral student; conferral of PhD in December) and Christine Sanchez (3rd-year doctoral student). Dr. Kathleen Keller, also at Penn State, is a co-investigator on this grant. Dr. Keller provides unique perspectives and expertise in identifying individual differences in children’s eating behavior as well as techniques for assessing hunger and fullness. These studies will facilitate our understanding of children's eating behavior as well as the development of interventions to prevent childhood obesity.

Dr. Faris Zuraikat (recent graduate of the lab) continued the group’s efforts to develop strategies to moderate energy intake in adults. Faris’ work included testing the influence of prolonged training in portion-control strategies on intake from large portions. In addition, he and Dr. Rolls developed a series of studies investigating whether factors related to food value influenced the effects of portion size on intake in men and women. This work was aided by insights provided by members of the marketing and hospitality management departments. Faris recently published findings from his NIH- and USDA-sponsored dissertation work in *Appetite*.

Our Team In Action:
Preparing a test meal, weighing the food, serving a test meal to a subject in their booth, and taking post-weight measurements.
This past spring, we had long-time collaborator, and fellow SSIB member, Marion Hetherington visit us at Penn State from the University of Leeds. Marion helped us brainstorm ideas for future studies and shared her expertise on children’s eating behavior. Marion also visited the Readings in Ingestive Behavior class while at Penn State. This class is held every semester and led by Dr. Barbara Rolls, Dr. Kathleen Keller, and Dr. John Hayes. This seminar class covers many areas of ingestive behavior, from current research portrayed by media to classic studies, and always stimulates good discussion.

Please visit our website (http://nutrition.psu.edu/foodlab) to learn more about what we are doing and to access our recent and past publications.

Contributed by: Faris M. Zuraikat, PhD (Penn State Nutritional Sciences, Aug. 2018) and Alissa D. Smethers MS RD, PhD candidate (Penn State Nutritional Sciences, Dec. 2018)
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27th Annual Meeting of the Society for the Study of Ingestive Behavior
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July 9-13, 2019

SSIB 2020
28th Annual Meeting of the Society for the Study of Ingestive Behavior
Portland, Oregon
July 7-11, 2020