

# SSIB *Intake*

Society for the Study of Ingestive Behavior Newsletter

VOL. XXVIII NO. 2

## President's Message

As the Spring semester winds down for those of us in academia, we look forward to the summer as an opportunity to have more time to devote to our research, families and friends. A part of this for me will be to meet up with my friends at the annual meeting of SSIB.

This year it will be in Utrecht, The Netherlands from July 9th – 13th. Utrecht is a short train journey from Amsterdam. The Early Registration deadline for the meeting was May 15th and, because it will be held in the Jaarsburg Conference Center, there will be no official meeting hotel, however, the meeting website provides contact information for a number of different hotels that are within easy walking distance. There should be plenty of time between sessions for exploration of this beautiful historic city that dates back to medieval times. Several websites provide information on the city and its many restaurants and cafes that line the streets and the canals that run through the city. Roger Adan is our local host and has visited the conference center several times to ensure optimal use of the space for both oral and poster presentations. He is also busy looking into options for entertainment at the reception and banquet.



**Ruth Harris, PhD**  
*President, SSIB*

This year the SSIB meeting will be preceded by an NIH-supported workshop: Science of Behavioral Change (SOBC). This workshop will take place during the morning of Tuesday July 9th and is independent of SSIB, but is likely to be of interest to many of our members. The SSIB Program Committee, chaired by Scott Kanoski with Will de Lartigue and Alain Dagher, as Track 1 and Track 2 co-chairs, have been working diligently since November to organize the program for this year's meeting. The Mars Lecturers and symposia are posted on the meeting website, and the program committee is now sorting through the abstracts that have been submitted for presentation. We can look forward to another excellent scientific program. My sincere thanks to everyone on the Program Committee for their commitment.

As in previous years we have several meeting activities planned as non-scientific lunch-time sessions. Alexxai Kravitz, Kyle Burger, and Luke Stoekel are putting together a session on Open Sources in Ingestive Behavior. In response to a suggestion from Susan Yanovski, Program Director at NIDDK, we are organizing a mock NIH study section and are very pleased that Raul Rojas, SRO for IPOD, has agreed to participate. This will be Raul's first SSIB meeting, so please make him welcome and take the opportunity to let him know if you are interested in serving on IPOD.

Tim Moran, who has frequently served as a study section Chair, has agreed to Chair the mock study section and we are currently recruiting experienced study section members to serve as reviewers. In addition to a review of three grants the session will include a description of the process of grant review, the responsibilities of different people involved in grant review, including what happens at council, and an overview of the recent changes in requirements for grants that include human subjects. This will be a great opportunity for everyone to learn something new about what happens to our applications once they have been submitted. In addition to the non-scientific sessions NIAB will be organizing several social events directed towards the younger members of our society, starting with a social gathering immediately after the opening reception, and there will be an opportunity for trainees and young investigators to sign-up for "Meet the Scientist". This event is being organized by Lauren Stein, so if you are one of our slightly less young members, please contact her if you are willing to be one of the Scientists. Further details of the Program will be posted as they develop, so continue to check the website for updates.

Also at the meeting, we are looking forward to recognizing colleagues for their outstanding contributions to the study of Ingestive behavior. Two committees had the difficult responsibility of selecting our award recipients. I am pleased to announce that this year's Distinguished Career Award recipient is Professor Dr. Margrite Westerterp-Plantenga, University of Maastricht. The recipient of the Hoebel Prize for Creativity is Dr. Suzanne Higgs, University of Birmingham and the Alan N. Epstein Research Award recipient is Dr. Carrie Ferrario, University of Michigan. Please plan to attend the Awards Symposium, on Saturday July 13th from 2.30 – 4.15 p.m. so that we can congratulate each of the award recipients and appreciate their achievements.

Although a lot of our energy is put into organizing the annual meeting, a number of other items have been accomplished since the Fall. Barry Levin and Nori Geary have been very successful in encouraging the development of new "Ingestive Classics". Three have already been published this year, authored by Derek Daniels, Alan Spector, and the most recent by Kees de Graaf.

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## President's Message (continued)

If you have not previously viewed the classics that are posted on our website, together with access to the original papers being discussed, then I encourage you to do so. It is always insightful to have an expert explain why certain observations were critical to the development of the field. The classic by Alan Spector discusses a seminal paper on conditioned taste aversion published by Smith and Roll in 1967. The release of this Ingestive Classic coincided with a celebration in Tallahassee of Dr. James Smith's 90th birthday and on behalf of all SSIB members I extend our best birthday wishes and gratitude for his significant research contributions. If there is a paper that you think deserves recognition for its impact on research into ingestive behavior, then please contact Barry and/or Nori because they are always looking for new contributions.

We have also put in place two new policies. Jenny Sadler worked with Megan Dailey and Larry Nolan to develop a code of conduct which has been approved by the board and is now posted in the Program section of the meeting website. This code formalizes our commitment to maintaining an environment in which everyone feels welcome and safe. The second is a conflict of interest statement that clarifies that financial support of the annual meeting is intended to support the sharing of scientific knowledge and does not allow external control of program content. Again, this statement formalizes a long-established understanding between the society and donors and sponsors of the annual meeting.

It will soon be time to elect a new President-Elect and board members. I am most grateful to those of you who responded to Alan Watt's persuasive pleas and agreed to run for office. If you were not asked to run, but would be interested in serving the society in the future, please contact Alan so that he knows to contact you next year. Once the ballot is sent out, please participate in the vote to ensure that you are well represented in the governance of the society. Also if you are interested in serving on one of the SSIB committees, please contact Derek Daniels as one of his first responsibilities when he takes over as President will be to identify replacements for people who are rotating off different committees in July.

SSIB continues to thrive as a society and Kellie Tamashiro and the finance committee have been working to also ensure financial security. At the winter board meeting we approved a motion to move a portion of the society funds into an interest bearing certificate of deposit. As the interest accumulates the board will determine whether to use it to support some of the society awards or to reinvest and further solidify the financial status of the society. I want to express my appreciation to those members who made donations to the society in 2018 as these contributions will help to support some of the named awards and also New Investigator Travel Awards that will be presented at the meeting in Utrecht. Derek Daniels and his committee are currently evaluating the abstracts that have been submitted for consideration for travel awards this year. Based on my experience last year this is a difficult task because of the high quality of all of the submissions that are received.

My tenure as President of SSIB will end in July and I thank you all for giving me the honor of leading the society this year. I have been a member of SSIB for many years and consider it not only my scientific support group, but also a society populated by good friends. I received a lot of help and good advice during the year from many of the society members and officers, but especially Past-President Bob Ritter and President-Elect Derek Daniels who always have wise words based on their experience and knowledge of the society's history and policies. Scott Kanoski and the Program Committee deserve huge credit and recognition for the work involved in developing an outstanding program for the meeting in Utrecht. The quality of the scientific program is a major reason people come back to the meeting each year. The Long Term Planning Committee, chaired by Diana Williams, have been busy evaluating potential sites for future meetings and identified Portland for 2020 and Chicago for 2021. As always, I have to give credit to SPLtrak for doing the real work that is needed to keeping SSIB viable and running efficiently and effectively. Melissa is always available to respond almost instantly and patiently to questions I have – big or small and often naive. Adam and Jamie are a calm and reliable source of good advice based on their long-term association with SSIB and this year they have taken on the added responsibility of helping with fundraising, so a big "Thank You" to SPLtrak.

I look forward to seeing many of you in Utrecht in July!

**Ruth Harris, PhD**  
President, 2018-2019



**SSIB Intake**

**Society for the Study of Ingestive Behavior Newsletter**

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SSIB Intake welcomes letters to the editor. All material submitted for consideration is subject to editing and condensation. Advertising rates are available from the SSIB central office.

SSIB Intake is the official newsletter of the Society for the Study of Ingestive Behavior.

## Update from the NIAB

NIAB is happy to announce our board expanded to 11 members in the past year. Our current board includes the following new investigators:

- Tuki Attuquayefio, Post-doctoral researcher, Yale University (Track 2)
- Guido Camps, Researcher, Wageningen University (Track 2)
- Samantha Kling, Assistant Research and Teaching Professor in Nutritional Sciences, The Pennsylvania State University (Track 2)
- Jean Philippe Kreiger, Postdoctoral Researcher, University of Gothenburg (Track 1)
- Greg Loney, Postdoctoral Researcher, University of Buffalo (Track 1)
- Emily Noble, Research Assistant Professor, University of Southern California (Track 1)
- Christina Potter, Researcher, Oxford University (Track 2)
- Jenny Sadler, Graduate Student, University of North Carolina at Chapel Hill (Track 2)
- Grace Shearrer, Research Assistant Professor in Nutrition, University of North Carolina at Chapel Hill (Track 2)
- Lauren Stein, Postdoctoral Researcher, University of Pennsylvania (Track 1)
- Uku Vainik, Postdoctoral Researcher, McGill University (Track 2)

### Upcoming NIAB Events

#### **Networking Night, Tuesday July 9th**

Join fellow new investigators after the opening reception on Tuesday, July 9th for an evening out in Utrecht! We will head into old town Utrecht, grab a bite or drink at a cafe, and then climb the Dom Tower for stunning views of the city! NIAB will pay for Dom Tower access. Food and drinks are pay-your-own. RSVP to follow.

#### **Professional Development Panel, Thursday July 11th**

Come network and learn from leading researchers across academia and industry about career opportunities in ingestive behavior. During our lunch session, professionals will answer questions in a Q&A panel, and then be available for one-on-one networking. Lunch will be provided. Room and time to follow.

### Volunteers Needed

*Meet the Scientist Volunteers.* NIAB is excited to host Meet the Scientist (formerly Meet the Professor) at SSIB 2019. This is a great way for new investigators to interact with experienced SSIB members in academia, industry, and beyond, learn about their career paths, discuss research, and network. If you are interested in serving as the “Scientist,” please email Lauren Stein ([steinlm@pennteam.upenn.edu](mailto:steinlm@pennteam.upenn.edu)) and they will follow-up with you closer to the conference to determine a convenient meal time (i.e., breakfast, lunch, dinner) for you.

*Poster Competition Volunteers Needed.* The NIAB will be hosting our annual poster competition for new investigators at SSIB 2019. If you are not a new investigator, we will need multiple Track 1 and Track 2 judges for all three poster sessions. Please email Emily Noble ([emilyn@usc.edu](mailto:emilyn@usc.edu)) if you are interested in volunteering to be a judge for the poster competition. Once the schedule is available, we will send you a follow-up email to get you on the judging schedule. As new investigators, we greatly appreciate judges’ feedback on our research, posters, and presentation styles!

### Join NIAB!

NIAB is always looking for new investigators to join our team. If you are interested in joining NIAB, please email Jenny Sadler ([jenny\\_sadler@unc.edu](mailto:jenny_sadler@unc.edu)) for more information about how to get involved!

# Publication Preview: The Need of Salt Needs Investigation

Micah Leshem

Department of Psychology, the University of Haifa

Many authorities hold that salt significantly increases society's disease burden and causes 3 million deaths annually. Obesity is estimated to cause 4 million deaths, a million of which may be due to salt intake, so that while the two are similarly deadly, reviewing PUBMED and SSIB programs confirms that obesity garners incomparably more research into its causes (1-6). The bias continues into therapy, societal and governmental resourcing and individual concern, possibly because obesity is so visually prominent, while salt is the silent killer. SSIBlings, for a start, should take note.

The determinants of our excessive salt appetite are researched by scarcely a handful of colleagues worldwide, and that as a poorly funded sideline. However, research into the consequences of salt intake, primarily in large-scale studies, has engendered the consensus that salt is toxic, along with a contention that it is less so (4-6). Ultimately, the causes of human salt intake remain unknown now, as decades ago (7-10).

This manuscript, in preparation, appeals for more interest and research in the determinants of salt intake to improve its regulation. It will examine how uncritical acceptance of the infiltration and early exposure doctrines may divert from efforts to understand the causes of high salt intake and how regulatory mechanisms may be overridden. For example, current physiology holds that a pinch a day suffices (~1.3g salt or 500mg Na<sup>+</sup>), yet our intake far exceeds that. Evolutionary rationale posits that prominent characteristics are explainable adaptations, but it is not known how our excess salt intake may be adaptive (7,8,11). Might there be benefits yet to be discovered driving the excess (12-14)?

Salt flavors our food, sustains and protects us in physical exertion, may be occasionally remedial, contributes to our ailments, and generates controversy. With all that, salt itself is inedible, it is only eaten in food; but why salted food is so attractive is not known. Understanding what drives the predilection for salted food should improve intervention to reduce the health risks associated with both sodium surfeit and deficiency.

As extraordinary science readies our ship to Mars, it has yet to discover why our daily half-billion-ton sprinkle of salt (15). Nonetheless, the ship will be provisioned with salt (16).

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## Publication Preview: The Need of Salt Needs Investigation (continued)

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## Don't Forget! 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](mailto: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

## Take Advantage Of This Great Resource: The Ingestive Classics

A series of seminal papers in our field, selected and introduced by SSIB members and available to all.

The primary purpose is to provide students, postdocs and colleagues with papers that various SSIB members consider to be critical building blocks of our field. The “classics” provide important historical context, both on the concepts upon which their work and hypotheses were based and on the results and standards of interpretation that the authors considered critical. The commentaries provide perspectives linking the classics to current work and ongoing issues.

Find them at <https://www.ssib.org/web/classics.php>.

## See You In Utrecht!



You are cordially invited to attend SSIB 2019, the 27th Annual Meeting of the Society for the Study of Ingestive Behavior in Utrecht, Netherlands from July 9-13, 2019.

Utrecht is located in the heart of the Netherlands. Amsterdam airport (which has direct connection all over the world) is a 30 minute train ride to the conference site which is near the railway station and the old center in Utrecht.

Old town Utrecht features medieval churches and picturesque canals. There are numerous restaurants in all price categories within walking distance of the conference venue. Visit the iconic Domtoren, a 14th-century bell tower with city views which stands opposite the Gothic Cathedral of St. Martin on central Domplein

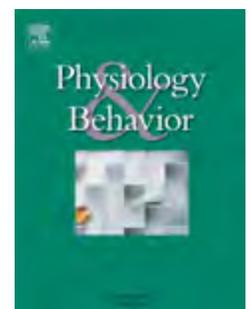
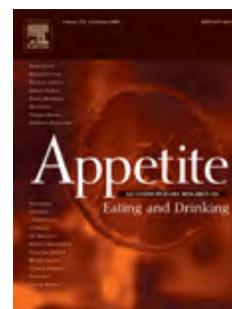
square. Take a boat or canoe tour on the canals, wander in the old medieval city and enjoy terraces at the canals. You can rent a bike to see more of the city and its neighborhood or visit Amsterdam which is only 30 minutes by train.

For more information, visit <https://www.ssib.org/2019/>.

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## Save The Dates



### **SSIB 2019**

27th Annual Meeting of the  
Society for the Study of Ingestive Behavior  
Utrecht, Netherlands  
July 9-13, 2019

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### **SSIB 2020**

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

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### **SSIB 2021**

29th Annual Meeting of the  
Society for the Study of Ingestive Behavior  
Chicago, Illinois  
July 13 -17, 2021