

## Welcome to our December newsletter.

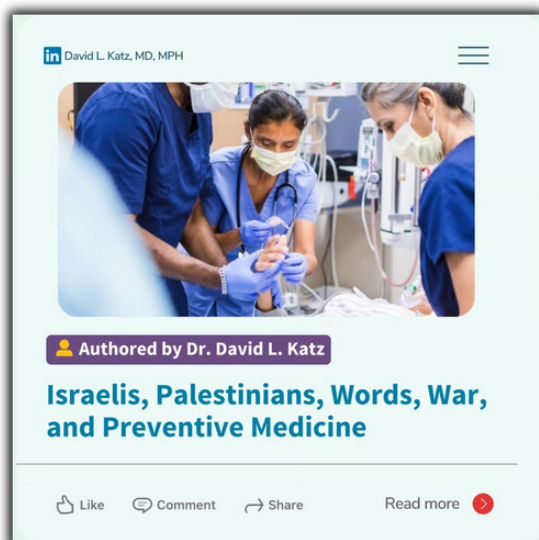
As we embrace the final month of the year – a time for reflection and anticipation – let’s delve into a diverse range of thought-provoking topics, each shining light on different facets of health and wellness, and how they intertwine with the broader strokes of our world.

From Dr. David Katz’s take on global conflicts and preventive medicine to Alex Ruani’s groundbreaking research on nutrition information sources, and a special focus on the spirit of giving – this edition is packed with knowledge and inspiration.

Let’s jump right in 📌

## Food for Thought

*From the Founder's Desk*



Dr. David Katz **offers a unique perspective** on the Israeli-Palestinian conflict, drawing an intriguing parallel with the principles of preventive medicine. He challenges us to consider how ‘teachable moments’ in healthcare, often emerging in crisis, mirror missed opportunities for early intervention in global conflicts.

He prompts us to question: Are we acting too late in both health and peace efforts? This piece is an invitation to explore how foresight and prevention can be powerful tools in both medicine and diplomacy.

*“Calamity incubates only the grimmest of choices. But we do have the choice to heed the teachable moment, anticipate and prevent the next catastrophe.*

*Sometimes the one best hope we have is something left to hope for.”*

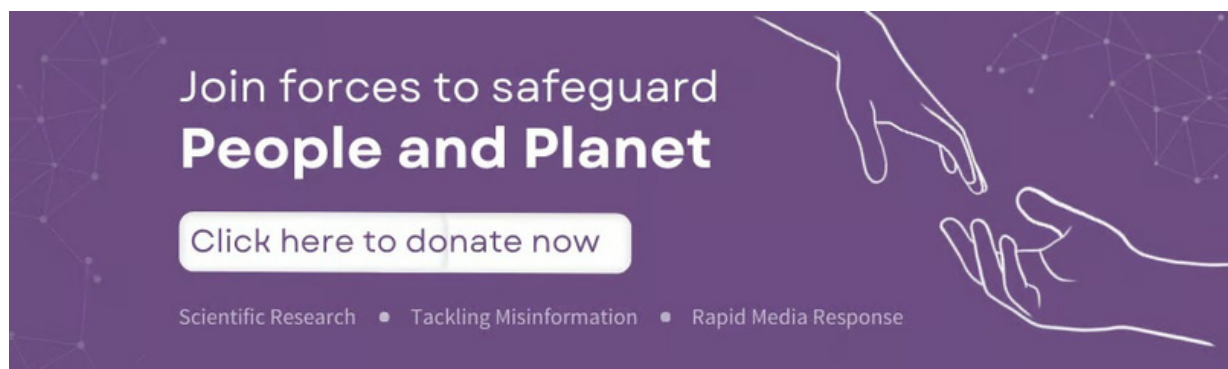
- Dr. David Katz

MD, MPH, FACPM, FACP, FACLM, Founder of Diet ID and True Health Initiative

[Read the article here →](#)

## Your final chance to make an impact

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Our commitment to spreading the word about lifestyle as medicine and creating a healthier world remains steadfast, and your support is vital in this endeavor.

### **Haven't had a chance to show your support yet?**

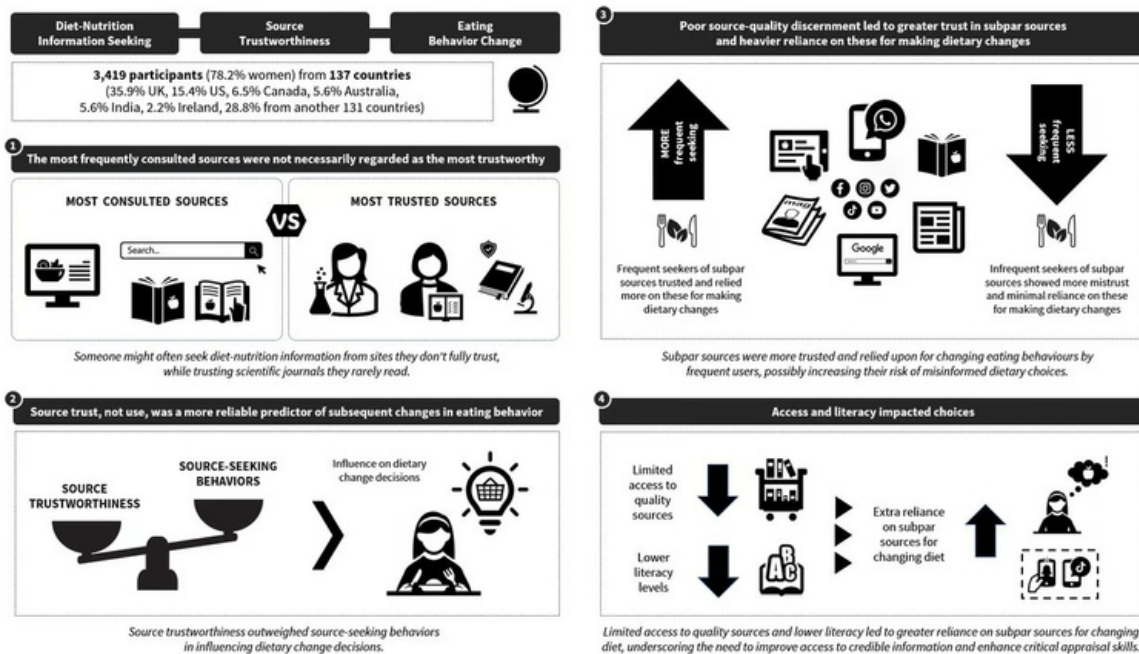
As we approach the end of the year, [let's join hands](#) to create a ripple effect of positive change – not just for a day but as a way of life. Your generous donation can help us reach more communities, empower more individuals with scientific information, and build a healthier tomorrow.

[Donate here to make your impact](#)

# In the Spotlight

## Research Paper Published by Alex Ruani

### Diet-Nutrition Information Seeking, Source Trustworthiness, and Eating Behavior Changes: An International Web-Based Survey



- *Social media, Internet searches, diet books, scientific journals famous people... which sources of dietary advice do individuals consult the most?*
- *Source popularity VS trustworthiness: Which has the greatest influence on dietary change decisions?*
- *Who are more vulnerable to poor source-quality discernment, and how does this impact the risk of misinformed dietary choices?*
- *Why is it important to improve access to credible diet-nutrition information and enhance our critical appraisal skills?*

**In this groundbreaking international study**, Alex Ruani answers these critical questions by exploring the dynamics of how people seek diet and nutrition information, their trust in various sources, and the impact on dietary behavior changes.

Involving 3419 participants from 137 countries, it delves into diet-nutrition information-seeking behaviors from 22 different sources, the trust placed in these sources, and their influence on dietary changes.

[Read the full paper here →](#)

*"It's the first study of its kind, looking at how popular subpar sources vs high-quality sources actually influence changes in eating behaviour."*

- Alex Ruani, Chief Science Educator at The Health Sciences Academy, UCL Doctoral Researcher, and Board Certified Health & Wellness Coach

## Additional Reads

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- [Association between ultra-processed food and flavonoid intakes in a nationally representative sample of the US population.](#) Leitão AE, Roschel H, Oliveira-Júnior G, Genario R, Franco T, **Monteiro CA**, Martinez-Steele E. Br J Nutr. 2023.
- [Pacific Islands Families Study: Household Food Security during Pregnancy and Secondary School Educational Achievement.](#) Lusitini L, Tautolo ES, Plank LD, **Rush E**. Nutrients. 2023.
- [Associations of dietary cholesterol and fat, blood lipids, and risk for dementia in older women vary by APOE genotype.](#) Dunk MM, Li J, Liu S, Casanova R, Chen JC, Espeland MA, Hayden KM, **Manson JE**, Rapp SR, Shadyab AH, Snetselaar LG, Van Horn L, Wild R, Driscoll I. Alzheimers Dement. 2023.
- [Multivitamin Supplementation Improves Memory in Older Adults: A Randomized Clinical Trial.](#) Yeung LK, Alschuler DM, Wall M, Luttmann- Gibson H, Copeland T, Hale C, Sloan RP, Sesso HD, **Manson JE**, Brickman AM. Am J Clin Nutr. 2023.
- [Dietary flavanols restore hippocampal-dependent memory in older adults with lower diet quality and lower habitual flavanol consumption.](#) Brickman AM, Yeung LK, Alschuler DM, Ottaviani JI, Kuhnle GGC, Sloan RP, Luttmann-Gibson H, Copeland T, Schroeter H, Sesso HD, Manson JE, Wall M, Small SA. Proc Natl Acad Sci U S A. 2023.
- [Podcast on ROIAL C-Suite Truths.](#) Mather J. 2023.

Thank you for reading our December knowledge booster! 😊



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