



# SSIB *Intake*

Society for the Study of Ingestive Behavior Newsletter

VOL. XXI, NO. 2

## President's Message

Time is flying, and the 2012 SSIB meeting is approaching fast. Zurich is getting into gear....! Organizing the SSIB meeting in Europe is in some ways a bit more challenging than the usual "one-place-for-all-activities" conference sites in one single hotel (and meeting site) in the US. Not everybody will stay at the same hotel; on the other hand, attendees have more freedom to choose from a number of hotels with all their pros and cons, and they may see more of the city and surroundings as they might see otherwise. Of course, we do recommend people to stay at the Swissotel in Zurich-Oerlikon. The hotel which will also host the official dinner on Saturday July 14, is ideally located at the Oerlikon train station; the station is approximately half way between the airport and Zurich main train station (Zurich HB). The trains from the airport take only 5 min to get there and the Oerlikon station has train connections to Zurich HB every 5-10 min. Further, the tram that takes people directly to the conference site at the ETH Zentrum (tram stop ETH Zentrum/Universitätsspital) stops basically at the doorstep of the hotel.



**Thomas Lutz, PhD**  
President, SSIB

Zurich has many things to offer, as you may already know. In case early summer will be warm, the lake may offer most pleasant swimming opportunities at 24-25°C or even a bit more, with snowy mountains in the background. The quality of Zurich life is tremendous; as I wrote in my fall newsletter, the Mercer study elected Zurich as the city with the highest quality of living worldwide 8 times over the last 10 years. Now, this quality of life is not for free – Zurich is an expensive place, but we are proud to be the most expensive city on this planet. For other planets, I don't know.

To help you get around in Zurich, it is possible to book tickets for the public transport system in Zurich during the registration process via the SSIB website. Tickets are offered at a very reasonable rate and will be handed out at the registration desk. I highly recommend to book for these tickets, I am sure that most of you will make very good use of the public transport. All connections within the city limit will be included (trains to main station, suburban trains within city limits, trams, boats on the river Limmat and of course buses). Extensions to these tickets (Anschlussbillet) can be bought at any tram or bus stop, in case you want to go beyond city limits (which is e.g. the case when going to the airport).

The program committee has done a tremendous job so far to put together a scientific program of outstanding quality. 2012 symposium speakers have now confirmed their participation, and the Mars speaker slots are all filled. Please check our web site for details. As you can see on the SSIB meeting registration page, Wolfgang Langhans and I organized two "pre-congress days". The options include two different hands-on rat surgery classes (Myrtha Arnold, ETH Zurich), a workshop on

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## From the Editor

Welcome to INTAKE, newsletter for Society for the Study of Ingestive Behavior. The 2012 Annual Meeting is just around the corner, this time in beautiful Zurich, Switzerland. SSIB President Tom Lutz is eagerly anticipating a great meeting, and great meeting attendance, in his town. In the President's Message, Tom shares with us some great tips on enjoying your stay, with practical advice on getting around Zurich. Hopefully, some of you are taking advantage of the hands-on technique workshops he and Wolfgang Langhans have organized ahead of the meeting. It's a great training opportunity.



**Susan Aja, PhD**  
Editor, SSIB *Intake*

In preparation for improving the 2012 meeting, and the SSIB-beyond, Tom is asking us to forward constructive comments to him or other Board Members and Officers. Please do. Just a heads-up (from one who knows) – if you make a comment or suggestion, you may well be asked to lead the effort or at least participate in its development. If that happens, trust me...you're probably right for it, or at the very least it will be good for you.

This year 2012 is a special year for SSIB – Our 25<sup>th</sup> Anniversary as an official scientific society. Founding Member and continually-dedicated-SSIBling, Harry Kissileff, was there at the very beginning. He and SSIB Historian Ellen Ladenheim tell the tale in this edition of the newsletter. Harry, Ellen and Tom are preparing a special presentation on SSIB's history for the annual meeting. I'm guessing it will be a good show (Ellen has some terrific pictures in her possession – you've all been warned).

Pleased indeed to see so many review articles from our members showing up on-line over the last 6 months. Have a look, and see what your friends have been up to!

Best Wishes,

Susan Aja

Editor, INTAKE

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# The Evolution of SSIB

Long before SSIB, there were a wide variety of scientific interests in ingestive behavior. In the US alone, there were at least three initiatives in the 1940s. From 1942, the National Research Council used anthropological methods led by Margaret Mead to promote the supply of locally appropriate foods in war-torn areas. US Army research on the soldier's environment gave rise in 1949 to Quartermaster R & D into food consumption that continues in the labs at Natick. John Brobeck (*Appetite*, 1993, 21, 225), SSIB's first distinguished scientist awardee, credited Samuel Lepkovsky with organizing the first national funding program for biological research into food intake from 1943 until 1952. Copies of the reports from this effort are in the SSIB archives at Columbia University. In the late 1960's Harry Jacobs with P.J. Morgane organized a large conference of the NY Acad of Sci (I would spell this out). in the Astoria Hotel in Dec 1967 (published in 1969) followed by Carl Pfaffmann's Rockefeller meeting of the International Symposium on Olfaction and Taste in 1968. This was the third in the series, the other two having been held in Stockholm (1959) and Tokyo (1965) as satellites of the International Union of Physiological Sciences (IUPS).

In 1962, a commission was established by IUPS for an International Conference on the Physiology of Food and Fluid Intake, originally called the International Conference on the Regulation of Food and Fluid Intake (see Booth, *Appetite*, 2008, 51, 433), and the first conference under the direction of De Reuter was held in Leiden. After two meetings outside the US, Alan Epstein served as local host for the first ICPFFI held in the US, in 1968, which could well have been considered a forerunner of SSIB. Harry Kissileff, who had been Alan's student, was interested in the organization of science and continued that interest after he moved to the Rockefeller, where he worked in the Laboratory of Carl Pfaffmann from 1966-71. He began attending meetings of the Eastern Psychological Association (EPA) where Herbert Meiselman (from Natick) and Linda Bartoshuk (who had been one of Pfaffmann's students) had organized a group called initially "Olfaction, Taste and Intake" and later "Chemical Senses and Intake (CSI)". The first organizational meeting, run by Linda Bartoshuk and Robert Gentile (according to the EPA program for 1971) was in New York in April 1971, and the group was launched formally at the EPA meeting in April, 1972, in Boston, with Herb Meiselman hosting. The members of the organizing committee were Linda Bartoshuk, Herbert Meiselman, Robert Gentile, Harry Kissileff, and William Cain. The committee hit on a novel approach to scientific meetings. Each year they would gather with the EPA and hold a dinner followed by 3-5 minute mini-talks. An individual would organize the meeting each year, much as the British Feeding and Drinking Group still does. That series started in 1976 under the title "Appetite and Food Intake" of an international book-conference held in West Berlin the previous December (chapter authors Stellar, E. Rolls, Marshall, Stricker, Garattini, G. Smith, Bray, Harper, Fishman, Bartoshuk, Pudel, Rodin, Rozin, Simoons, Meyer, Silverstone, Jordan, Booth).

When the CSI meeting became rather large (70 attendees), Harry and Suzanne Sunday, who organized the meeting in 1986 in New York, decided that it was time for the group to organize more formally, to protect against potential financial losses related to such a large gathering. At a meeting of the Columbia University Seminar on Appetitive Behavior in November 1985, they decided to introduce the idea of starting an incorporated society at the next meeting of the chemical senses and intake group. Harry circulated a meeting agenda and conducted the organizing meeting for an "Ingestive Behavior/Chemical Senses Society" held at the April 1986 EPA meeting in New York. According to the minutes of that meeting, taken by Carol Maggio, Alan Epstein indicated that the time was right for feeding behavior to be represented by an independent national organization since the field had matured and diversified. He stated, in the words of the Minute, that "Individuals within the field now use EPA or Neuroscience as their major meeting since there's no place else to go. A formal organization could meet annually for three days or so, as do the Chemical Senses and Developmental Psychobiology groups. A formal organization would give the field more prominence and provide individuals with greater opportunity to discuss their work. This organization could adopt "Appetite" as its official journal".

Looking back at the minutes, there was substantial resistance to forming yet another organization, but it was probably Alan's eloquence and enthusiasm that captured the audience and galvanized them to take action. In the end, a meeting for one and half days in conjunction with EPA was proposed for the following year (1987).

The organizing committee held another meeting at the International Conference on the Physiology of Food and Fluid Intake in Seattle in July 1986. According to the minutes, that meeting was attended by the following group: Ilene Bernstein, David Booth, Tom Castonguay, Jack Davis, Alan Epstein, Mark Friedman, Allan Geliebter (taking minutes) Richard Gold, Joel Grinker, Barbara Hansen, Harry



First board and the local organizer, April 9<sup>th</sup>, 1987.

Back row Dennis Vanderweele, Linda Bartoshuk, Steve Woods (President elect), Joe Vasselli, Anthony Riley (local organizer) George Coller, Alan Epstein. Front row - Anthony Sclafani (Treasurer) Carol Maggio (Secretary), Eliot Stellar (Honorary President) Harry Kissileff (President) Barbara Rolls. Not present in the photo Henry Koopmans, Mark Friedman, and Ed Stricker.



### 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.

# Membership Committee Report

Support SSIB membership by recruiting a colleague today! Member benefits include:

- Reduced registration for the Annual meeting
- Possibility of obtaining a Young Investigator Award to attend the Annual meeting
- Involvement in the society through participation in the board and other committees
- Access to Members Only areas of the web site that includes job postings/membership directory
- Right to propose symposia for meetings
- Right to propose nominees for prizes and take part in prizes
- Free press release writing service

Remember that students can join for just 25 USD/year and regular membership is still only 100 USD/year.

Please advertise the SSIB and the Annual Meeting by sending the meeting flyer in this newsletter to someone who might be interested in joining our society.



**Suzanne Higgs, Ph.D.**  
Membership & Public Communications  
Committee Chair

## The Evolution of SSIB (Continued)

Kissileff (chairing) Henry Koopmans, Sarah Leibowitz, Elizabeth Lotter, Douglas Mook, Katherine Porikos, Quinton Rogers, Barbara Rolls, Anthony Sclafani, Jim Smith, Michael Tordoff and Dennis Vanderweele. An organization already having been established, a mandate to incorporate was agreed and bylaws were adopted. Harry Kissileff, Carol Maggio, Tony Sclafani and Suzanne Sunday were designated to act as a steering committee to accomplish the legal details. They were able to arrange the services of the New York Law Clinic, a group of Columbia Law students, headed by Barbara Shatz, and the incorporation was accomplished for the cost of the New York State legal fees with the legal work provided pro bono by the law students. Another organizing committee meeting was held in November 1986 in Washington DC at the Society for Neuroscience meeting, hosted by Tony Riley of the American University.

Notice of the final incorporation was received on 30 March 1987, just in time for the CSI meeting at EPA in Arlington VA to launch the newly incorporated society officially on April 9, 1987. Tony Riley again served as the local host and arranged with EPA to hold the traditional evening meeting with 5-minute presentations. At this first meeting the steering committee voted to admit all the charter members (numbering 320 according to the first issue of the Society's news letter), SSIBlings, which appeared in September 1987 edited by Tom Castonguay. The membership of the Society has not grown much, with 340 currently paid up members, although the meetings (held annually) are much larger and longer. The first officers were Harry Kissileff, President, Steve Woods, President Elect, Carol Maggio Secretary, and Anthony Sclafani Treasurer. The Board of Directors were Linda Bartoshuk, George Collier, Mark Friedman, Henry Koopmans, Terry Powley, Barbara Rolls, Edward Stricker, Dennis Vanderweele and Joseph R. Vasselli. Eliot Stellar was voted by the board to be Honorary President for the first year.

The Society continued to meet twice yearly until 1992, with both the Society for Neuroscience and EPA. In 1989 it joined with the ICPFFI in Paris, hosted by Stelios Nicolaidis and Jacques Le Magnen, and in 1991 with The Obesity Society (then called North American Society for the Study of Obesity - NAASO), hosted by Marci Greenwood and Judy Stern. Finally in 1992 it was ready for its first independent meeting, which was held in Princeton and hosted by Bartley G. Hoebel. Although the incorporation of the Society was in the US, the connections of many of the organizers encouraged the Society to be international. As a result of decisions to join with the ICPFFI in the years when it met, the Society evolved a fully international meeting attendance and membership. Meetings are held outside the US on a regular basis, the latest being in Zurich this summer. It is fitting therefore that SSIB's 25-year celebration will take place in Europe.

Following Harry Kissileff's first term as president, Steve Woods recommended, and the board approved, his appointment as "executive officer" a position which he filled for ten years until the Society matured sufficiently to hire a professional organizer, Marianne VanWagner. Marianne was succeeded by the current organization manager, SPL track. Following the first two presidents, until the Princeton meeting, the next three presidents were Gerry Smith, Alan Epstein and Barbara Rolls.

We hope it is clear from this brief outline that SSIB depended then, as it does now, on the help of many individuals, not just the organizers, but those who attend and participate energetically in the Society's activities. Harry pointed out in his first column in this newsletter that "The challenge of organizing the society was small compared to the challenge of making it function. It only took a few members to start the organization, but it will take everyone's cooperation to keep it going". It is amazing but after 25 years these words are still true. If the Society is to continue functioning, it will need more young members eager to lend their skills both to organizing and to participating in the exciting future developments of this field.

Note: The authors thank David Booth, Herb Meiselman, Stelianos Nicolaidis, and Gerry Smith for helpful suggestions, and improved accuracy.

**Harry R. Kissileff (SSIB first president) and Ellen Ladenheim (SSIB historian)**



SSIB Board of Directors and Officers from the 1st Independent meeting of SSIB at Princeton June 24-28, 1992. Left to right - President Elect Terry Powley, Executive Officer Harry Kissileff, Treasurer Suzanne Sunday, Jim Gibbs, Past President Barbara Rolls, Henry Koopmans, Secretary Carol Maggio, Tim Moran, Sarah Leibowitz, Ed Stricker, President Tony Sclafani, Don Coscina, Thom Castonguay.



## President's Message (continued)

optogenetics (Heike Münzberg, Pennington and Roger Adan, Utrecht) and a workshop for (human) intestinal motility measurements and gastric bypass surgery (Oliver Götze, Marco Büter and Marc Schiesser, Zurich). In case you have not already done so and in case the courses are not fully booked yet, you may want to check out the program of the pre-congress days at the SSIB website and register. The courses are not completely free of charge but calculations are done on a non-profit basis, just to cover running costs.

Over the last months, a number of issues have been discussed within the SSIB board, either electronically by mail or at our winter board meeting which was held as a teleconference in early December. One of the most important issues was a change in the SSIB bylaws. With the tremendous help of Derek Daniels (and his wife), we tried to streamline the SSIB bylaws and the membership had the possibility to give its input. The long range planning committee continued to work on our future meeting sites; as already mentioned previously, the SSIB meeting will be held in New Orleans in 2013 and in Seattle in 2014. There was one change for the 2015 site; the contract has recently been secured with Denver, and not New York. The plan still is to have the next European meeting in the UK in Brighton in 2016. Another matter of (continuous) debate is how SSIB can increase its membership. Membership was on a slight decline in recent years but we hope that the European meeting in 2012 will bring another boost to the numbers. Several initiatives in other parts of the world, i.e. outside North America and Europe, were discussed.

For me as SSIB president, one of my major activities for SSIB over the last few months was to encourage sponsors to support SSIB, our meeting and in particular our young investigators. I am very thankful to many colleagues within SSIB who supported me in this respect, to name just two: Wolfgang Langhans and Matthew Hayes. We are still trying to convince potential sponsors to donate money in order to reduce the financial burden for SSIB to go abroad, once every 4 years.

By the time this newsletter will go public, most of my term as SSIB president will already be over. Allan Levine as past president, Linda Rinaman as incoming president of SSIB and members of the various committees have been a tremendous help and it has been a great pleasure to collaborate with them up to now and in the future. I will do my best to make the transition to Linda as smoothly as possible. A big "thank you", as always, goes to the expertise and the help of SPLTrak and Jamie Price in the background. Thanks to Jamie and her team, life as a president of SSIB is much easier.

In preparation of our 2012 meeting, I am asking you to send suggestions and comments that will help to make our meeting an even better meeting or to make SSIB an even better society; please let me or any other Officer or Board member of SSIB know. Please get prepared for the SSIB meeting in Zurich, the SSIB board and all Officers count on you to make it a tremendous and great meeting.

With best wishes

Thomas Lutz

President of SSIB

## Member Review Articles

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## PHYSIOLOGY AND BEHAVIOR

Physiology & Behavior is aimed at the causal physiological mechanisms of behavior and its modulation by environmental factors. The journal invites original reports in the broad area of behavioral and cognitive neuroscience, in which at least one variable is physiological and the primary emphasis and theoretical context are behavioral.

Latest issues:

Volume 106, Issue 4  
pp. 417-578 (25 June 2012)

Volume 106, Issue 3  
pp. 305-416 (6 June 2012)  
Proceedings from the 2011 meeting of the Society for the Study of Ingestive Behavior (SSIB)

Volume 106, Issue 2  
pp. 81-304 (15 May 2012)



### **Top 5 most downloaded papers:**

*A sigh following sustained attention and mental stress: Effects on respiratory variability* Physiology & Behavior, Volume 107, Issue 1, August 2012, Pages 1-6

*A higher illuminance induces alertness even during office hours: Findings on subjective measures, task performance and heart rate measures* Physiology & Behavior, Volume 107, Issue 1, August 2012, Pages 7-16

*Tickling in juvenile but not adult female rats conditions sexual partner preference* Physiology & Behavior, Volume 107, Issue 1, August 2012, Pages 17-25

*The effects of a high-energy diet on hippocampal-dependent discrimination performance and blood-brain barrier integrity differ for diet-induced obese and diet-resistant rats* Physiology & Behavior, Volume 107, Issue 1, August 2012, Pages 26-33

*Leptin concentrations in response to acute stress predict subsequent intake of comfort foods* Physiology & Behavior, Volume 107, Issue 1, August 2012, Pages 34-39

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## APPETITE

Appetite is an international research journal specializing in behavioural nutrition and the cultural, sensory, and physiological influences on choices and intakes of foods and drinks. It covers normal and disordered eating and drinking, dietary attitudes and practices and all aspects of the bases of human and animal behaviour toward food.

Latest issues:

Volume 59, Issue 1  
pp. 1-200 (August 2012)

Volume 58, Issue 3  
- selected  
pp. 777-1176  
(June 2012)

Volume 58, Issue 2  
pp. 429-776 (April 2012)



### **Top 5 most downloaded papers:**

*Taste of a 24-h diet and its effect on subsequent food preferences and satiety* Appetite, Volume 59, Issue 1, August 2012, Pages 1-8

*Timing and duration of sleep and meals in obese and normal weight women. Association with increase blood pressure* Appetite, Volume 59, Issue 1, August 2012, Pages 9-16

*Body fat fluctuations among female adolescents with restrained eating behaviours* Appetite, Volume 59, Issue 1, August 2012, Pages 17-20

*Impact of emotional awareness and parental bonding on emotional eating in obese women* Appetite, Volume 59, Issue 1, August 2012, Pages 21-26

*Effect of the dopamine D3 receptor antagonist GSK598809 on brain responses to rewarding food images in overweight and obese binge eaters* Appetite, Volume 59, Issue 1, August 2012, Pages 27-33

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# SSIB 2012

**20th Annual Meeting of the Society for the Study of Ingestive Behavior**  
July 10-14, 2012  
Zurich, Switzerland



## PROGRAM FOR THE 2012 SSIB MEETING

The four-day conference is for a broad audience of basic and clinical scientists from academia and industry who are interested in research on food intake, fluid intake, and body energy homeostasis and the associated biological, psychological and social processes. It provides a multidisciplinary environment for the presentation of the highest quality science in the area.

### PRESIDENTIAL ADDRESS

25 year Anniversary of SSIB  
Thomas Lutz, Ph.D. and Harry Kissleff, Ph.D.

### MARS KEYNOTE LECTURERS

**Lee Kaplan** - The Complex Physiology of Bariatric Surgery  
**Joel Elmquist** - Investigating Autonomic Regulatory Networks Controlling Energy Balance and Glucose Homeostasis  
**Giacomo Rizzolatti** - The Mirror Mechanism: Theoretical Bases and Clinical Relevance  
**Stephen Woods** - Peptides, Food Intake and Body Weight: Problems of Interpretation

### SYMPOSIA

#### Presidential Symposia - Descending Control of Energy Homeostasis

S.M. Sternson  
H. Muenzberg  
S. Bi  
W.W. Blessing

#### Gut Microbiota: Invasion of the Body Snatchers

S. Ding  
H.E. Raybould  
P.D. Cani  
A.P. Liou

#### Central Nutrient Sensing

Denis Burdakov  
D.D. Morrison  
S. Gao  
B.E. Levin

#### Hypothalamic Sensing in the Regulation of Thirst and Salt Appetite

A.V. Ferguson  
C.W. Borque  
W.B. Liedtke  
W.K. Samson

#### Dysregulated Sleep, Energy Balance and Obesity

Jim Horne  
Joseph Bass  
M. Hallschmid  
M.S. Westerterp-Plantenga

#### Eating Behavior in Children: The Role of Individual Differences

T.V.E. Kral  
S. Carnell  
J.M. Blissett  
J.E. Cecil

#### The Effect of Food Cues on Appetite: From Expectations to Habits

B.W. Balleine  
Todd Hare  
D.M. Small  
E.K. Papies

#### Perception and Neural Processing of Taste

A.C. Spector  
S.P. Travers  
P.A. Breslin  
K. Myers

### See you in Zurich!

Alan Watts (Program Chair), Matt Hayes (Sub-Chair), Suzanne Higgs (Sub-Chair), Wolfgang Langhans, Mitch Roitman, Derek Daniels, Kellie Tamashiro, Helen Raybould, Jennifer Temple, Tanja Kral, Michelle Lee, Nu-Chu Liang.

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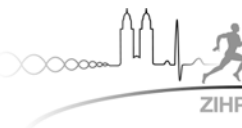


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July 10 - July 14, 2012  
Zurich Switzerland

### Conference Summary

The four-day conference is for a broad audience of basic and clinical scientists from academia and industry who are interested in research on food intake, fluid intake, and body energy homeostasis and the associated biological, psychological and social processes. It provides a multidisciplinary environment for the presentation of the highest quality science in the area.

#### *Important Dates:*

January 15, 2012 Online registration opens  
March 15, 2012 Deadline for abstract submission  
May 15, 2012 Early registration closes

### Program Details

#### *Keynote Lectures:*

Joel Elmquist, Lee Kaplan, Giacomo Rizzolatti, Stephen Woods

#### *Symposia:*

- Central Nutrient Sensing
- Descending Control of Energy Homeostasis
- Dysregulated Sleep, Energy Balance and Obesity
- The Effect of Food Cues on Appetite: From Expectations to Habits
- Gut Microbiota: Invasion of the Body Snatchers
- Hypothalamic Sensing in the Regulation of Thirst and Salt Appetite
- Eating Behavior in Children: The Role of Individual Differences
- Perception and Neural Processing of Taste

*For more information please visit our website: [www.ssib.org](http://www.ssib.org)*

