

LINDIWE N SIBEKO
Curriculum Vitae

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EDUCATION

2008 Ph.D. McGill University. Montreal, Canada.
Human Nutrition

2002 M.Sc. McGill University. Montreal, Canada.
Human Nutrition

1987 RD Kingston General Hospital. Kingston. Canada
Clinical Dietetics

1986 B.Sc Mount Saint Vincent University. Halifax. Canada
Dietetics

1984 BA Carleton University. Ottawa. Canada.
Biology

ACADEMIC APPOINTMENTS

2020-present Extension Associate Professor, Department of Nutrition
School of Public Health and Health Sciences
University of Massachusetts Amherst

2013-2020 Extension Assistant Professor, Department of Nutrition
School of Public Health and Health Sciences
University of Massachusetts Amherst

2008-2011 Canadian Institute of Health Research (CIHR) Postdoctoral Fellowship:
Division of Social and Transcultural Psychiatry: Reproductive Health.
McGill University. Montreal Canada.

CERTIFICATIONS

2011(recertified) International Board-Certified Lactation Consultant (1998)
1987 Dietitian

PEER REVIEWED PUBLICATIONS

*Papers authored by mentored students.

Sibeko L and Johns T. Global survey of medicinal plants during lactation and postpartum recovery: evolutionary perspectives and contemporary health implications. *Journal of Ethnopharmacology*. (2021). doi:10.1016/j.jep.2021.113812

*Becker N, Poudel K, Cordeiro L, Sayer A, Sibiya T, **Sibeko L**. “I didn’t take my pills, I had nothing to eat.” Findings from a Mixed Methods Study Investigating Barriers to ART Adherence among Women from Rural Communities of Eswatini. Submitted to PLOS ONE.

Sibeko L, Johns T, Cordeiro LS. Traditional plant use during lactation and postpartum recovery: infant development and maternal health roles. Submitted to *Journal of Ethnopharmacology*

Salami B, Fernandez H, Fouche C, Evans C, **Sibeko L**, Tulli M, Bulaong A, Owusu Kwankye S, Ani-Amponsah M, Okeke-Ihejirika P, Gommaa H, Agbemenu K, Ndikom CM, Richter S. A Scoping Review of The Health of African Immigrant and Refugee Children. Submitted to *IJERPH*

Cordeiro LS, Johns L, Nelson-Peterman J, and **Sibeko L**. Anti-infective plants used for lactation and postpartum recovery: Exploration of a Sub-Saharan – North African dichotomy. Eds. Juliani H., Simon J.E., and HoCT. ACS Books: African Natural Plant Products Volume III: Innovation in Chemistry, Bioactivities, and Applications. doi: 10.1021/bk-2020-1361.ch009

*Becker N, Cordeiro L, Poudel K, Sayer A, Sibiya T, **Sibeko L**. Individual, household, and community level barriers to ART adherence among women in rural Eswatini. *PLOS ONE*. Apr 28;15(4):e0231952. doi: 10.1371/journal.pone.0231952. eCollection 2020.

*Hsiao B, **Sibeko L** & Troy L. Systematic review of mobile produce markets: facilitators and barriers to use, and associations with reported fruit and vegetable intake. *J Acad Nutr Diet*. 2019 Jan; 119(1): 76-97. doi: 10.1016/j.jand.2018.02.022.

Essa AR, Browne EP, Punska EC, Perkins K, Boudreau E, Wiggins H, Anderton DL, **Sibeko L**, Sturgeon SR, Arcaro KF. Dietary intervention to increase fruit and vegetable consumption in breastfeeding women: a pilot randomized trial measuring inflammatory markers in breast milk. *J Acad Nutr Diet*. 2018 Dec; 118(12): 2287-2295. doi: 10.1016/j.jand.2018.06.015.

*Doughty KN, Reeves KW, Ronnenberg AG, Qian J, **Sibeko L**. Barriers to exclusive breastfeeding among women with gestational diabetes mellitus in the United States. *J Obstet Gynecol Neonatal Nurs*. 2018 May; 47(3):301-315. doi: 10.1016/j.jogn.2018.02.005.

Cordeiro LS, **Sibeko L**, Nelson-Peterman J. Healthful, cultural foods and safety net use among Cambodian and Brazilian immigrant communities in Massachusetts. *J Immigr Minor Health*. 2018 Aug; 20(40): 991-999. doi: 10.1007/s10903-017-0607-3

Hsiao B, **Sibeko L**, Wicks K & Troy L. Mobile produce market influences access to fruits and Vegetables in an urban environment. *Public Health Nutr*. 2018 May; 21(7): 1332-1344. doi: 10.1017/S1368980017003755

*Zahr R, **Sibeko L**. Influence of a school-based cooking course on students' food preferences, cooking skills, and confidence. *Can J Diet Pract Res*. 2017; 78(1): 37-41. doi: 10.3148/cjdpr-2016-030

Groleau D, **Sibeko L**. Breastfeeding in the Margins: navigating through the conflicts of social and moral order (2012). In: *Beyond Health, Beyond Choice*. Eds. Hall Smith P, Hausman B & Labbok M; pp. 203-211. Rutgers University Press.

Semenic S, Groleau D, Rodríguez C, Gray-Donald K, Bell L, Haiek L, **Sibeko L** et al. "L'évaluation de la mise en œuvre des lignes en directrices allaitement maternel au Québec Rapport de recherche." (2012).

Sibeko L, Coutsoudis A, Nzuzza S, Gray-Donald K. Mothers' infant feeding experiences: constraints and supports for optimal feeding in an HIV-impacted urban community in South Africa. *Public Health Nutr*. 2009;12(11):1983-1990. doi: <https://doi.org/10.1017/S1368980009005199>

Chantry CJ, Israel-Ballard K, Moldoveanu Z, Peerson J, Coutsoudis A, **Sibeko L**, Abrams B. Effect of flash-heat treatment on immunoglobulins in breast milk. *J Acquir Immune Defic Syndr*. 2009; 51:264–267. doi: 10.1097/QAI.0b013e3181aa12f2

Israel-Ballard KA, Abrams BF, Coutsoudis A, **Sibeko L**, Cheryk LA, Chantry CJ. Vitamin content of breast milk from HIV-1-infected mothers before and after flash-heat treatment. *J Acquir Immune Defic Syndr*. 2008;48(4): 444-449. doi: 10.1097/QAI.0b013e31817beb8d

Israel-Ballard K A, Donovan R, Chantry C, Coutsoudis A, Sheppard H, **Sibeko L**, Abrams B. Flash-heat inactivation of HIV-1 in human milk: A potential method to reduce postnatal transmission in developing countries. *J Acquir Immune Defic Syndr*. 2007;45(3): 318-23. doi: [10.1097/QAI.0b013e318074eeca](https://doi.org/10.1097/QAI.0b013e318074eeca)

Israel-Ballard KA, Coutsoudis A, Chantry CJ, Sturm AW, Karim F, **Sibeko L**, Abrams B. Bacterial safety of flash-heated and unheated expressed breastmilk during storage. *J Trop Pediatr*. 2006 Dec; 52(6):399-405. doi: [10.1093/tropej/fml043](https://doi.org/10.1093/tropej/fml043)

Sibeko L, Dhansay MA, Charlton KE, Johns T, Gray-Donald K. Beliefs, attitudes and practices of breastfeeding mothers from a peri-urban community in South Africa. *J Hum Lact*. 2005; 21(1):31-38. doi: [10.1177/0890334404272388](https://doi.org/10.1177/0890334404272388)

Sibeko L, Dhansay MA, Charlton KE, Johns T, Van Stuijvenberg ME, Gray-Donald K. Full-term, peri-urban South African infants under 6 months of age are at risk for early-onset anaemia. *Public Health Nutr*. 2004;7(6):813-820.

Johns T, **Sibeko L**. Pregnancy outcomes in women using herbal therapies. *Birth Defects Res B Dev Reprod Toxicol*. 2003; 68(6):501-4.

Pietersen C, Charlton KE, du Toit MC, **Sibeko L**. An assessment of the nutrient content of meals provided and facilities present at state-funded crèches in Cape Town. *S Afr J Clin Nutr*. 2002; 15 (2):15-23.

PRESENTATIONS, ABSTRACTS AND PROCEEDINGS

*Presentations/abstracts by mentored students.

*Hsiao B and **Sibeko L** Associations Between Breastfeeding and Postpartum Allostatic Load: NHANES 1999–2016. *Current Developments in Nutrition*, Volume 4, Issue Supplement_2, June 2020, Page 1006, https://doi.org/10.1093/cdn/nzaa054_078 Published:29 May 2020

Sibeko L Breastfeeding disparities and women's resilience: a cross cultural comparison. Clark University. Worcester MA. October 7, 2019. Invited Talk.

Sibeko L Methodological approaches in school-based research with multicultural youth. Methodological Issues of Researching Migrant Children and Youths. University of Alberta. June 12, 2019. Edmonton, Canada. Invited Talk.

Sibeko L, BCAC. Breastfeeding Community Action Coalition: community strategy towards infant health equity. APHA Annual Meeting and Public Health. 2018 Nov10-14. Poster. San Diego, CA.

Sibeko L, Cordeiro L. Black & Brown: systemic racism colors the maternal child health experience. University of the Pacific. March 21,2016. Stockton, CA. Invited Talk.

*Harrington E, Mangan F, Sullivan Werner L, Barros Z, **Sibeko L**. Attitudes, beliefs and promotion of fruits and vegetables consumption by multicultural students from an urban middle school in Worcester, MA. *FASEB J.* 2016; 30:901.27.

*Doughty K, Reeves K, Ronnenberg A, Qian J, **Sibeko L**. Prenatal breastfeeding attitudes and postpartum breastfeeding experiences among women with gestational diabetes mellitus as compared to nondiabetic women. *FASEB J.* 2016; 30:1150.6

Nelson-Peterman J, **Sibeko L**, Cordeiro L. Research framework for understanding nutrition across refugee generations. North American Refugee Health Conference. June 4-6, 2015.Toronto, Canada.

Nelson-Peterman J, **Sibeko L**, Cordeiro L. Consumption of cultural and American-style foods among young women of Cambodian heritage. *FASEB J.* 2016; 30:901.22.

*Doughty K, Reeves K, Ronnenberg A, Qian J, **Sibeko L**. Breastfeeding intentions and practices among women in the US with gestational diabetes mellitus. *FASEB J.* 2015; 29:581.9.

*Boudreau E, **Sibeko L**, Cordeiro L, Nelson-Peterman J. Young Cambodian women's beliefs, attitudes and perspectives of a healthy diet. *FASEB J.* 2014; 28:LB474.

Sibeko L, Groleau D. Migration, motherhood and identity: immigrant women's experiences of hyperemesis gravidarum. 1st. International Conference On Cultural Psychiatry in the French Speaking World. April 18-20, 2011. Paris, France.

Groleau D, **Sibeko L**. Infant feeding In the margins: morality, rationality, and experience. 5th Breastfeeding and Feminism Symposium: informing public health approaches. March 19-20, 2010.Greensboro, NC.

Sibeko L. A mother's touch: using maternal knowledge in translating HIV breastfeeding policy.

Nutrition and Nurture in Infancy and Childhood: Bio-Cultural Perspectives.
September 8-10, 2009. Grange Over Sands, U.K .

Sibeko L. Who is empowering who: unlocking maternal knowledge in breastfeeding promotion. 12th World Congress on Public Health. April 27-May 1, 2009. Istanbul, Turkey.

Sibeko L, Coutsooudis A, Nzuza S, Gray-Donald K. Acceptability of heat-treated expressed breastmilk use by HIV infected mothers: a qualitative study. 1 World Congress of Public Health Nutrition. October 27-19, 2006. Barcelona, Spain.

Sibeko L, Nzuza S, Israel-Ballard K, Coutsooudis A, Gray-Donald K. Breastfeeding is not detrimental to the nutritional status of HIV-infected women. 2nd Conference of the Quebec Global Health Research Network. May 4, 2006. Montreal, Canada.

Sibeko L, Mfeka M, Naicker D, Mtambo T, Dlamini L, Xulu P, Nzuza, S, Maluleka T, Coutsooudis A. Are hospital practices having a negative impact on the promotion of exclusive breastfeeding in HIV infected women? 2nd South African AIDS Conference: pMTCT and Infant Feeding Track. June 7-10, 2005. Durban, South Africa.

Sibeko L. Coutsooudis A. *Keynote Address:* The place and the practice of breastfeeding in Africa in the context Of HIV pandemy. Societe Camerounaise De Pediatrie (SOCAPED) 9th Congress: Nutrition of the African Child. November 24-26, 2005. Kribi, Cameroon.

Sibeko L. *Keynote address:* Update on breastfeeding and HIV transmission. Gauteng Breastfeeding Forum Annual Symposium. July 29, 2005. Pretoria, South Africa.

Sibeko L . Mother to child transmission of HIV: the African picture. Queens University 110th QTC Annual Conference: Justice and Poverty: seeing children in our time. October 21-22, 2003. Kingston, Canada.

PUBLICATIONS IN PREPERATIONS

Sibeko L, Hsiao B, Ford S, Cordeiro L. Reclaiming breastfeeding: acts of resilience among Black women. Target journal: J Hum Lact.

*Hsiao B, Cordeiro L, **Sibeko L.** Geographic context and breastfeeding: a scoping review. Target journal. J Hum Lact.

RESEARCH ACTIVITY

CURRENTLY FUNDED

NIH R01 \$3,1058,969 04/01/2019 -03/31/2024
Fruit and Vegetable Intervention in Lactating Women to Reduce Breast Cancer Risk: Effects on Breast Cell DNA Methylation, Breast Inflammation, and Weight.

Role: PI (Multi-PI: Arcaro/Sibeko/Sturgeon)

NIH R01 \$3,060,000 10/1/2016-9/30/2021
Identifying Mechanisms of Peer Influence on Youth Weight-Related Behaviors.

Role: Co-I

USDA/NIFA/Hatch \$10,000 09/2017-09/ 2021
Breastfeeding Attitudes, Beliefs and Experiences of African American Women in Springfield MA.
Role: PI

\$200,000 09/2019-08/2021
Social Sciences and Humanities Research Council of Canada (SSRHC) Partnership
Development Grant. African Child Migration in Circumstances of Vulnerability: Developing a
Research Network.
Role: Collaborator

10,000 (English Pounds) 01-12/2019
World University Network (WUN) Planning Meeting Fund.
African Child and Youth Health in the Context of Migration and Displacement.
Role: Co-I

PENDING

NIH F31. Co-sponsor of pre-doctoral fellowship for Christina Crowley, Clinical Psychology
student of Dr Maureen Perry-Jenkins, professor of Psychology and research training sponsor;
Project Title: Understanding Stress in Multiracial Relationships.

\$ 20,000 01-2020-12-2022
USDA/NIFA. Group Based Prenatal Program for Women of Color in Springfield: a maternal and
child health initiative. **Role: PI**

COMPLETED RESEARCH

USDA/NIFA

- Integrating Urban Agriculture and Nutrition Promotion to Increase Consumption of Fruits and Vegetables: A Focus on Worcester, Massachusetts. **Role: PI**
- UMASS Center for Racial Justice and Urban Affairs Planning: Maternal and Child Health Equity Through a Social Justice Lens. **Role: Co-PI**
- Food Security, Health Outcomes, and Nutrition Education Among Cambodian Women in Massachusetts. **Role: Co-I.**

CIHR

- Acceptability and feasibility of South African HIV-infected Mothers Using Home-Pasteurized Expressed Breastmilk. **Role: PI**

EXTENSION OUTREACH and EDUCATION

- **Building on the Cultural Wealth of Students of Color with Anti-racist Community-Engaged Programming, Pedagogies, and Practices.**

Team member of a collaboration between UMass Amherst, Salem State University, Worcester State University, Fitchburg State University, with aim to explore pathways to develop anti-racist pedagogies in Community Engagement learning. Project funded by Department of Higher Education: Higher Education Innovation Fund (HEIF).

Breastfeeding Equity Outreach, Racial Justice and Advocacy:

- BCAC and BBC submitted comments to the House Ways and Means May 27,2020 hearing: 'The Disproportionate Impact of COVID-19 on Communities of Color'.
- MA State Senate Citation in recognition of Black Breastfeeding (August 25-31,2020) and efforts to raise awareness, education and support to mothers in the community.

- Official recognition and proclamation of Black Breastfeeding Week presented by Springfield Mayor Domenic Sarno August 26,2020.

- 2017-present Established **Breastfeeding Community Action Circle (BCAC):**
BCAC mission: to achieve breastfeeding equity through collaborations that aim to develop, implement and evaluate culturally-grounded interventions designed to increase breastfeeding *initiation* and *duration* rates among African American women in Springfield MA.
- 2018-present Member of Vital Village’s Boston Breastfeeding Coalition (BBC) Leadership Pathway Committee supporting community residents in attaining professional lactation skills. Vital Village Network is a Boston-based network of residents and agencies committed to maximizing child, family and community wellbeing. Supported by multiple funders, Boston Medical Center and Boston University.
- 2015- present Associate member of **Reaching our Sisters Everywhere (ROSE) Inc.** A nationally recognized advocacy and education organization founded to address breastfeeding disparities in African Americans, increase equity and normalize breastfeeding through all communities in the US. Invited to ROSE National Symposium think tank to create a Breastfeeding Center of Excellence focused on the needs of Black families (Kellogg Foundation funded). Morehouse Medical School. Atlanta, Georgia.

TEACHING

NUTR 572: Community Nutrition	3-credit
NUTR 697B: Maternal, Newborn and Child Nutrition	3-credit
NUTR 397B: Nutrition Education in Practice	3 credit
<u>New Course:</u> “Maternal and Child Health: National and International Perspectives”	3 credit (Fall 2022)
Guest lectures	Departments: Nutrition, Community Health, Epi, Nursing, Psychology and Brain Sciences

EXTENSION, OUTREACH AND EDUCATION SUMMARY

Category	Outreach and Extension
Extension Nutrition Education (presentation/workshops)	Invited speaker at multiple Springfield community organizations including: <ul style="list-style-type: none"> • Martin Luther King Center • Black Nurses Association • WIC • Mason Square Health Taskforce • Children's Trust • Mercy Hospital • HeadStart
Educational Extension Programing	Train UG and graduate students to deliver multi-format nutrition education to community partners serving diverse racial/ethnic population. To date students have delivered over 90 nutrition education activities in 5 surrounding communities
Technical Consultation	<ul style="list-style-type: none"> • UMass Extension Nutrition Education Program: SNAP-Ed program
Media	<ul style="list-style-type: none"> • WIC Documentary: filmed interview featured in locally produced WIC documentary celebrating global Breastfeeding Week • BCAC hosted viewing of new documentary: Chocolate Milk-narratives of breastfeeding experiences in the Black community
Local, Regional and National committees (Extension outreach)	<ul style="list-style-type: none"> • Project Baby Springfield • Maternal & Child Health Research group: Springfield • Advisory Committee: Northeast Regional Nutrition Education Center of Excellence (Cornell) • Academic Advisory Group (AAG): evaluation of the Healthy Incentives Program in MA (multimillion dollar USDA grant)
Extension Grant reviewer	North Central Nutrition Education Center of Excellence

Technical Consultant NEP

- Program evaluation assistance to the NEP staff involved in the Policy, Systems and the Environment (PSE) initiatives.
- Workshop on use of Logic Models to evaluate PSE initiatives.
- Participated in assessment of strategies and initiatives to increase NEP online and social media presence.
- In 2020, will facilitate a listening session with NEP state office staff; purpose to assess and reflect on NEP progress in program delivery, as well as identify opportunities for growth.

Food Access Outreach

Member of the Academic Advisory Group (AAG), guided evaluation of the Healthy Incentives Program in MA, A USDA multimillion-dollar grant awarded to Massachusetts Department of Transitional Assistance (DTA) aimed at improving access to affordable fresh fruits and vegetables for low-income households participating in SNAP; and to strengthen the local economy by supporting purchases from local farmers; and address hunger and nutrition through a more sustainable Massachusetts food system.

AAG members: Craig Gundersen (University of Illinois); Steven Jenkins (St. Louis University); Eric Rimm (Harvard University); Lindiwe Sibeko (University of Massachusetts) and Parke Wilde (Tufts University).

STUDENT ADVISING/MENTORING

GRADUATE:

Current

Doctoral

- Bi-Sek Hsiao: (Advisor/Chair)
- Tippawan Srichalerm: Nursing (Committee member)
- Christina Rowley: Psychology and Brain Sciences (Committee member)

UNDERGRADUATE (Honors Thesis)

- Ana Prados (Chair)

Graduated

Doctoral

- Nozipho Becker: Nutrition (nee Maziya): (Advisor/Chair)
- Kim Doughty: Nutrition (Advisor/Chair)
- Shanshan Chen: Nutrition (Committee member)
- Jumpee Prasitchai: Nursing (Committee member)
- Sameh Ahmed Ghareeb: Nursing (Committee member)
- Kate Newkirk: Psychology and Brain Sciences (Committee member)
- Hilary Halpern: Psychology and Brain Sciences (Committee member)

Master's/ MPH

- Maria O'Donnell (nee Bermudez) (Advisor/Chair)
- Simona Lourekas: (Advisor)
- Emily Harrington: MS (Advisor/Chair)
- Hilary Wiggins: MS (Advisor)
- Ann Koutsavlis: MPH Nutrition (Project advisor)
- Amanda Schantz: MPH Nutrition (Project advisor)
- Ellen Lechtenberg: MPH Nutrition (Project advisor)
- Rola Zahr: MPH Nutrition (Project advisor)
- Avery Hennigar: MPH Community Health (Committee member)

Undergraduate (Honors Thesis)

- Michaela Ciulla Nutrition (Chair)
- Mackenzie Smith:(Chair)
- Emily Boudreau: (Chair)
- Kathrine Mitchell Nutrition (Committee member)
- Kayla Clarke Nutrition (Committee member)
- Althea Mortenson: (Committee member)
- Kathryn Nutting: (Committee member)
- Dominique Deslauriers: (Committee member)

HONORS and AWARDS

- 2021 TIDE Ambassador Faculty Fellow.
- 2021 Nominate College Outstanding Teacher Award.
- 2020 Distinguished Community Engagement Award for Research.
- 2020 Public Health Rho Chapter Delta Omega Honorary Society.
- 2017/18 Nominated for Distinguished Graduate Mentor Award.
- 2017/18 Nominated for Distinguished Teaching Award, UMass campus-wide award that honors exemplary teaching at the highest institutional level.
- 2017/18 W.E.B. Du Bois Fellow, University of Massachusetts.

- 2015 Family Research Scholar, Center for Research on Families, University of Massachusetts.
- 2014 Civic Engagement and Service Learning Fellow, University of Massachusetts.
- 2008 Canadian Institute of Health Research (CIHR): Postdoctoral Fellowship. Canada.
- 2004 Canadian Institute of Health Research (CIHR) Doctoral Research Award (HIV/AIDS)-joint CIHR/Health Canada funding initiative.
- 2004 Canadian Institute of Health Research (CIHR): Doctoral Research Award.
- 2003 International Development Research Center: Doctoral Award.
- 2003 Catherine Freeman Fellowship (inaugural recipient): McGill University
- 2001 Best Poster Award: International Congress of Nutrition. Vienna, Austria
- 2000 Canadian International Development Agency (CIDA): Masters Award

PROFESSIONAL MEMBERSHIPS

- 2020-present Member, American Public Health Association
- 2015-present Member, International Lactation Consultant Association
- 2014-present Member, American Society for Nutrition.
- 2014-present Member, International Society for Research in Human Milk & Lactation.

REFEREE: PEER REVIEWED JOURNALS

- Maternal and Child Nutrition Journal
- Public Health Nutrition
- Journal of Human Lactation
- Aids and Behavior Journal
- Journal of Human Nutrition and Dietetics
- Applied Physiology, Nutrition and Metabolism

PROFESSIONAL SERVICE AND LEADERSHIP

International	<ul style="list-style-type: none"> • Regional Lead (N. America): African Child and Youth Migration Network • Executive Committee on Equity: International Lactation Consultant Association (ILCA)
National	<ul style="list-style-type: none"> • Reaching our Sisters Everywhere (ROSE): Think Tank to establish Center of Excellence for Black Breastfeeding at HBCU • Chair, Symposia: American Society for Nutrition (ASN) • Judge Emerging Leaders Student Research Posters (ASN) • Abstract Reviewer: APHA, ASN, ILCA
Regional	<ul style="list-style-type: none"> • Vital Village Network (Boston University/Boston Medical Center): Pathways to Lactation Profession for Women of Color • Advisory Committee: Northeast Regional Nutrition Education Center of Excellence (Cornell) • Academic Advisory Group (AAG): evaluation of the Healthy Incentives Program in MA (multimillion-dollar USDA grant)
University	<ul style="list-style-type: none"> • UMass Public Service Endowment Grants (PSEG) Technical Reviewer: intended to enhance the mission of UMass Amherst as a Carnegie-classified Engaged Research University. • Steering Committee Member for the Center for Research on Families • Provost Committee on Service Learning
School/SPHHS	<ul style="list-style-type: none"> • By-Laws Committee • Diversity Committee
Department	<ul style="list-style-type: none"> • Graduate Program Committee • Virginia Beal Committee
Search Committees	<ul style="list-style-type: none"> • CNS: Extension Director • Nutrition • Psychology and Brain Sciences • Epidemiology (SPHHS) • Civic Engagement and Service Learning

PROFESSIONAL POSITIONS

- October 2007 **Consultant:** Technical Advisor and Trainer
URC & UC DAVIES' heat-treated breastmilk efficacy study.
Dar-es-Salaam, Tanzania.
Trained research personnel on protocol I developed for
my dissertation research on use of home-based pasteurization
of breastmilk for feeding infants born to HIV-infected mothers.
- September 2003 **Consultant** Cree Board of Health and Social Services of
James Bay. Chisasibi, Canada. First Nations community,
Northern Quebec.
Delivered training workshop on breastfeeding management
skills to health care staff at Chisasibi Hospital. Authored
Breastfeeding module included in health care reference
manual.
- 1988-1998 **Community Dietitian-Nutritionist**
North Kingston Community Health Center. Kingston, Canada.
Provincial government funded facility with mandate to provide
primary care, health promotion and prevention programs
for low-income households.
Provided individual and family focused nutritional care as part of
of multidisciplinary team comprised of physicians, nurses, mental
health therapists, occupational therapist, outreach and
community development workers.
Developed targeted community programs: i) Food security
initiatives: Good Food Box (fruit & vegetables buying club),
community gardens, community kitchens; ii) Prenatal program
The Special Delivery Club. Program goal was to provide early
prenatal care to pregnant adolescents and young single
women. Highly successful program, identified by Health Canada
as best practices for adolescent prenatal care. iii) Breastfeeding
Clinic: offered breastfeeding support and lactation management to
community using co-facilitation team model: professional and
trained community resident.
- 1988-1998 **Consulting Dietitian**
NutriStyle Nutrition Associates Private Practice, Kingston, Canada.
Co-founder and owner of nutrition consulting company offering a
wide range of dietetic and nutrition services, including:
Individual clinical counseling, health promotion and prevention
group programs (i.e. obesity prevention, diabetes care), targeted
programs for corporate businesses, sports nutrition services for
recreational and elite athletes.
Clinical nutritional and foodservices consultation for federal
government (Correction Services of Canada) institutions.

Jan-Aug 1988 **Clinical Dietitian**
Belleville General Hospital. Belleville, Ontario. Canada.
Provided clinical nutritional therapeutic care and case management in Endocrinology, Pediatrics, General Surgery and Cardiology.

Sept-Dec 1987 **Clinical Dietitian**
Kingston General Hospital. Kingston, Ontario. Canada.
Provided clinical nutritional care for patients attending Endocrinology, Surgical and Oncology outpatient clinics.

VISUAL MEDIA INNOVATION:

2004 Produced educational video on “Heat-Treatment of Expressed Breastmilk As Infant Feeding Option.” Video directed by myself with assistance of Anna Coutsoudis and S'phindile Nzuza, in collaboration with mothers from the community in an urban setting in South Africa. The media project was inspired by my dissertation study participants. Content revolves around two mothers living with HIV, engaged in dialogue on practicing optimal infant feeding with a demonstration of hand expression and heat-treatment of breastmilk, an infant feeding option in communities with poor access to ARVs (dissertation topic).
Video was in high demand and used by clinics in multiple countries, where sustainable ARVs were unavailable.

MANUAL/MONOGRAPH

1997 Member of team that developed the ***Special Delivery Club Kit (tool kit):*** I. Nutrition* II. Breastfeeding* A prenatal care manual targeting pregnant adolescents and single women. Adapted by Health Canada (Canadian Health Ministry). *module sections I developed.

LEADERSHIP (past)

2002-04 McGill University: post graduate student society, PhD representative
School of Dietetics and Human Nutrition.
1997-98 Founding member of Dietitian in Health Centers Network
inaugural chair of network.
1996-98 Co-chair of Breastfeeding Coalition of Eastern Ontario
Instrumental in establishing a breastfeeding clinic in the community.

LANGUAGES

English (Fluent)
Zulu (Intermediate)
French (Beginner/intermediate)