

The Digest

Fall 2014

UMassAmherst Department of Nutrition News



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I am so pleased to share some highlights from the Department of Nutrition. Each year brings many exciting new changes, and we present here only a fraction of the awards, presentations, research projects, and special events from our faculty, staff, and students. Nutrition is a hot field right now: the focus on obesity prevention; local foods; food security; and diets, bioactive food components and nutrients to support the health of diverse populations is in the news, in the policy arena, and in the food and pharmaceutical industries. Savvy students see these trends and have chosen our major as one with high potential for meaningful work to promote health and prevent and treat nutrition-related diseases. This fall we expect to hit a milestone of over 300 undergraduate majors in Nutrition, the highest in our history, and double what it was only seven years ago. Our graduate student body is growing as well, with our MS students at their highest levels in ten years and growth to 13 doctoral students in our 8-year old PhD in Public Health/Nutrition program. Our online MPH in Nutrition, the nation's first fully online MPH in Nutrition degree program, will soon be celebrating its 6th anniversary. The program has over 55 students from all over the world. Read on to learn more about some of the accomplishments of our terrific student body.

NEWS
FROM THE
HEAD

Our research continues to develop as well, with new faculty, projects, collaborations, facilities, and funding. We recently renovated two laboratory spaces in Chenoweth to bring cutting-edge technology to support cellular/molecular and nutritional epidemiology studies. This fall, we begin a new system of three "research clusters" to support our investigations: **The Community-Engaged Nutrition Research Group, Translational Nutrition Initiative, and Nutrients and Bioactives for Health.** These clusters will enable multidisciplinary groups of scientists to identify and address important research problems, methodologies, and training needs. More details about our research grants, publications, and awards are outlined below.

The work that we do could not occur without the generous support of our donors, field preceptors, research and teaching collaborators, and many other contributors. We are so appreciative of this support and look forward to our continuing partnership together in the years ahead.

Nancy Cohen, PhD, RD, LDN, FAND
Professor and Head, Department of Nutrition

DEPARTMENT NEWS

The Department's faculty, staff and students address **nutrition from cells to community.** To meet the diverse needs of our growing student body, we recently expanded the options for our majors to include three tracks: Dietetics, Nutrition and Health Sciences, and Nutrition in a Global Society. These allow students to pursue careers in nutrition and dietetics, medicine, public health, or a range of entrepreneurial pathways. Our students are highly engaged in the laboratory and in our local communities. **The Department of Nutrition was rated #1 and #2 on campus** in the 2010-2012 and 2011-2013 graduating senior surveys, respectively, **for the percentage of students who participated in community service or volunteer work.** Eighty-eight percent of nutrition majors participated in engaged learning in the community in 2010-2012 and 85% in 2011-2013. Department faculty strive to improve the student learning experience in many ways. In 2013, Lorraine Cordeiro, Jerusha Peterman, Richard Wood, and Claire Norton participated in the Center for Teaching workshop aimed at making scientific teaching more interactive, with students working in groups to solve problems. Norton will be teaching her Eating Disorders course this fall in a technology-enhanced Team-Based Learning classroom in the new classroom building on campus. Cordeiro, Peterman, and Lindiwe Sibeko

were named **2014 Civic Engagement and Service Learning Fellows** to incorporate service learning and engagement into their courses, including Community Nutrition, Nutrition Education in Practice, and Nutrition and Food Policy.

Department News continued...

Several new faculty have joined the department since 2012. **Dr. Lisa M. Troy** joined as an Assistant Professor of Nutrition and the Commonwealth Honors College Professor of Nutrition. She earned her Ph.D. at the Friedman School of Nutrition Science and Policy at Tufts University. Her postdoctoral work on diet and chronic disease outcomes was conducted at the Human Nutrition Research Center on Aging in Boston. Prior to joining the UMass faculty, Troy served as Congressional Fellow through Columbia University, where she worked in the U.S. Senate and House of Representatives on legislation related to chronic disease prevention.



Troy studies the effect of overall diet quality and components of a healthful diet on under-nutrition, obesity, metabolic syndrome and risk factors for diabetes and heart disease. She also is interested in how government programs and policies affect diet quality and public health outcomes. Toward accomplishing these goals, Troy and her colleagues at Tufts University developed an index to measure adherence to the 2005 and 2010 Dietary Guidelines for Americans. This index has been used in epidemiologic studies to examine how a diet consistent with federal guidelines relates to the prevention of chronic diseases of aging. Troy plans to expand upon her diet and chronic disease research to examine the impact of diet quality and exercise on sleep outcomes.



Dr. Zhenhua Liu joined the Department of Nutrition faculty as an Assistant Professor from the Jean Mayer U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University, where he worked as a Scientist II. Prior to that, he completed his Ph.D. at Auburn University and postdoctoral training at Tufts University.

Liu's laboratory investigates how dietary and lifestyle factors mediate the development of chronic diseases. His research centers on the nutritional modulation of the *Wnt*-signaling pathway as it tightly relates to many chronic diseases including cancer and obesity-associated complications. His laboratory uses cell culture and animal models, biochemical and molecular techniques, as well as systems biology approaches to understand the etiology of human chronic diseases. The ultimate goal of his laboratory is to integrate biological research with dietary and lifestyle strategies to diminish the burden of

chronic diseases in our society. He recently received a \$499,000 grant from the USDA to continue his research on the *Wnt* pathway, diet and tumorigenesis, in collaboration with nutrition faculty **Richard Wood** and **Young-Cheul Kim**. Liu and his team hope to determine whether dietary or genetic inhibition of TNF- α activation will suppress the pro-carcinogenic *Wnt* pathway signaling and thereby reduce rates of obesity-associated tumorigenesis.

Dr. Lindiwe Sibeko joined the Nutrition Extension faculty as an Assistant Professor in the summer of 2013. Sibeko holds a Ph.D. and a M.Sc. from McGill University. Prior to joining the faculty at UMass Amherst, Sibeko was a postdoctoral research fellow with the journal *Transcultural Psychiatry*.

Sibeko's research interests are in working with under-served, vulnerable population groups, including families served by Extension programs. Sibeko's research focuses on women, newborns and children, including adolescents. Within this context, her research addresses prenatal, perinatal and postnatal health, prevention of childhood obesity, promotion of optimal infant and young child feeding and elucidating the role of breastfeeding in healthy child development. Sibeko is also interested in the interplay of health disparities and food security. Her research examines how local food systems and community-based food strategies impact intra-household food consumption. Her global health research has also focused on maternal and child health issues, primarily in the area of nutritional status assessment, infant feeding practices and the role of breastfeeding in the prevention of pediatric HIV infections.



Dr. Melissa Brown joined the Nutrition Department in 2013 as a Research Assistant Professor. An alumna of UMass (Nutrition B.S. '94), Brown completed an M.S. in Clinical Nutrition together with the Dietetic Internship at St. Luke's Medical Center in Chicago, followed by her Ph.D. from the University of Illinois at Chicago. Aside from teaching at UMass, she is a Research Scientist at the Pioneer Valley Life Sciences Institute, with research on islet transplantation, and particular focus on protecting islet cells after transplantation, enhancing insulin secretory capabilities of isolated islets and investigating methodology to stimulate expansion and proliferation of beta islet cells in culture and in vivo.

Dr. Jerusha Peterman departed UMass Amherst to join the faculty at Framingham State University in Fall 2014. In her few years here, she has brought much to the Department, including her innovative studies addressing food insecurity and diet in diverse populations, award-winning teaching, and mentoring many graduate and undergraduate students. She brought our NUTR 210 foods course to a new level, with new collaborations with the student farm, developed a new Nutrition and Culture course, and redesigned the NUTR 577 Nutrition Problems in the US course for an integrative experience. We wish her all of the best in the future.

We are proud to recognize the many department members who received awards this last year.

Dr. Nancy Cohen has been named as a Fellow of the Academy of Nutrition and Dietetics. This designation recognizes Academy members who have distinguished themselves by their service to the dietetics profession and by optimizing the nation's health through food and nutrition.

Congratulations to **Lorraine Cordeiro** and **Jerusha Nelson Peterman**, who received the College Outstanding Teacher Award for the School of Public Health and Health Sciences for 2013 and 2014, respectively.



Patsy Beffa-Negrini

Online MPH Nutrition program director **Patsy Beffa-Negrini** was awarded the first College Outstanding Online Teacher Award, while **Heather Wemhoener**, doctoral student, was nominated for Distinguished Teaching Assistant.



Elena Carbone

Graduate Program Director and Associate Professor of Nutrition **Elena Carbone** received the Distinguished Academic Outreach Research Award in 2013, which

recognizes and encourages outstanding individual achievements in outreach. She was also named the Director of the newly-created **Community-Engaged Research Program (CERP)** at the Commonwealth Honors College. Professor Carbone recently developed an honors course (HONORS 597K), "Research Gets Real: Principles of Community-Engaged Research".

Dr. Lisa Troy was named a Family Research Scholar for 2013-2014 by the UMass Amherst Center for Research on Families. She was selected based on her promising work in family-related research. Other faculty from our Nutrition Department who have also held this position includes Dr. Jerusha Nelson Peterman (2012-2013), and Dr. Lorraine Cordeiro (2010-2011).



Drs. Cordeiro (left), Peterman (second from right), and Sibeko (right) with CESL mentor Dr. Ellen Pader, Associate Director Carol Soules, and community partner Renee Moss.

Drs. Peterman and **Cordeiro** were recently honored by the Cambodian Mutual Assistance Association of Greater Lowell, Inc. with their First Distinguished Research Partnership Award. Their community-engaged study recognizes the significant health disparities faced by Cambodians and seeks to understand the root causes of such issues, is supported by the Center for Agriculture at UMass Amherst with funding from the USDA. **Lorraine Cordeiro, Jerusha Nelson Peterman, and Lindiwe Sibeko** were chosen by UMass Amherst's Office of Civic Engagement and Service-Learning as 2014 Faculty Fellows. They joined 11 other UMass Amherst faculty members selected to receive the award, designed to incorporate additional service learning and engagement into our courses.

We congratulate **Claire Norton**, our undergraduate program director, for receiving the Residential First-Year

AWARDS & APPOINTMENTS

Experience Student Choice Award for her excellence in teaching. **Claire Norton** currently teaches "Nutrition for a Healthy Lifestyle" (Nutrition 130), along with our Eating Disorders (Nutrition 397A) and Medical Nutrition Terminology (Nutrition 480) courses.



Lisa Sullivan-Werner

Lisa Sullivan-Werner, Supplemental Nutrition Assistance Education Program and Expanded Food and Nutrition Education Program Leader, and Director of the UMass Extension Nutrition Education Program, received one of ten Chancellor's Citation Awards for 2013. Chancellor Subbaswamy honored Sullivan-Werner at a reception held in May, 2013.

Office Manager **Eileen Giard** was honored for her 25 years of service to UMass at a Chancellor's breakfast in April, 2014. Eileen keeps our Nutrition Department running smoothly and we congratulate her for her continuous effort and dedication.

OUT & ABOUT

National and International Presentations



Elena Carbone teaching in an Italian classroom during the “Critical Studies on Food in Italy” program of Summer 2014.

UMass partnered with the Gustolab Institute in Rome to offer a summer program for students addressing food, nutrition, and culture in Italy, entitled “Critical Studies on Food in Italy.” Through a grant from the Whiting Foundation, **Dr. Elena Carbone** taught the 5-week summer course, “Nutrition, Culture and Food” in 2013 and 2014, which focuses on how culture and ethnicity affect dietary practices. Nutrition doctoral student **Cathy Wickham** accompanied Carbone to Italy on both trips to collect data for her doctoral dissertation.

Dr. Young-Cheul Kim, who recently traveled to South Korea for his sabbatical semester, established a Memorandum of Understanding with two universities in South Korea: Chungang University and Hannam University to increase international research collaborations and student/scholar exchange programs. The newly created collaboration allowed two graduate students (Jungyun Lee and Yuri Kang) and one visiting professor (Dr. Youngin Kwon) from Hannam University to visit and carry out collaborative research this summer in Kim’s laboratory.

In September 2013, **Dr. Nancy Cohen** attended the 20th International Congress

of Nutrition in Granada, Spain, along with one of our recent graduates from the Ph.D. program in Nutrition, **Dr. Nilofer Saffdar**, who presented a poster based on her dissertation entitled “Dietary patterns of Pakistani adults and their associations with sociodemographic, anthropometric and lifestyle factors.”



From left: Lisa Troy, Nicholas Otis, Lorraine Cordeiro, Lindiwe Sibeko, Emily Boudreau, Zhenhua Liu and Jerusha Nelson Peterman.

Seventeen faculty and graduate students presented at the **Experimental Biology Conference** in 2013 at Boston, MA. In 2014, faculty and students from our department presented ten research papers and chaired mini-symposia at the annual scientific conference of the American Society for Nutrition/Experimental Biology Conference in San Diego, CA. The delegation included assistant professors Cordeiro, Peterman, Sibeko, Liu and Troy, doctoral candidate Joyce Faraj, and undergraduate honors students Emily Boudreau and Nicholas Otis. **Lisa Troy** chaired a mini-symposium on nutrition epidemiology, while **Lorraine Cordeiro** chaired a session on food security. **Zhenhua Liu** with coauthor and MPH Nutrition alumna Julia Bird presented a poster on obesity association with red blood cell folate and doctoral candidate **Joyce Faraj** presented, “Vitamin D status, Inflammation, and Depression in Women of Reproductive Age in the US.” Other papers co-authored by students Emily Boudreau and Nick Otis, and professors Sibeko, Cordeiro, and Peterman addressed food insecurity, cultural foods, and dietary beliefs in Cambodian women, immigrant families, and other diverse populations.

The UMass Nutrition Department was also represented in the 47th Annual Meeting of the Society for Epidemiologic Research in Seattle this past June, where doctoral candidate **Kim Doughty** presented a poster entitled “Exclusive Breastfeeding Duration and Weight Gain in Infancy,” including nutrition coauthors **Lindiwe Sibeko** and **Alayne Ronnenberg**.

Regional and Local Presentations



From left: Amy Wasson, Brandi Suarez, and Audrey Perkins at the ANCE.

Dietetic Intern **Director Judy Dowd** accompanied dietetic interns **Katie Cole**, **Toni Fiori**, **Audrey Perkins**, **Carrie Gerard**, **Amy Wasson**, and **Brandi Suarez** as they presented their work at the Massachusetts Dietetic Association’s Annual Nutrition Conference and Expo (ANCE) in Framingham, MA in April, 2014. Interns **Katie Cole** and **Samantha McCarthy** also attended the Academy’s Public Policy Workshop in Washington, DC, for training on current nutrition and health legislation and meetings with national legislators.

Dr. Lindiwe Sibeko was recently invited as a panelist at a forum titled “Diabetes in the 21st Century” held in Springfield. This event was sponsored by the Western Massachusetts Black Nurses’ Association and brought together nurses from the association with Springfield community members, many of whom faced diabetes directly or came in support of family members with diabetes. **Sibeko** and **Dr. Nancy Cohen** were also invited panelists with a Mason Square Health Task Force Let’s Get Informed program on weight loss.

Dr. Lorraine Cordeiro gave the keynote address for Somerville’s Annual Martin Luther King, Jr. Day Celebration, “Equality Through Access,” in January 2013.

Conferences Hosted

The 26th Annual Virginia A. Beal Lecture and Dinner was held on April 22, 2014 at the UMass Amherst Student Union Building. This year's program addressed Changing Policies to Improve Nutrition and Food Security, and featured talks by Dr. Donald (Diego) Rose of Tulane University, UMass nutrition alumna Paula Serafino-Cross '81 of Baystate Medical Center, and UMass Professor in the Stockbridge School of Agriculture, John Gerber. About 80 students, faculty, and alumni attended this lively and very interesting event, which also featured the awarding of the Beal, Mitchell and Pellett Scholarships to nutrition students.



From left: Lorraine Cordeiro and Zenhua Liu

The very successful 4th Annual Conference of the American Council for Medicinally Active Plants was held at UMass Amherst in June 2013. Assistant Professor Lorraine Cordeiro co-chaired the conference, and Assistant Professor Zhenhua Liu served as a key organizing committee member.

At Left: Student awardees and participants at the Virginia Beal Lecture and Dinner, held at UMass Amherst.

Extension and Outreach News

Staff from UMass Extension's Nutrition Education Program (NEP), formerly based in Brockton and Fall River, have now settled into their new office space in Raynham, led by supervisor Andrea Gulezian. The new Raynham office will be able to reach out to the Taunton community, nearby Transitional Assistance Offices, and eligible schools in the South East region.

The Springfield NEP office, under the direction of Pat Harmsen, also moved to another location in Springfield in consolidation with the South Hadley NEP office to better serve the Holyoke-Springfield area.



*The staff at the Springfield NEP Office.
(Courtesy UMass Amherst Center for Agriculture Food & the Environment)*

RESEARCH UPDATE

In 2013-2014, the Department of Nutrition ranked 10th on campus in grant and contract expenditures per faculty member, with over \$280,000 per faculty. The Department obtained a total of \$2.5 million in grant funding in 2013. The following is a list of grants and contracts awarded or active in 2013 and early 2014.

Anti-inflammatory Dietary Compounds, Wnt Pathway and the Prevention of Obesity-Associated Colorectal Cancer. USDA /MAES Hatch Project. Liu, Zhenhua (PI). 2013-2017

Changing the Health Trajectory for Older Adults through Effective Diet and Activity Modifications. USDA CSREES NE-1522 Regional Research Project. Cohen N (PI) of Massachusetts Project. 10/1/2009-9/30/2014

Dietary and Genetic Inhibition of TNF- α Suppresses Obesity-Associated Intestinal Tumorigenesis. National Institute of Food and Agriculture. Liu, Zhenhua (PI). 02/01/2014 – 01/31/2018

Dietary Bioactive Food Components and Chronic Disease Management. GOOD WILL Company. Kim, Young-Cheul (PI). 12/23/2013-12/23/2039

Evaluation of the Farm to Preschool Program. Partners for a Healthier Community, Inc. Carbone, Elena (PI). 01/01/2012 – 12/31/2012



Food, Nutrition, and Culture in Italy. Whiting Foundation, Marion and Jasper. Carbone, Elena (PI) 03/16/2013 – 03/15/2014

Food Safety from Farm and Garden to Preschool. USDA NIFA. Cohen, Nancy (PI). 9/1/2011-8/31/2015

Food Security, Health Outcomes and Nutrition Education for Cambodian Women Living in MA. USDA/MAES Hatch Project. Cordeiro, L, Peterman, J, and Sibeko, L (co-PI). 10/1-2012-9/30/2015

Food Systems, Health and Well-Being: Understanding Complex Relationships and Dynamics of Change. USDA/MAES Multistate Project. Troy, L (PI). 2/18/2014-9/30/2016

Integrating Urban Agriculture and Nutrition Promotion to Increase Consumption of Fruits and Vegetables: A Focus on Worcester, Massachusetts.

USDA/MAES Hatch Project. Sibeko, L and Mangan, F (co-PI). 5/27/2014-9/30/2017

Molecular Targets for Bioactive Food Components Affecting Adipogenesis. USDA/MAES Hatch Project. Kim YC (PI). 10/1/2012-9/30/2016

Regulation of Human Beta-cell Proliferation, Survival and Function By Activin. Diabetes Action Research and Education Foundation. Brown, Melissa (PI) 12/01/2012 – 11/30/2014

Scene in Springfield: A Community Transformation Grant for Small Communities. Pioneer Valley Planning Commission. Carbone, Elena (co-PI with Dr. Elaine Puleo, SPHHS). 01/01/2013 – 09/30/2014

Supplemental Nutrition Assistance Program for Nutrition Education and Obesity Prevention (Contract funded through Massachusetts Department of Transitional Assistance) USDA. Sullivan-Werner, Lisa A (PI). 12/01/2012-9/30/2014

The Role of the Massachusetts EFNEP in Promoting Food Security Among SNAP Participants And SNAP-Eligibles. USDA/MAES Hatch Project. Cordeiro, L and Sibeko, L (co-PI). 10/1/2010-9/30/2015

Use of Bioactive Food Components to Modulate Vitamin D Receptor Function. USDA/MAES Hatch Project. Wood R, (PI) Kim YC, Park, Y, coinvestigators. 10/1/2010-9/30/2015

Wnt-Signaling as a Mechanism by which Obesity Modulates Breast Tumorigenesis. Rays of Hope for Breast Cancer Research Award from Baystate Medical Center. Liu, Zhenhua (PI). 07/01/2013 – 11/30/2014



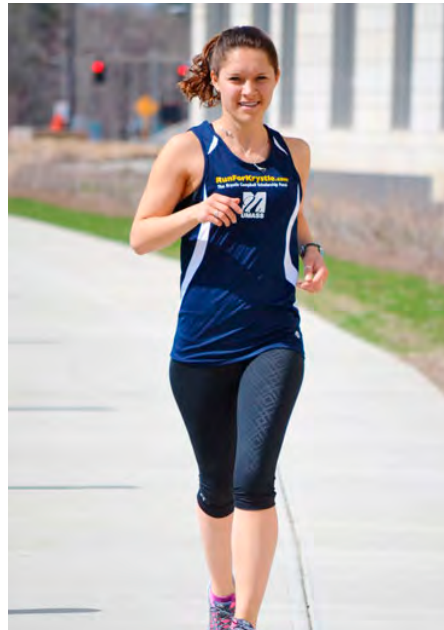
Nick Otis was recognized during UMass Amherst's 2013-2014 Undergraduate Commencement Ceremony. (Courtesy UMass Amherst)

Graduating senior **Nicholas Otis** ('14 Kinesiology & Nutrition), received recognition from the university during the undergraduate commencement ceremony and was presented with the **21st Century Leader Award**. This prestigious award goes to students who have contributed to the university by exceptional achievement or who have advanced the reputation of the campus. Nick also received the **UMass Amherst Academics Engagement and Community Transformation Award**. This award recognizes leadership, academic excellence, and contribution to a community through a service-learning course. Nick led his team to assess community needs for the Holyoke Food and Fitness Council. Nick also received the prestigious 2013 **Salute to Service Student Scholarship** at a special event hosted by the UMass Amherst Alumni Association in Boston. Nick was nominated for his leadership and his work in public service and civic engagement, both in the U.S. and in Tanzania.

Health and Nutrition Diversity (HANDS) Scholar, **Ibrahim Osumanu**, was chosen to participate in the Summer Scholars Program at Baystate Medical Center to work under **Dr. Melissa Brown's** supervision on her project "Beta cell expansion induced by Activin" from June to August, 2014. Ibrahim was also a recipient of the 2014 Helen S. Mitchell Scholarship Award.

Cathy Wickham, a Doctoral student, received a SPHHS Graduate Student international Travel Grant to help her travel to the Gustolab in Rome with Dr. Elena Carbone to collect preliminary data for her dissertation, which examines how people use social media to interact with food and how social media helps shape a person's knowledge, attitudes, and practices related to food cultures. **Kim Doughty** and **Joyce Faraj**, two of our doctoral candidates

also received travel awards from the UMass Graduate School & Nutrition Department to present their dissertation work at national conferences.



Corrine Ainsworth. (Courtesy UMass Amherst Honors College)

Nutrition major **Corinne Ainsworth** '14 represented the UMass Amherst campus on a team running the Boston Marathon with other members of the UMass system. The team honored UMass Boston alumna Krystle Campbell, who died in the 2013 attack.

Doctoral student **Nozipho Maziya** recently received a 2013 Student Family Research Travel Award from the UMass Amherst Center for Research on Families (CRF) to present her paper "Adolescent Nutritional Status and its Association with Village-Level Factors in Tanzania" at the American Public Health Association's 141st Annual Meeting in Boston this past November.

Doctoral candidates **Christy Maxwell** and **Joyce Faraj** were both awarded a Dissertation Grant by the UMass Graduate School to help them with their research and data collection.

A number of our students participated in the 2013 and 2014 **UMass School of Public Health and Health Sciences Research Days**, held in April each year. Congratulations to **Cathy Wickham**, who won 1st place in the Practice category award at this event. In 2014, posters included:

STUDENT NEWS

- Cathy Wickham. *Food Safety from Farm and Garden to Preschool Program: Program Description and Preliminary Results.*
- Joycelyn Faraj. *Inflammation, Vitamin D and Depression Symptoms among Reproductive-aged Women in the National Health and Nutrition Examination Survey 2005-2006.*
- Qianzhi Jiang. *Community Leader's Perceptions of Important Environmental Factors to Support Healthy Eating among Older Adults.*
- Jesse Mushenko. *Live Well Springfield (LWS) – A Community Transformation Initiative LWS.org*
- Timothy Paradis. *LWS: Measuring Baseline Usage of the Springfield River Walk.*
- Hannah Stenger. *LWS – A Community Transformation Initiative Springfield MENU Program Evaluation*



Qianzhi Jiang presents her research poster at Research Day 2014.

Student Awards & Honors continued...

Numerous Nutrition students participated in the **20th Annual Massachusetts Statewide Undergraduate Research Conference**, which took place at the Lincoln Campus Center on April 25th, 2014. The following students presented their research:

- Nicholas Otis (Lorraine Cordeiro, Sponsor) *Predictors of Undernutrition among Tanzanian Adolescents: A Rural-Urban Comparative Study*
- Emily Boudreau (Lindiwe Sibeko - Sponsor) *Young Cambodian Women's Beliefs, Attitudes, and Perspectives of a Healthy Diet*
- Nicole Juul-Hindsgaul (Lisa Troy - Sponsor) *Does Training Type Impact Post-Workout Perceived Hunger of UMass Varsity Female Rowers?*
- Raymond Magner (Lisa Troy - Sponsor) *The Effect of Physical Activity on Poor Diet Quality and Inflammation in Young Women*

- Timothy Paradis (Elena Carbone - Sponsor) *Measuring Baseline Usage of the Springfield River Walk and Bikeway*



Department Awardees at the SPHHS Undergraduate Award Celebration

Many of our students were recognized for their outstanding achievements at the **School of Public Health and Health Sciences Undergraduate Award Celebration**.

The following Nutrition students were award winners:

- Ibrahim Osumanu '14 - Helen S. Mitchell Undergraduate Scholarship
- Toni Ambrogio '14, Emily Boudreau, '14, Samantha Mossman, '14, Timothy Paradis '14 – Virginia A. Beal Undergraduate Scholarship

- Amanda Cortese, '15, Jeanette Schaible, '15 – William F. Field Alumni Scholars
- Timothy Paradis '14 – Gerald F. Scanlon Student Employee of the Year Award
- Emily Boudreau '14 – Honors Dean's Award, Commonwealth Honors College
- Nicholas Otis, '14 – Honors Thesis/Capstone Project Award in Family Research
- Nicholas Otis, '14 – UMass Amherst Salute to Service

Students also were honored at the 2014 Virginia Beal Lecture:

- Christy Maxwell, Qian Liu, Shanshan Chen – Virginia A. Beal Graduate Scholarship
- Nozipho Maziya - Helen S. Mitchell Graduate Scholarship
- Zach Cordell - Peter L. Pellet Graduate Scholarship

Student Publications

Many of our students publish their work, including research articles listed in this newsletter as well as other materials for the public or professionals below.

Kimberly Doughty and Lindsay Moyer (Nutrition MS '12) contributed to the 3rd edition of *Nutrition and Clinical Practice*, written by David Katz, Rachel S.C. Friedman, and Sean C. Lucan, and published by LWW.

Essays written by Nutrition majors in Reed Mangels' Junior Year Writing in Nutrition course were included in the **Student Writing in Nutrition Class Anthologies** titled "Nutrition Matters" for the Spring and Fall 2013. The authors for the Spring 2013 publication included: Toni Ambrogio, Sarah Campisi, Mari DiGioia, Jenna Esso, Kaitlyn Fishman, Rebecca Hastings, Eliza Hobert, Emily Kirby, Taryn Krietzman, Samantha Mossman, Victoria Owens, and Alexa Torres. The authors who contributed to the Fall anthology include: Kelsey Baumgarten, Megan Beck, Cristine Charbonneau, Amanda Cortese, Erika Grover, Amy McCarthy, Amy Meunier, Jeanette Schiabile, and Lauren Smith.

Senior **Amy Meunier** published a Letter to the Editor in the *Daily Hampshire Gazette* entitled, "A Parent's Caution Helps a Child Stay Safe." Amy's letter focused on making parents aware of the "Big Eight" allergens, how to find them on the nutritional label, and nutritious child-friendly alternatives to substitute for allergen-containing foods.

Online MPH in Nutrition student and physician **Joan Temmerman** coauthored a newsletter article with professor Melissa Brown entitled, "Raising awareness of the need for enhanced obesity education for physicians and healthcare practitioners" in *The Educator's Resource: Nutrition Educators of Health Professionals* newsletter, *Academy of Nutrition and Dietetics*, vol 71(1):3-15, summer 2014. She examines weight loss strategies in patients with liver disease and recently also published an article entitled "Very low calorie ketogenic weight reduction diet in patients with cirrhosis: a case series" in the journal *Nutrition & Diabetes* (2013).



Dr. Joan Temmerman

ALUMNI NEWS

The following is just a small portion of the interesting activities of our alumni. To better stay in touch with our alumni, we recently created a **UMass Nutrition Alumni Network** on *LinkedIn* to keep our current students and alumni connected. If you are an alumni and would like to join, please add us by visiting: www.linkedin.com/in/umassamherstnutritionalumni/

One of our recent doctoral graduates, **Dr. Nilofer Safdar '12** joined the newly opened School of Public Health at Dow University of Health Sciences in Pakistan as Assistant Professor and Director of the Nutritional Sciences program. Safdar, who attended UMass Amherst on a Fulbright Scholarship, credits

what she learned during her four years in the doctoral program here at UMass to help her plan, develop, and direct this unique degree program in Pakistan. In April 2013, Dr. Safdar was inducted into the UMass Rho Chapter of the Delta Omega Honor Society. As president of the Pakistan Nutrition and Dietetic Society, she organized and spoke at the Nutritional Research Symposium in Karachi, Pakistan, focusing her talk on "The Importance of Research: Putting Pakistan on the Nutritional Map."



Nutrition Alumna **Elizabeth Ward '84** appeared on Fox 25 in the *Boston's Morning News* segment to discuss the risks of consuming too much added sugar. Ward offered insight into a recent study that showed that added sugar raises the risk of dying from heart disease and offered tips for reducing the amount of added sugar to one's diet. Ward was also interviewed in a Q&A article appearing on the *WebMD* website. The maternal and child nutrition expert and author of *MyPlate for Moms, How to Feed Yourself & Your Family Better* provided expert advice to new mothers on how to lose baby weight the healthy way. Ward also served as the moderator for the WebMD Town Hall event featuring First Lady Michelle Obama in early 2012, which celebrated the second anniversary of Let's Move.

Hillary Wright, '84, is the author of a recently published book about healthy eating, entitled *The Prediabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise*. Wright is the Director of Nutrition Counseling for the Domar Center for Mind/Body Health at Boston IVF, one of the nation's oldest and most successful fertility clinics, where she specializes in nutrition and women's health issues. She previously authored *The PCOS Diet Plan: A Natural Approach to Health for Women with Polycystic Ovary Syndrome*.



Leslie Chambers, '79, was recently named the President and CEO of the American Parkinson Disease Association.

Nicholas LoCascio '12, was recently featured in the *Daily Hampshire Gazette* column ID where he answers a series of questions about his recently opened fitness center, Fitbody, a personal training and boot camp fitness Center in Easthampton, MA.



Elementary students participating in Nicole Leth's healthy eating and fitness program. (Courtesy U.S. Army)

Nicole Leth, a 2013 graduate of the online MPH in Nutrition program, recently helped start a healthy eating program for children in an elementary school at Fort Carson, a U.S. military installation near Colorado Springs, CO. Her program, based on her MPH Nutrition work, is called "Fueling the Future," and has now expanded to children in the Heidelberg and Wiesbaden military communities in Germany. In these events, Nicole has taken the lead in expanding their efforts to all age groups to show the communities the importance of good nutrition and physical activity. She was recently interviewed by the news at KRDO Television for her work promoting health and fitness among students at Patriot Elementary School in Colorado Springs, CO.

RESEARCH PUBLICATIONS

Nutrition faculty, staff, and graduate students published 28 peer-reviewed articles in professional journals between January 2013 and July 2014. Here is a sample:

Alzaim M. & Wood R.J. (2013). Vitamin D and gestational diabetes. *Nutr Reviews*, 71, 158-67.

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GIFTS

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