

Lindiwe Sibeko, PhD. IBCLC.

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PROFESSIONAL PROFILE

Nutrition Scientist and Researcher, Dietitian and Board-Certified Lactation Consultant. Expertise in maternal and Child Health, focused on socially and economically vulnerable and underserved populations. My community engaged research applies a life course framework to address health inequities among racial/ethnic minorities and low-income women, newborns and children. More specifically, I am interested in using participatory methodologies to develop, test and implement interventions that improve women's perinatal health and health outcomes of infants and young children.

ACADEMIC APPOINTMENT

2013-Present

Assistant Professor, Extension Faculty

University of Massachusetts, Amherst: Department of Nutrition
of Public Health and Health Sciences. Amherst, MA. USA.

School

Research Focus: Health equity in maternal and child health; socio-cultural determinants of infant and young child feeding; elucidating the impact of breastfeeding on child development and wellness; childhood obesity prevention through community-based and school-based interventions. Scholarship focus: integration of research, education and extension outreach.

TEACHING: Undergraduate: Community Nutrition: Fall semester

Graduate: Maternal and Child Health (in development): Spring semester

FELLOWSHIPS:

W. E. B. Du Bois Scholar	2017/18
Center For Research on Families Scholar	2015/16
Civic Engagement, Service Learning Faculty Fellow	2014/15

COMMITTEE WORK

Extension Outreach:

- Founder and Chair of BCAC (Breastfeeding Community Action Coalition) 2017-Present
academia-community partnership aimed at narrowing breastfeeding disparities through community institutional collaborations.
- International Lactation Consultant Association (ILCA): 2017-present
Chair of Equity in the Profession committee & member of executive.
- Academic Advisory Group (AAG) for USDA funded Massachusetts 2016/18

Healthy Incentives Program

- Northeast Regional Nutrition Education Center of Excellence: 2014-present
Stakeholders Advisory Committee

SERVICE COMMITTEES

National:

ROSE Advisory Committee to Establish Center of Excellence for Black Breastfeeding Reaching Our Sisters Everywhere (ROSE) 2018-

University:

- Provost's Committee on Service-Learning (PCSL) 2015-present
- Advisory committee: Center for Research on Families 2015-present

School of Public Health and Health Sciences

- By-Laws Committee 2018-
- Diversity Committee 2013-16

Department of Nutrition:

- Graduate Program Committee 2018-
- Virginia Beal 2015-2018

STUDENT ADVISING/MENTORING

GRADUATE:

Current

- Bi-Sek Hsiao: Doctoral, Nutrition (Advisor)
- Nozipho Maziya: Doctoral, Nutrition (Advisor)
- Maria Bermudez: MS Nutrition (Advisor)

Graduated

- Simona Lourekas: MS Nutrition, non-Thesis (Advisor)
- Kim Doughty: Doctoral, Nutrition (Advisor)
- Emily Harrington: MS Nutrition (Advisor)
- Hilary Wiggins: MS Nutrition (Advisor)
- Ann Koutsavlis: MPH Nutrition- online (project advisor)
- Amanda Schantz: MPH Nutrition- online (project advisor)
- Ellen Lechtenberg: MPH Nutrition- online (project advisor)
- Rola Zahr: MPH Nutrition- online (project advisor)
- Avery Hennigar: MPH Community Health (Committee member)
- Jumpee Prasitchai : Doctoral, Nursing (Committee member)
- Sameh Ahmed Ghareeb: Doctoral, Nursing (Committee member)
- Kate Newkirk; Doctoral, Psychology and Brain Sciences (Committee member)
- Hilary Halpern: Doctoral, Psychology and Brain Sciences (Committee member)

Coursework: Nutrition Assessment, Statistics, Nutrition in Developing Countries, Research Methods and Nutrition Seminars.

Graduate Clinical Dietetic Internship (Clinical Nutrition specialization) 1987
Kingston General Hospital. Kingston, Ontario. Canada.

BSc.HEc. (Dietetics) 1986
Mount Saint Vincent University: Nutrition. Halifax. Canada.
Dean's list 1985

BA (Biology) 1984
Carleton University. Ottawa. Canada.

CERTIFICATIONS

International Board Certified Lactation (1998) (recertified) 2011
Certified Dietitian. 1987

PUBLICATION

*Papers written by mentored graduate students.

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; J Acad Nutr Diet. 2018 Sep 10. pii: S2212-2672(18)30996-1. 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. Epub

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. 2018. *J Acad Nutr Diet*. Epub:2018 May 12. pii: S2212-2672(18)30280-6. doi: 10.1016/j.jand.2018.02.022.

Hsiao B, Sibeko L, Wicks K & Troy, L. Mobile produce market influences access to fruits and Vegetables in an urban environment. *Public Health Nutrition*. 1-13; epub Jan 2018
doi:10.1017/S1368980017003755

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*. 2017 Jun 12. doi: 10.1007/s10903-017-0607-3. [Epub ahead of print] PubMed PMID: 28608262.

*Zahr R, Sibeko L. Influence of a School-Based Cooking Course on Students' Food Preferences, Cooking Skills, and Confidence (2017). *Can J Diet Pract Res*. 78(1): 37-41.

*Doughty KN, Reeves KW, Ronnenberg AG, Qian J, **Sibeko L**. Associations between gestational diabetes mellitus and breastfeeding intentions and practices (submitted).

Danielle Groleau, **Lindiwe Sibeko**. 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, Sonia, Danielle Groleau, Charo Rodríguez, Katherine Gray-Donald, Linda Bell, Laura Haiek, **Lindiwe Sibeko** et al. "L'évaluation de la mise en œuvre des lignes en directrices allaitement maternel au Québec Rapport de recherche." (2012).

Lindiwe Sibeko, Anna Coutsooudis, Sphindile Nzuzwa, Katherine Gray-Donald (2009). Mothers' Infant Feeding Experiences: constraints and supports for optimal feeding in an HIV-impacted urban community in South Africa. *Public Health Nutrition*;12(11), 1983-1990.

Caroline J. Chantry, Kiersten Israel-Ballard, Zina Moldoveanu, Jan Peerson, Anna Coutsooudis, **Lindiwe Sibeko**, Barbara Abrams (2009). Effect of Flash-Heat Treatment on Immunoglobulins in Breast Milk. *Journal of Acquired Immune Deficiency Syndromes*; 51:264–267.

Israel-Ballard KA, Abrams BF, Coutsooudis A, **Sibeko L**, Cheryk LA, Chantry CJ. (2008). Vitamin content of breast milk from HIV-1-infected mothers before and after flash-heat treatment. *Journal of Acquired Immune Deficiency Syndromes*; 48(4), 444.

Israel-Ballard, K. A., Donovan, R., Chantry, C., Coutsooudis, A., Sheppard,H., **Sibeko,L.**,et al.(2007). Flash-heat inactivation of HIV-1 in human milk: A potential method to reduce postnatal transmission in developing countries. *Journal of Acquired Immune Deficiency Syndromes*, 45(3), 318.

Israel-Ballard, K. A., Coutsooudis, A., Chantry, C. J., Sturm, A. W., Karim, F., **Sibeko, L.**, et al. (2006). Bacterial safety of flash-heated and unheated expressed breastmilk during storage. *Journal of Tropical Pediatrics*, 52(6), 399.

L Sibeko, MA Dhansay, KE Charlton, T Johns, K Gray-Donald.(2005). Beliefs, Attitudes and Practices of Breastfeeding Mothers from a Periurban Community in South Africa. *J Human Lactation*; 21(1): 31-38.

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

Johns T, **Sibeko L**. Pregnancy outcomes in women using herbal therapies.(2003). *Birth Defects Res Part B Dev Reproduction Toxicology*; 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 creèches in Cape Town; (2002). *S Afr J Clin Nutr*;15 (2): 15-23.

Kelen W, Hunt W, **Sibeko-Stones L**, Varga E. The special delivery club.(1991). *Canadian Nurse*; 87(4):21-3.

PRESENTATIONS/ABSTRACTS

Nelson-Peterman J, Sibeko, L & Cordeiro L. A Research Framework for Understanding Nutrition Across Refugee Generations. North American Refugee Health Conference. Toronto, Ontario, Canada. June 4-6, 2015.

Doughty KN, Reeves KW, Ronnenberg AG, Qian J, **Sibeko L**. Breastfeeding Intentions and Practices among Women in the U.S. with Gestational Diabetes Mellitus. Experimental Biology. Boston. March 2015.

Doughty KN, Reeves KW, Ronnenberg AG, Qian J, **Sibeko L**. Low breastfeeding intensity

is associated with rapid weight gain among infants in the U.S. International Society for Research in Human Milk and Lactation. Kiawah Island, South Carolina. October, 2014

Doughty KN, Reeves KW, Ronnenberg AG, Qian J, **Sibeko L**. Exclusive Breastfeeding. Duration and Risk of Rapid Weight Gain in Infancy. Society of Epidemiological Research. Seattle. June 2014.

Emily Boudreau, **Lindiwe Sibeko**, Lorraine Cordeiro, Jerusha Nelson Peterman. Young Cambodian Women's Beliefs, Attitudes and Perspectives of a Healthy Diet. Biology 2014 conference, San Diego.

Lindiwe Sibeko and Danielle Groleau 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.

Danielle Groleau and **Lindiwe Sibeko**. Infant Feeding In The Margins: morality, rationality, and experience. 5th Breastfeeding and Feminism Symposium: informing public health approaches. March 19-20, 2010. Greensboro, USA.

Lindiwe Sibeko. 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.

Lindiwe Sibeko. 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, Nzuzza 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, Nzuzza 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, Quebec

Sibeko L, Mfeka M, Naicker D, Mtambo T, Dlamini L, Xulu P, Nzuzza, S, Maluleka T, Coutsooudis A. Are Hospital Practices Having a Negative Impact On The Promotion Of Exclusive Breastfeeding By 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., Gray-Donald K. 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.

Lindiwe Sibeko. 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.

PROFESSIONAL ACTIVITIES

- American Society for Nutrition: Chair of Community and Public Health Nutrition: Health Disparities and Promoting Health in Diverse Populations minisymposia: ASN *Experimental Biology* conference: April 2016. San Diego, CA.
- Ad-Hoc grant reviewer: North Central Nutrition Education Center of Excellence (Perdue University).

EDITORIAL BOARD/ PEER REVIEWER

- Public Health Nutrition
- Journal of Human Lactation
- Transcultural Psychiatry
- BMC Health Services Research
- Applied Physiology, Nutrition and Metabolism
- Journal of Human Nutrition and Dietetics

PROFESSIONAL MEMBERSHIPS

- International lactation Consultant Association 2015-present
- Reaching Our Sisters Everywhere (ROSE) 2015-present
- American Society for Nutrition (ASN) 2014-present
ASN Research Interest Groups: Community and Public Health Nutrition; Maternal, Perinatal & Pediatric Nutrition.
- International Society for Research in Human Milk and Lactation (ISRHML) 2014-present

ACADEMIC BACKGROUND: Research

Post-doctoral Fellow 2008-11

McGill University: Division of Social and Transcultural Psychiatry. Montreal. Canada.

- Awarded postdoctoral Fellowship from Canadian Institute of Health Research (CIHR).
- Member of team developed, implemented and analyzed large, multi-site study: ***provincial breastfeeding policy evaluation study.***
- Tasks included conducting focus groups and in-depth individual interviews and observations at multiple sites; data coding and interpretation of transcripts, using Atlas-Ti software. Knowledge generated from study used in shaping health policy and health service delivery.
- Implemented study on ***examining psycho-social and cultural factors that shape and influence infant feeding attitudes and practices of women with low birth weight infants.***
- Knowledge dissemination activities included authoring book chapter and international presentations.

**PhD Dissertation Research: HIV and Infant Feeding
Durban, South Africa.**

2004-05

- Field Site: HIV Care and Management Community Clinic, in urban settlement, Durban, South Africa.
- Conceptualized, developed and designed mixed methodologies PMTCT intervention study, carried out in high HIV prevalence, informal urban settlement community.
- Study examined the *Acceptability and feasibility of using home pasteurized breastmilk, following 6 months of exclusive breastfeeding by HIV-1 infected South African Women.*
- Established successful multi-stakeholder collaborations, including community partnerships, for project development and implementation.
- Wrote and awarded grant funding of study (CIHR and IDRC funding).
- Implemented and managed study, including capacity building: recruitment of community research partner (CRP) from target community; training of CRP on: peer counseling (infant feeding, breastfeeding, research protocol), data collection and study management.
- Conducted community assessment, interviews and focus groups.
- Implemented intervention, monitored and evaluated study.
- Authoring of manuscripts and dissemination of findings through presentations (international conferences), including presentations by CRP at AIDS international conference.

**Masters Research: Maternal and Child Health
Cape Town, South Africa.**

June-Dec, 2000

- Secured funding for study through CIDA award competition.
- Conceptualized, developed, implemented, monitored and evaluated study examining the prevalence of *anemia and vitamin A deficiency of South African mothers and their young infants living in a peri-urban settlement.*
- Generated knowledge on infant feeding attitudes and practices of mothers from the community. Secured funding for study through CIDA award competition.

CONSULTANT: Technical Advisor and Training

URC (& UC DAVIES), Dar-es-Salaam, Tanzania.

October 2007

- Developed protocol for using heat-treated (home-based pasteurization) expressed breastmilk, for feeding infants born to HIV-infected mothers.
- Conducted training workshop for community health workers and URC staff on protocol developed for team to use for feasibility and efficacy study.

Cree Board of Health and Social Services of James Bay. Chisasibi, Canada.

2003

- Developed and delivered breastfeeding management skills training workshop for health care staff at the Chisasibi Hospital. [Chisasibi is a remote First Nations community, located in Northern Quebec].
- Produced breastfeeding module for health care reference manual.

EMPLOYMENT (Professional): Community & Clinical

1988-1998

North Kingston Community Health Center Community Dietitian-Nutritionist

- **Mandate of Center:** Provide primary care, health promotion and prevention programs for low-income households in the caption area.
- **Multidisciplinary Team Work:** provided high quality, individual and family focused clinical nutritional care as part of a team comprised of: physicians, nurses, mental health therapists, occupational therapist, community development workers and outreach workers.
- **Program Development, Monitoring and Evaluation:** Developed nutrition programs targeted at families in community, comprised mostly of single, female headed households.

I) **Food Security:** Implemented food and nutrition security programs in collaboration with community members. Programs included: **Food buying club (Good Food Box), community gardens, community kitchens, seniors cooking club, kids cooking club.**

II) **Prenatal and Postnatal Care:** for pregnant adolescents and single young women. This was a participatory, non-didactic program with multiple sessions, covering all aspects of prenatal and postnatal care. Program (Special Delivery Club) uptake was highly successful, produced into a manual and shared with other organizations throughout Canada and US.

iii) Established a **Breastfeeding Clinic** to help support women in the community needing breastfeeding management assistance and support. Used peer model of co-facilitation with professional staff, to reach the community;

iv) **Training of health care workers:** i) trained medical students, nursing students and dietetic interns on community nutrition health; ii) trained peer counselors employed in community parenting outreach programs, to conduct home visits for new mothers.

Peer Award: awarded in 1994 by the Ontario Dietetics Association (now College of Dietitians of Ontario), in recognition of my contribution to Community Nutrition.

NUTRITION CONSULTANT

NutriStyle, Nutrition Associates. Kingston, Canada.

- Co-founder and owner of nutrition consulting company offering a wide range of dietetic and nutrition services for clientele.
- Services included: clinical counseling of individual clients, health promotion and prevention group programs (i.e. obesity prevention, diabetes care), targeted programs for corporate business, sports nutrition services for recreational and elite athletes.
- Clinical nutritional and foodservices consultation for federal government (Correction Services of Canada) institutions.
- Operated the business successfully, securing a wide range of contracts resulting in expansion and hiring of staff (Dietitians).

CLINICAL DIETITIAN

Jan-Aug 1988

Belleville General Hospital. Belleville. Canada.

- Clinical assessment, diagnosis and nutritional therapeutic care of patients in: endocrinology, paediatrics, general surgery and cardiology.
- Provided patient education under strict time constraints, prior to discharge. Case management of patients on assigned services.
- Participated in medical rounds and multi-disciplinary health care team management of patient caseload. Conducted departmental administrative duties.

CLINICAL DIETITIAN

Sept-Dec1987

Kingston General Hospital. Kingston. Canada.

- Provided clinical nutritional care for patients attending endocrinology, surgical and oncology outpatient clinics.
- Therapeutic care included nutritional assessments, evaluations, diagnoses and development of individualized care plans.
- Evaluated health education needs of patients and provided necessary training and instruction. Managed outpatient caseload.

ACHIEVMENTS

2004

VISUAL MEDIA INNOVATION:

- Produced educational video on “Heat-Treatment of Expressed Breastmilk As Infant Feeding Option.” Video conceived and directed by Lindiwe Sibeko, along with Anna Coutsooudis and S'phindile Nzuza, in collaboration with mothers from community in South Africa. Video inspired by mothers participating in Sibeko dissertation project. Content involves two mothers from the community discussing the benefits of exclusive breastfeeding and demonstrating hand expression and heat-treatment of breastmilk, as an infant feeding option. Video used by many clinic sites .

TRAINING WORKSHOPS and KNOWLEDGE TRANSLATION

2004

- Developed and implemented breastfeeding and HIV Peer Training course: 16 hour breastfeeding counseling and support for peer counselors. Durban, South Africa.

MANUAL/MONOGRAPH

1997

- Part of team that developed the ***Special Delivery Club Kit (tool kit):***
I. Nutrition*, **II. Breastfeeding***. A prenatal care manual for pregnant teenagers and single women. Adapted by Health Canada (Canadian Health Ministry). *module sections authored by Lindiwe Sibeko.

LANGUAGES

English (fluent)
Zulu (intermediate)
French (beginner)

AWARDS/SCHOLARSHIPS

Canadian Institute of Health Research (CIHR) Postdoctoral Fellowship	2008
1 Nutrition Congress of Public Health Nutrition Barcelona, Spain September. Scholarship from Beverage Institute for Health and Wellness scholarships. 28th to 30th September 2006.	2006
AIDS 2006 Canadian Scholarship Program to participate in the XVI International AIDS Conference, 13-18 August 2006, Canada, Toronto. Awarded May 2006.	2006
Scholarship to attend the 2nd South African AIDS Conference. South African AIDS Society. Awarded June 2005.	2005
Canadian Institute of Health Research (CIHR) Doctoral Research Award.	2004
Canadian Institute of Health Research (CIHR) Doctoral Research Awards (HIV/AIDS)-joint CIHR/Health Canada funding initiative. Declined, accepted general CIHR Doctoral Research Award.	2004
International Development Research Centre (IDRC) Doctoral Research Awards	2003
Catherine Freeman Fellowship (Inaugural recipient of new departmental award).	2003
Faculty of Graduate Studies and Research Fellowship: McGill University.	2002
Best Research Poster Award: Proctor and Gamble.17th International Congress of Nutrition, Vienna. Austria.	2001
QBMA: Hakeem Sam Award (Glaxo Wellcome).	2000
2000 Canadian International Development Agency (CIDA) Awards Program for Canadians. (Masters level).	2000

VOLUNTEER WORK

COMMUNITY

- ithemba lethu, Durban, South Africa 2004-05
Transition home for infants and young abandoned children infected and/or affected by HIV.

- Volunteer nutritionist at Kingston immigrant services. 1990-98

LEADERSHIP

- McGill University: post graduate student society, PhD representative of Dietetics and Human Nutrition. 2002-04 School
- Founding member of Dietitian in Health Centres Network inaugural chair of network in 1997. 1997-98
- Co-chair of Breastfeeding Coalition of Eastern Ontario. Instrumental in establishing a breastfeeding clinic in the community. 1996-08
- Member of Kingston, Lennox & Addington District Health Council Health promotion. Committee awarded seed funds for community-based health promotion projects within the district: nutrition expert. 1994-06