

EDUCATION

May 2012 PhD Nutrition with a focus on Epidemiology at the University of Maryland/UMD.
Sept 2003 M.S. Nutrition Science University of New Hampshire (UNH).
May 2001 B.S. Nutrition Science/Dietetic Curriculum. UNH.
May 1998 M.S. Applied Human Nutrition / Nutrition Policy University of Nairobi, Kenya.
June 1992 B.S. in Human Nutrition. National University of Rwanda. Equivalent to two years undergraduate in the USA (WES evaluation).

CURRENT POSITION AND TEACHING EXPERIENCES

2011 – Present Dietetics Program Director and Lecturer University of Maryland

Teaching: Medical Nutrition Therapy NFSC460, Nutrition Assessment Including Dietary Planning and Assessment of Populations NFSC380 , Elements of Nutrition NFSC100, Foodservice Operations and International Cuisine NFSC350.

Study Abroad Course: approved for 2016. A Feed the Future Classroom in Ghana, Africa.

Advising: Undergraduate Dietetics Students

Accreditation: Prepared the self-study report for the accreditation by the Academy of Nutrition and Dietetics – Re-Accreditation successfully completed March 2-4, 2014

2007 – 2011 Teaching Assistant /Lecturer University of Maryland, College Park. Department of Nutrition and Food Science.

Instructor for NFSC 100

Teaching Assistant Executive & Guest Lecturer for NFSC 100 ~ 500 students

Teaching Assistant & Guest Lecturer for NFSC 315 - Nutrition During Life Cycle -120 students.

2010 Adjunct Professor Radians College – Nursing Programs, Washington D.C. Nutr.260 – Nutrition

2008 Adjunct Professor Prince George Community College, Department of Nutrition MD

2004-2006 Preceptor for Senior Dietitian UNH students Wentworth Douglass Hospital, NH

2004 Instructor for Biol 150 Nutrition – New Hampshire Community Technical College Stratham

2001 –2002 Graduate Teaching Assistant, University of New Hampshire

PROFESSIONAL MEMBERSHIP & POSITION HELD

1. **ASPEN** American Society for Parenteral and Enteral Nutrition
2. **A.N.D** Academy of Nutrition and Dietetics and members of: Dietitians in Business and Communications; Food Culinary Professionals; Nutrition Education and Health Professionals;
3. **SNEB** Society for Nutrition Education and Behavior

2016 Accreditation Council for Nutrition and Dietetics Reviewer – 2016-2018

2015 SNEB Reviewer – For abstract presentations for the Annual Meeting

2014 to present: SNEB – Division of International Nutrition Education – Mentor

2014 to present: Maryland Academy of Nutrition and Dietetics Public Policy Ambassador

CLINICAL EXPERIENCES

2005 – Clinical Dietitian Consultant

Providing individual and group counseling for weight loss and prevention of chronic illnesses.

2007 – 2008 Clinical Dietitian, Holy Cross Hospital Silver Spring MD

Implemented nutrition care process in the hospital and provided nutrition prescription for enteral and parenteral nutrition to the medical team for critically ill patients.

2004 – 2006 Consultant Dietitian, Rochester Manor Nursing Home

Developed and implemented nutritional care plans for residents.

Quarterly trained nursing and nursing assistant and prepared Federal/ State evaluations and changes.

2003 – 2006 Clinical Dietitian, Seacoast Cancer Center NH

Managed and coordinated all aspects of the provision of nutrition services for the seacoast cancer Center, Wentworth Douglass Hospital (WDH) NH. Provided nutrition care therapy to in patients.

RESEARCH WORK DONE

1. **Margaret Udahogora**, Kavitha Sankaravam, Angelimar De Jesus Jimenez, Krizia Fernandez. Food Choices of Hispanic Community and Its Impact on Nutritional Status: A Pilot Study. April, 2014.
2. **Margaret Udahogora**, Dissertation: Is a new waist circumference and BMI needed for African Americans for the diagnosis of metabolic syndrome? May, 2012.
3. **Margaret Udahogora**, Preventing heart disease among Low Income Immigrants in Manchester New Hampshire, USA using a Peer Counselor Approach, 2003.
4. **Margaret Udahogora**, Research assistant for data collection on “food security and consumption patterns in Nairobi, Kenya” January to April, 1998.
5. **Margaret Udahogora**, Thesis: differential characteristics between participants and non-participants in women groups and their relationship with the nutritional status of children under five years in Msambweni Location, Kwale District – Kenya, Nov. 1997.
6. **Margaret Udahogora**, Rwanda Centre de Sante de Rango, 1992 – Home gardening to improve food security among families with malnourished children.

PUBLICATIONS, ABSTRACTS AND POSTER PRESENTATIONS AT PROFESSIONAL MEETINGS

1. Bingham BA¹, Duong MT¹, Ricks M¹, Mabundo LS¹, Baker RL Jr¹, Utumatwishima JN², **Udahogora M**³, Berrigan D⁴, Sumner AE². (2016). The Association between Stress Measured by Allostatic Load Score and Physiologic Dysregulation in African Immigrants: The Africans in America study. *Front Public Health* Nov25; 4:265.
2. **Margaret Udahogora**, Brianna A. Bingham, Michelle T. Duong, Paola C. Aldana, Stephanie T. Chung, Lilian S. Mabundo, Madia Ricks, David Berrigan, Anne E. Sumner, College Park, MD, Bethesda, MD. (2016) Stress, Allostatic Load and Age of Immigration in Africans. American Diabetes Association, National Meeting June 2016.
3. Sumner EA, Bingham AB, Duong TM, Aldana CP, Ricks M, Mabundo SL, **Udahogora M**, Berrigan D, Chung TS (2015). Younger Age of Immigration Mitigates Allostatic Load in Africans: The Africans in America Study. *AHA ASA Epidemiology and Prevention| Lifestyle & Cardiometabolic Health 2016*.
4. Fernandez K, De Jesus A, **Sankavaram K, Udahogora M. (Undergraduate mentors) (2014)**. Maryland Academy of Nutrition and Dietetics- Poster Presentation: Development and Validation of a Food Use Checklist for Assessing the Nutrition Awareness and Purchasing Behavior of Latino Population. Langley Park, Maryland.
5. De Jesus A, Fernandez K, **Sankavaram K, Udahogora M. (Undergraduate mentors) (2014)** Maryland Academy of Nutrition and Dietetics - Poster Session: Food Choices of Hispanic Community and its Impact on Nutritional Status: A Pilot Study. Langley Park, Maryland.
6. Santin S, Raymond A, Richards S, **Sankaravam K, Udahogora M. (Undergraduate mentors) (2013)** **Academy of Nutrition and Dietetics Maryland Meeting – Poster Session:** The Impact of Dietary Intake Behavior on the Nutritional Status of University of Maryland College Students : A pilot Study.
7. Raymond A., Goff S, Roth M, Thomas N, **Sankaravam K, Udahogora M. (Undergraduate mentors) (2013)**. Academy of Nutrition and Dietetics Maryland Meeting – Poster Session: Development of Caribbean Nutrition Exchange List Using Culturally Accepted Foods.

8. Roth M, Raymond A., Goff S, Thomas N, **Sankaravam K, Udahogora M. (Undergraduate mentors) (2013)**. Evaluation of the Accuracy of Jamaican Food Labels in Comparison to the Standard Energy Value of Food.
9. **Udahogora M., Jackson R. (2012)** Food & Nutrition Conference Expo – Poster Session: Comparison of the BMI threshold values in predicting metabolic syndrome risk factors among African American Adults.
10. **Udahogora M., Jackson R. (2012)** Experimental Biology Oral Presentation: New waist circumference cut-offs for African Americans according to the clustering of metabolic syndrome, NHANES 99-06.

PUBLICATIONS - BOOK CHAPTERS

1. **2015: Academy of Nutrition and Dietetics eBook: Cultural Competence for Nutrition Professionals – Chapter 16 Kenya Culture and Chapter 24. Rwanda Culture by Dr. Margaret Udahogora, PhD, RD.** ISBN: 978-0-88091-498-7
2. **2013: Cardiovascular Diseases Case Study** for the 2nd edition of Life Cycle Nutrition textbook, Jan.2013
3. **2011: Health benefits and bioactive compounds in Field Peas, Faba Beans, and Chickpeas.** Margaret Udahogora MS, RD, PhD Candidate 2011.
4. **2011: Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals: Rwanda.** Chapter 34. Margaret Udahogora, MS, RD, PhD Candidate and Colette Janson-Sand, PhD, RD, LD. Edited by Sari Edelman, PHD, RD Simmons College, Boston MA. Jones and Bartlett Publishers 2011.

INVITED PRESENTATIONS AND GUEST LECTURER

1. **Udahogora M. (2016): Key note speaker on “Food Security, Dietary Practices and Non Communicable Diseases” in Ghana, Africa.** Event was sponsored by AstraZeneca, and Edusei Foundation. Contribute
2. **Udahogora M. (2016): Invited as Participant/contributor to the May 17 Roundtable, which was focused on key topics impacting and related to food security as well as potential youth contribution to a strong agri-food system growth and food security.** The event was organized by Feed the Future USAID for the formulation of future food security strategies. 529 14th St NW, Washington DC.
3. **Udahogora M. (2015): Speaker for University of Maryland Community Education Program Professional Development for Social/Human Service Workers, Housing, Homeless, and Rehab Counselors: Educating Ourselves to Educate our Maryland Communities and Clientele – Your Health and Your Nutrition.** ASER Cultural and Education Center, Baltimore. Nov 9, 2015.
4. **Udahogora M. (2015): Speaker for Med Star Health Research Institute at University Town Center, Maryland. Vitamin D and type 2 diabetes prevention research matters.** 10/9/2015 Educational Seminar on “Changing your behavior” with respect to diet and exercise for people with pre-diabetes.
5. **Udahogora M. (2015): as a Panelist on Agricultural Transformation and the Nutritional Transition – Smallholder Agricultural Transformation Rutgers University with Support from USAID.** Crystal City Marriott Hotel, Arlington, VA. May 7-8, 2015
6. **Udahogora M. Guest Lecturer (FALL 2015) UMD College of Agriculture and Natural Resources (AGNR) Plant Science PLSC303 (3 credits) Global Food Systems - Global Trend in Nutrition and Food Security.**
7. **Udahogora M. (2015): Linking Agriculture and Nutrition Feeding a growing Population July 15, 2015.** Presented at UMD AGNR AgDiscovery Program (USDA/APHIS). UMD Summer 2015.
8. **Udahogora M. & Dietetic Students (Spring Semester Activity 2015):** Worked with the Instructor Adriane Fang for DANC218/219 to build healthy eating habits among students in the Modern Dance I – Major in Department of Dance, College of Arts & Humanities.

9. Udahogora M. (2014): Speaker for University of Maryland Extension, ANGR. Continued Education for 210 Professionals Statewide Housing Counselors and Social Workers – Tenant Eviction and Homeless Prevention _ Educating Ourselves to Educate Our Community _ Healthy dietary practices and nutrition services. Baltimore Oct 17, 2014.

10. Udahogora M. (2014): An Odyssey of the Exploration of Food, Culture and Environment. ANGR AgDiscovery Program (USDA/APHIS). UMD Summer 2014.

11. Udahogora M. (2014): Speaker for Promotion of Healthy Lifestyles among African Refugee and Immigrants Population in United States at the National Conference on *African Refugees and Immigrants: Pathways to Security, Integration and Empowerment ECDC, W.D.C. April 2014.*

EDUCATIONAL EVENTS ORGANIZED ON CAMPUS

1. Annual Dietetic Program Internship Open House for DMV area with the Dietetics Internship Directors from Johns Hopkins Bayview Medical Center, Sodexo Dietetic, Cedar Crest College, Virginia Tech, Northern Virginia, NIH Dietetic Internship, University of Maryland, Eastern Shore, Howard University, University of Maryland, College Park, University of Maryland, Medical Center).

2. Feb 20, 2016: Interactive Medical Nutrition Therapy Workshop with UMD Dietetics Alumni: Renal, Diabetes, Heart Failure and Nutrition Support. UMD 2016.

3. Nov 20, 2015: University of Maryland – Foodie on Campus: Road Trip First Stop at UMD! An outreach to the UMD community to improve dietary practices in collaboration with Faye B. Mitchell, RDN, LDN. Location McKeldin Library 6137. November 20th, 2015.

4. Feb 19, 2015: Feed the future and Food Security in Africa, A Case Study on Ghana Conference with Renowned Policy Makers & Diplomats. Charles Carroll Stamp Union.

Presenters:

Ambassador Kwame Bawuah Edusei, former Ghana's Ambassador to the USA and UN; - Sponsor of the event.

Ambassador Islam Siddiqui, former Chief Negotiator, USTR, now with the Center For Strategic International Studies as Senior Adviser in its Global Food Security Project;

Dr James Oehmke, Senior Food Security and Nutrition Advisor US Agency for International Development - Bureau for Food Security;

Emmy Simmons, former Administrator of Economic Growth, USAID. Now Independent Consultant on International Development Issues, with a Focus on Food, Agriculture, and Africa. <http://www.foodandagpolicy.org/staff/emmy-simmons>

COMMUNITY SERVICES

2014 to Present: Annual meeting with the Legislators in Annapolis and Capitol Hill

2014: Head Start 14th Annual Thanksgiving Head Start Health Awareness Celebration Landover, MD.

2014: Preventing and managing obesity related conditions among low income families. Annual Kenilworth/Parkside Community Crusade and Health Fair. Reid Temple AMES Church, Maryland

2012 to present: Participated in different advocacy activities on legislation affecting the nutritional status of Americans at the Capitol Hill, Washington D.C. and Annapolis Maryland.

2012 – to present: Member of the Johns Hopkins Bayview Dietetic Education Programs – Advisory Committee

2012: UMD Dietetics Program joint the School of Public Health (SPH) in a Community Health Fair at Seat Pleasant, Maryland to increase health awareness through Education and prevention. Event organized by Students from the SPH.

2010-2012: Three months review of case studies prepared for national Kidney Disease Education Program/ National Institute of Diabetes and Digestive and Kidney Diseases

1998-2007: Provided nutrition counseling and participated in a forum as a guest speaker to cancer survivor groups in NH. Participated in screening and counseling for chronic illnesses in local communities in NH.

Moderated a forum on Sustainability and Environmental Awareness for Diplomats, NGO's in Washington, D.C.

Participated in an Advocacy Program on legislations affecting, Community Nutrition Policies and Health Care and HIV at the Capitol Hill, Washington D.C.

Participated in a group fundraising (\$50,000) and renovated 8 class-rooms in Rwanda.

Provided resources and advocated for the education of orphans in Rwanda and Uganda.

SERVICES DEPARTMENT OF NUTRITION AND FOOD SCIENCE

Search Committee Chair. Lecturer for Dietetics Program. 2016.

Search Committee Member. National Agriculture Library 2015.

Search Committee Member. Molecular Nutrition search Committee (2013-2014): Chair Dr. David Lei.

NFSC Didactic-Internship Joint Advisory Board Co-chair (with Phyllis McShane), 2011 to present.

NFSC Dietetics Program Director Curriculum Committee Chair, 2011 to present.

NFSC Teaching Assistant Committee Member, 2013 to present.

HONORS AND AWARDS

2012 Faculty Mentor 2012-2013 Philip Merrill Presidential Scholars Program, University of Maryland

2011 UMD nomination for Golden Key International Honour

Society

2003 Dietetic Intern of the year New Hampshire Dietetic Association

2001 University of New Hampshire - Member of Golden Key National Honor Society

2001 University of New Hampshire High Honor student full scholarship for graduate school

1993 'Honor Scholarship' from the German Academic Exchange Services

COMPUTER SKILLS PowerPoint, Microsoft word, Microsoft Excel, SPSS, SAS, STATA

LANGUAGES: English, French, Kinyarwanda, and Swahili