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## EDUCATION

<u>Degree</u>	<u>Year</u>	<u>Institution</u>
B.A. Biology	1974	University of Massachusetts, Boston, Massachusetts
M.S. Nutrition	1979	University of Iowa, Iowa City, Iowa <u>Thesis:</u> Glutathione as a cysteine reservoir.
Ph.D. Nutritional Science	1995	Tufts University Friedman School of Nutrition Science and Policy, Medford, Massachusetts <u>Dissertation:</u> Nutritional Predictors of Mortality in the Elderly.
Postdoctoral Research Fellow,	1995-1997	Association for Teachers in Preventive Medicine (ATPM) Office of Analysis, Epidemiology and Health Promotion, National Center for Health Statistics, Hyattsville, Maryland
<u>Certificates</u>	1974	Massachusetts Teaching Certificate in Biology
	1980	Registered Dietitian

## EMPLOYMENT

**2006-present** Associate Professor of Nutritional Epidemiology, Department of Nutrition and Food Science, University of Maryland, College Park, Maryland.

**2012-present** Director of Graduate Program of Nutrition and Food Science, Department of Nutrition and Food Science, University of Maryland,

College Park, Maryland.

- 2010-present**      **Adjunct Faculty**, American University of Beirut, Beirut  
Lebanon
- 2009-2010**      **Fulbright Scholar**, American University of Beirut, Beirut,  
Lebanon
- 2002-2007**      **Adjunct Faculty**, Center on Aging, University of Maryland,  
College Park, Maryland
- 2000-2006**      **Assistant Professor of Nutritional Epidemiology**, Department  
of Nutrition and Food Science, University of Maryland, College Park, Maryland.
- 1999-2000**      **Nutritionist**, Center for Nutrition Policy and Promotion, United  
States Department of Agriculture, Washington, DC.
- 1997-1999**      **Senior Staff Fellow**, Office of Analysis, Epidemiology and  
Health Promotion, National Center for Health Statistics, Hyattsville, Maryland.
- 1995-1997**      **Postdoctoral Research Fellow**, Association for Teachers in  
Preventive Medicine (ATPM), Office of Analysis, Epidemiology and Health  
Promotion, National Center for Health Statistics, Hyattsville, Maryland.
- 1992-1995**      **Graduate Research Assistant**, GI/Micronutrient Laboratory,  
Tufts University, Boston, Massachusetts.
- 1991-1992**      **Public Health Specialist**, Catholic Relief Services, Iraq.
- 1990-1991**      **Assistant Director**, Office of Nutrition, Massachusetts  
Department of Public Health, Boston, Massachusetts.
- 1988-1989**      **Acting Director**, Nutrition Services Department, Jean Mayer  
USDA Human Nutrition Research Center on Aging at Tufts University, Boston,  
Massachusetts (JMUSDA-HNRC).
- 1983-1988**      **Research Dietitian**, Nutrition Services Department  
(JMUSDA-HNRC).
- 1981-1983, 1988** **Research Dietitian**, Department of Epidemiology (JMUSDA-  
HNRC).
- 1980-1981**      **Nutritionist**, Women, Infants, and Children's Supplementary  
Food Program (WIC), Leominster, Massachusetts.

**1979-1980 Nutritionist**, Post-Masters Residency program. Children's Hospital Medical Center, Boston, Massachusetts.

**1978-1979 Research Assistant**, University of Iowa, Iowa City, Iowa.

**1974-1977 Laboratory Technician and Instructor**, American University of Beirut Hospital, Beirut, Lebanon.

## **PUBLICATIONS**

### **Book Chapters**

Russell RM, **Sahyoun NR**, Whinston-Perry R. "The Elderly: Nutritional Assessment" In: Practice of Geriatric Medicine, Evans Calkins (ed), WB Saunders Company, Chapter 13, pp. 135-145, 1986.

Blumberg JB, Russell RM, **Sahyoun NR**. "Geriatric Nutrition" In: Quick Reference to Clinical Nutrition, Halpern SL (ed), J.P. Lippincott Company, Chapter 6, pp. 111-117, 1987.

Russell RM, **Sahyoun NR**. "Nutrition In The Normal Life Span; The Elderly" In: Clinical Nutrition, Paige DM (ed), CV Mosby Company, Chapter 8, pp. 110-115, 1988.

Russell RM, **Sahyoun NR**. "Evaluating Nutritional Status of the Adult". In: Clinical Nutrition, Paige DM (ed), CV Mosby Company, Chapter 10, pp.137-147, 1988.

Morrow FD, **Sahyoun N**, Jacob RA, Russell RM. "Clinical Assessment Of The Nutritional Status Of Adults." In: Nutritional Biochemistry and Metabolism with Clinical Applications, Lindner MC (ed), Second Edition, New York: Elsevier, pp.391-424, 1991.

**Sahyoun N**. "Classic Components Of Nutrition Assessment Of The Elderly." In: Nutrition in the Elderly, The Boston Nutritional Status Survey, Hartz SC, Rosenberg IH, Russell RM (eds), London: Smith-Gordon and Company Ltd, pp. 11-15, 1992.

**Sahyoun N**. "Nutrient Intake By The NSS Elderly Population." In: Nutrition in the Elderly, The Boston Nutritional Status Survey, Hartz SC, Rosenberg IH, Russell RM (eds), London: Smith-Gordon and Company Ltd, pp. 31-44, 1992.

**Sahyoun NR**. "Nutritional Surveillance: Developed Countries." In: Encyclopedia of Human Nutrition, Caballero B, Allen L, and Prentice A (eds), Second Edition, Elsevier Ltd, 2005.

**Sahyoun NR**, Anderson A. "Developing nutrition education programs for older people." In: Food For The Ageing Population, Raats MM, de Groot CPGM, van Staveren WA (eds), Cambridge, England: Woodhead Publishing Limited, 2008.

### Articles in Refereed Journals

Cho ES, **Sahyoun N**, Stegink LD. Tissue glutathione as a cyst(e)ine reservoir during fasting and refeeding of rats. *J Nutr* 1981; 111 (5): 914-922.

**Sahyoun NR**, Russell RM. Nutritional status of a healthy middle class population. *Nutr Rev* 1983; 41:143-146 (Review article).

**Sahyoun NR**, Russell RM. Nutritional status of the elderly. *Int Med Spec* 1985; 6(2): 147-157.

McGandy RB, Russell RM, Hartz SC, Jacob RA, Tannenbaum S, Peters H, **Sahyoun N**, Otradovec CL. Nutritional Status Survey of healthy noninstitutionalized elderly: energy and nutrient intakes from three-day diet records and nutrient supplements. *Nutr Res* 1986; 6:785-798.

**Sahyoun NR**, Otradovec CL, Hartz SC, Jacob RA, Peters H, Russell RM, McGandy RB. Dietary intakes and biochemical indicators of nutritional status in an elderly, institutionalized population. *Am J Clin Nutr* 1988; 47:524-533.

Hartz SC, Otradovec CL, McGandy RB, Russell RM, Jacob RA, **Sahyoun N**, Peters H, Abrams D, Scura LA, Whinston-Perry RA. Nutrient supplement use by healthy elderly. *J Am Coll Nutr* 1988; 7 (2):119-128.

Krall EA, **Sahyoun N**, Tannenbaum S, Dallal GE, Dawson-Hughes B. Effect of Vitamin D intake on seasonal variations in parathyroid hormone secretion in postmenopausal women. *N Eng J Med* 1990; 321:1777-1783.

Dawson-Hughes B, Dallal GE, Krall EA, Sadowski L, **Sahyoun N**, Tannenbaum S. A controlled trial of the effect of calcium supplementation on bone density in postmenopausal women. *N Eng J Med* 1990; 323:878-883.

Ribaya-Mercado JD, Russell RM, Morrow FD, **Sahyoun N**, Gershoff SN. Vitamin B6 deficiency elevates serum insulin in elderly subjects. *Ann NY Acad Sci* 1990; 585:531-533.

Meydani SN, Ribaya-Mercado JD, Russell RM, **Sahyoun N**, Morrow FD, Gershoff SN. The effect of vitamin-B6 on the immune-response of healthy elderly. *Ann NY Acad Sci* 1990; 587: 303-306.

Meydani SN, Ribaya-Mercado JD, Russell RM, **Sahyoun N**, Morrow FD, Gershoff

SN. Vitamin B-6 deficiency impairs interleukin 2 production and lymphocyte proliferation in elderly adults. *Am J Clin Nutr* 1991; 53(5):1275-1280.

Ribaya-Mercado JD, Russell RM, **Sahyoun N**, Morrow FD, Gershoff SN. Vitamin B6 requirements of elderly men and women. *J Nutr* 1991; 121:1062-1074.

Balsam AL, Finbloom M, **Sahyoun NR**. Extending helping hand to seniors reaps benefits for hospital food services. *J Am Diet Assoc* 1991; 91:535-537.

Provenzale D, Reinhold RB, Golner B, Irwin V, Dallal GE, Papathanasopoulos N, **Sahyoun N**, Samloff IM, Russell RM. Evidence for diminished B12 absorption after gastric bypass: oral supplementation does not prevent low plasma B12 levels in bypass patients. *J Am Coll Nutr* 1992; 11:29-35.

Johnson EJ, Suter PM, **Sahyoun N**, Ribaya-Mercado JD, Russell RM. Relation between beta-carotene intake and plasma and adipose tissue concentrations of carotenoids and retinoids. *Am J Clin Nutr* 1995; 62:598-603.

McGehee MM, Johnson EQ, Rasmussen HM, **Sahyoun N**, Lynch MM, Carey M. Benefits and costs of medical nutrition therapy by registered dietitians for patients with hypercholesterolemia. Massachusetts Dietetic Association. *J Am Diet Assoc* 1995; 95:1041-1043.

**Sahyoun NR**, Jacques PF, Russell RM. Carotenoids, vitamins C and E, and mortality in an elderly population. *Am J Epidemiol* 1996; 144:501-511.

**Sahyoun NR**, Jacques PF, Dallal G, Russell RM. Use of albumin as a predictor of mortality in community dwelling and institutionalized elderly populations. *J Clin Epidemiol* 1996; 49:981-988.

**Sahyoun NR**, Jacques PF, Dallal GE, Russell RM. Nutrition Screening Initiative Checklist may be a better awareness/educational tool than a screening one. *J Am Diet Assoc* 1997; 97:760-764.

**Sahyoun NR**. Vitamin C: what do we know and how much do we need? *Nutrition* 1997; 13:835-836. (Invited article)

**Sahyoun NR**, Hochberg MC, Helmick CG, Harris T, Pamuk ER. Body mass index, weight change and incidence of self-reported physician-diagnosed arthritis among women. *Am J Publ Health* 1999; 89:391-394.

**Sahyoun NR**, Brett KM, Hochberg MC, Pamuk ER. Estrogen replacement therapy and incidence of self-reported physician-diagnosed arthritis. *Prev Med* 1999; 28:458-464.

**Sahyoun NR**. Usefulness of nutrition screening of the elderly. *Nutr Clin Care* 1999; 2:155-163. (Invited article). doi: 10.1046/j.1523-5408.1999.00109.x

**Sahyoun NR.** Nutrition education for the healthy elderly population: Isn't it time? *J Nutr Educ Beh* 2002; 34:S42-S47 (Review article).

Looker AC, Dawson-Hughes B, Calvo MS, Gunter EW, **Sahyoun NR.** Serum 25-hydroxyvitamin D status of adolescents and adults in two seasonal subpopulations from NHANES III. *Bone* 2002; 30:771-777.

**Sahyoun NR,** Lin C, Krall E. Nutritional status of the older adult is associated with dentition status. *J Am Diet Assoc* 2003; 103:61-66. Continuing Education Units (CEU) p. 130.

**Sahyoun NR,** Krall E. Low dietary quality among older adults with self-perceived ill-fitting dentures. *J Am Diet Assoc* 2003; 103:1494-1499. CEU p.1562.

**Sahyoun NR,** Pratt C, Anderson A. Evaluation of nutrition education interventions for older adults: a proposed framework. *J Am Diet Assoc* 2004; 104:58-69.

**Sahyoun NR,** Serdula MK, Galuska DA, Zhang XL, Pamuk ER. The epidemiology of recent involuntary weight loss in the United States population *J Nutr Health Aging* 2004; 8(6): 510-517.

**Sahyoun NR.** Tooth and mouth problems and nutrition among older people. *Generations* 2004; 28(3):18-21 (Review article).

Smith KM\*, **Sahyoun NR.** Fish consumption: recommendations versus advisories, can they be reconciled? *Nutr Rev* 2005; 63 (2): 39-46 (Review article).

**Sahyoun NR,** Zhang XL. Dietary quality and social contact among a nationally representative sample of the older adult population in the United States. *J Nutr Health Aging* 2005; 9(3): 177-183.

**Sahyoun NR,** Anderson AL, Kanaya AM, Koh-Banerjee P, Kritchevsky SB, de Rekeneire N, Tylavsky FA, Schwartz AV, Lee JS, Harris TB. Dietary glycemic index and load, measures of glucose metabolism, and body fat distribution in older adults. *Am J Clin Nutr* 2005; 82:547-552.

**Sahyoun NR,** Zhang XL, Serdula MK. Barriers to the consumption of fruits and vegetables among older adults. *J Nutr Elderly* 2005; 24(4):5-21.

**Sahyoun NR,** Jacques PF, Zhang XL, Juan W, McKeown NM. Whole-grain intake is inversely associated with the metabolic syndrome and mortality in older adults. *Am J Clin Nutr* 2006; 83:124-131.

**Sahyoun NR**, Anderson AL, Tylavsky FA, Lee JS, Sellmeyer DE, Harris TB. Dietary glycemic index and glycemic load and the risk of type 2 diabetes in older adults. *Am J Clin Nutr* 2008;87:126-131.

Houston DK, Nicklas BJ, Ding J, Harris TB, Tylavsky FA, Newman AB, Lee JS, **Sahyoun NR**, Visser M, Kritchevsky SB. Dietary protein intake is associated with lean mass change in older, community-dwelling adults: the Health Aging, and Body Composition (Health ABC) Study. *Am J Clin Nutr* 2008;87:150-155.

**Sahyoun NR**, Maynard LM, Zhang XL, Serdula MK. Factors associated with errors in self-reported height and weight in older adults. *J Nutr Health Aging* 2008; 12(2):108-115.

McKeown NM, Jacques PF, Zhang XL, Juan W, **Sahyoun NR**. Dietary magnesium intake is related to metabolic syndrome in older Americans. *Eur J Nutr*. 2008; 47(4):210-216.

Smith KM\*, Barraj LM, Kantor M, **Sahyoun NR**. Relationship between fish intake, n-3 fatty acids, mercury, and risk markers of CHD (National Health and Nutrition Examination Survey 1999-2002). *Public Health Nutr* 2009; 12(8):1261-1269.

Wilcox S, Sharkey JR, Matthews AE, Laditka JN, Laditka SB, Logsdon RG, **Sahyoun N**, Robare JF, Liu R. Perceptions and beliefs about the role of physical activity and nutrition on brain health in older adults. *The Gerontologist* 2009; 49: S61-S71

**Sahyoun NR**, Akobundu U, Coray K, Netteville L. Challenges in the delivery of nutrition services to hospital discharged older adults: The Community Connections Demonstration Project. *J Nutr Elderly* 2009; 28:127-142

Fleige LE, **Sahyoun NR**, Murphy SP. A new simulation model estimates micronutrient levels to include in fortified blended foods used in food aid programs. *J Nutr*. 2009; 140: 355-365.

Lee, JS, Visser, M, Tylavsky, FA, Kritchevsky, SB, Schwartz AV, **Sahyoun, N**, Harris TB, Newman, AB. Weight loss and regain and effects on body composition: the Health, Aging and Body Composition Study. *J Gerontol A Biol Sci Med Sci* 2010; 65:78-83

Anderson AL\*, Harris TB, Houston DK, Tylavsky FA, Lee JS, Sellmeyer DE **Sahyoun NR**. Relationships of dietary patterns with body composition in older adults differ by gender and PPAR $\gamma$  Pro12 ALA Genotype. *Eur J Nutr* 2010; 49: 385-394

**Sahyoun NR**, Akobundu U, Sharkey J, Netteville L. Recently hospital-discharged older adults are vulnerable and may be underserved by the Older Americans Act Nutrition Program. *J Nutr Elderly* 2010; 29: 227-240

Anderson AL\*, Harris TB, Tylavsky FA, Perry SE, Houston DK, Hue TF, Strotmeyer ES, **Sahyoun NR**. Dietary patterns and survival of older adults. *J Am Diet Assoc*. 2011; 111:84-91.

Anderson AL\*\*, Verrill LA, **Sahyoun NR**. Food safety perceptions and practices of older adults. *Public Health Rep* 2011; 126:220-227.

Engel JH\*, Siewerdt F, Jackson R, Akobundu U, Wait C, **Sahyoun NR**. Hardiness depression and emotional well-being and their association with appetite in older adults. *J Am Geriatr Soc* 2011; 59:482-487.

Anyanwu UO\*, Sharkey JR, Jackson RT, **Sahyoun NR**. Home food environment of older adults transitioning from hospital to home. *J Nutr Gerontol Geriatr* 2011; 30: 105-121.

**Sahyoun NR**. Expanding opportunities for registered dietitians in health care system. *J Am Diet Assoc.* 2011; 111:813-815 (Invited)

Anderson AL\*, Harris TB, Tylavsky FA, Perry SE, Houston DK, Lee JS, Kanaya AM, **Sahyoun NR**. Dietary patterns, insulin sensitivity and inflammation in older adults. *Eur J Clin Nutr* 2012; 66:18–24

Klein CJ, Jacobovits TG, Siewerdt F, Beker LT, Kantor MA, **Sahyoun NR**, Chatoor I. Infantile anorexia: growth and nutrient intake in 62 cases. *Infant, Child, & Adolescent Nutrition* 2012; 4:81-88

Shahar DR, Houston DK, Hue TF, Lee JS, **Sahyoun NR**, Tylavsky FA, Geva D, Vardi H, Harris TB. Adherence to Mediterranean diet and decline in walking speed over 8 years in community-dwelling older adults. *J Am Geriatr Soc* 2012; 60: 1881-8. DOI:10.1111/j.1532-5415.2012.04167

Ghattas H, Barbour JM, Nord M, Zurayk R, **Sahyoun NR**. Household food security is associated with agricultural livelihoods and diet quality in a marginalized community of rural Bedouins in Lebanon. *J Nutr* 2013; 143:1666-71 <http://www.ncbi.nlm.nih.gov/pubmed/23946340>

Mishra S, Harris TB, Hue T, Miljkovic I, Satterfield S, de Rekeneire N, Mehta M, **Sahyoun NR**. Hyperleptinemia, Adiposity and risk of metabolic syndrome in older adults. *J Nutr Metabol.* 2013; Article ID 327079, 9 pages. doi:10.1155/2013/327079

Anderson A, Netterville L, **Sahyoun NR**. “Food Safety on the Go”: A Course for Home-Delivered Meal Programs. *J Nutr Educ Beh.* First published ahead of print November, 2013.

**Sahyoun NR**, Nord M, Sassine AJ, Seyfert K, Hwalla N, Ghattas H. Development and validation of an Arab Family Food Security Scale. *J Nutr.* (accepted)

Ghattas H, Sassine AJ, Seyfert K, Nord M, **Sahyoun NR**. Food insecurity among Iraqi refugees living in Lebanon, 10 years after the invasion of Iraq: data from a household survey. *Br J Nutr.* (accepted)



Hu J\*, Wang B, **Sahyoun NR**. Application of the Key Events Dose-Response Framework to Folate Metabolism. Crit Rev Food Sci Nutr (accepted, review article).

Song H-J, Meade K, Akobundu U, **Sahyoun NR**. Depression as a correlate of functional status of community-dwelling older adults: utilizing a short-version of 5-item Geriatric Depression Scale as a screening tool. J Nutr Health Aging (accepted)

### **Monographs, Reports, And Extension Publications**

Otradovec CL, **Sahyoun NR**, Hartz SC, Jacob RA, McGandy RB, Russell RM, Peters H. Results of the Nutritional Status Survey of a selected sample of Cushing hospital residents. Report to the Massachusetts Department of Mental Health. May, 1984.

Russell RM, **Sahyoun NR**. Optimal diet for the elderly. Prepared for World Health Organization Study Group on diet, nutrition and the prevention of noncommunicable diseases, Geneva, 1988.

**Sahyoun N**, Hagberg L. Pantry pointers (manual). Massachusetts Department of Public Health, Boston, Mass, 1992.

**Sahyoun NS**. Nutrition Information Data Sheets on eight African Countries, John Snow Inc., 1996

Gaston NW, Mardis A, Gerrior S, **Sahyoun N**, Anand RS. A focus on nutrition for the elderly: It's time to take a closer look. Nutrition Insight 14, USDA/Center for Nutrition Policy and Promotion, July 1999.

**Sahyoun NR**, Basiotis PP. Food insufficiency and the nutritional status of the elderly population. Nutrition Insight 18, USDA/Center for Nutrition Policy and Promotion, May 2000.

**Sahyoun NR**, Lentzner H, Hoyert D, Robinson KN. Trends in causes of death among the elderly. Aging Trends; No.1. Hyattsville, Maryland: National Center for Health Statistics. 2001.

**Sahyoun NR**, Pratt LA, Lentzner H, Dey A, Robinson KN. The changing profile of nursing home residents: 1985-1997. Aging Trends; No.4. Hyattsville, Maryland: National Center for Health Statistics. 2001.

**Sahyoun NR**, Akobundu A, Enagonio L. Community Connections: Moving Seniors towards Wellness: Interviewer Training Manual, March 2005

Chaaban, J., Ghattas, H., Habib, R., Hanafi, S., **Sahyoun, N.**, Salti, N., Seyfert, K., Naamani, N. (2010), "Socio-Economic Survey of Palestinian Refugees in Lebanon",

Report published by the American University of Beirut (AUB) and the United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA).

<http://www.unrwa.org/userfiles/2011012074253.pdf>

Chaaban, J., Ghattas, H., **Sahyoun, N.**, Salti, N., Seyfert, K., Sassine, A., Krayem, D. (2012), "Mapping the living conditions of UNHCR registered refugees in Lebanon", Report published by the American University of Beirut (AUB) and the United Nations High Commissioner for Refugees in the Near East (UNHCR).

Nahla Hwalla , Hala Ghattas, **Nadine Sahyoun.** Validation of the household food security assessment tool for Lebanon," Final report submitted to World Health Organization-Regional Office for the Eastern Mediterranean, June 2012.

**Sahyoun N**, Anderson A, Netterville L. *Food Safety on the Go, 2012 Edition.* University of Maryland, College Park, and Meals On Wheels Association of America (MOWAA), 2012. <http://www.nfsc.umd.edu/FoodSafety/index.cfm>

## **TALKS, ABSTRACTS, AND OTHER PROFESSIONAL PAPERS PRESENTED**

### **Invited talks**

Sahyoun NR. (1982) "Nutrition Status Survey of the Elderly" Massachusetts Dietetic Association Annual Meeting, Boston, Massachusetts, September

Sahyoun NR. (1983). "Nutrition Assessment for the Elderly" Conference on Lifestyle Changes and Choices in the 80's: Implications for the Health Professional, Dartmouth-Hitchcock Medical Center, N. Conway, New Hampshire, May.

Sahyoun NR. (1984) "Nutritional Status of a Group of mentally Incompetent Elderly" 25th Annual Meeting of the American College of Nutrition, Boston, Massachusetts, September.

Sahyoun NR. (1985) "Results of Nutritional Research on Aging, Free Living and Institutionalized Subjects" Meeting of the Massachusetts Gerontological Nutrition Practice Group, Boston, Massachusetts, October.

Sahyoun NR. (1985) "Nutritional Considerations for the Elderly" New York State Conference on Health Promotion for Older Adults. Albany, New York, November.

Sahyoun NR. (1986) "Nutrition and the Older Person" Southeastern Massachusetts Area Health Education Center, Hyannis, Massachusetts, September.

- Sahyoun NR. (1987) "Failure to Thrive: Both a Pediatric and a Geriatric Issue" 2nd Annual Conference of the Women and Nutrition: Caring for Vulnerable Groups, Tufts University School of Medicine Boston, Massachusetts, March.
- Sahyoun NR. (1988) "Current Knowledge of Nutritional Assessment in the Elderly" Annual Fall Meeting of the Connecticut Dietetic Association, Farmington, Connecticut, October.
- Sahyoun NR. (1989) "Research Update" Annual Spring Meeting of the Massachusetts Dietetic Association, Boston, Massachusetts, May.
- Sahyoun NR. (1990) "Federal, State and Community Elderly Nutrition Programs" Harvard University Extension Program, Cambridge, Massachusetts, December.
- Sahyoun NR. (1991) "Nutrition Programs for the Elderly: State Initiatives." and "Hunger as a Nutrition Issue" Framingham State College, Framingham, Massachusetts, April.
- Sahyoun NR. (1991) "Results of the Promise Index Survey" Annual Spring Meeting of the Massachusetts Dietetic Association, Boston, Massachusetts, May.
- Sahyoun NR. (1993) "Antioxidants, Aging and Chronic Diseases" Annual meeting of the Pennsylvania Dietetic Association, Pittsburgh, Pennsylvania, April.
- Sahyoun NR. (1996) "Nutrition Screening Initiative: Outcome Data - how useful is it as a tool for assessing malnourished elderly people?" 20th Clinical Congress of the American Society for Parenteral and Enteral Nutrition (ASPEN), Washington, DC, January.
- Sahyoun NR. (1999) "Aging Challenges: Closing the Nutrition Gap." Annual meeting of the Society for Nutrition Education, Baltimore, Maryland, July.
- Sahyoun NR. (2000) "Expert Guidance in Cost-effectiveness Research, Program Planning, and Outcomes Research" Annual Food and Nutrition Conference and Exposition, Denver, Colorado, October.
- Sahyoun NR. (2003) "Dietary Needs of Older Adults: Have we been effective in promoting them?" Center for Disease Control and Prevention (CDC), Division of Nutrition and Physical Activity Seminar Series, Atlanta, Georgia, June.
- Sahyoun NR. (2003) "Nutrition Education and Other Interventions." Second Issue Panel on Implementing the Dietary Reference Intakes and 2000 Dietary Guidelines in Older Americans Act Nutrition Programs, Baltimore, Maryland, July.
- Sahyoun NR, Zhang X. (2004) "Showcasing Gerontology Scholarship at the University of Maryland." University of Maryland, College Park, Maryland, April.

Sahyoun NR. (2005) "Community Connections: Moving Seniors Toward Wellness, Preliminary findings." Presentation to the White House Conference on Aging. Richmond, Virginia, September.

Sahyoun NR, Akobundu U. (2005) "Community Connections: Moving Seniors Toward Wellness, Practical applications." Annual meeting of the Meals-on-Wheels Association of America, Richmond, Virginia, September.

Sahyoun NR. (2006). Community Connections: Moving Seniors Towards Wellness. National Council on the Aging Annual Meeting, Anaheim, CA, March 2006.

Sahyoun NR. (2006). Translational Research, A Framework For Nutrition Education. 4th State Unit on Aging Nutritionists & Administrators Conference, Baltimore, MD August

Sahyoun NR. (2006). Community Connections: Moving Seniors toward Wellness. Maryland Association of Senior Nutrition Programs, Columbia, MD, February.

Sahyoun NR. (2006). Community Connections: Moving Seniors Toward Wellness. Maryland Aging Network workshop in Ocean City, MD, December.

Sahyoun NR (2007) "Results of a Community Demonstration Program" Annual meeting of the Meals-on-Wheels Association of America, Fort Knox, Texas, August.

Sahyoun NR (2008) "Nutrition for the Older Adult" Annual meeting of the Meals-on-Wheels Association of America, Pittsburgh, PA, August.

Sahyoun NR (2008) "Nutrition and Aging Research" American University of Beirut, Beirut, Lebanon, March.

Sahyoun NR (2008) "Nutrition Services in Home and Community Based Services-- Now and in the Future" Gerontological Society of America, Washington DC, November.

Sahyoun NR (2009) "Update on the vitamin D/calcium needs of older adults" Second Middle East Congress on Age, Ageing & Alzheimer's, Tripoli, Lebanon, November.

Sahyoun NR (2009) "Current Knowledge in Nutrition and Aging" American University of Beirut, Department of Nutrition and Food Science, Beirut, Lebanon, November.

Sahyoun NR (2010) Panelist "Promoting Science Education and Research: Supporting Skill-Based Societies" Fulbright Regional Conference for Middle East and North Africa. Cairo, Egypt, March.

Sahyoun NR (2010) “Successful Aging: The Role of Nutrition” Presentation to faculty and graduate students of the American University of Beirut, Beirut, Lebanon, March.

Sahyoun NR (2011) “Food Security & Human Nutrition, Lebanon” AGNR in the World, AGNR Convocation, College Park, Maryland, May.

Sahyoun NR (2011) Annual Fulbright Pre-Departure Orientation for the Middle East and North Africa region, Washington DC, June.

Sahyoun NR (2011) “Emotional Health and Appetite in Older Adults” Nutrition and Aging XXVI: Nutrition in Chronic Disease, Annual Conference, Little Rock, Arkansas, September.

Sahyoun NR, Wang B (2011) “Proposal for a folic acid fortification risk assessment model.” Food and Drug Administration, September.

Sahyoun NR (2011) Presenter and Moderator for session “Transition of Care and Beyond”, Workshop on Nutrition and Healthy Aging in the Community. Food and Nutrition Board, Institute of Medicine, October.

Sahyoun NR (2012) “Screening and Prioritizing Clients for Nutrition Risks.” Senior Nutrition Institute, Specialist Certificate program. The National Center for Nutrition Leadership, Orlando, Florida, January.

Sahyoun NR (2012) “Application of a Key Events Dose-Response Analysis to Folate.” Office of Dietary Supplements, National Institute of Health, Bethesda, Maryland, January.

Sahyoun NR (2012) “Research into Practice: An Innovative Food Safety Curriculum for the Elderly Nutrition Program.” Annual New England Regional Elderly Nutrition Conference, Portsmouth, New Hampshire, April.

Sahyoun NR, Wang B (2012) “Development of a Risk Assessment Model for Folate Intake.” International Life Sciences Institute (ILSI), North America, April.

Sahyoun NR, Anderson A (2012) “Food Safety on the Go” Annual meeting and Nutrition Summit of the Meals-on-Wheels Association of America, Washington DC, August.

Sahyoun NR (2013) “Are Malnourished Older Adults Ready to Be Discharged?” Dudrick Symposium for American Society for Parenteral and Enteral Nutrition's (ASPEN) Clinical Nutrition Week. Phoenix, Arizona, February.

Sahyoun NR (2013) "Screening and Prioritization of clients for the Home-delivered Meal program" Maryland Association of Senior Nutrition Programs, Laurel, MD, February

Sahyoun NR (2013) "Positioning the OAA Nutrition Program in the HCBS and Long Term Care Service and Support System" National Association of State Units on Aging and Disability Annual Conference, Arlington, VA, September

### **Abstracts (presentations at national meetings)**

**Sahyoun NR**, Otradovec CL, McGandy RB, Hartz SC, Jacob RA, Russell RM. Nutritional status of a group of institutionalized mentally incompetent elderly (Abs.) J Am Coll Nutr 3(3):251, 1984.

Otradovec CL, Jacques PF, McGandy RB, Hartz SC, Jacob RA, **Sahyoun NR**, Russell RM. Three-day diet records as estimators of blood nutrient levels (Abs). FASEB, 1987.

Otradovec CL, **Sahyoun N**, Jacques PF, Hartz Sc, Russell RM, Characteristics of non-institutionalized elderly with low dietary intakes (Abs.). J Am Coll Nutr 7(5):424, 1988.

**Sahyoun NR**, Rasmussen HM. Comparison of reported calories from records to calorie needs for weight maintenance (Abs.). Annual meeting of the American Dietetic Association, P.58, 1988.

Ribaya-Mercado J, Russell RM, **Sahyoun N**, Morrow FD, Gershoff SN. Vitamin B6 requirements of the elderly (Abs). FASEB J 2(4):847, 1988.

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S.B. Kritchevsky, B. Nicklas, T.B. Harris, D.K. Houston, F.A. Tylavsky, A.B. Newman, J.S. Lee, **N. Sahyoun,** D. Sellmeyer, S. Rubin, M.Visser. Protein Intake and Change in Lean Body Mass in Well-Functioning Community Dwelling Older Adults. International Academy of Nutrition and Aging annual meeting, St. Louis, Missouri, May 2005.

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Amy L. Anderson, **Nadine R. Sahyoun**, Tamara B. Harris, Frances A. Tylavsky, Jung Sun Lee and Deborah E. Sellmeyer. Dietary glycemic index and load and risk of type 2 diabetes in older adults. Experimental Biology, Washington DC, April 2007

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A.L. Anderson, T.B. Harris, D.K. Houston, F.A. Tylavsky, B.H. Goodpaster, J.S. Lee, D.E. Sellmeyer and **N.R. Sahyoun**. Dietary patterns and body composition in older adults. Experimental Biology, San Diego, CA, April 2008.

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**Nadine Sahyoun**, Amy Anderson, Tamara Harris, Frances Tylavsky, Sara Perry, Denise Houston, Trisha Hue. Dietary patterns and survival of older adults. IAGG World Congress of Gerontology and Geriatrics, Paris, France, July 2009.

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Mishra S, **Sahyoun N**, Mehta M, Hue T, Miljkovic I, Satterfield S, DeRekeneire N, Harris T. Hyperleptinemia, adiposity and risk of metabolic syndrome in older adults Experimental Biology, Washington, DC, April 2011.

Ghattas H, Seyfert K, **Sahyoun NR**. Household Food Security in Palestinian Refugees Living in Lebanon - findings from the AUB UNRWA Socioeconomic survey. Lancet Palestinian Health Alliance Second Conference, Beirut, Lebanon, March 2012

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Hala Ghattas, **Nadine R Sahyoun**, Karin Seyfert, AnnieBelle J Sassine. Food insecurity in Palestinian and Iraqi refugees in Lebanon. Experimental Biology, Boston, MA, April 2013.

## **EDITORSHIPS, EDITORIAL BOARDS, AND REVIEWING ACTIVITIES**

Guest Editor for Journal of Aging Research, 2012

American Society of Nutrition Editorial Board Liaison to the journal "Nutrition Today," 2011 to Present

Editorial Board member: "Nutrition Today", 2005 to Present.

Editorial Board member: "Journal of Nutrition for the Elderly" (new name: Journal of Gerontology and Geriatrics), 2005 to 2010

Editorial Board member: "The Journal of Nutrition, Health and Aging" 2005 to 2008.

Review panel member "Family Economics and Nutrition Review" (FENR) 2004 to 2006.

Ad Hoc reviewer for the following journals:

Journal of Nutrition,  
American Journal of Clinical Nutrition,  
American Journal of Public Health,  
Annals of Epidemiology,  
Ecology of Food and Nutrition,  
Journal of Nutrition Education,  
Journal of the American Dietetic Association,  
Journal of Nutrition for the Elderly,  
Journal of Nutrition, Health and Aging

Geriatrics  
Journal of Aging and Social Policy  
Preventive Medicine

## **TEACHING AND ADVISING**

### **Courses Taught In Last 5 Years**

#### **General**

NFSC470 Community Nutrition (3 credits)  
NFSC100 Introductory Nutrition (3 credits)  
NFSC368 Food Science and Nutrition Seminar (1 credit)

#### **Specialized**

NFSC690 Nutrition and Aging (3 credits)  
NFSC680 Human Nutrition Assessment (3 credits)  
NFSC799 Masters Thesis Research with group/individual research meetings  
NFSC899 Doctoral Dissertation Research with group/individual research meetings