

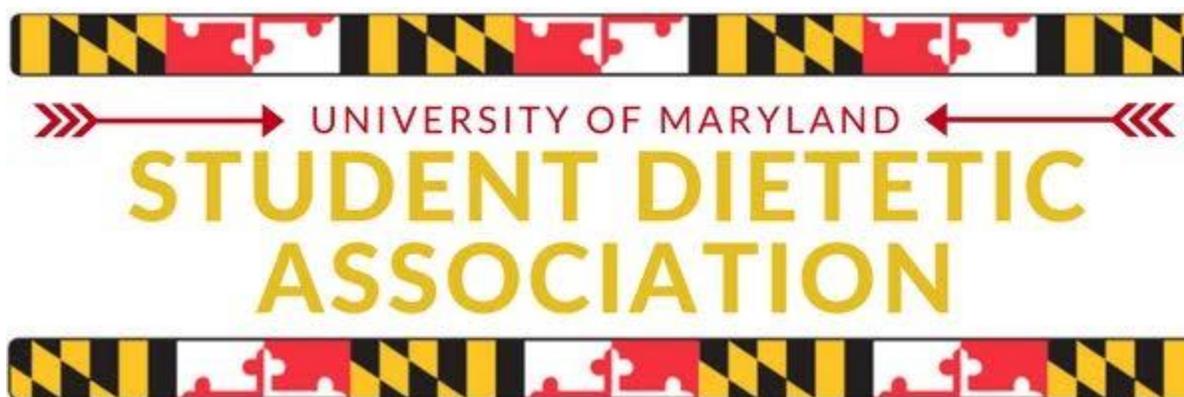
# 2017 Dietetic Newsletter

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## Ia. Name Change Announcement FAN Club to Student Dietetic Association

The Food and Nutrition Club has officially changed its name to the Student Dietetic Association at the University of Maryland. With the name change, we have renewed our commitment to providing professional resources and networking to students interested in the fields of nutrition and dietetics.



## Ib. Get Fruved - Dietetic Program and SDA Outreach to Promote Nutrition and Health Activities on Campus

This academic year (2017 - 2018), Dietetic students are implementing a campus wide intervention called GetFruved. “Fruved” for short, is named for “FRUit” and “VEgetable” education.



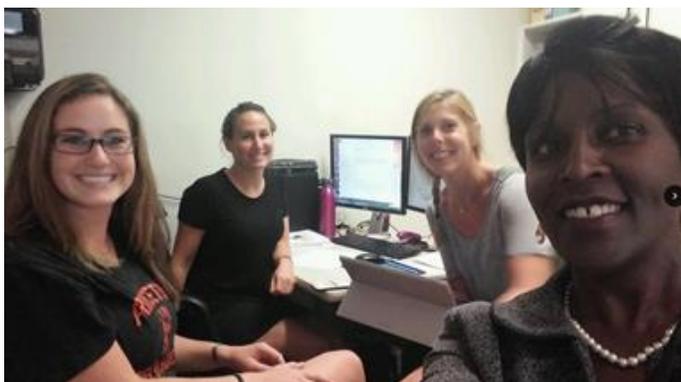
The purpose of this project is to promote healthy eating, physical health and stress management among college students via changing lifestyle behaviors on campus by:

- Community-based participatory action research
- Health Promotion Activities and Events
- Health-Related Social marketing
- Environmental change through advocacy

This unique opportunity includes the replication of the intervention process developed over the past three years at the four initial intervention schools (University of Tennessee, University of Florida, West Virginia University, and South Dakota State University).

This United States Department of Agriculture (USDA) funded intervention is coordinated by the University of Tennessee and University of Maryland, College Park is one of the 90 universities involved.

The GetFruved Pre-Survey was administered to campus students, faculty and staff that measured their health and wellness habits such as fruit and vegetable intake, mental health and physical activity. The post survey will be administered at the end of Spring 2018 semester to measure the impact of the Get Fruved intervention. Visit [www.fruved.com](http://www.fruved.com) for more information.



Dr. Margaret Udahogora with her Dietetic Students, Emma Slattery and Ashley Balderson and Assistant, Ashley Lewis planning Get Fruved intervention events.

Photo courtesy of Dr. Margaret Udahogora



(Pictured left to right: Ashley Lewis, Ashley Balderson, Emma Slattery, Elizabeth Katsion and Lauren Pavone) Planning Get Fruved activities and events for UMD campus.

Photo courtesy of Dr. Margaret Udahogora

## Event #1 – First Look Fair September 13th and 14th



(Pictured from left to right: Dr. Margaret Udahogora, Dietetic Program Director, Joselyne Cantoral, Dietetic Student and Ashley Lewis Dietetic Graduate Assistant to the Dietetic Program Director).

Photo courtesy of Dr. Margaret Udahogora



(Pictured is Emma Slattery, Senior Dietetic Student and Food and Nutrition Club President)

Photo courtesy of Dr. Margaret Udahogora

Dietetic Food and Nutrition Club and Get Fruved teamed up during the First Look Fair Sept 13-14, 2017.

Food and Nutrition Club with Get FRUVED recruited for students to join the club and Fruved team. They had great success as many students signed up to learn more about the fun activities that will be planned this year.

Major events for FAN club include: community service activities, guest speakers in nutrition,

academic peer matching program and professional development!

Major events for Fruved include: Salsa Party in McKeldin next Spring semester, social marketing health promotion messages, town hall meetings and much more!

## Event #2 – Pumpkin Palooza Event at the Diner - 3<sup>rd</sup> Annual Harvest Festival



(Pictured is Emma Slattery, Senior Dietetic Student and Food and Nutrition Club President showing off her artwork)

Photo courtesy of Dr. Margaret Udahogora

The 3<sup>rd</sup> Annual Harvest Festival was a successful event which occurred at three UMD dining halls on September 27<sup>th</sup> which consisted of local food, dinner, music, activities and lots of fun! Get Fruved teamed up with Dining Services at the Pumpkin-Palooza station to provide dorm-friendly and healthy recipe cards to students while also recruiting for them to take the Get Fruved Survey.

**Major Get Fruved events are being planned for the Spring 2018 semester, such as Salsa Party at McKeldin Library and UMTV Cooking Challenge!**

## Ic. Initiating Simulation in Medical Nutrition Therapy Course

The Dietetic Program received a foundation grant to support Henry J. and Camille J. Shaffer Dorn Dietetics Teaching Laboratory in May 2017. Funds were used to purchase interactive tools that create a unique learning experience for Dietetic Students to practice clinical interactive skills.

The Nasogastric Tube Feeding Simulator pictured below will be used in Medical Nutrition Therapy course Spring 2018 which will enable students to integrate what they learn in the classroom with what they will see in a real life workplace environment. The human simulator is an effective training tool for Dietetic students to acquire skills of enteral tube nutrition. The manikin has three routes for enteral nutrition tubes (nasal, oral and gastric) and allows training with real liquid foods.

Tools that assess nutritional status were purchased with the foundation grant including the digital hand dynamometer, blood pressure monitor, pitting edema trainer and stethoscope which are being used as interactive teaching tools in Nutritional Assessment laboratory this Fall 2017 semester.

The image is a screenshot of the 3-Dmed website. At the top, a red banner reads "NEW \_ PURCHASED MAY 2017!". Below this, the website header includes the 3-Dmed logo and navigation links: HOME, ABOUT, PRODUCTS, SERVICES, WHAT'S GOING ON, PARTNERS, CONTACT. A sidebar on the left lists various simulation products such as "MINIMALLY INVASIVE TRAINING SYSTEM (MITS) SERIES", "LAPROSCOPIC TASK INSERTS", "FORCESENSE SYSTEM", "SUTURING & ANASTOMOSES", "INTERACTIVE SIMULATION SOFTWARE", "LAP INSTRUMENTS", "TASK TRAINERS", "THE VE BOX - PLUS SATLE WET LAB BOX", "ECMO - SIMULATION KIT", "ECMO - REPLACEMENT PARTS", "CVC INSERTION SIMULATOR II", "LUMBAR PUNCTURE SIMULATOR II", "PEDIATRIC LUMBAR PUNCTURE SIMULATOR", "COLONOSCOPE TRAINING MODEL", "PROSTATE & RECTAL SIMULATOR", "CATHETERIZATION / ENEMA SIMULATOR - MALE", and "CATHETERIZATION / ENEMA SIMULATOR - FEMALE".

The main content area features a large image of a "Digital Hand Dynamometer" with a manikin's hand on it. To the right of this image is a "PURCHASED!" badge and a "Tube feeding pump" image. Below the pump is a "Stethoscope" image. Further down are images for "Blood pressure monitor" and "Pitting Edema". A "Tube feeding syringes & bag" image is also visible. A price tag for the "DIGITAL HAND DYNAMOMETER" is listed as "\$2,380.00". A description states: "Effective for professional MDT Tube effects for patient; manikin hand allows foods. To understand feeding ro sheet to overlay on the mannequin." There is a "QUANTITY" field set to "1" and an "ADD TO CART" button. A URL at the bottom of the main image reads: <https://www.3-dmed.com/product/nasogastric-tube-feeding-simulator>.





## Ila. CYC visit to the Dietetic Program and Discovery

On November 2nd, 2017 the NFSC department welcomed 18 three and four year olds from the Center for Young Children (CYC) along with the Green Room teaching staff and parents. Dr. Margaret Udahogora, Director of the Dietetics Program and her assistant Ashley Lewis led a tour of the NFSC department kitchen laboratory. Many children expressed that they have seen their parents cook, some have helped in the kitchen, but mostly they did not know the names of the tools their parents used so this tour was a great learning experience for them. The children were also impressed by the larger kitchen equipment tools used in commercial cooking. After the tour, they were engaged in a small cooking demonstration led by Dr. Udahogora and her assistant. Children learned safe knife skills as they practiced chopping bell pepper with plastic knives. Children also practiced peeling hard boiled eggs. For a snack, they enjoyed the egg and pepper.

Photo courtesy of Dr. Margaret Udahogora





Photo courtesy of Dr. Margaret Udahogora



Photo courtesy of Dr. Margaret Udahogora

## Ib. Mid-Maryland Mission of Mercy & Health Equity Festival 2017

Mid-Maryland Mission of Mercy & Health Equity Festival was a free adult dental clinic hosted by the University of Maryland community on September 8<sup>th</sup> and 10<sup>th</sup>, 2017. This two day program provided free dental services to adults in need such as dental cleanings, x-rays, extractions, fillings and root canals. This Mission Festival also provided individuals with other health services including blood pressure, glucose, cholesterol, HIV and vision screenings, flu-shots, and consultations with nutritionists, attorneys and counselors.

University of Maryland dietetic students and Registered Dietitians from Maryland Academy of Nutrition and Dietetics (MAND) were on scene at the Mission Festival providing their expertise on healthy eating practices. Patrick Keenan, Marcos Pomales, Dr. Margaret Udahogora (Director of UMD's Dietetics Program), Ashley Lewis (assistant to Dr. Udahogora) and dietetic students served roughly 400 people who received food samples of black bean quesadillas and peanut butter energy bites that promoted plant-based protein food for individuals on tight incomes. Dietetic students and registered dietitians handed out nutritional and low cost recipe cards as well as educational handouts on topics that included proper food groups, MyPlate, diabetes education/prevention, and WIC and SNAP benefits.

The 2017 Mid Maryland Mission of Mercy and Health Equity Festival was an informative and special event where the Dietetic Program and MAND members were able to provide nutritional services to hundreds of people in the community. It was an overall success!



### **Behind the scenes kitchen prep:**

Pictured from left to right: Patrick Keenan, Ashley Lewis, Marcos Pomales  
Photo courtesy of Dr. Margaret Udahogora

### **Short Bio for the cooks:**

**Patrick Keenan** is a third-year Dietetics major at the University of Maryland College Park with a passion for the culinary arts. He hopes to use his years of commercial food experience to help his local community cook wholesome meals that are delicious enough to make a lifestyle change for.

**Marcos Pomales** is currently his Bachelors of Science degree in dietetics. Growing up, his family emphasized the importance of a healthy lifestyle. Originally from Arizona, he decided to pursue his higher education on the East Coast. Outside the academic setting, Marcos has a love for music and enjoys playing the guitar. After graduation, he plans to enroll in a post-baccalaureate program in the health sciences.

**Ashley Lewis** is a recent graduate from the Dietetic Program (class of '17). She is now a faculty advisor for the Director of the Dietetics Program, Dr. Margaret Udahogora, RD, and is co-instructing Foodservice Operations (NFSC350). Her passions include cooking and plant-based nutrition. Once an RD, her goal is to reduce the risk of chronic diseases in the community through prevention programs.

### Providing nutrition education during the Health Equity Festival



Photo courtesy of Dr. Margaret Udahogora

## IIc. Dietetic Program Healthy Eating Discovery Summer Camp, University of Maryland July 31st 2017 - August 4th 2017

The 2017 Healthy Eating Discovery Summer Camp for Kids grades 3rd - 8th was overseen by the Dietetic Program Director, Margaret Udahogora, Ph.D., R.D. and conducted by Dietetic students. The goal was to prepare campers to apply their knowledge of cooking and nutrition to promote healthy eating patterns.

Dietetic Student and Staff Counselors who led the five-day program were Ashley Balderson, Ashley Lewis, Precious Nwokeleme, Sabrina Riordan, Komal Shah and Nicole Barriga. Counselors educated the campers about food preparation and meal design in accordance with USDA MyPlate recommendations. Counselors utilized their cooking experience and knowledge of nutrition to help campers embrace their creativity in a variety of learning activities, food demonstrations and hands-on cooking. Counselors demonstrated leadership and teamwork skills in the creation and execution of their activities for the campers, supervising and helping the campers when cooking, thinking on the spot and using their creativity to provide campers with ideas and tips.

Campers engaged in exciting ways to learn about nutrition and health related topics. The campers learned about the digestive system and important organs that play a role in the process, healthy fats, fiber, how to read food labels, added sugars in various drinks, juicing versus smoothie pros and cons, food sustainability, where their food comes from and more. For example, campers watched a juicing demonstration to learn about the food waste implications and how to use the waste for other recipes. Campers also engaged in a group activity of matching sugar containers to the appropriate drink to visualize the amount of added sugar each drink contains. Campers also enjoyed fun outdoor activities to promote physical activity. In addition, campers competed in a Chopped Challenge where they were able to create their own recipe using the Romanesco challenge ingredient.



Photos courtesy of Dr. Margaret Udahogora



Photos courtesy of Dr. Margaret Udahogora

## Ild. April 29th, 2017 Dean Craig Beyrouthy joins students in the Dietetic Program to promote Maryland Day 2017



University of Maryland welcomes residents of DMV to explore the World of Fearless Ideas on our Campus. More than 75,000 families, prospective students, current students, UMD faculty and staff enjoyed more than 400 events held on campus. Dietetic students promoted plant based protein foods, involved our visitors in nutrition and health related games and gave them the opportunity to compare different snack options and portion sizes.

Photo courtesy of Dr. Margaret Udahogora

## Illa. Former Graduates Discuss Dietetic Internship with SDA Members

November 13, 2017

On November 13<sup>th</sup>, Student Dietetic Association, SDA (formerly known as FAN Club) members gathered to listen to an alumni panel speak about their experiences with the dietetic internship process. The panel included Shelby Vaughn, Philip Bobrowsky, Lee Crosby, and Melinda Cater. The alumni spoke about their experiences with open houses, the application process, the internship itself, and what they are doing since having completed their internships. Some of the alumni even provided their resume and personal statement as an example. Members had plenty of time to ask questions and learn more about the internships the alumni completed (Virginia Tech, Sodexo, and Johns Hopkins). Everything from tips, how interns are selected, and their thoughts on graduate school was covered. It was a great learning experience for everyone and was both incredibly helpful and encouraging to hear from them, especially as seniors begin their own applications in the upcoming months.

### Updates from the Alumni Panel:

Lee Crosby currently works for the Physicians Committee for Responsible Medicine (PCRM) doing nutrition education and communications work, assisting with clinical research, and practicing outpatient nutrition in the affiliated Barnard Medical Center. She shares healthy recipe and tips at [www.Veggie-Quest.com](http://www.Veggie-Quest.com), and has appeared multiple times on Good Morning Washington. You can see her two most recent segments here:

<http://wjla.com/features/good-morning-washington/how-pink-is-your-plate-foods-to-help-slash-breast-cancer-risk>

<http://wjla.com/features/good-morning-washington/meatless-monday-and-the-snap-challenge-eat-healthy-for-less-than-4-a-day>



Alumni panel with SDA members and faculty advisor, Dr. Margaret Udahogora, R.D.

Photo courtesy of Dr. Margaret Udahogora



Alumni Panel from left to right: Lee Crosby, Shelby Vaughn, Melinda Cater and Philip Bobrowsky

Photo courtesy of Dr. Margaret Udahogora

### IIIb. Resume Critique Night

On November 9<sup>th</sup>, 2017 Dietetic Program Alumni: Rebecca Bitzer, MS, RD, LD, CEDRD Certified Eating Disorder Registered Dietitian; Melissa Roberts, RDN, LDN, and Sarah Goff RDN, LDN (pediatrics specialization) came to assist our students in preparing their resume for internship application. Students appreciated their advices and found this event critically important for senior dietetic students. The DPD Program would like to acknowledge Rebecca Bitzer, for her unique contribution to our program for more than 10 years in mentoring our students in her private practice. THANK YOU and Go Terps!



Photo courtesy of Dr. Margaret Udahogora



Dr. Margaret Udahogora, R.D. with Melissa Roberts, RDN and Sarah Goff, RDN Alumni!

Photo courtesy of Dr. Margaret Udahogora



Photo courtesy of Rebecca Bitzer, MS, RD, LD, CEDRD Certified Eating Disorder Registered Dietitian (Rebecca is 3rd from the right and on the second row)

## IIIc. Clinical and Community Dietitians in DMV area educating our Students

Kathleen Pellechia, MS, RDN has taught NFSC491 Issues and Problems and Opportunities to our Dietetics Students over the last five years. We congratulate her on her new position as Nutrition Knowledge Management Specialist at FHI 360/Alive & Thrive.



Andrea Troutner, RD, LDN, CDE, State Policy Representative on Maryland Academy of Nutrition and Dietetics Public Policy Panel and graduate of UMD Dietetic Program. She is a Diabetes Education Coordinator at Providence Hospital in Washington, DC.

Kathleen and Andrea have been mentors and guest speakers of UMD Dietetic Students aiding them in their internship preparation and professional opportunities.



**FAN Club Meeting**  
Professional Development for National Nutrition Month

Click to add

Light refreshments will be provided and come to have your questions answered on how to become a successful Dietitian!

**March 28th @ 6pm • MMH 3112**

**Kathleen Pellechia, RDN**  
Kathleen Pellechia is an assistant professor at University of Maryland teaching NFSC491. She works as a Nutrition Consultant for Private, LLC and consults on Nutrition and Health care with Persphere Media. Kathleen earned her Bachelor of Science degree from Rutgers University and is receiving her Masters of Science with Honors at Northwestern University.

**Andrea Troutner, RD, LDN, CDE**  
Andrea Troutner, RD, LDN, CDE, is a Diabetes Educator, Coordinator and Certified Diabetes Educator at Providence Hospital. Andrea earned her Bachelor of Science degree from the University of Maryland, College Park and serves as State Policy Representative for the Maryland Academy of Nutrition and Dietetics. She has been honored as 2023 Outstanding Dietitian of the Year by the Academy of Nutrition and Dietetics.

**FAN CLUB NEW OFFICERS AND FAN CLUB MEETINGS**

HOW TO BE MATCHED TO A DIETETIC INTERNSHIP  
APRIL 25TH @ 6PM • MMH3112

Annual Dietetic Program Senior Presentation

Experiences on applying for Dietetic Internships & Required GPA and Work experience

ALL dietetic students MUST attend (Freshmen, sophomore, juniors)

Come and get all your questions answered!

For more questions email Dr. Margaret Udabogora [mudabogora@umd.edu](mailto:mudabogora@umd.edu) or FAN Club at [fanclubumd@gmail.com](mailto:fanclubumd@gmail.com)



## IVa. Academy of Nutrition and Dietetic Public Policy Workshop (PPW)

**June 25, 2017**



Photo courtesy of Dr. Margaret U.

Each year dietetic students across the country and members of the Academy of Nutrition and Dietetic meet in Washington D.C. to discuss with congressmen their role in promoting health and nutrition among the USA Population. Dr. Udahogora, the Lead team for PG County participated in the event and joined other Registered Dietitians (RDN) in the discussion of the Academy recommendations at Capitol Hill.

For 2017, the focus was on (i) RDNs eligibility to bill for chronic care management services; (ii) to maintain existing provisions for insurance coverage and furthermore, include coverage of medical nutrition therapy in core preventive and clinical services; (iii) to implement evidence based, culturally competent responses to hunger, obesity and chronic disease among populations that are disproportionately affected; (iv) and to maintain funding for the prevention and public health fund as primary prevention is the most effective and affordable method to prevent chronic diseases.

## IVb. MAND SLIW (State Legislative Interactive Workshop) 2017

February 21, 2017. 10 Students from Dietetic Program together with MAND Registered Dietitians and Interns coordinated the workshop that shows state legislators their positions on various Senate and House bills. Bills that they supported included SB0038: Update of Advisory Boards and Councils on Health and Wellness to address chronic disease by repealing and consolidating three existing State Advisory Councils that address arthritis and health. As well as SB0340: Workgroup on Health in All Policies UMD School of Public Health, Center for Health Equity-Workgroup on “Health in All Policies framework” which means policymakers & stakeholders in the public & private sectors use a collaborative approach to improve health outcomes. This all day event has been a great opportunity Dietetic students and interns to lobby in Annapolis. In addition, students and interns collect and distribute donated apples from local grocery stores to provide to each legislator. The apples signify the health and wellbeing of America.

Maryland Academy of Nutrition and Dietetics Public Policy Dr. Margaret Udahogora, RD was the Team Leader for Prince George’s County. Paul G. Pinsky, (pictured below), District 22, Prince George's County since 2015 has been a guest speaker to introduce PPW.





## Vc. Dr. Udahogora Collaboration with Dr. Sumner at NIH – NIDDK/NIMHD – on Type 2 Diabetes among African Descent.

Type 2 diabetes mellitus prevalence is increasing worldwide. This global emergency is amplified among African populations with an anticipated increase of 140%. Effective prevention of this insidious condition will require research based understanding of socio economic, cultural and metabolic risks among African descent.

Dr. Udahogora has been collaborating with Dr. Anne Sumner, a senior investigator at the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) and facilitated the collaboration with Former Minister of Health Dr. Binagwaho Agnes. Dr. Udahogora further assisted in strengthening the partnership by introducing the New Honorable Minister of Health Dr. Diane Gashumba to the NIH authorities. This relationship has resulted in the establishment of a yearlong fellowship for Rwandan Physicians to NIH with financial support from the National Institute on Minority Health and Health Disparities. According to Dr. Perez-Stable, the Director of NIMHD, the fellowship supports research capacity building in low income country in Africa and the efforts would support health equity for US minorities. The picture below Dr. Utumatwishima holds his NIH plaque and poses with her Excellency Ambassador Prof Mathilde Mukantabana, the NIH team involved in his fellowship, and Dr. Udahogora from UMD.



Dr. Utumatwishima poses for a picture with his NIH plaque and those involved with his NIH fellowship opportunity... (l-r) NIDDK Clinical Director of Intramural Research Dr. James Balow, NIDDK Scientific Director of Intramural Research Dr. Michael Krause, Dr. Margaret Udahogora from the University of Maryland, NIMHD Director Dr. Eliseo J. Pérez-Stable, Ambassador of the Republic of Rwanda Professor Mathilde Mukantabana, Dr. Jean Nepo Utumatwishima, Dr. Anne Sumner of NIDDK, and NIH Deputy Director for Intramural Research Dr. Michael Gottesman.

Source: <https://www.nimhd.nih.gov/news-events/features/training-workforce-dev/rwandan-research-fellow.html>

Dr. Sumner, Dr. Chung, Dr. Bentley and Dr. Utumatwishima have recently published a Review article with Dr. Udahogora. *The reversing the tide-diagnosis and prevention of T2DM in Populations of African descent* was published in the **Nature Reviews Endocrinology** doi:10.1038/nrendo.2017.127, published online 23 Oct. 2017.

In the course of the year, Dr. Anne Sumner and Dr. Udahogora Margaret have been meeting with African Communities to discuss the risk of Diabetes and the benefits of participating in Assessing Diabetes Development among African descendants.



Photo courtesy of Dr. Margaret Udahogora

Vb. University of Rwanda International Scientific Conference: Rebranding Research for Sustainable Development. June 14 to June 16, 2017; Kigali Rwanda.

Dr. Udahogora Margaret, RD, Professional Track Faculty and Dietetic Program Director was invited by the university as one of the guest speakers for the conference. This event was sponsored by the University of Rwanda-Sweden Program for Research Higher Education and Institutional Advancement in partnership with Umea University; University of Gothenburg; Stockholm University; Oorerro University; SLU; Jonkoping University, and KTH Vetenskap Och Knost.

The conference purpose was to support the development of research at the University of Rwanda and to promote the use of research in political decision policy making in the country.

Dr. Udahogora presented to an enthusiastic group of faculty, students, and international collaborators on “Building a Stronger Food Security System” based on research and use of well defined measuring tools.

Previously food security was referred to as calorie availability per capita or nutritional status. Increasingly better tools are being designed to measure the 4 pillars of Food security: availability, access, use and stability; however, more research is still needed to develop more sensitive tools that capture the multidimensional food security components. For instance, Food Consumption Score (WFP), Household Dietary Diversity Score (FAO) are useful proxy indicators for household access to food. The tools reflect the consumption of different food groups and can analyze dietary patterns. In 2015, the second edition of the Consolidated Approach to Reporting Indicators of Food Security (CARI) was released. CARI allows the classification of food security into food secure, marginal food secure, moderate food insecure and severe food insecure. A new metric for food access, Food Insecurity Experience Scale measures food insecurity experienced by an individual or household. Each tool has limitations and its selection must be based on the need, financial ability, and type of data being collected.



Photo courtesy of Dr. Udahogora. From Left Vice Chancellor Philip Cotton, UR; Prof. FX. Naramabuye Professor of environmental applied soil science; and Ambassador Dr. Charles Muligande Deputy Vice-Chancellor in charge of Institutional Advancement University of Rwanda.

Vla. UMD Recipients of the “Outstanding Dietetics Student Awards, 2017” – We Celebrate Their Achievements!



**BROOKE PATTON, RD, Dietetic Program Alumni**  
Outstanding Dietetic Student of the Year in Internship, 2017



**ALLIE HOSMER, Dietetic Intern, Dietetic Program Alumni**  
Outstanding Dietetic Student of the Year in DPD program, 2017

The Academy of Nutrition and Dietetics confirmed two our Dietetic graduates for the “Outstanding Dietetics Student Awards, 2017”. This award recognizing the emerging leadership and achievement of students in dietetics education programs that are accredited by the Accreditation Council for Education in Nutrition and Dietetics. This prestigious awards went to Brooke Patton, RD and Allie Hosmer, Dietetic Intern. They are both recognized in the Journal of the Academy of Nutrition and Dietetics, Volume 117, Issue 9, Page 1460 September 2017 DOI:

<http://dx.doi.org/10.1016/j.jand.2017.07.011>

## Vlb Hannah Dentry Poster Presentation at SNEB, Annual Meeting Hyatt Grand Washington, DC in July 2017.

Hannah Dentry, Dietetic Intern and graduate of the UMD Dietetic Program was selected to present a poster at Society for Nutrition Education and Behavior (SNEB) Annual Conference July 2017. Hannah worked closely with Alison Massey MS, RD, LDN CDE in promoting nutrition and lifestyle change among individuals with elevated blood sugar. Under the mentorship of Dr. Margaret Udahogora, RD, the Dietetic Program Director at the University of Maryland, she summarized the findings and prepared a poster on *“Diabetes Prevention Program Results in Immediate Lifestyle Changes Independent of Weight Loss, for 34 Prediabetic Participants in Baltimore MD.”*

*Congratulations Hannah!*

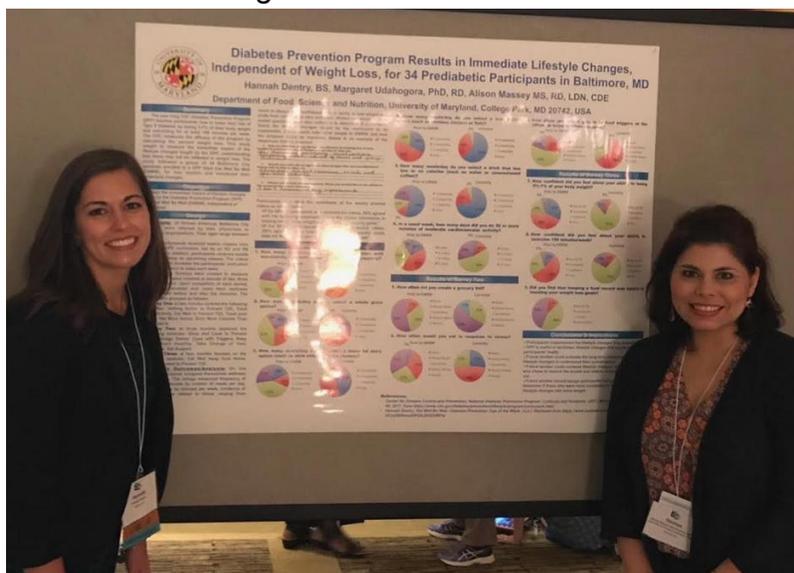


Photo courtesy of Hannah Dentry.