

Highlights of the 2016 Dietetics Program Local and International Activities



Honorable Dr. Gerardine Mukeshimana (close to Dr. Udahogora) , RAB, UR and MD team In Rwanda

RWANDA, Africa: The Dietetics Program in the Department of Nutrition and Food Science is actively supporting the UMD goal as a globally connected institution that highly values worldwide outreach, impact, and to disseminate UMD resources to the world. Most recently, the University of Maryland has signed an MOU with the Rwanda Agriculture Board in the Ministry of Agriculture and the University of Rwanda to collaborate on joint research, faculty exchange and other activities. Dr. Udahogora has been facilitating the team's contact with the Rwanda Institutions.

NIH : Additional collaboration of great significance in addressing the pressing global health issue of diabetes is in progress. Dr. Margaret Udahogora has joined efforts with Dr. Anne Sumner, the Senior Investigator, and Chief Section on Ethnicity and Health at DEOB/NIDDK/NIMHD, in gathering health statistics among immigrants from Rwanda. This is being accomplished along with the clinical research training of Rwandan Physician/Epidemiologist in the prevention of Diabetes. This has been facilitated by Dr. Sumner and Dr. Udahogora between NIH/NIDDK/NIMHD and the Ministry of Health In Rwanda.



GHANA, Africa: With the support of AstraZeneca and Edusei Foundation, Dr. Margaret Udahogora, RD was a key note speaker on "Food Security, Dietary Practices and Non-Communicable Diseases." She highlighted the role of food security and a multi sectoral approach to NCDs prevention. Among participants were University faculty and the Provost of College of Health Science, the Ministry of Health representatives, Registered Dietitians, Agriculturist/ horticulturalist, and civil society members. The conference ended with the participants developing an action plan and endorsing strategies to address the challenges faced by the enormity of NCDs and their subsequent social and economic impact in Ghana.

FOOD FOR FIGHTERS IN COLLEGE PARK, MD

Allie Hosmer, Senior Dietetic Student



Allie Hosmer, senior dietetic student created Food For Fighters to help educate and empower our College Park Volunteer Fire Department (CPVFD) in making healthy food choices in their daily lives! Inspired by the long line of fire fighters in her family, Allie was determined to use her knowledge in nutrition to give back to the community.

After a short tour of the facility, and learning more about the volunteers, Allie discovered there was a need for nutrition education among this group.

“The volunteers are constantly being called out on emergency runs, so they often don’t have time to prepare a healthy dinner. In fact, the majority of the time they end up eating large meals out of the home, at restaurants or fast food places. This leaves them feeling groggy and drowsy for the rest of the night.”

Allie learned that the firefighters were interested in having more homemade, balanced and family-style meals at their station. Once a week, Allie would present a short nutrition lesson and prepare a healthy meal with volunteer fire fighters. She then worked with each fire fighter to help them design their own healthy meals.

“When I first started cooking for the CPVFD, I was cooking for 15 to 24 people by myself, and after 3 weeks I realized I needed some help staying on top of the planning, shopping and cooking while balancing my school schedule. Last fall I reached out to Dr. Udahogora to recruit volunteers to help. Fellow students are now reliable and cooperative team members for the Food for Fighters dinner program.”

As her program continues to grow, Allie has been able to plan three dinner options to send to the firefighters where they can choose their favorite meal to be made every week. Allie has expressed how the volunteers at the CPVFD are extremely grateful, eager to help in the kitchen, and are very excited to try new healthy food options.

“It was been a wonderful experience getting to know the men and women volunteering to keep College Park safe,” Allie says. “It is my hope to keep this dinner program going even after I graduate, and possibly spread to additional locations!”

AIDS ORPHANS AND EDUCATION TRUST UGANDA, AFRICA

Hannah Pariso

Hannah Pariso had the opportunity to travel to Jinja Uganda, located outside of the capital city, Kampala to help improve the health of impoverished children through offering healthy meals and basic healthcare. She traveled with her church (Grace Community Church), which works with the organization, Aids Orphans and Education Trust (AOET). AOET oversees hundreds of unsponsored children in many different locations and offers healthcare, nutritious meals and other resources.

Hannah worked directly with children, learning about their homes, families, hobbies, favorite foods and their dreams when they grow up. She helped plan and prepare their meals, considering dietary restrictions, and was even able to participate in home visits. She experienced their living situation and available resources. She worked with over 200 children.

Inspired by her trip, Hannah says, "I would love to partner with AOET and one day help provide more nutritious meals to the children, and also work with the expectant mothers in the health clinic. It was an amazing experience and it has really solidified my passion for international nutrition."



WEIGHT WATCHERS CORPORATE INTERNSHIP, NEW YORK

Jillian Griminger, Senior Dietetic Major and Business Minor

Senior dietetic student, Jillian Griminger held an internship this past summer '16 at Weight Watchers Corporate in New York City, helping to inspire members of the community to make healthy food choices on a daily basis.

"I wanted to work for an organization that strives to make weight loss easy and stress-free for all users," Jillian says.

She was able to learn about all the food products available through weight watchers and worked to update food and nutrition information in their database. As the summer progressed, Jillian had the opportunity to follow up with Weight Watchers members, and use her education to offer practical nutrition advice and make recommendations for clients. Jillian expressed how this opportunity allowed her to learn about the nutritional needs of the community.

She says, "The experience was so rewarding because I was able to understand how people struggling with weight, successfully meet their goals in this program."

From this experience, Jillian has discovered that after graduation, she would like to work in a corporation that is in the business of helping people improve and understand nutrition better.

DIABETES PREVENTION PROGRAM AT THE HOSPITAL



Casey Brown, Patty Ethridge, Ashley Balderson

By: Ashley Balderson & Casey Brown, Dietetic Students

Ashley Balderson and Casey Brown, dietetic students are currently volunteering with the Diabetes Prevention Program (DPP), instructed by Patty Ethridge, at Holy Cross Hospital in Silver Spring, Maryland.

The 12 month DPP is available as a community outreach to individuals who have been diagnosed with pre-diabetes. The goal of the program is to support and empower individuals to change their lifestyle habits, lose 7% of their body weight and gradually increase their exercise regimen to 150 minutes per week by the end of the program.

As volunteers, Ashley and Casey help with setup and preparation for the class. They assist with collecting anthropometric data and with exercise.

Each of the 12 sessions includes a discussion of individual progress over the previous week. Ashley and Casey have gained understanding of the obstacles of daily life that contribute to diabetes in our community, and how to cater to these needs in an educational program such as the DPP. Both express how the program is an excellent resource for managing and preventing diabetes, and said that the participants enjoy the classes and are eager to learn more about the disease.

Two other senior Dietetic students involved in DPP are Avital Schwartz (Holy Cross Hospital) and Hannah Dentry (Johns Hopkins Hospital). Hannah has been developing weekly videos viewed by participants in preparation of their classes. She has also been collecting and analyzing data to monitor the impact of the program. On average, improvement in dietary practices, weight and exercise have been observed.



POWER-VINYASA FLOW YOGA

By: Erin Balkam, Senior Dietetic Student

Senior Dietetic Student, Erin Balkam became certified in Power-Vinyasa Flow Yoga in the summer '15 and has been teaching classes in DC/MD since.

“I initially became interested in yoga because I love the idea of living a life of wellness. I am a firm believer that yoga can be for anyone. It helps each of us to understand our bodies and is also a great form of physical activity!”

Erin holds classes here on UMD campus for anyone interested. She is passionate about sharing the emotional and physical benefits of the activity with students, and helps them to find mindfulness, patience and acceptance in their daily lives.

As a senior, Erin has found that practicing power-vinyasa flow yoga has inspired her career path. She hopes to combine her education with the idea of incorporating balance, mindfulness and conscious thought into our diets and eating habits to advocate good nutrition to the community.

EMPOWERING COMMUNITIES by Dr. Margaret Udahogora, RD and Lauren Pavone B.Sc.

University of Maryland, senior dietetic students plan, and prepare delicious and nutritious meals for the campus community every semester in NFSC350 – Food Service Operations Course. Not only is this course the best kept lunch secret on campus, it also has an international cuisine component that allows students to appreciate exotic delicacies and achieve cultural competence. The Instructor Dr. Margaret Udahogora RD, and her Assistant Lauren Pavone, B.Sc. have designed activities that allow students to use their food production skills along with their nutritional knowledge to empower communities to make healthy food choices, and adopt a nutritious lifestyle.

Using supporting scientific literature and interaction with members of a target group, students used their analytical and critical thinking skills to develop an intervention that addresses a nutritional gap in their target population. Students created an instructive, creative and easy to implement food production intervention videos, which is disseminated online. For example, breakfast in a cup recipes implemented for university students, meatballs made with squash and carrots for children with autism, and nutrient-dense energy bites for the corporate employee. Other components that were critical in successfully designing an intervention, included proper techniques for framing of the message tailored to group needs and identifying the measurable impact that will empower the community to action.

Videos highlighting each recipe and the nutritional value of each ingredient are posted on the UMD, Dietetics YouTube channel for the community to utilize. The goal is create a credible outlet where the community can turn to for answers and healthy ideas for themselves and their families. Students are empowering communities to make healthy food choices.



Shannon, Adrienne, Chisom



Amanda



Jillian, Erin and Allie

SNAPs Program at UHC



Selina and Thea at the event table



Thea's bulletin board which can be found in UHC lobby



From left to right" Jakubczak MPH, RD, CSSD, LDN '98, Ashley, Thea, Avital, Emma, Selena, Rebecca

The Sensible Nutrition Advocacy Peers, better known as SNAPs, is a University Health Center (UHC) nutrition peer education program on UMD campus. The program provides evidence based nutrition information to the UMD community. Thea Boatswain, senior dietetic student is one of the six SNAPs volunteers whom, under the supervision guidance of campus dietitian, Jane Jakubczak MPH, RD, CSSD, LDN, learned counseling skills and behavior change techniques.

As a Nutrition peer educator, Thea works with her clients 1-on-1 to help educate them on nutritional skills while providing individualized support and encouragement. The program offers a non-diet approach where clients are encouraged to make peace with food, nourish their bodies by incorporating all 5 food groups while honoring hunger and recognizing satiety signals. Thea and the other 5 volunteers have successfully helped the UMD campus community on nutritional concerns ranging from weight management, over snacking, inconsistent eating patterns and lack of food variety, just to name a few.

The UHC Peer Educational program helps to give dietetic students, real life nutrition coaching experience based on nutrition concerns that they would encounter as dietitians. The program has provided Thea with invaluable information about nutrition coaching and she enjoys her time as a nutrition peer educator with the SNAPs program. She has many success stories from her numerous clients and is looking forward to helping more people within the UMD community and beyond.