



FOOD AND NUTRITION SUMMER INSTITUTE

LETTER FROM THE EDITOR

As a student technician with the USDA Community Nutrition Research Group and a student at Howard University, I am proud to serve as the student editor of this newsletter. I hope you all enjoy it.

Included within this issue are highlights from the USDA Food and Nutrition Summer Institute 2006 held in Atlanta, GA on June 25-28. This year's theme was "Healthy People, Healthy Communities: Defining Our Role for the Next Five Years" and was co-hosted by the Centers for Disease Control and Prevention (CDC).

We'd like to thank everyone who presented at the Institute; each was interesting and captivating. I am certain that everyone in attendance walked away with valuable information and important new skills that will undoubtedly help them as they continue their education and/or advancement in their careers.

We'd also like to send a special thank

you to Dr. Ellen Harris and Dr. Deirdra Chester. Your time, effort, and dedication is greatly appreciated by all. We'd also like to thank Linda Nix for all her help in coordinating the Summer Institute.



Kiev A. Randall (right), Student Editor, enjoying a moment with Nicolette Keen, both with Howard University

SUMMARY OF FNSI 2006

This year welcomed a total of 48 Summer Institute students, faculty members, and presenters.

Sunday evening, June 25, began with a welcoming address from **Dr. Geraldine Perry-Allen** of the Centers for Disease Control and Prevention. Following, **Dr. Ellen Harris** presented the purpose, objective, and agenda for the FNSI 2006.

The evening concluded with a light-hearted and fun game of "Back in the day, ya'll ain't know me", the get to know me game.



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"Not everything that is faced can be changed but nothing can be changed until it is faced."

...James Baldwin

Summary of FNSI (cont'd from page 1)

Monday, June 26, opened with **Dr. William H. Dietz**, CDC. Dr. Dietz set the tone for the meeting by giving an overview of the obesity research currently at CDC and the new "5 A Day" program renamed "More matters". Next, **Dr. Camara Jones**, CDC, provided a lively and thought provoking talk on health inequities. **Vickie Lundy Wilbon**, Planned Communities Division, Integral Group, LLC presented on the Centennial Place, a National Public Health Week Blue Ribbon Community, and then **Annie Latimer** provided an update on REACH 2010 projects.

The next panel began with **Brenda Dalton**, Spelman College, speaking on diabetes risk reduction strategies at her college. **Refilwe Moeti**, CDC discussed evidence-based strategies to increase physical activity. **Dr. Deirdra Chester** spoke on the development of a community nutrition assessment tool for nutrition and physical activity.

After the panel, Dr. Chester led the student participants in an exciting game of "Nutrition Family Feud."



The evening session kicked off with **JoAnn Pittman**, Food and Drug Administration, describing FDA nutrition-related programs, followed by **Joi Hatch**, USDA, Food and Nutrition Service, discussing food and nutrition programs and services throughout the southeast region, and then **Mara Galic**, Atlanta Division of Public Health, discussing "Health Matters: a Georgia Worksite Wellness Initiative."

After a short break, the session continued with **Dr. Linda Johnson**, Fort Valley State University, presenting on the Nutrition & Dietetics program offered at her institution. Next, **Suzette Ro-**

botham, Atlanta Public Schools, presented on the development and implementation of local school wellness plans in Atlanta public schools. Lastly **Dr. Yvonne Butler**, Ennovy, Inc., discussed her "sugar-free school" program administered at Brown Mills Elementary in Atlanta and the Jackson State University in Mississippi.

On Tuesday, June 27, the entire day was dedicated to training on Body and Soul. **Alexis Williams** and **Felicia Solomon**, National Cancer Institute, trained participants on the use and implementation of this church-based nutrition and physical activity initiative.

In addition, a lunchtime presentation was conducted by **Ruth Jiles**, CDC, on practical applications for the behavior risk surveillance system.

Wednesday, June 28, began with a student showcase in which student participants presented skits based upon pre-selected questions relating to the Summer Institute. The skits were designed to provide a student, faculty, and community partner perspective. "Live With Taneka Bradshaw" presented by **Taneka Bradshaw** (UAPB), **Jhack Sepulveda** (Queens College), and **Michele Nelson** (Emory Univ.), stole the show and 1st place.

Next, **Marsha Houston**, CDC presented a workshop on the most effective way to market yourself to maximize your career opportunities.



The day concluded with a presentation by **Dr. Paul Cotton**, who spoke as a Summer Institute alumni. Dr. Cotton talked about how the Summer Institute influenced his career development.

Roll call of 2006 USDA Food and Nutrition Summer Institute Participants

- ◆ United States Department of Agriculture
- ◆ Centers for Disease Control
 - ◆ Howard University
 - ◆ University of Arkansas at Pine Bluff
 - ◆ Morehouse School of Medicine
 - ◆ Emory University
 - ◆ Prairie A&M University
 - ◆ Florida State University
 - ◆ Alabama A&M University
 - ◆ Southern University
 - ◆ Fort Valley State University
 - ◆ Queens College
 - ◆ Purdue University



Student Thoughts & Impressions

“The 2006 USDA Food and Nutrition Summer Institute was great! It gave me the opportunity to network with many motivated and active students and professionals within the field of Nutrition. “Marketing Yourself to Maximize Future Opportunities,” by Marsha Houston from CDC, was among the many interesting sessions covered. Attending the Summer Institute provided me tools to be effective not only as a community nutritionist, but as a member of the community.”

Jhack Sepulveda, Student, Queens College

“As a result of the Summer Institute I not only gained inspiration on new ideas, but also gained new contacts from other land grant universities. I was invited by Dr. Glenda Johnson to visit Southern University’s health and nutrition center and possibly collaborate on a publication.”

Dawanna James-Holly, PhD Student, Howard University

“The Summer Institute was an outstanding opportunity to interact with brilliant, energetic, confident participants who share my interest in addressing obesity and diabetes. I received a wealth of strategies aimed at diabetes risk reduction, increasing physical activity, the promotion of child and school wellness, and the implementation of regional nutrition programs. My expectations were definitely surpassed. “

Michelle Nelson, PhD Student, Emory University

Winners' Circle



Student Winners of
“Nutrition Family Feud”

Ahmed Elhassan, Glenda Johnson,
Nicolette Keen, Michelle Nelson,
Jhack Sepulveda, April Stull

CALENDAR OF EVENTS

American Dietetic Association

Food & Nutrition Conference & Expo
Hawaii Convention Center,
Honolulu, HI
September 16-19, 2006

American Public Health Association

APHA Annual Meeting and Exposition
“Public Health and Human Rights”
Boston Convention Center & Exhibition
Boston, MA
November 4-8, 2006

International Food and Nutrition Conference 2006

“Emerging Nutrition and Food Safety Challenges: A Global Perspective”
Kellogg Conference Center, Tuskegee University,
Tuskegee, AL
October 8-10, 2006

World Congress of Public Health Nutrition

“Advancing Science and Global Partnerships for Health, Nutrition and Well-Being”
Barcelona, Spain
September 28-30, 2006

Summer Institute Photo Gallery

Sunday, June 25, 2006



Sunday Evening Mingling



Dr. Geraldine Perry-Allen with
Opening & Welcome



Sunday Evening Mingling

Monday, June 26, 2006



Yvonne Butler, Ennovy, Inc.



Linda Johnson, Fort Valley State
University



Suzette Robotham, Atlanta Division of Public Health & Shante Williams, Fort Valley State



Mara Galic, Atlanta Division of
Public Health



Joi Hatch, USDA Food and
Nutrition Service SE Region



JoAnn Pittman, Food & Drug
Administration

Summer Institute Photo Gallery

Tuesday, June 27, 2006



Alexis William and Felicia Solomon, National Cancer Institute



Body & Soul Training Exercise



Body & Soul Training Exercise

Wednesday, June 28, 2006



Student Showcase, 1st place, Michelle Nelson, Jhack Sepulveda, & Taneka Bradshaw



Student Showcase, 2nd place, Juanetia Harris, Lela Stapler, & April Stull



Student Showcase, 3rd place, Andrea Landis, Ahmed Elhassan, & Shante Williams



Dr. Paul Cotton, Summer Institute Alumni



Closing Lunch: Jhack Sepulveda, Dr. Ellen Harris, Michelle Nelson & Dr. Deirdra Chester



Closing Lunch Group Photo

Student Spotlight



Chellani Hathorn,
recent Tuskegee University Graduate



Chellani Hathorn is a graduate of Alcorn State University (BS) and Tuskegee University (MS). She is currently a Food and Nutrition Specialist at Tuskegee University Center for Food and Environmental Systems of Human Exploration of Space (CFESH). Chellani works in close partnership with NASA scientists and engineers to address targeted goals related to advanced human support technology and advanced life support programs for space missions. At CFESH, Chellani is located within the Food Processing and Product Development Team (FPD) which determines and evaluates the nutritive value of different crops as well as deals with issues of food processing, safety and storage, and menu development in collaboration with centers working on other crops so that nutritionally-balanced and palatable meals can be available for future space explorers.

Chellani's community research focuses on Diet, Nutrition and Cancer Prevention among African Americans. Recently, Chellani served as co-facilitator/presenter of a two-part workshop on "Diet, Nutrition, Cancer and Research Issues in Minority Communities" at the Minorities in Agriculture, Natural Resources and Related Sciences (MANRRS) 21st Annual Career Fair and Training Conference (2006). The workshop informed, created awareness, and connected students and professionals to minority cancer statistics; the relationship among diet, nutrition and cancer; cancer prevention and research efforts; and the existing need for greater involvement of minorities in cancer research. It was well attended with 200+ participants, and received good reviews and evaluations. Chellani has presented papers at many professional national and international meetings such as the USDA Food and Nutrition Summer Institute, Institute of Food Technologists (IFT) Annual Meeting and Food Expo, Association of Research Directors (ARD) Biennial Research Symposium, International Conference on Environmental Systems (ICES), International Union Against Cancer (UICC) World Cancer Congress, and International Research Conference on Food, Nutrition and Cancer. Chellani served as student editor for the USDA Food and Nutrition Summer Institute Newsletter, Fall 2005, Volume 7 Issue 1. She is also a tutor at the Safehaven Community Center in Tuskegee, Alabama.

Publications/Scientific Presentations

- ◆ "Identification of Volatile Organic Compounds from Model Sweet Potato Products Using Different Analytical Methods" Technical Paper 2006-01-2072 SAE International. Warrendale, PA.
- ◆ "Comparison of Chemical, Physical, Micro-Structural and Microbial Properties of Breads Supplemented with Sweet Potato Flour and High-Gluten Dough Enhancers" (Submitted to the Journal of Food Science).
- ◆ Performance of High Gluten Dough Enhancers in Sweet Potato Breads. Habitation 2006.
- ◆ Nutrition, Physical Activity and Diabetes: A Tuskegee Community Intervention Model, USDA Food and Nutrition Summer Institute. Cape Town, South Africa, 2005.
- ◆ Disparities in Environmental Risk Factors for Cancer Prevention in a Low and High Income Alabama City. International Congress of Nutrition. Durban, South Africa, 2005.
- ◆ Development and Storage Stability of Breads Supplemented with Sweet Potato Flour and Dough Enhancers, Institute of Food Technologists Annual Meeting, 2005.
- ◆ Nutritive, Microscopic and Consumer Evaluation of Sweet Potato Breads with Dough Enhancers, NASA Technical Review Panel Site Visit, 2005.

Professional Affiliations

- ◆ Institute of Food Technologists (IFT)
- ◆ American Public Health Association (APHA)
- ◆ Minorities in Agriculture, Natural Resources and Related Sciences (MANRRS)

Healthy Eating Recipe



Barbecue Roasted Salmon

Nutr. Per Serving	
Calories	314
Total Fat	14.7g
Saturated Fat	2.5g
Cholesterol	111mg
Sodium	405mg
Carbohydrate	9g
Dietary Fiber	1g
Protein	35.3g
Calcium	30mg
Iron	1.5g

Ingredients:

1/4 cup pineapple juice
2 tbsp fresh lemon juice
4 (6 oz) salmon fillets
2 tbsp brown sugar
4 tsp chili powder
2 tsp grated lemon rind
3/4 tsp ground cumin
1/2 tsp salt
1/4 tsp ground cinnamon

PREHEAT—oven to 400°

COMBINE—first 3 ingredients in a plastic bag; seal and marinate salmon in refrigerator for 1 hour, turning occasionally. Remove from bag and discard marinade

COMBINE—remaining ingredients in a bowl then rub over fish; place in a baking dish

BAKE— at 400° for 12 min. or until fish flakes easily when tested with a fork

SERVE—with lemon slices if desired

Source: www.cookinglight.com

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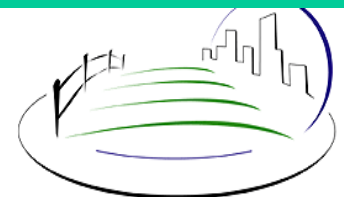
c/o Dr. Ellen Harris

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The USDA Food & Nutrition

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