



FNSI Planning Workshop

This year marked the 10th year for the USDA Food and Nutrition Summer Institute. Rather than hold our usual meeting, we reflected on the future by holding a 3-day planning workshop on how to strengthen and broaden the program's focus. Workshop participants included federal government partners from CDC, CSREES, FDA, FNS, NIH, and USAID; representatives from three HBCUs (Howard University, North Carolina A&T University, and Southern University), two Hispanic Serving Institutions (Florida International University and New Mexico State University) and two Tribal Colleges (Salish Kootenai College and United Tribes Technical College). A representative from the American Dietetic Association attended as well as two Howard University graduates and a Delaware State University student intern with FDA. The ARS Beltsville Human Nutrition Research Center (BHNRC) leadership team also participated in the planning workshop.

The first day was devoted to everyone getting to know each other. **Dr. Ellen Harris** presented a brief overview of the Summer Institute history, its goals, objectives and outcomes. Each government partner, faculty representative and the ADA representative briefly described their respective programs.

On day 2, **Dr. Allison Yates**, BHNRC Director, described the ARS national human nutrition program. Then each BHNRC Research Leader briefly described their lab research programs and student involvement with their labs. **Dr. Joe urban** gave a particularly lively account of his lab's experience with students. **Dr. Harris** ended the morning session with thoughts on how the new Summer Institute might be re-structured. She, also, led a discussion on what type of input was expected from the planning workshop participants.

(cont. on p. 2)

Delta NIRI Food Frequency Questionnaire Training Workshop at University of Arkansas at Pine Bluff

For the past two years, **Dr. Deirdra Chester** has worked with the Lower Mississippi Delta Nutrition Intervention Research Initiative (Delta NIRI) to help with the development of a Food Frequency Questionnaire (FFQ) Training Manual. This manual will be used to train community partners who collect community level data in Arkansas, Louisiana and Mississippi. Deirdra loves working with the Delta NIRI project be-



cause it allows her to use her skills in community based participatory research to develop community based programs that address nutrition and physical activity.

(cont. on p. 2)

Inside this issue:

FNSI Planning Workshop	1
Delta NIRI—UAPB FFQ Training Workshop	1
Student Spotlight	2
Staff Spotlight	3
Healthy Recipe/ Calendar of Events	4

Obstacles are those frightful things you see when you take your eyes off the goal.

- Henry Ford

FNSI PLANNING Workshop (Cont. from p. 1)

We had lunch in the BHNRC Human Study Facility. After lunch **Evelyn Lashley**, Supervising Dietitian, spoke with the group about how she worked with the scientists to plan and prepare meals to support the dietary component of human studies. Then **Dr. Beverly Clevidence** took the group on a tour of the facility and talked to them about how human studies were conducted. At the end of the day the planning workshop participants were divided into two groups to discuss their ideas on a new structure for the Summer Institute.

The third and last day of the Summer Institute planning workshop began with the two groups continuing their discussions. By mid-morning a plenary session was held and each group presented their ideas for a new Summer Insti-

tute. Our discussion continued through a working lunch. Highlights from the two group proposals are below:

- Expand program to 6-8 weeks for students; include 3-day faculty training session
- Include 3 tracks (graduate level, undergraduate level, special training)
- Seek USDA and other external funding (NIH, foundations, HHS)
- Include a student component and a faculty component
- Experience should include exposure to all agencies' programs

Delta NRI FFQ Training Workshop (Cont. from p. 1)

Recently, Dr. Chester trained community partners, faculty from university, and other ARS scientists on the FFQ manual during a 3-day training, May 7-9, 2007, at the University of Arkansas Pine Bluff (UAPB). The

training was a success and Dr. Chester hopes to continue working with the Delta NRI and UAPB on other projects, including a worksite intervention proposal to work with Marvell, Arkansas school district employees.



Student Spotlight on April Stull

Dr. April Joy Stull received a bachelor of science in Human Nutrition and Food (2001) and completed her dietetic internship (2002) from Southern University and A&M College. On June 22, 2007, April successfully defended her dissertation entitled "Relationships among Inositols, Glucose Tolerance, and Insulin Receptor Phosphorylation." April will receive a doctor of philosophy from Purdue University in Foods and Nutrition and a minor in gerontology on August 4, 2007. After graduation, April will be a postdoctoral scientist at the Pennington Biomedical Research Center in Baton Rouge, La. She is a recipient of a NIH T-32 postdoctoral training grant. During her postdoctoral training, she plans to couple her training as a registered dietitian and nutrition science / gerontology researcher to con-

duct novel clinical nutrition interventions focused on controlling appetite, improving body composition (increase fat-free mass and decrease fat mass), and improving insulin sensitivity in older, minority, and obese individuals with type 2 diabetes. After her postdoctoral training, she plans to continue in the field of nutrition as a professor/scientist in academia or scientist for a government agency. Her ultimate professional goal is to become a scientist who makes a significant contribution to the field of nutrition and society.

April grew up in Stone Mountain, Ga. She enjoys running, traveling, beading jewelry, and spending time with family and friends. April's philosophy of life is "never let an obstacle defeat you, but accept it as a challenge to becoming a stronger individual."



April receiving an award from the Black Graduate Association at Purdue University for completing her PhD.



April working in the laboratory.

Staff Spotlight on Dr. Deirdra Chester

Dr. Deirdra Chester, received her bachelor's in Dietetics and Nutrition and a master's degree in Nutrition Science at Florida State University. She received a PhD in Nutrition from Florida International University (FIU). Deirdra is also a registered dietitian, and a licensed dietitian/nutritionist in the State of Florida.

Deirdra was born in Jamaica, New York, but moved to Florida at a young age. She realized early that "she enjoyed food and wanted to learn the science behind food." She also liked the idea of helping people live healthier lives.

She continues her love of nutrition by working for the USDA Beltsville Human Nutrition Research Center (BHNRC). In May 2004, she joined the BHNRC Community Nutrition Research Group (CNRG) as a postdoctoral research associate. Prior to joining CNRG, she taught at Valencia Community College in Orlando, FL.



Dr. Chester conducting Delta NRI/UAPB FFQ training workshop

In February 2007, Deirdra became part of the BHNRC Office of the Director. She continues to enjoy her association with co-workers, and smiles any chance she can get.

What she loves most about BHNRC is that she has had the opportunity to work with some of the best research nutritionists in the country. My experience at BHNRC has been wonderful.

Asked the question "What are your plans for the future and how are you trying to accomplish them?" Deirdra answered sincerely, "I am planning a career in the federal government in nutrition research. Right now, I am learning all I can and trying to publish as much as possible." Her current research is in community nutrition research with a focus on the health of communities. This research involves studying community environment and using this information to develop better programs that focus on healthy eating and physical activity. Recently, she had a paper published in the *Ecology of Food and Nutrition*.

During Deirdra's first week on the job, she was thrust into the fire and attended her first Summer Institute at North Carolina Central University. She was not able to attend this year's meeting due to a family emergency. However, she says "I wish I could've been there to participate because this was the Summer Institute that will determine the future of the program."

Besides work, Deirdra enjoys playing softball. She is the catcher for the Renegades, one of the Beltsville Agricultural Research Center coed league teams. Her team has been the league champions for the past 3 years. She also enjoys deep sea fishing and anything that is near water.



Diversity Committee Booth at the 2005 ADA Convention in St. Louis, MO. These are members of the 2005 -2006 ADA Diversity Committee, Sue Leson, Gita Patel, and Deirdra Chester

Roll Call at the FNSI Planning Workshop

CDC

FDA

NIH

USDA (ARS, CSREES, FNS)

USAID

American Dietetic Assoc.

Delaware State University

Howard University

Florida International University

New Mexico State University

North Carolina A & T State University

Salish Kootenai College

Southern University

United Tribes Technical College

Pictures from the 2007 USDA Food and Nutrition Summer Institute Planning Workshop



Group Photo



Dr. Beverly Clevidence, Food Components & Health Lab, guiding group tour of Human Studies Facility



Dr. Ellen Harris, BHNRC, & Dr. Joe Urban, Diet, Genomics & Immunology Lab



Annie Carr, Rochelle Billingslea (Delaware State University student), Annette Broyles, Dr. Enrione, Dr. Johnson-Taylor and Dr. Bernestine McGee, Southern University



Annette Broyles, United Tribes Technical College & Wanda Eastman, New Mexico State University



Dr. Wendy Johnson Taylor, NIH & Camille Brewer, FDA



Group Photo



Patricia Daniels, FNS & Beverly Mitchell, ADA



Sue Gebhart, Nutrient Data Lab & Cheryl Jackson, USAID



Dr. Allan Johnson, Howard University & Dr. Evelyn Enrione, Florida International University



Annie Carr, CDC, Dr. Harris, and Cheryl Jackson, USAID



Annie Carr & Dr. Gladys Shelton, North Carolina A & T State University

Calendar of Events

- Society for Nutrition Education & Behavior

"Exploring Nutritional Bio-optimism"

Chicago, IL

July 28—Aug. 1, 2007

- American Dietetic Association

"Life, Liberty, and the Pursuit of Excellence!"

Philadelphia, PA

Sept. 29—Oct 2, 2007



Amy's Barbecue Chicken Salad



Nutrition Per Serving	
Calories	291
Total Fat	14.8 g
Saturated Fat	0.5 g
Cholesterol	21 mg
Sodium	698 mg
Carbohydrate	29 g
Dietary Fiber	6.6 g
Protein	12.4 g

1. Preheat the grill for high heat.
2. Lightly oil the grill grate. Place chicken on the grill, and cook 6 minutes per side, or until juices run clear. Remove from heat, cool, and slice.
3. In a large bowl, mix the red leaf lettuce, green leaf lettuce, tomato, cilantro, corn, and black beans. Top with the grilled chicken slices and French fried onions.
4. In a small bowl, mix the Ranch dressing and barbecue sauce. Serve on the side as a dipping sauce, or toss with the salad to coat.

Ingredients:

- 2 skinless, boneless chicken breast halves
- 1 head red leaf lettuce, rinsed and torn
- 1 head green leaf lettuce, rinsed and torn
- 1 fresh tomato, chopped
- 1 bunch cilantro, chopped
- 1 (15.25 ounce) can whole kernel corn, drained
- 1 (15 ounce) can black beans, drained
- 1 (2.8 ounce) can French fried onions
- 1/2 cup Ranch dressing

Source: <http://www.allrecipes.com>

Visit us online @

<http://www.ba.ars.usda.gov/cnrg/research/fnsi>

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