

# FOOD AND NUTRITION SUMMER INSTITUTE NEWSLETTER

## EDITOR'S COMMENTS

### Calendar of Events

American Dietetic Association  
(ADA) - October 2-5, 2004,  
Anaheim CA

American Public Health Assoc.  
(APHA) -  
November 6-10, 2004,  
Washington, DC

This newsletter marks the end of the 6<sup>th</sup> year cycle for the USDA Food and Nutrition Summer Institute, held June 27-30 on the campus of North Carolina Central University in Durham, NC. My sincere thanks go out to everyone who helped make this year's program a wonderful success: **Dr. Grayson CuQlock-Knopp**, US Army Research Lab; **Dr. Michelle Chenault**, FDA; NCCU planning committee -- **Dr. Esther Okeiyi** (program logistics chair), **Dr. Debra Parker** (chair of Dept. of Human Sciences), and members, **Kim Chavis**, **Charmaine Dominique**, **Beverly Evans**, **Rosalind Garmon**, **Rashaunte Mitchell**, **Iyon Mitchell**, and **Kaye Schlegel-Pratt**; CDC speakers -- **Dr. Geraldine Perry-Allen** and **Ms. Annie Carr**; USDA team -- **Dr. Paul Cotton**, **Dr. Deirdra Chester**, and **Linda Nix**.

Thirty-seven participants responded to the FNSI evaluation conducted by Dr. Okeiyi. Many of you said the program was excellent and offered the following comments, which will be helpful for future planning:

- A brochure of some sort for new students to get an overall idea of the purpose and the activities of the Institute... given out before the students arrive.
- End sessions at 4:30 in order to have more free evenings.
- Conference was excellent. It exceeded my expectations. I am most appreciative of your hospitality. Thank you!
- I feel that NCCU did an excellent job hosting the FNSI. Words cannot express how welcomed I felt from the time that I stepped off of the plane until this very moment. My recommendation for future conferences is to extend the date so we don't have so much to do in one day.
- Keep expanding and ask the students things they could input in the future, and how students that have moved on can still be a key factor to the FNSI growth.
- I would like to see Social Marketing included in the training for students & university staff.
- There should be a set training (academic) component such as research methods (survey design, sampling, statistics, research ethics), and scientific writing. It would also be helpful to have a lecture on qualitative methods, and on focus groups.
- The student presentations were simply outstanding. Providing the students with additional counseling on giving scientific presentation would be helpful. Continue this session next year. The time for informal dialogue with the students was very helpful....Send out a memorandum to all participants on agreed upon Next Steps!

by Dr. Ellen Harris, CNRG, USDA

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**"Nothing will work unless you do."** ..... Maya Angelou

## FNSI 2004 HIGHLIGHTS

**"F**rom Science To Action: Part II: Preparing the Nation for Health and Security" was the theme for FNSI 2004, which was held June 27 - June 30 in Durham, NC, and was hosted by North Carolina Central University. This year's Summer Institute was a culmination of yearlong research projects, which provided an opportunity for students to showcase their findings. Oral presentations and posters from both the "Nutrition, Physical Activity, and Diabetes: A Community Model" and "Nutrition, Physical Activity, and Diabetes: Investigating the Animal Model" groups were presented.

(Continued on page 2)



## FNSI 2004 Highlights (Cont'd from page 1)



There were 72 Summer Institute participants, including faculty and students from Alabama A & M University, Howard University, North Carolina Central University, Prairie View A & M University, Salish Kootenai College, Southern University, Tuskegee University, and University of Arkansas at Pine Bluff. Representatives from the USDA, USAID, US Army Research Lab, CDC, and FDA also participated. Each day was filled with exciting activities and working sessions.

**Sunday, June 27.** *Dr. Esther Okeiyi*, NCCU Dietetics Program Director and chair of the on-site planning committee, opened the Summer Institute with greetings from NCCU. She then introduced *Dr. James Ammons*, Chancellor, of North Carolina Central University, who gave a welcome address. *Dr. Ellen Harris*, USDA, opened the FNSI with the purpose, objective, and agenda. *Dr. Geraldine Perry-Allen*, National Center for Chronic Disease Prevention & Health Promotion, Centers for Disease Control and Prevention, conducted "Getting the Word Out – a Workshop on Data Analysis, Interpretation, and Scientific Writing." *Dr. Debra Parker*, Chair, Dept. of Human Sciences, NCCU, presided over the reception and dinner where everyone had an opportunity to meet and greet each other. During dinner, *Ms. Annie Carr* and *Dr. Geraldine Perry-Allen*, both from CDC, spoke on "Addressing Obesity, Physical Activity, and Diabetes in Our Communities."

**Monday, June 28.** *Dr. Harris* opened with a project overview of the community intervention model study, highlighting a focus on mapping the community in terms of food outlets and physical activity outlets. *Dr. Grayson CuQlock-Knopp*, from the Human Research and Engineering Directorate of the US Army Research Lab and key sponsor for the projects, congratulated the students on the work done this past year. *Andrea Jordan* from Alabama A & M, *Tiffanie Nowlin* from Howard University, *Crystal Spears* and *Kena Grant* from North Carolina Central University, *Cheryl Savior* and *Lisa Thomas* from Salish Kootenai College, *Tiffany Williams* and *Tameka Hampton* from Southern University, *Samla Ibrahim* from Tuskegee University, and *Sylvia Dorsey* and *Ezlm Onyema* from the University of Arkansas at Pine Bluff were the students who presented their findings from the community intervention model study. The lunch speaker was *Rebecca Freeman*, Director of Public Health, Durham County Health Department.

During the afternoon session, *Dr. V. Michelle Chenault*, Center for Devices & Radiological Health, FDA presented a project overview of the animal model study, highlighting the study of diabetes and nutrition using the sand rat (*Psammomys obesus*). This animal is unique in that it develops obesity, hyperglycemia and the complications of diabetes such as cataracts, pancreatic atrophy and impaired kidney and heart function by dietary induction in captivity. *Judyth Anglin*, *Reynollette Ettienne*, *Chesney Blue*, and *Avis Graham*, all from Howard University, presented their findings from the laboratory research studies conducted using the animal model. At the evening session, *Dr. Tonya Smith Jackson*, Asst. Professor, Human Factors Engineering, Virginia Polytechnic Institute and State University spoke on "Human Participation in Research: Ethics and Issues."

Tuesday, June 29. Two concurrent sessions were held. *Dr. Deirdra Chester*, USDA, spoke and facilitated a discussion on the "Community Intervention Model: Research for Year 2." *Dr. V. Michelle Chenault* spoke and facilitated a discussion on the "Animal Model: Research for Year 2." Later that afternoon, everyone participated in a community site visit to Project DIRECT held at Macedonia New Life Church in Raleigh, NC. The purpose of the visit was to inform the participants about Projects DIRECT and REACH, two CDC community-based projects. *Ms. Joyce Page*, director, Project DIRECT, Diabetes Prevention and Control, NC Department of Health and Human Services, welcomed everyone and introduced the speakers. A wonderful program was presented by *Mrs. Lucille Webb*, chair, DIRECT executive committee; *Dr. Marcus Plescia*, principal investigator Project REACH; *Mrs. Janet Reaves*, Diabetes Prevention & Control Program, DHHS; *Mr. Melvin Jackson*, DIRECT program manager; *Dr. Dudley Flood*, chair, DIRECT community coalition and executive committee; *Mrs. Dorothy Sanders* and *Rev. Paul Anderson*, members, DIRECT executive committee; *Dr. John Hatch*, co-principal investigator for DIRECT community outreach; *Dr. Ted Parrish*, form chair, Dept. of Health Education, NCCU; and *Mrs. April Reese*, evaluator, Diabetes Prevention & Control Branch, DHHS. The visit was truly an example of programs in action.

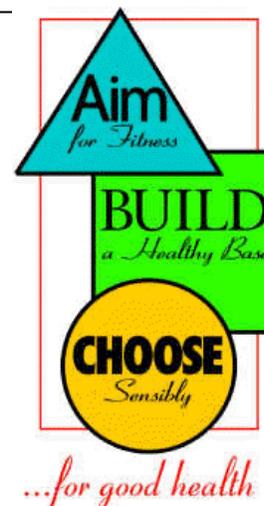
**Wednesday, June 30.** The morning session was dedicated to "Creating a Virtual Food and Nutrition Summer Institute." *Dr. Paul Cotton*, USDA, demonstrated DataXchange, a multi-media application with voice and data conferencing capabilities, which we'll be using in the coming year. Afterwards, both the community and animal study planning sessions for year 2 research resumed. Lastly, *Cheryl Jackson*, USAID, presented "FNSI Plans for the 18<sup>th</sup> International Congress of Nutrition," which will be held in Durban, South Africa, September 19 – 24, 2005. The day ended with a closing "Pig Pickin' Barbecue" and karaoke. Congratulations to everyone for a job well done!

## NUTRITION POLICY UPDATES

### Development of the 2005 *Dietary Guidelines for Americans* (sixth edition)

**D** *Nutrition and Your Health: Dietary Guidelines for Americans* is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Department of Health and Human Services (HHS) and the Department of Agriculture (USDA) have begun the process of developing the sixth edition. The Dietary Guidelines Advisory Committee, a committee of prominent experts in nutrition and health, is charged with reviewing the 2000 *Dietary Guidelines* and recommending science-based changes where warranted. The fourth committee meeting was held on May 26 and 27, 2004, and the final written comments on the Dietary Guidelines were submitted on May 12, 2004, to ensure transmittal to and consideration by the Committee prior to this meeting. The fifth and final meeting will be held on August 11, 2004. The meeting will be open to the public, but registration is required.

For more information visit [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)



### Proposed Changes to the Food Guide Pyramid

Although most people are familiar with the Food Guide Pyramid, few follow its recommendations in their entirety. The USDA Center for Nutrition and Policy Promotion has initiated a broad-based review and update of the Pyramid, including its suggested food intake patterns, its graphic presentation, and new educational materials for professionals and consumers. The purpose for developing a new consumer presentation and materials is to help motivate consumers to put the food intake patterns into practice in order to improve their food choices. To accomplish this CNPP plans to develop and implement a system that includes focused messages and individualized educational tools. The goals for this system are (1) to increase consumer awareness of the new science-based nutrition guidance, (2) to encourage consumers to make positive changes in their food choices, and (3) to educate consumers about food choices and amounts to eat. To reach these goals, CNPP proposes a Food Guidance system that will (1) use a graphic image as a symbol to represent the overall system and (2) define and communicate specific nutritional guidance message clearly through multiple channels and materials.

The American Dietetic Association (ADA) has been active as the Dietary Guidelines Advisory Committee and federal agencies have explored revisions to the Dietary Guidelines and to the Food Guidance System, including the Food Guide Pyramid. The Association will consult with an internal working group appointed last year by ADA's President and will submit comments to USDA by the August 27 deadline. Proposed components of this system are described in the Federal Register July 13, 2004: Volume 69 Number 133.

### Global Strategy on Diet, Physical Activity and Health

Recognizing the heavy and growing burden of non-communicable diseases, World Health Organization (WHO) Member States requested the Director-General to develop a global strategy on diet, physical activity and health through a broad consultation process. To establish the content of the draft global strategy, six regional consultations were held with Member States, organizations in the United Nations system, other intergovernmental bodies, and representatives of civil society and the private sector. A reference group of independent international experts on diet and physical activity from WHO's six regions also provided advice. The strategy addresses two of the main risk factors for non-communicable diseases, namely, diet and physical activity. The strategy also complements the long-established and ongoing work carried out by WHO as well as work that is being done nationally on topics such as under-nutrition, micronutrient deficiencies and infant- and young-child feeding.

by Tiffanie Nowlin, Graduate Student, Howard University

# PHOTO GALLERY

## 2004 FNSI

June 27, 2004



Dr. Debra Parker, Chair, Dept. of Human Sciences, NCCU, at banquet



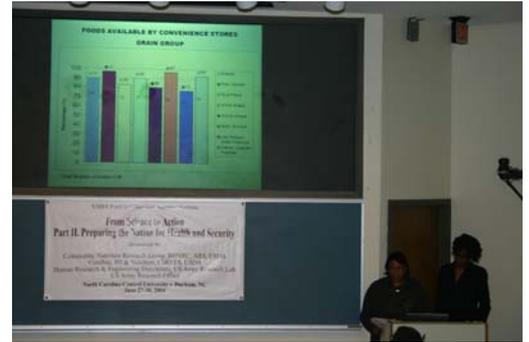
Sunday workshop with Dr. Geraldine Perry-Allen, CDC

June 28, 2004



Animal Model Research Team

Allison Cotterell, FDS; Dr. Michelle Chenault, FDA; Howard University students, Judyth Anglin, Reynolette Ettienne, Chesney Blue, and Avis Graham; and HU professor Dr. Enid Knight



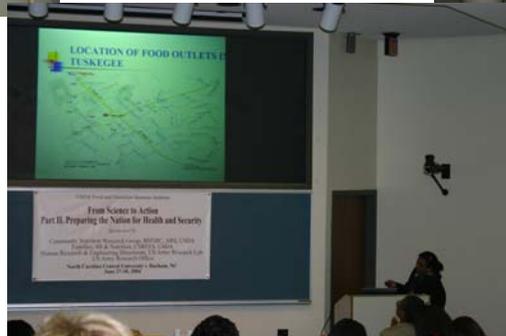
Univ. of Arkansas—Pine Bluff students Sylvia Dorsey & Ezim Onyema



Salish Kootenai students, Jacinda Dalke, Cheryl Savior, and Lisa Thomas



Howard University graduate student Tiffanie Nowlin and professor, Dr. Eleanora Isles



Tuskegee student, Samia Ibrahim

# PHOTO GALLERY



June 28, 2004 (Cont'd)

Alabama A&M Cooperative Extension Service Specialist, Dr. Donnie Cook, and graduate student, Andrea Morris



FNSI planning committee government partners, Drs. Grayson CuQlock-Knopp, US Army Research Lab; Michelle Chenault, FDA; Ellen Harris & Paul Cotton, USDA, ARS



June 29, 2004

Southern Univ. students, Tameka Hampton & Tiffany Williams, and Dr. Glenda Johnson



NCCU students, Tony Daniels, Gary Jones, Crystal Spears, Kena Grant; Lyon Mitchell, Research Associate; Dr. Esther Okeiyi, and Nathan Royster



June 30, 2004

Dr. Ellen Harris, USDA, ARS



Cheryl Jackson, USAID



Karaoke fun at the closing lunch

# USDA FOOD & NUTRITION SUMMER INSTITUTE 2004 GROUP PHOTO



## HEALTHY EATING RECIPE

### Santa Fe Salad with Chili-lime dressing

#### INGREDIENTS

6 tbsp	reduced-calorie mayonnaise
3 tbsp	cilantro, fresh, finely chopped
3 tbsp	water
1	medium scallion (s), minced
1 1/2 tbsp	fresh lime juice
2 tsp	sugar
1/2 tsp	chili powder
15 oz	canned black beans, rinsed and drained
1 1/2 cup	cooked corn kernels, fresh or frozen
2 cups	grape tomatoes
1	medium sweet red pepper (s), cut into think strips
8 cup	romaine lettuce, cut into thick shreds (about 2 hearts)



#### Instructions:

1. To make dressing, whisk mayonnaise, cilantro, water, scallion, lime juice, sugar and chili powder together in a small bowl until smooth. Transfer to a jar or a plastic container with a tight-fitting lid and refrigerate until ready to use.
2. In a large bowl or food storage container, layer remaining ingredients in order listed. Cover and refrigerate. (Note: Storing this salad in layers instead of tossing it immediately and keeping the dressing separate helps to keep the salad fresh. It can be stored up to 4 days in the refrigerator.)
3. To serve, spoon salad ingredients into a bowl, shake dressing and then drizzle over salad; toss. Yields about 2 cups of salad and 1 1/2 tablespoons of dressing per serving.

Exported from Weight Watchers Recipe, [www.weightwatchers.com](http://www.weightwatchers.com)



Visit us online @

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

#### THE FOOD & NUTRITION SUMMER INSTITUTE

c/o Dr. Ellen Harris  
 USDA, ARS, BHNRC, CNRG  
 Bldg. 005, Rm.117  
 Beltsville, Maryland 20705  
 Telephone: (301) 504-0610  
 Fax: (301)-504-0698  
 Email: [eharris@rbhnrc.usda.gov](mailto:eharris@rbhnrc.usda.gov)

Visit us online @

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

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