

DINE LINE

Newsletter of the International Nutrition Division

Greetings from the Chair!



Kavitha Sankavaram, PhD

Dear DINE members and friends around the world!

I hope you are all getting ready for this year's SNEB conference. It has been an honor and rewarding experience to serve as your DINE chair. The purpose of this newsletter is to inform you of DINE involvement and activities at the 2016 annual conference, to bring you messages from SNEB leadership and also provide other information that may be of importance to you.

One of the goals of our division is to grow and maintain a dynamic society and to continue promoting the effective practice of nutrition education through SNEB members and nutrition education specialists around the world. This priority involves strengthening the visibility of international members and international issues. Based on this priority, DINE has collaborated with the SNEB leadership, to bring you the "Parade of Nations" event during the opening session. This event will feature food guides from around the world and members will wear ethnic dress representing their country. I invite you all to represent your country so we all can learn and share our experiences with fellow members. The division also has a booth set up during the opening reception. Please take some time to meet your DINE officers, discuss interests, goals and the activities you would like to see within our division.



Message from SNEB
President-Elect



Meet Your DINE
Leaders

Don't Miss DINE in Action

1

PARADE OF
NATIONS

2

DINE
BUSINESS
MEETING

3

DINE SOCIAL
DINNER



DINE Scientific
Sessions

The theme of this year's SNEB conference in San Diego is "Next Practice." Based on your feedback and preferences, our Division has submitted three session proposals. The first session is on "**Virtual Realities and Digital Health Adaptive Technology for Nutrition and Physical Activity Education (NPAE) across the Life Span**" This session is scheduled on Sunday. Our second session is scheduled on Monday in collaboration with Public Health Division. This session focuses on "**Global Food Systems: Solutions for a Growing World**". The third session is on "**Food Insecurity: Double Burden of Malnutrition**" which is scheduled on Tuesday. We have outstanding speakers who will share their knowledge and experience regarding diverse topics. You do not want to miss these sessions.

In this newsletter, you will also find information about DINE Social Dinner. It has been the tradition of our division to dine together and to connect with new and old DINE members as well as with other friends in SNEB. The business meeting for our division will be held on Tuesday morning. We look forward to seeing all of you to select new officers, set goals and plan activities for the coming year. Many thanks to Seung-Yeon Lee and Siew-Sun Wong for their support and service as DINE Co-Chairs. I wish Seung-Yeon Lee all the best as she assumes DINE leadership in August. DINE welcomes your questions, feedback, ideas and suggestions. Your support as members and volunteers are invaluable to DINE. So please do not hesitate to contact DINE at dinesneb@gmail.com.

Enjoy the newsletter!

Best,

Kavitha Sankavaram (DINE Chair 2015-2016)

Meet Public Health Division Chair



Dr. Quick is a Lecturer and Researcher in the Department of Nutritional Sciences at Rutgers University. She holds her Bachelor of Science and Doctorate degrees in Nutritional Sciences from Rutgers University and is a Registered Dietitian. She has published over 50 manuscripts in peer-reviewed nutrition and health journals. Her research focus is on the etiology and prevention of obesity and disordered eating and its sequelae across the lifespan with particular interest in those with diet-related chronic diseases.

Dr. Quick is the moderator/organizer for the SNEB journal club and Chair of the SNEB Public Health Nutrition Division. The Public Health Nutrition Division represents individuals from a variety of settings, such as community health organizations, schools of public health, universities, hospitals, and government agencies.

Virginia Quick, PhD, RD

Members bring a mix of public health-related interests, including health communication, disease prevention, health promotion, teaching, research, and food security. The division focuses on helping members exchange information, contribute to public policy issues relevant to all areas of public health nutrition, and seek opportunities with supportive partners to enhance nutrition education messages for the public.

The PHN Division is excited to be collaborating with DINE in co-sponsoring an SNEB conference session this year on the topic of global food systems, an issue of interest for many of our division members and numerous other SNEB members. This joint collaboration will help to continue to build knowledge, research, and policy efforts in finding solutions to provide food that is safe and nutritionally sound for the growing population.

Message from SNEB President-Elect: **Bringing the world to SNEB and taking SNEB to the world: The past, present, and future of DINE**

Dr. Mary Murimi's vision for DINE and her advice to DINE Members

The Past: Exactly 12 years ago, I attended my first DINE session at a SNEB conference in Salt Lake City, Utah. The DINE business meeting then had about 8 members in attendance. About half of those were retiring, including one of my professors - Dr. Mary Jane Oakland. There were two main points of discussion: Firstly, given the low interest to join the Division at the time, was the Division really needed? Secondly, who would take on the leadership of DINE?

As a Division within SNE then, DINE's main objective was to sensitize SNE members to international issues and perspectives, with the hope of incorporating an international component in every Division within SNE. With that accomplished, DINE would then cease to exist. Since SNE was not even close to incorporating international component in every Division, DINE's existence was still crucial. The first question being answered, the subsequent question was about leadership for DINE. Who would lead this organization, especially with the major stakeholders retiring, or being out of the country at that point in time? Aliza Stark, Catherine Briggs, and I were the only members attending the SNEB conference that had no plans to retire at that point. The responsibility of leading a Division at risk of survival was given to us!

At that point both Aliza Stark and Catherine Briggs were based outside of the United States. As you can imagine, the situation rendered me an opportunity to step up and become one of the leaders of a DINE, even though it was at my first DINE meeting. Fortunately, Catherine Briggs volunteered to co-chair the Division with me while Aliza Stark agreed to write the newsletter. We were delighted that the Division had co-chairs and Suzanne your current president became the chair after us. DINE has been a great leadership training ground as evidenced by two past chairs that progressed to the SNEB leadership. I encourage every DINE member to be engaged.

The Present: DINE is now one of the most vibrant SNEB divisions, with over 100 members and approximately 50 that attend its business meetings! The unspoken and unscripted core values of DINE include mentoring, relationships, and commitment. As DINE leaders, we started collaborating with other SNEB Divisions one at a time in an effort to internalize the organization across SNEB. We began to bring the rest of the world to our conferences with past speakers coming from FAO, WHO, Korea, and South America among others. A noteworthy milestone was reached when Pascasie Adedze, one of the past DINE chairs, facilitated drafting the first Memorandum of Understanding between DINE and the Korean Society of Community Nutrition an organization outside of America. Now we are proud to report that Korean Society of Community Nutrition is a sister organization, and we are on track to develop the same relationship with Japanese Society of Nutrition and Dietetics. A second milestone that demonstrated SNEB internationalization was the election of the present president Suzanne Piscopo, a DINE past president, as the first president from outside of United States.



Mary Murimi, PhD, RD, LDN

DINE has been a key contributor to cutting edge sessions during the annual conference. The composition of the attendees at the annual conferences and the many Divisions that have embraced global aspects can attest that SNEB is now truly an international organization. DINE's active involvement has contributed to that necessary accomplishment.

The future: My vision for DINE is twofold: *Bringing the world to SNEB and taking SNEB to the world.* Bringing the world to SNEB will require continued promotion of the international issues and collaboration with other SNEB divisions until every division has an international component to it. Taking SNEB to the world will call for continued collaboration with international organizations that will make it possible for future conferences to be held outside the United States as well. Another way of taking SNEB to the world is by advancing our vision by developing nutrition education materials that captures different life cycles, culture, and low literacy. Publishing such information that could be used as a reference by the rest of the world could be a phenomenal achievement. Opportunities to build on the competences that have been developed by SNEB and tailoring to different cultures and populations and collaborating with the Food Educators (FEDS) group would provide a major thrust.

My recommendation to DINE leaders and members is to raise the bar by building on the pillars that have now been put in place. Such pillars would include mentoring, strengthening relationships, excelling in volunteerism, engagement and inclusiveness. *These attributes are important for the growth of DINE at the Division level and development of DINE members at the individual level.* DINE leaders need to listen to the voices of the division members and address the issues raised by those voices. It is critical to provide a network that is critical for career development while growing the individual members. DINE can do this by mentoring and engaging the younger professionals and student members. *An important aspect of a vibrant Division is the art of engaging all the members, in realization that everyone has something to bring to the table.*

My last, but not the least, recommendation is to practice shared vision and responsibilities. Give everybody an opportunity to participate in developing the session proposals. Take advantage of the time you are together, whether it is at the business meetings, during session presentations, or enjoying dinner together. Grow those relationships and put all the talents to use.

I look forward to seeing all of you in San Diego this summer. We will open this transformational 'Next Practice' conference with "The Parade of Global Food Guidelines" I encourage you to register and bring a friend. You will be doing them a favor.



Congratulations

Dr. Murimi



For being appointed as the
Chancellor of Daystar University
in Kenya

Meet Your SNEB-DINE Member Liaison

What I love about being a nutrition educator is that we get to mix our passion for good food, sustainable just food systems, and eating well with our work. I am awed by the strong DINE membership and the “hunger” DINE members bring to a more international perspective to SNEB. Thank you and keep up the good work!

I attended my first SNEB meeting in 1990, while in graduate school, and knew I had found my professional home. I have been an active SNEB member ever since and was elected to the Board Directors in 2014. I currently serve as the Board Liaison to DINE. The purpose of this role is for DINE members to have a direct connection to the Board of Directors. If you have any concerns or ideas you would like brought to the Board, please be in touch. I will also bring you important information from the Board.



Pam Koch, EdD, RD

I am the Executive Director of the Laurie M. Tisch Center for Food, Education & Policy, Program in Nutrition, Teachers College, Columbia University. At Teachers College, I am extremely fortunate to work closely with two long-standing SNEB members, Drs. Isobel Contento and Joan Gussow. They have taught me so much on how to develop behaviorally focused, theory based nutrition education and how to think broadly, deeply, and critically about the importance of sustainability in the food system and what that means for our future health and the health of our planet.

My work is to conduct research about the connections between a just, sustainable food system and healthy eating and I translate the results of my research into useful resources such as curricula and recommendations for policy makers. Some of the curriculum I worked on are the Linking Food and the Environment (LiFE) curriculum series books: *Growing Food*; *Farm to Table & Beyond*, and *Choice, Control & Change, Food Day School Curriculum, In Defense of Food Curriculum*, and *Art & Healthy Living Nutrition Education Curriculum*. Also, we are currently working with Edible Schoolyard New York City, FoodCorps, and Wellness in the Schools to conduct outcome evaluation studies. We also work on policy issued in the United States and understanding nutrition education policy, funding and programs on a federal, state, and city level.

Since 2014 I have been part of a partnership with the New York Academy of Sciences Sackler Institute for Nutrition Science and the Malaysian Ministry of Health. Our team has met with the Malaysian team in both New York City and Malaysia to share how we conduct nutrition education, develop programs, work with the Department of Education to have nutrition education conducted during the school day and much more. I have been so impressed at the work of the Malaysian Ministry of Health, particularly the My Body Fit and Fabulous (MyBFF) Program. I look forward to continuing this partnership in the future.

I also recently worked with a very dedicated committee of SNEB members (many of whom are members of DINE!) to complete an application for SNEB to have consultive status with the Economic and Social Council (ECOSOC) of the United Nations. “ECOSOC brings people and issues together to promote collective action for a sustainable world.” If we receive consultive status we would advise on the importance of nutrition education in all important and vital work of ECOSOC and will definitely be calling on DINE members to get involved. Stay tuned. I look forward to meeting many of you in San Diego or being in touch by email pak14@tc.columbia.edu. Thank you for the opportunity to be able to work with DINE.

Meet Your DINE Leaders

Dr. Lee is an Associate Professor in the Department of Nutritional Sciences at the University of Cincinnati. She received her Bachelor's and Master's degrees in food and nutrition at Sookmyung Women's University in Seoul, South Korea and obtained her doctorate degree in Human Nutrition at Michigan State University.

Her research interests include; reducing health disparity in underserved populations, particularly food insecure populations, through nutrition education and further interprofessional collaboration. She has been a member of SNEB since 2000 and currently serves on the JNEB Editorial Board. She has served as the Chair for Healthy Aging Division and the Nominating Committee for SNEB.

Dr. Lee is the moderator for DINE-Public Health Division Collaborative session, **“Global Food Systems: Solutions for a Growing World”**



Seung-Yeon Lee, PhD
DINE Chair-Elect 2016-2017

Dr. Wong is an Extension Specialist in Family and Community Health and Associate Professor in Nutrition at Oregon State University. She has a broad background in Nutrition and Food Sciences with more than 20 years of Extension teaching experience in nutrition education, 16 years of research and outreach using technology such as multimedia interactive games in nutrition education and dietary assessment, and 16 years of multistate and multidisciplinary research experience in childhood obesity prevention and youth calcium intake.

As an Extension Specialist, Dr. Wong taught and directed EFNEP in Utah, and evaluated EFNEP and SNAP-Ed in Oregon. Her research, education, and outreach audiences include children, athletic teens, pregnant teenage mothers, multiethnic college students, low-income parents of young children, Filipino mothers of children with cleft lip/cleft palate, and elderly Native Americans. In addition to her career degrees, Dr. Wong also has nine years of nutrition educational games development experience, 16 years of learning and experience in music, 14 years of song writing, 12 years of apprenticeship in fine arts and Chinese calligraphy, and three years of international volunteer work with Operation Smiles in the Philippines to treat cleft lip or cleft palate. This diverse background enabled her to appreciate and work effectively with multidisciplinary collaborators. In the past six years, Dr. Wong has received more than \$8M dollars of integrated multidisciplinary research funding to conduct childhood obesity research. As Lead PI, She is currently directing The *WAVE~Ripples for Change* AFRI project for childhood obesity prevention in athletic teens. With a highly multidisciplinary team, this project develops and delivers an evidence-based curriculum via mixed-reality experiential learning that involves both physical-world and virtual-world immersive learning.



Siew Sun Wong, PhD
DINE Chair-Elect 2017-2018

Dr. Wong is the moderator for DINE session, **“Virtual Realities and Digital Health Adaptive Technology for Nutrition and Physical Activity Education (NPAE) across the Life Span”**

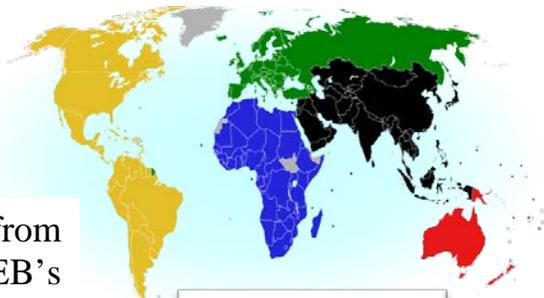
DINE in Action at the SNEB Annual Conference in San Diego July 30, 2016- Aug 2, 2016

Parade of National Food Guides

July 30, 2016, Grand Ballroom AB

This year, opening ceremony will feature food guides from around the world and ethnic dress to celebrate SNEB's cultural diversity and also to learn something about the world Food Guides. Food guides will be provided and presented on screen as participants walk the stage. This event is sponsored by DINE.

Serah Theuri, our own DINE member and past chair is organizing this event. For further questions on this event, please contact Serah at swtheuri@usi.edu.



Serah Theuri, PhD, RD

DINE Social Gathering

July 31, 2016 at 8:15 PM

Coasterra, Mexican Restaurant, 880 Harbor Island Dr, San Diego, CA 92101



Meet in Sheraton San Diego Hotel & Marina Lobby at 7:45 PM on July 31, 2016. We will walk to the restaurant together. DINE members and friends are welcome. Please bring some money to pay for your own meal.



DINE Business Meeting

Tuesday, August 2, 10 AM – 11 AM, Nautilus 4

Come help nominate new officers and set goals for coming year.

DINE Scientific Sessions at SNEB Annual Conference July 30, 2016-August 2, 2016, San Diego

Session 1: Virtual Realities and Digital Health Adaptive Technology for Nutrition and Physical Activity Education (NPAE) across the Life Span.

2:30 - 4:00 p.m., Sunday, 7/31, Nautilus 1, 2

Moderator: Siew Sun Wong, PhD, Oregon State University.

Speakers: Melbourne Frank Hovell, PhD, MPH, San Diego State University; Jeanne Gleason, EdD, New Mexico State University; Joan Cowdery, PhD, Eastern Michigan University; Walter Greenleaf, PhD, Stanford University.

Session 2: Global Food Systems: Solutions for a Growing World.

12:45 - 2:15 p.m., Monday, 8/1, Nautilus 1, 2

Moderator: Seung-Yeon Lee, PhD, University of Cincinnati.

Speakers: Andrew Jones, PhD, University of Michigan Department of Nutritional Sciences, School of Public Health; Angie (Anchi) Mei, AICP, MLA, MCP, International Rescue Committee; Rishi Kumar, The Growing Home.

Session 3: Food Insecurity: Double Burden of Malnutrition

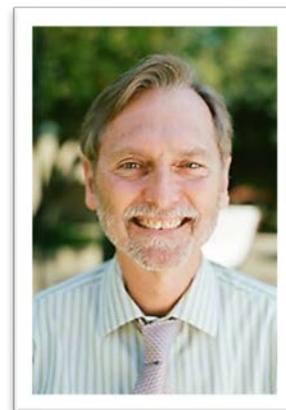
12:45 - 2:15 p.m., Tuesday, 8/2, Grand Ballroom C

Moderator: Kavitha Sankavaram, PhD, University of Maryland, College Park

Speakers: Daniel Remley, MSPH, PhD, Ohio State University Extension; Stacia Nordin, BS, RD, Never Ending Food; Paige Harrigan, MS, Save the Children.

Meet Your Speakers: **Session 1**

Dr. Hovell is a Behavioral Epidemiologist and Professor in the Graduate School of Public Health, with doctoral training in applied behavior analysis, child development and postdoctoral training in epidemiology. He serves as a faculty collaborator in SDSU/UCSD Doctoral programs, one in Clinical Psychology and the others in Health Behavior (Public Health), Epidemiology, and Global Health. He is the founding Director of the Center for Behavioral Epidemiology and Community Health (CBEACH). Dr. Hovell has over 30 years of experience in conducting epidemiological, clinical, and community trials with the common feature of determining the etiological factors of health behaviors, which has led to the emerging multi-level Behavioral Ecological Model (BEM). He has served as PI and Co-I for over 83 NIH and other federal, state, and foundation-funded intervention studies, the majority of which have been conducted with children, adolescents, women, minorities, and immigrants.



Melbourne Frank Hovell, PhD, MPH

In addition to these grants, he has also been awarded 17 Fellowship and Training grants through various awarding agencies to the benefit of over 43 recipients, including a T32 (NIGMS) pre-doctoral training grant designed to prepare behavioral scientists with biomedical expertise for multidisciplinary research. Dr. Hovell has mentored over 40 graduate trainees and postdoctoral fellows, 18 international trainees from 15 Countries and 10 Sabbatical scholars from 7 countries; mentoring over 200 pre-doctoral and post-doctoral MPH students.

Dr. Hovell's focus on physical activity and diet has come from both epidemiological studies, time series experimental and RCTs testing behavioral interventions. His first important contribution to the field was the invention of an observational measure of elementary school children's physical activity on the playing field. This was the first study at the time to show that young children were not engaged in moderate or vigorous activity. Dr. Hovell's 73 manuscripts devoted to physical activity or diet, incrementally contributed to the emerging Behavioral Ecological Model, including the built environment role and Active Living Program now led by Jim Sallis. Both epi and trials covered U.S. samples and immigrants to the US or residents in foreign countries, Mexico, Korea, China, etc. Collectively, these generate substantial generalizability of theoretical "determinants" of physical activity and diet practices. Numerous trials concerned eating and physical activity among Cystic Fibrosis children and others focused on overweight adults, and one concerned fall prevention among senior women.

Dr. Hovell's team invented the concepts of "theoretical fidelity" in a study testing email promotion of physical activity; a first in the literature. His work also was one of the first to show that intensive education could alter diet and activity in preteen children, but also showed that girls were less responsive to physical activity and boys to diet changes. Following on the heels of their use of real time measures and real time feedback, he and his team have shown that step counts can be shaped automatically among adult women.

Dr. Hovell's most recently completed study of healthy diet and activity promotion among preteens obtaining orthodontia treatment is now in the analysis phase. He is collaborating in an Oregon State University trial promoting healthy eating and activity among teens with emphasis on virtual reality game technologies. Thus, he has an on-going and innovative program of diet and physical activity research. In current studies, Dr. Hovell focuses on engineering social contingencies to sustain healthy lifestyle practices and use of real time measurement technology to inform real time interventions.

Presentation Highlights: In this session, Dr. Hovell will allude to theory and principles of behavior in the context of physical and nutrition education. He will infer that more refined technology will be forthcoming, which will allow for more and more real time measures of human behavior from which autoshaping may be possible.

Contact: San Diego State University, 9245 Sky Park Court, Suite 230, Mail Box 230 San Diego, CA 92123-4388 | mhovell@cbeachsdso.org | Tel: (858) 5054772



Jeanne Gleason, EdD

Dr. Jeanne Gleason founded and directs NMSU's Media Productions – a creative design and development studio of animators/artists, app programmers, writers, instructional designers and placement specialists. The team often partners with professors and experts from other universities to produce nationally distributed scientific visualizations, mobile apps and interactive learning tools. She has partnered with 40+ universities and government agencies including Purdue, Rutgers, Drexel, Clemson, The Ohio State, Oregon State, North Carolina State, Colorado State, U of Maryland, and U of Florida, just to name a few.

Presentation Highlights: Drawing from her decades of leading a media production studio, Dr. Gleason will discuss their instructional design process for creating effective scientific visualizations, animations, and mobile apps for reaching today's audiences and for changing health behaviors. With visual examples, she will also discuss how multistate partnerships can increase your success in winning grant funding for your university or organization.

Contact: New Mexico State University, Media Productions, MSC 3A1 P.O. Box 30003 Las Cruces, NM 88003-8003 | jgleason@nmsu.edu | Tel: (575) 6465658



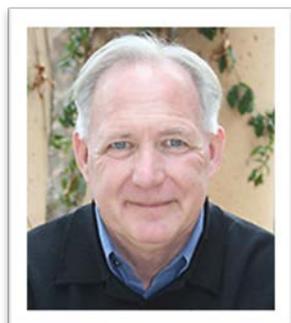
Joan Cowdery, PhD

Dr. Cowdery has been a faculty member at Eastern Michigan University (EMU) since 2006. She is currently a Professor in the Health Education Program in the College of Health and Human Services and the Director of the Office of Health Promotion. Prior to coming to EMU she held a number of positions at HealthMedia, a health technology company whose primary purpose is to design and deliver scientifically based, computer tailored, health communication materials and behavior change programs. Her research focuses on the use of innovative health communication and behavior change strategies, including tailoring and the use of virtual worlds to influence health behaviors and eliminate health disparities.

While the internet has been used extensively for encouraging and supporting health behavior change we are only now starting to see virtual world technologies applied to behavior change initiatives. Online virtual worlds are computer-based simulated environments that include an interactive interface where participants create an online persona (an avatar). The NIH has suggested the use of virtual world technology for education on diabetes and obesity because of the potential to engage patients in interventions that focus on healthy eating and physical activity.

Presentation Highlights: Dr. Cowdery will present an overview of the use of virtual worlds for health behavior and social health applications. She will give examples of studies focusing on health behavior change and health disparities reduction through this innovative health communication modality. She will also discuss a study that she and her colleagues conducted to examine the use of the online virtual world Second Life (SL) for the delivery of health communication messages designed to encourage individuals to make healthy lifestyle choices regarding physical activity and nutrition. Particular attention will be paid to the feasibility and usefulness of using this technology to communicate with different population groups, including hard to reach populations, to provide information, support, and behavior change strategies to encourage healthy behaviors particularly physical activity and diet.

Contact: Eastern Michigan University, 318 Porter Building Eastern Michigan University Ypsilanti, MI 48197 | jcowdery@emich.edu | Tel: (734) 4872811



Walter Greenleaf, PhD

Dr. Walter Greenleaf is known internationally as a pioneer in the medical application of virtual environment technology, and as one of the founders of the field. Recently he served as the Director of the Mind Division, Stanford Center on Longevity. He is currently a Distinguished Visiting Scholar at Stanford University's Virtual Human Interaction Lab.

How will virtual reality (VR) technology transform healthcare? Although entertainment, social connection, and gaming will drive the initial adoption of VR technology, the deepest and most significant market for VR will be in clinical care and in improving health and wellness.

We know from years of clinical research that VR can address and ameliorate the most difficult problems in healthcare - ranging from mood disorders such as anxiety and depression to Post Traumatic Stress Disorder, Addictions, Autism, Cognitive Aging, Neuro and Physical Rehabilitation., VR technology can serve as an effective telemedicine platform to reduce costs of care delivery, and improve clinical efficiency.

Presentation Highlights: Dr. Greenleaf's presentation will provide an overview of how VR technology will impact medicine, clinical care, and personal health and wellness, and how it will help to facilitate the shift of medicine to direct personal care.

Contact: McClatchy Hall, Room 411, Department of Communication, Stanford University, Stanford, CA, 94305-2050 | WalterG@stanford.edu | Tel: (650) 7368848

Meet Your Speakers: Session 2



Andrew Jones, PhD

Dr. Andrew Jones is a public health nutritionist, interested in understanding the influence of agriculture and food systems on the nutritional status of women and children in low- and middle-income countries (LMICs).

Dr. Jones research examines:

- i) the extent to and mechanisms via which agricultural and landscape biodiversity influences diet quality and food security among smallholder farming households in LMICs;
- ii) the extent to which animal agricultural production and capture impacts anemia among adolescent girls and women of reproductive age through both nutrition- and infection-related pathways
- iii) the role of food systems changes associated with the “nutrition transition” in LMICs in potentiating risk of concurrent undernutrition and obesity, and the impacts of urban city and household food security in mediating these dynamics; and
- iv) the implications for food systems of aligning dietary recommendations with goals for environmental sustainability.

Andrew’s research encompasses both population-based epidemiological studies, and randomized intervention trials, while combining quantitative survey methods, diet and anthropometric assessment, nutrient biomarker analysis, use of remotely sensed imagery and geospatial analyses, and qualitative interviewing. He has ongoing research projects in Ghana, Burkina Faso, Ethiopia and Zimbabwe, and throughout the Andean region of South America.

Dr. Jones is currently Assistant Professor of Nutritional Sciences in the School of Public Health at the University of Michigan (U-M), and Research Assistant Professor in the Center for Human Growth and Development at U-M. He has worked as a consultant for several institutions, including the World Bank, the International Food Policy Research Institute, the Chicago Council on Global Affairs, and UNICEF. He also served as a U.S. Peace Corps Volunteer in Kazakhstan from 2002-2004. Andrew received his PhD in International Nutrition from Cornell University, and holds BA degrees from the Pennsylvania State University in Geography and Film Production.

Dr. Jones presentation in his presentation will talk about agricultural biodiversity in developing countries and its links to nutrition outcomes. He will also bring in the relevance of these issues to food system sustainability.



Anchi Mei, AICP, MLA, MCP

Anchi Mei, is a Food Security and Community Health Program Manager with International Rescue Committee. She has over 10 years of experience in program design, implementation and evaluation with an emphasis on under-served and vulnerable populations. She currently manages one of IRC's largest, most high-profile programs, dedicated to working alongside lower-income residents to creating a healthy, equitable and neighborhood-based food system including community gardens, incubator farms, farmers' markets, market incentive projects, school gardens, refugee nutrition education and technical assistance for local procurement and agricultural planning for cities.

Previously, she managed urban design and community planning projects for MIG, Inc. Anchi holds a BA in Social and Cultural Anthropology from Stanford University and two Master's degrees from the University of California, Berkeley in City and Regional Planning and Landscape Architecture.

Anchi will address the potential implications of food systems in low-income countries, agricultural biodiversity, especially focused within the U.S. context and particularly rooted from IRC's experience working in low-income neighborhoods and refugee food/farming projects.

In addition, she will present on some of the limitations of urban agriculture as well as opportunities for better public policy and research.



Rishi Kumar

Rishi Kumar is a farmer, educator, and urban peasant. He is the co-founder and director of The Growing Club (thegrowingclub.com), a non-profit organization based in the San Gabriel Valley of Los Angeles, CA working to create systemic cultural change through the avenues of food, farming, and community empowerment.

Rishi will speak on food systems in low-income countries and share his experiences working on Vandana Shiva's farm in India.

He will provide an overview of a sustainable food system, and compare this ideal system with our current food system, showing its many shortcomings.

Rishi also will outline the importance and limitations of urban farms through his experience in helping to operate an urban farm in Los Angeles.

Meet Your Speakers: **Session 3**



Dr. Daniel Remley is a Field Specialist in Food Nutrition and Wellness for Ohio State University Extension. He holds a Master's in Public Health from University of Alabama and a Ph.D. in Nutritional Sciences from the University of Kentucky and has worked for the Extension Services of the University of Missouri and Ohio State University over the last ten years. Dr. Remley specializes in developing nutrition educational programs using social marketing approaches. His most significant accomplishment is developing the Rainbow of Colors Choice Food Pantry System which integrates nutrition education with the process of choice. Approximately 50 pantries from 15 Ohio counties and 20 other states have used various elements of the Rainbow of Colors model.

Daniel Remley, MSPH, PhD

Dr. Remley has served as an evaluator for a Food Stamp Outreach grant, facilitated the development of several community and school gardens in Butler County, has coordinated county-wide efforts to promote farmers markets, has worked with Miami University Department of Geography to develop a map of food deserts in Butler County, and has helped facilitate the development of the Greater Cincinnati Food Policy Council. Dr. Remley's role with the AFRI Grant will be to coordinate curriculum development and implementation and to coordinate GIS activities.

Dr. Remley will provide an overview of the Rainbow of Colors Choice Food Pantry Model and how it might impact dietary quality and food insecurity.



Paige Harrigan, MS

Paige Harrigan is a Senior Nutrition Advisor with Save the Children UK and has over 16 years of experience in international nutrition with progressive technical, management and representation responsibilities. Paige has specialized experience in integration of nutrition into food security and health programs, infant and young child nutrition, and monitoring and evaluation toward the prevention of chronic malnutrition. With an excellent team at SCUK, Paige provides strategic and technical leadership at global level and provides support to country level nutrition initiatives through program design, implementation support, monitoring and evaluation assistance, guideline development, advocacy support, and the preparation and review of position papers and program documentation.

Currently Paige is working with a small team to strengthen the quality of and systems for nutrition education and behavior change within nutrition programming. Paige is regularly called upon to sit on technical consultations and advisory boards. Her current areas of interest are to more systematically integrate nutrition interventions aimed at improving measurable nutrition behaviors into health and other cross-sector programs. This includes the better integration of nutrition counselling into Community Case Management at program and policy level, which is informed through conducting operations research.

Prior to her current position, Paige served with SCUS for nine years -- as a food security and nutrition advisor in SC's Latin America and Caribbean region, as Nutrition Team Leader in SCUS's headquarter office, as Senior Technical Advisor to the USAID-supported global Nutrition project SPRING.

During this time, she led a strategic process to prioritize areas of emphasis for SCUS in nutrition operations research. Paige has a M.S. Degree in International Nutrition from Tufts University's School of Nutrition Science and Policy.

Paige will present a short overview of her experiences in working for a large global NGO with extensive evidence generation, tools and impact in the prevention of chronic malnutrition in the countries with the highest malnutrition burdens globally with a snapshot of recent experiences and current platforms to expand the focus to include more work and greater investment in preventing and controlling over nutrition.



Stacia Nordin, RD

Stacia Nordin is a Registered Dietitian working on environment, agriculture, food systems and healthy living for optimal nutrition. In 1992 she worked with the US Peace Corps to support the Jamaican Ministry of Health to improve nutrition education programs. From 1994-96 Stacia returned to the USA and worked in Wisconsin with Elder care and gained a passion for liberalized diets, vibrant living and local food systems. In 1997 international nutrition called at her again and she and her husband moved to Malawi, where they still work today, 19 years later. Stacia has studied hundreds of locally available foods, which she and her family have collected, planted around their home and multiplied and shared.

In 2005, she worked with WFP Malawi to compile a Sustainable Nutrition manual, which is used in homes, schools and churches. It is under revision and will be available shortly on www.NeverEndingFood.org.

From 2005-2011 she assisted the Malawi Ministry of Education to develop the School Health and Nutrition program. From 2012-2015 she assisted the Malawi Ministry of Agriculture to strengthen nutrition in its policies and programs through the Food and Agriculture Organization of the United Nations (FAO) Malawi as the Food Security and Nutrition Policy Officer. Together they succeed in developing a food and nutrition education package for agricultural workers and anyone interested in food that highlights our indigenous food wealth. She is now on a 5-year USAID Feed the Future project led by University of Illinois to support Malawi's Ministry of Agriculture to Strengthen Agricultural and Nutrition Extension (SANE) for improving income, food security and nutrition. Extension services have been eroding in Malawi and this project aims to support Malawi to trial and find its own best solutions through a society driven extension system.

Stacia's portion of the SNEB DINE session "Double Burden of Malnutrition, Global Food Systems: Solutions for the Growing World", will focus on her experiences in Malawi that continually test and innovate for Next Practices in Nutrition Education. Malawi, like the rest of the world is continually changing, and as nutritionists we need to keep up with food and health beliefs and practices as they evolve. This information is harder to come by in Malawi as we have different systems and technologies for communicating with each other. There is still mostly face to face communication,

often with indirect wording and stories that themselves need interpretation. One needs to work closely with people and learn how to ask the right questions to understand their knowledge, skills and practices.

Indigenous knowledge rarely features in reports and media articles in a positive light, and this is a huge loss for the world. Food in Malawi has become linked to one thing, and one thing only, a food that isn't even from Malawi: maize. It is hard to believe this addiction to maize unless you have been here or somewhere similar. Literally people will say that they haven't eaten unless they have eaten maize and that they have no harvests if it isn't maize. Malawians eat about 480 grams of maize per day – much higher than the Malawi food groups recommend at 90 grams of all types of grain per day. All levels reinforce the maize addiction: policies equate food security with maize security; funding for agriculture is largely to grow maize; food insecurity is pegged to 500 grams of maize per day instead of less than 90 grams; donors and humanitarian report food aid as “maize equivalents” needed; the media reports there is no food in Malawi what they really mean is there is not the amount of maize that people want. This mentality is killing Malawi's health, earth and economy, but it is starting to change.

This session will focus on solutions – and there are thousands of solutions! Malawi is blessed with hundreds of foods from all food groups: staple foods (grains and tubers), legumes & nuts, animal foods, fats and oils, fruits and vegetables. As nutritionists we can be a HUGE part of the solution through healthy food systems. We need to become the experts of food BEFORE food gets into our markets and onto our plates. Very few people are concerning themselves with this link and we are the ideal profession to fill the gap. Agriculture is becoming more and more narrow and our environment continually degraded, often by agriculture itself. We can help turn this around with biodiversity that is healthier for the environment and people. These sectors and the public need our expert guidance and education services so that food systems have the potential to provide all the nutrients we all need for an active and healthy life.

Malawi is Rich with Potential!

Acknowledgements

Thanks to all DINE members and DINE officers for your commitment to the DINE. Special thanks to Dr. Mary Murimi for her leadership and vision. Thanks to Serah Theuri for organizing Parade of Nations. Many thanks to Seung-Yeon Lee, Siew Sun Wong and Virginia Quick for working with me on DINE sessions. Thank you to Zubaida Qamar for working on DINE brochure. A big thank you to all our speakers for working with us in developing the sessions for 2016 annual conference and for your willingness to serve us our speaker. I would like to express my deepest gratitude to my mentor Dr. Mira Mehta for introducing me to SNEB and for her continued support and guidance.

Sincerely,
Kavitha Sankavaram,
2015-2016 DINE Chair