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### **Rebecca Rosenstein Receives 2023 SNEB Korean Society of Community Nutrition Student Award**

INDIANAPOLIS, IN (August 30, 2023) The Society of Nutrition Education and Behavior (SNEB) honored Rebecca Rosenstein, MS, with the Korean Society of Community Nutrition (KSCN)-SNEB Student Award. This award is presented to members of SNEB who made significant contributions to the field of community nutrition, especially for Korean Americans and/or minority populations within the U.S. A joint award program is part of a memorandum of understanding between the two societies. The award was presented at the 2023 SNEB Annual Conference during the award session on July 21, 2023, in Washington, D.C.

Rebecca Youngeun Rosenstein is a third-year doctoral student in applied nutrition at the University of Maryland, College Park. Her area of research is in community nutrition helping to prevent and manage chronic diseases among older adults. Rosenstein was nominated by SNEB member Heejung Song, PhD.

“Specifically, [Rosenstein] is interested in plant-based diets (PBD) and how this type of dietary pattern can be used to help older adults with their chronic diseases,” said Song. “PBD has been widely accepted as reducing the risk of many chronic illnesses, especially cardiovascular diseases.”

Currently, Rosenstein is a graduate research assistant and works as the project manager of the Dietary Approaches to Stop Hypertension (DASH)-Plus project under her advisor’s supervision. DASH-Plus is a three-year project funded by the USDA designed to help community-dwelling older adults (>60 years old) manage their hypertension. Eight modules were developed based on the DASH diet with some physical activities (represented by the “Plus” in the project title) adapted from the National Institute of Aging included in the program.

Song shared testimonials written to Rosenstein from those who had participated in the DASH-Plus program.

One participant shared, “I took your DASH-plus class online in July into August. I wanted to thank everyone involved. You started me on the path to healthy eating. Since August, I have lost 40 pounds. I’ve been back in the pool doing water aerobics. My doctor stopped one of my meds, my A1C has dropped, and generally I feel so much better.”

Hypertension is on the rise globally. Making lifestyle changes to help lower high blood pressure has been shown to be an effective method and could potentially reduce the need for more pharmaceutical interventions. Using the DASH diet and physical activity through implementation of programs like this one is needed to tackle this serious health concern that occurs with age across all demographics.

### **ABOUT THE SOCIETY FOR NUTRITION EDUCATION AND BEHAVIOR**

The Society for Nutrition Education and Behavior (SNEB) represents the unique professional interests of nutrition educators worldwide. The Society for Nutrition Education and Behavior advances food and nutrition education research, practice, and policy that promote equity and

support public and planetary health and has a vision of people worldwide empowered by food and nutrition education to change behavior, food systems, and policy.