NutriNews
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My Passion: A Personal Story

Faculty Spotlight

In the Neighborhood

Kidz Korner
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History of National Nutrition Month

By Kristen Drake

Every March members of the Academy of Nutrition and Dietetics (AND) participate in National Nutrition Month, but when did it all get started? Back in 1973, the first National Nutrition Week was held with the slogan “Invest in Yourself – Buy Nutrition”. American Dietetic Association (ADA) members eagerly embraced the idea, and started planning special events in community centers, schools, and health care facilities. The goal of the ADA was to “reach the public with sound nutrition information in a timely fashion”.

By 1980, National Nutrition Week became so popular they expanded it to last an entire month. Each year ADA members became more creative in the different themes for nutrition month, and posters were seen in Navy submarines and on national television on the show Growing Pains. In 1993, National Nutrition Month collaborated with McDonald’s which spread their message to over 9,000 franchises. Events were held at different McDonald’s, teaching children about the Food Guide Pyramid.

Joining forces with the Dietary Guidelines Alliance in 1995, the ADA developed the “It’s All About You” campaign that translated the Dietary Guidelines recommendations into five simple messages: be realistic, be adventurous, be flexible, be sensible, and be active.

Some of these concepts are still seen today, only now they are promoted through the internet with the availability to download National Nutrition Month promotional materials. Throughout the history of National Nutrition Month, the one constant has been eager AND members willing to organize and plan events to promote the importance of good nutrition.

On Valentine’s Day, most people like to receive flowers or chocolates and get to spend the evening with their significant other or family. To some, this day can sometimes be perceived as a materialistic holiday while others do not view it as a holiday at all. Since I was a little girl, like many others, I admit that on Valentine’s Day, I have expected to be showered with gifts and to be shown that I am important to someone else. But, as time went on, I realized that receiving gifts from someone does not show you how much you mean to them. Receiving gifts is in fact, overrated. It’s the act of kindness and thoughtfulness that is the true gift you could ever receive from someone.

This Valentine’s Day, instead of sulking over the amount of flowers I did not receive or not getting that pound of chocolate I was hoping for, I had the luxury of volunteering at the Sulzbacher Center downtown to participate in feeding the people that are less fortunate. The Sulzbacher Center provides shelter for nearly 400 men, women, and children and produces two meals a day to feed anyone who is in need. Prior to my visit, I had never had the opportunity to help people who could not afford food or shelter and knew that it would be a type of experience I would never forget.

The kitchen that is located within the Sulzbacher Center is run solely by volunteers with the exception of the head chef. The passion and time the people exuberate is no less than amazing. They were eager to help and teach in anyway they could to make the new volunteers be as successful as possible. Although I did not get to talk and meet with the families I helped serve personally, they were all very generous and grateful that we were there to help them be able to obtain a meal. Volunteering and being able to see how thankful the people were was really rewarding.

Sharing love and kindness truly is the best thing you can give to someone around you, no matter what time of year it is.
The Nutrition Journal Club had a very productive month in February, with two guest lecture events and our monthly club meeting, which looked at nonalcoholic fatty liver disease (NAFLD) in children! Michelle Elkadi, MS, RD, LD/N kicked off our Guest Lecture Series with her presentation on Malnutrition and Nutrition-Focused Exams on February 18th. She filled up every seat in the classroom for an enlightening hands-on demonstration with UNF intern, Daphne Applebee! The students were pleased to have gained some valuable insight and fresh information on a topic that is gaining a lot of attention in clinical nutrition.

The NJC club members met on Wednesday, March 23rd, to analyze and discuss an interventional study: “Effect of Vitamin E and Metformin on Fatty Liver Disease in Obese Children- Randomized Clinical Trial”. This particular study concluded that Vitamin E, particularly at doses of 800U, and Metformin (1.0-1.5g) each had positive effects on children with NAFLD. Some limitations of the study included lack of a placebo and no diet tracking. Differences among findings in similar studies were also discussed in the meeting. Varying results were attributed to different stages of disease, frequency of dosing, length of trials, and dietary effects.
On March 24th, we had the pleasure of meeting Dr. Harvey Anderson, PhD, following his session, “Food Intake Regulation and Obesity in Children: Environment vs Physiology” at the Brooks College of Health’s Global Health Scholar Colloquium. We met with Dr. Anderson of the University of Toronto to discuss his research experience with protein and amino acid metabolism, food selection and intake regulation, diet and behavior, and much more, providing another distinctive encounter for students!

Looking ahead, we will be holding our next two meetings back-to-back the week after spring break. Our regular club meeting will take place on Wednesday, March 23rd, at 11:00am; and our next “Guest Lecture Series” event is scheduled for the following afternoon at 4:00pm. More details to follow by email and via our Facebook page!

One final and important note: we are actively recruiting officers to start transitioning at the end of the semester. The Nutrition Journal Club is fantastic experience for dietetic internships, graduate school, and research! All nutrition students looking to gain leadership experience while promoting collaboration, critical thinking, and an appreciation for nutrition research is encouraged to apply! Please send all inquiries before March 16th to: N00963061@ospreys.unf.edu.
National Nutrition Month is finally here! We’re taking our lead from the Academy of Nutrition and Dietetics and encouraging students and faculty at the University of North Florida to Savor the Flavor of Eating Right! In an effort to raise awareness of healthy eating habits on campus, SNDA will be conducting education sessions at the dorms throughout the entire month of March. You can also find SNDA promoting lifestyle changes at the Health Fair on March 23rd located at the Brooks College of Health.

Are you looking for a leadership opportunity? The SNDA officer elections will be here soon, and there are six available positions including President, Vice President, Secretary, Treasurer, Publicity Chair, and Volunteer Chair. In an effort to improve our election process, this year candidates will be granted a few minutes to address the club directly as to why they are the best fit for their desired role. This will take place at the next SNDA meeting on March 24th, so please contact one of the current officers if you are interested.

Finally, we’d like to extend a thank you to all of the students who came out and participated in the RD Round Table on February 25th! The event was a rousing success, and hopefully it becomes a long lasting club tradition. The direct exposure and casual Q & A format was invaluable, and we’ve received nothing but positive feedback. The event couldn’t have taken place without the RDs, so we would like to acknowledge and thank Community RD Michelle Lynch, Long Term Care RD Rebecca Hubbard, Mindy Black RD (Jacksonville Jaguars), and Lieutenant Jason Ascencio RD (US Navy) for taking the time to meet with us.

Upcoming Meeting Information:

When: March 24
Where: TBA
Agenda: Get to know the candidates for the upcoming SNDA Officer elections. Discuss current and future opportunities on campus and in the community.
Earn your Master of Science in Nutrition and Dietetics online.

The MS in Nutrition thesis and non-thesis option is a distance learning degree for those students who wish to emphasize the application of advanced nutrition knowledge in clinical or community based health programs. Applicants for the MS Thesis or Non-Thesis option in Nutrition are persons with a baccalaureate degree from a U.S. regionally accredited institution and ACEND/CADE accredited program with a major course of study in Food and Nutrition, Human Nutrition, or Food Management or Registered Dietitians.

UNF is ranked in the Top 75 in the country for “Best Online Graduate Education Programs,” which includes data of nearly 1,000 distance education programs nationwide.

UNF UNIVERSITY OF NORTH FLORIDA
Dr. Kerry L. Clark, MPH., Ph.D.

Dr. Clark is a professor at the University of North Florida in the Brooks College of Health, Department of Public Health. He received his B.S. degree in Community Health/Public Health in 1992 from Western Kentucky University. He then obtained his MPH (Epidemiology) in 1993 from the University of Alabama at Birmingham School of Public Health. And finally in 1996 Dr. Clark acquired his Ph.D. in Environmental Health Sciences from the University of South Carolina, School of Public Health. Dr. Clark teaches graduate level and undergraduate level courses to include Epidemiology and Environmental Science in the Department of Public Health.

By Tara Kessinger

TK: Can you give our readers a little bit of background about your education and your current position here at UNF?

Dr. C: I’m a pure public health person. I have a bachelor’s degree in public health, a masters in public health epidemiology, and a Ph.D. in public health in environmental health sciences. I am now a full professor in the Department of Public Health, where I teach undergraduate and graduate courses in epidemiology and environmental health.

TJK: I understand that your specialization is arthropod vectors and relation to disease and vector bionomics and field techniques. Can you explain to me what this is?

Dr. C: Another way of describing my doctoral training is that it was focused on the ecology and epidemiology of vectors and vector borne diseases. During that program, I learned how to collect, identify, study, and control various types of arthropod vectors (like ticks, mosquitoes, fleas, etc.). This requires an in-depth knowledge of the “bugs” habitats, breeding habits, natural hosts, and life cycles. It included learning about ways to control them using habitat modification, natural predators, and pesticides and their application techniques. I also learned about the complex epidemiology of vector borne diseases (for example Lyme disease and malaria and many others). This includes knowing their reservoirs, modes of transmission, signs and symptoms, diagnostic methods, treatments, epidemic control, and prevention methods.

TK: What made you decide to focus on tick-borne illnesses?

Dr. C: I’ve always been drawn to nature, and growing up in Kentucky I spent as much time as possible outdoors, camping and fishing, and learning about plants and animals. In my early teens, I also became very interested in health. My interest in tickborne diseases developed from my interest in diseases that one might encounter from nature contact. As an
early undergraduate student in public health, I was fascinated with diseases like Rocky Mountain spotted fever, Lyme disease, babesiosis, and others. I read all I could, and these were the topics of papers I wrote for classes, whenever possible. After my first epidemiology class, I knew I wanted to become a disease detective, and set a course to obtain a master’s and then doctoral degree that would prepare me to study vector-borne diseases in the southern U.S., where several tickborne diseases were virtually unstudied at that time.

TK: Can you give me a little insight into how your studies increased public awareness regarding tick-borne illnesses?

Dr. C: My doctoral dissertation was the first ecological study of the Lyme disease bacterium in South Carolina. We found the first evidence of the pathogen in animals and ticks there. Future studies showed that multiple species of Borrelia in the Lyme complex are endemic in Florida and other southern states, where it was believed to be nonexistent or very rare. My work has implicated an alternative tick species (the lone star tick) as the possible primary vector of Lyme disease to humans in the southern U.S. We have published evidence of numerous cases of human Lyme disease in southern states. And, we have shown the presence of other tickborne pathogens (species of Anaplasma and Babesia and Rickettsia) in Florida. Scientific papers, presentations, and news stories have disseminated this information and brought heightened awareness of tickborne disease risk in our region.

TK: What is chronic Lyme disease and how has your research contributed to the realization of this disease?

Dr. C: Chronic Lyme disease is a persistent infection with one or more species of Borrelia spirochete bacteria, sometimes complicated with other tickborne infections, or other opportunistic infections. In some people, the infection persists due to lack of treatment, improper treatment, or antibiotic persistence. Symptoms mimic those of many other conditions, and may mimic or include chronic fatigue, fibromyalgia, arthritis, peripheral neuropathy, headaches, stiff neck, cognitive problems, and more. Currently available clinical diagnostic tests suffer from low sensitivity, commonly leading to false negative results. In the past few years, I have coauthored several papers demonstrating Lyme infection in patients in Florida and other southern states, including patients that are seronegative, and some that have been treated extensively with antibiotics.

TK: What if any research projects are you involved with right now?

Dr. C: I am currently trying to culture live Borrelia from human patient blood samples, to obtain further proof of endemic Lyme disease in the South, and also screening humans and dogs, and ticks, via PCR (polymerase chain reaction) assays for Lyme and Rickettsia infection. I continue to try to develop more sensitive laboratory methods to detect different tickborne infections, focusing on molecular methods.

TK: If a student has a passion for research, do you have any suggestions on how to get started and what steps to take to be a successful researcher?

Dr. C: A passion for research equates to great curiosity. My suggestions would be to follow your research interests, and read all you can about the topics. Attempt to identify an experienced scientist actively involved in studying those topics. Offer to volunteer your time to learn and work with the scientist, keeping in mind that this will demand large blocks of time, and a high level of commitment over a long time period. Research can be very tedious, but incredibly rewarding, particularly when it has an applied purpose, like helping to diagnose or treat patients, or to help prevent disease.
Did you know that about 208,000 Americans under age 20 are estimated to have diabetes? Only 5% of young adult cases are type one diabetes while the other 90-95% cases are type two diabetes (American Diabetes Association, 2014). Type one diabetes is an autoimmune disorder that causes the pancreas to no longer produce insulin. Type two diabetes is a metabolic disorder that does not allow the pancreas to make enough insulin or use it effectively. If the prevalence of this disease continues to increase by year 2050 these numbers have the potential to double or triple (Krucik, 2015). Growing up with type one diabetes has been a humbling experience. For survival, daily dosages of insulin shots are needed. I was diagnosed at two years old and no one in my family knew anything about type one diabetes. Over the years, I found ways to help me better cope with the illness. Hopefully, by reading this article, you will gain knowledge about the different types of insulin methods, proper diet, and exercise to help me fight this disease.

One of the most important aspects of living with diabetes is lowering high blood sugar levels. When I was diagnosed with type one diabetes my only option for survival was insulin shots. For every meal and snack above 15 carbohydrates I had to inject insulin dosages via syringe. There are three different types of insulin: long acting, intermediate acting, and short acting. Long acting insulin last up to twenty four hours, intermediate acting insulin last up to twelve hours, and short acting insulin last for 2-3 hours. My current prescribed insulin is Lantus a long acting insulin and Humalog a short acting insulin. I take my Lantus every night before bed and I take my Humalog before every meal. In cases of type two diabetes endocrinologists may prescribe you either pills or insulin dosages. However, some cases doctors encourage patients to exercise, lose weight, and change their diet before even considering medication. Lastly, some diabetics may also be familiar with using the insulin pump. This is a small device inserted into your stomach that releases insulin through a small catheter. Instead of taking several shots a day the insulin is delivered through the pump. I have never experienced using a pump, but I hear it’s a lot more convenient and all the individual has to do is set the insulin to the amount they need.

Over the years, I have learned that diet plays a big role in keeping glucose levels down. People living with diabetes are twice as likely to suffer from heart attacks and strokes (American Diabetes Association, 2014). I try to avoid eating too much of greasy, fried, and saturated foods because they cause weight gain and increases your risk of heart disease (Weinberg, 2015). I stay away from soft drinks, added sugars, and sweets because it raises my blood sugar. To maintain healthy blood sugars, I eat between 45-60 carbohydrates for each meal and snacks I eat between 15-30 carbohydrates. Carbohydrates are macronutrients that provide energy for the body and eventually convert to glucose when digested. Carbohydrates are found in fruits, starchy vegetables, beans, pastas and deserts. It is important for diabetics not to eat to little or too many carbohydrates. Too many carbs can increase your blood sugar and too little can cause hypoglycemia. Hypoglycemia is a condition when the blood sugar drops below 70m/g. Symptoms for low blood sugar are hunger, irritability, anxiety,
and shivering. On days with moderate to high intensity exercise, I eat more carbohydrates and on days I am less active I eat less. Eating a healthy diet with fruits, vegetables, and whole grains help to keep my blood glucose between 70mg/dl and 130mg/dl. However, it is important for me not to eat too many fruits and whole grains because it can raise my glucose levels.

Third, I work out at least four times a week to keep my blood sugars from increasing, to reduce the amount of insulin I need to take and maintain my weight. Just over a year ago I started working out at the gym and before I started I was taking 65 units of Lantus at night. Once I begin working out four to six days a week, I was able to cut my insulin down to 25 units a night. I also noticed when I was able to cut down the amount of insulin I was able to lose a few pounds. I went from 138 pounds to 122 pound in three months. Before workouts I was also able to reduce the amount of short acting insulin because I burn off food while working out. A typical workout session for me is running on a treadmill, walking around University of North Florida Campus or weight lifting. I try not to work out at night and I do not workout longer than 45 minutes because I do not want to put myself at risk for hypoglycemia.

Overall, dealing with diabetes correctly can be a lot of work, but it is worth it because I want to be able to help others deal with this disease. I believe daily insulin dosages, healthy dieting, and exercise is the best way to go to deal with diabetes. This year is my 20th year living with diabetes and I’m so happy to be able to live to talk about my experience. In the past a lot of people, including children, have lost their lives to diabetes because there was no way the body could effectively use the glucose. Although, there is better medication advances for diabetes today I’m hoping there will be a complete cure in the future.
It’s National Nutrition Month!

National Nutrition Month began as National Nutrition Week in 1973 with the theme of “Invest in Yourself — Buy Nutrition.” The members of the Academy saw this campaign as an opportunity to promote Dietetics as a profession and to deliver nutrition related messages to the public. National Nutrition Week became more and more popular and drew in a ton of attention. It grew so rapidly that in 1980, the House of Delegates called for an expansion of the campaign to National Nutrition Month. During this time, the ‘spokesperson’ for National Nutrition Month was Nutribird. This character was featured on TV public service announcements, radio spots, educational filmstrips, and recordings of songs all promoting good nutrition. This character first appeared in 1977 and lasted until the early 1980s since some people felt that it was not portraying the correct image for the field of Dietetics. ADA ambassadors became the spokespeople for National Nutrition Month in the mid-1980s. In 1986, National Nutrition Month received the C. Flag Award from the President’s Citation Program for Private Sector Initiatives and at this point in time, almost half of the members of the Academy were participating in the campaign. With this increase of participation from the Academy members came innovative ideas on how to promote the years’ themes as well as participation from other corporations and community groups. Themes were being appearing all over in places like airplane banners, billboards, bus signs, milk cartons, grocery bags, and in military institutions all over the world. In 1987, posters and table tents promoting National Nutrition Month were featured as props on shows like Head of the Class and Growing Pains. The 1990s brought more focus to consumer trends and more effective consumer messages. Surveys were sent out by the Academy and it was gathered that the public KNEW what was healthy and how important proper nutrition was, they just did not understand HOW to incorporate it into their lives; thus these years gave rise to the chal-
A call of action was initiated in 1992 with the theme of “Eat Right America!” This theme stuck for the next three years and actually gave rise to the title of the ADA’s Website – www.eatright.org. In 1995 the ADA partnered with key members of the food industry, health organizations, and some United States government agencies to develop the Dietary Guidelines Alliance. This alliance developed the “It’s All About You” which functioned to explain the Dietary Guidelines recommendations in a simpler way. This alliance transformed the Dietary Guidelines into five simple messages: be realistic, be adventurous, be flexible, be sensible, and be active. National Nutrition Month continued to grow and expand and by the late 1990s, it was on the internet. Academy members were sending out daily tips during the month and promotional materials became available to download via the internet. As interest in health and wellness grew, so did the exposure of National Nutrition Month to new audiences. Even with all of these changes and expansions over the past few decades, National Nutrition Month’s purpose has remained the same: “To increase the public’s awareness of the importance of good nutrition and position ADA members as the authorities in nutrition.”¹

Some topics from the last 15 years:²

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<td>Food and Fitness: Build a Healthy Lifestyle</td>
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<td>Start Today for a Healthy Tomorrow</td>
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<td>Step Up Nutrition and Health</td>
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<td>2016</td>
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References

The Limelight: Kristen Drake

By Casey Kiernen

Here at UNF, our instructors diligently encourage us to work hard, strive for great things, exercise our resources, and reach our goals. When students work together with instructors, many doors are opened for great opportunities. Kristen Drake, a senior in the Nutrition and Dietetics program, collaborated with Dr. Arikawa for the Emerging Leaders in Nutrition Science Poster Competition. They created an abstract, which was selected by the American Society for Nutrition. Over 1,000 abstracts were submitted by others, but the top 20% were chosen to compete in this competition. Kristen and Dr. Arikawa will be presenting their poster at the Experimental Biology Conference in April in San Diego. This is a very exciting opportunity because grand prize winners will receive a certificate and travel award.

According to Kristen, their poster, “Protein intake is associated with plasma insulin-like growth factor (IGF) 1 in post-menopausal women but not in premenopausal women, will be presented twice, once on April 2nd for the competition, and the again on April 5th as a part of the regular conference.”

They had around 250 serum samples and used Elisa kits to determine IGF-1 and IGFBP-3. It took about 40 hours to complete the testing in the lab at Brooks last September. Dr. Arikawa did all of the analysis on the data, and they are working on creating the poster for the event.

Fortunately, Kristen was granted a travel award in December by UNF, the Student Research Presentation Support Proposal, to be able to go to San Diego for this event.

With true gratitude, Kristen said, “This has been a great opportunity at UNF to learn about research from our talented and knowledgeable professors, but also to see the whole process of conducting the lab assays to creating a poster and presenting it. Because of this experience, I am also beginning to conduct other assays for Dr. Ali, with the opportunity to teach students as well.”

Kristen and Dr. Arikawa, congratulations on your accomplishments thus far and good luck on your future endeavors! Oneself is the only factor that has the potential of hindering any success, but UNF professors are here to promote all success.
Come and celebrate RDN Day with us!
Join us on March 9th to celebrate National RDN Day! Cantina Laredo, St. Johns Town Center 5:30pm - 7:30pm Members, Students and Non-Members welcome!
#JaxRDs #RD2B

RSVP
Eatrightjax.org
Jenna Braddock MSH, RD, CSSD, LD/N

Jenna Braddock is an active professor at the University of North Florida within the Brooks College of Health. Jenna is a native Floridian who enjoys sharing her passion for fitness, healthy living and nutrition through her various social media outlets and popularized blog, “Make Healthy Easy”. She has contributed to two books, authored a variety of online articles, and has been featured numerous times on First Coast Living.

By Jessica Glosson

**JG: What was your inspiration and motivation to enter into the field of nutrition and dietetics?**

JB: When I was in high school, I was a competitive athlete on the volleyball team. During senior year I worked with a performance coach and he taught me how to eat for better athletic performance. It made such a huge difference! Once I entered college, I decided to major in psychology and minor in nutrition because I had developed an interest in disorder eating counseling. I took my first nutrition class and loved it; I decided to change my major to nutrition. Instead of working exclusively with eating disorders, I realized that sports and performance gave me the lens I wanted to work through in order to address disordered eating. I feel that athletic performance is such a wonderful way to address healthy eating; I still work with athletes today and disordered eating is a common challenge among them.

**JG: Tell us a bit about your work experience prior to teaching at the University of North Florida.**

JB: I started out doing a handful of different jobs. I began at the YMCA working on the fitness floor before I was even registered and I slowly worked into the role as one of their dietitians. I counseled members and started working on their lifestyle classes and Healthy Living program. It eventually grew into a full time position through which I coordinated their diabetes prevention program; my love for teaching community nutrition really stemmed from that job. As a RD, I worked in long term care initially and I was the sports dietitian at Jacksonville University for a year prior to coming to UNF. In addition to these jobs, I was always doing private counseling on the side.

**JG: I understand that you run your own successful food blog titled “Make Healthy Easy”. How did the idea for this blog come to you and how long have you been blogging for?**

JB: I just started blogging as many people did
back in 2007 because I kept getting repeatedly asked questions from clients. I figured I'd put the answers to these questions all in one place for everyone's reference. About four years ago I realized that there was really something to blogging in terms of opportunities for growth, a larger reach of your audience, partnerships, and making money. I really enjoy learning different skills such as better writing, recipe development, and food photography. I love this platform in that it enables me to give scientific-based information in an approachable and doable way. That's what I'm about: finding ways to make healthy living easier for people so that they want to do it. Blogging has truly been a fun and creative outlet for me.

**JG:** You're an avid participator within social media; what are some of your favorite aspects of using this form of communication? Do you have a favorite social media site?

**JB:** It's so cool that social media enables you to have conversations with people you'd never otherwise get to meet! It's great to connect and interact with others on a variety of topics. From the opportunistic side, I find that it's so neat to be able to tweet at food companies, celebrities, out of state dietitians, etc. My networking list has certainly grown as a result of social media and blogging. There really are no boundaries, which I love. Instagram has definitely become my favorite social media site because I love that it features a visual element. I've learned a lot through using it as it has truly helped me developed my own consistent brand and image. My account represents my personal blog and I would consider it to be professional in nature.

**JG:** Tell us about your TV appearances and roles within the media.

**JB:** I always like to share how it started because I didn't initially know I liked to do TV appearances. While I was working at the YMCA, reporters would come in periodically and ask for opinions on stories. One time I agreed and provided my professional opinion on a topic. The reporter I worked with told me I had done a great job, we ended up exchanging contact information, and it sort of took off from there. I now do fairly regular segments promoting healthy food and I love it. It's a lot of fun but it's also a lot of work. People don't realize how much work goes into making a visually appealing food segment. It usually involves 8-12 hours of planning, preparation, and research for about 3 minutes of airtime. It's a lot of work but I like to do it and I want to do it well. It gives me the opportunity to reach out to an audience that I wouldn't have otherwise been able to connect with. I feel that as dietitians we can't just wait around for people to contact us with questions because there really is so much misinformation out there. We need to be proactive and reach out in order to set the record straight.

**JG:** What advice would you give to students and interns who are on the cusp of entering the dietetic work field?

**JB:** Look for any opportunity that comes your way. You just never know how something might shape you as a professional and as a person. Even if it isn't exactly what you expected or wanted to do, it could still be very valid and helpful. Eventually you'll get the opportunities to do what you really want. You may not get it immediately but it will come in time if you work hard and take advantage of any opportunity that is suitable for you. This doesn't mean you never say no; definitely learn to say no but nothing is beneath you. Every door could be an open door. Network anywhere and everywhere you can because you just never know when those connections can turn into something else.

Connect with Jenna! The link to her blog and social media accounts are provided below:

http://jennabraddock.com/

@JBraddockRD:  
Jenna Braddock RDN:
You have seen it; those social media posts about what our fast food is really made from, so why are we still feeding it to our children (or future children)? Well as a mother I can tell you why. It’s because when your children see those “Golden Arches” they are suddenly STARVING and after a long day the last thing you want deal with is screaming, whining, begging children in the back seat or the fact that you still have to cook dinner, so you pull in and order those so-called chicken nuggets.

So how does this happen? How do children fall in love with fast food? It starts with the parents. Children are not wired to crave fast food; it is a learned behavior. A very dangerous learned behavior. Most likely children who crave fast food were introduced to these salty, fatty, tasty foods before they were introduced to a healthy salad; and salads don’t come with toys. With headlines stating that childhood obesity is on the rise and that children will have a lower life expectancy than their parents, it’s time to take action. It’s time to stop allowing the children to dictate what they will and wont eat. It always amazes me that we force our kids to read 20 minutes every night, to learn their spelling words and participate in extra-curricular activities because it will help them in the future, but we don’t force them to eat a balanced diet. Our children’s diets are extremely important and will get them far in life in combination with the other things. With a good diet they will have a clear mindset, their bodies will be healthier, and they wont get made fun of for their weight. They will have healthier immune systems, lower risks of preventable diseases and longer healthier life expectancies. So tell me why it is so hard to pass those neon signs; oh yeah,
the whining and screaming children in the backseat.

It’s time to take action! I am not saying picket in front of your local fast food chain, but I am saying put some healthy options in front of your children. Get them involved in packing their school lunch, making a grocery list and even meal planning. Believe me, if your children (or your future children) think that they came up with the idea, they are all in (PS-it works with husbands too). Make it simple for children to make healthy choices. In my pantry and refrigerator, I have labeled bins that my children can choose from. For example; while packing our school lunches they know that they get a protein, a fruit/vegetable, yogurt and a “free” item (usually chips of some sort). They love making a dinner menu during the week and being a part of the experience. Making healthy meals and snacks available and fun for children does not have to be hard or expensive like most people think. I can make a healthy meal in less then 5 minutes, just as fast as the drive thru. And on nights that I know we have lots of things to do like soccer practice and homework, we have a crock pot meal planned and ready when we get home.

I am not saying that you can never feed children fast food or that I have never done it myself; but I am saying that making it a rarity rather then a routine will take your kids further in life in many ways. Fast food is designed to be craved. The more you feed your body sugary, salty, non-nutrient dense food, the more your body wants it because your body is trying to get nutrition. So the more fast foo you feed children the less satisfied and hungrier they are in hopes that the next thing they eat will be something nutritious. Life lessons start with the parents and a healthy diet should be part of those life lessons. Children want to be strong, they want to be smart, they want to be the best and we want that for them too. It is our responsibility as parents and future parents to feed our children’s bodies and brains with healthy options and to teach them healthy habits. If you start early they won’t know the difference. Don’t let your children or future children become a statistic. Encourage an active lifestyle and healthy eating habits. Encourage their bodies, hearts and minds to be strong...feed them good nutritious food and let them participate in the planning....and try to not cave when they start kicking and screaming for those so called chicken nuggets!
“Metabolically Healthy” Obesity Linked to CKD

A study of over 62,000 South Korean men and women suggests that people who are obese without metabolic abnormalities still have an increased risk for chronic kidney disease (CKD) compared to normal weight individuals. Yoosoo Chang from the Sungkyunkwan University conducted a prospective cohort study looking at men and women over the age of 18 who had comprehensive health exams either annually or biennially from 2002 to 2009. Individuals were excluded if they had evidence of kidney disease, a history of CKD, elevated fasting glucose, insulin resistance, elevated triglycerides, low HDL cholesterol, high blood pressure, proteinuria, or an estimated glomerular filtration rate of less than 60 mL/min/1.73m2. BMI was defined according to the Asian specific criteria of overweight being greater than 23 and obesity as greater than 25. Chang found that compared to normal weight individuals, obese patients had a higher cumulative incidence of CKD at 6.7 cases per 1,000 people. For participants over 40, the association was even stronger with CKD incidence at 19.0 cases per 1,000 people. This study suggests that obesity, even in metabolically normal individuals, may adversely affect renal function and weight loss is imperative to improve health.


How Testing Workers’ Genes Could Make Office Wellness Programs

Companies spent on average $693 per person on wellness initiatives in 2015, however participation was only at 24%. Disease management programs like diabetes had even lower participation. That provides wellness programs that provide DNA testing as part of the program they offer. In a 3 year study by Newtopia, a corporate wellness provider, they found that DNA testing allows individuals to move away from shame and a lack of confidence, to a position of knowledge and a sense of control. Caution should be used however as genetic testing does not necessarily mean an individual will be larger than another, and it could have the opposite effect on some people decreasing their motivation.


By Kristen
Nutrition

By Kristen Drake

Testing Workers’ Genes Could Make Office Wellness Programs Work

Companies spent on average $693 per person on wellness initiatives in 2015, however participation was only at 24%. Disease management programs like diabetes had even lower participation, between 10-20%. A company that provides wellness services, Newtopia, has started to use DNA testing as part of the program they offer. In a 3 year study by Newtopia, 50% of the participants in the corporate wellness program were still engaged a year later due to the genetic testing. Participants cite this as being a big motivator so they understand their condition and their susceptibility to obesity. Newtopia states that DNA testing allows individuals to move away from shame and lack of confidence, to a position of knowledge and a sense of control. Caution should be used however as genetic testing does not necessarily mean an individual will be larger than another, and it could have the opposite effect on some people decreasing their motivation.


Nutrition Data Displayed Graphically Helps Consumers Make Healthier Choices

Manabu Nakamura from the University of Illinois conducted two experiments looking at nutrition labels. The first used a visual 2 dimensional plot that showed fiber and protein values for menu items, or numerical information on the same menu items. Accuracy of recall improved by 43% in participants when the information was shown graphically as compared to numerically. The second study lasted 12 weeks and had customers stand in line to order and pay at registers at the front of a cafe entrance. Again, information for fiber, protein, saturated fat, and sodium values were displayed on either a 2 dimensional graph or numerically. Total entrée calories decreased by 13% when graphic information was displayed as compared to numerical, and side item calories decreased by 47% with graphic information. These studies suggest more research needs to be completed on the most effective way to present nutrition information to improve choices made by consumers.

NutriNews Comic

“Don’t tell me to improve my diet. I ate a carrot once and nothing happened!”

“Those are your three wishes? Chocolate-flavored lettuce, chocolate-flavored chicken and chocolate-flavored tuna!”

“I’m eating twice as many vegetables as I used to! Two times nothing is still nothing!”

“Be careful — sometimes it’s a green lollipop and sometimes it’s a Brussels sprout!”
Contact Us

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