Welcome to the first issue of CSULB Nutrition in Practice! We are excited to roll out a biannual newsletter to feature current faculty, student, and alumni work in nutrition teaching, research, and practice. The aim of the newsletter is to introduce current graduate students and alumni to the research work underway among fellow students and faculty, and to provide an avenue for alumni of our program to share their experiences and advice with current students.

Exciting work abounds among nutrition students and faculty at CSULB. This fall we welcomed Dr. Rachel Blaine to the faculty. Dr. Blaine is teaching Evaluation of Nutritional Status, and conducts research related to early childhood nutrition. Faculty have initiated new research collaborations and are working to expand opportunities for student collaborations on research projects. Many graduate students are getting involved in research alongside faculty from the first semester of the program.

In this newsletter, you will find faculty and alumni profiles and a list of recent publications by FCS nutrition faculty and students.

Please let us know what you would like to see featured in future newsletters. We are open to suggestions!

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FCS Graduate Coordinator

**Theses/Directed Projects, completed Fall 2015:**

Yvonne Fong: “Impact of Television Cooking shows on Food Preference”

Sarah McOsker: “Development of an Information Booklet for Eating in the First Year Post Roux-en-Y Gastric Bypass”

Kelsey Peterson: “Development of Facility-Specific Dietary Training Program for Diet Technicians”

Sara Zolfaghari: “The Relationship Between Folic Acid, Vitamin B12, and Vitamin B6 Intake and Status and Depression in Women Who Use Hormonal Oral Contraceptive”
FACULTY PROFILES

Michelle Barrack, PhD, RD

As a competitive athlete in high school, college and graduate student, I appreciated the nutritional risks facing competitive athletes particularly during the adolescent years. While this is my primary area of interest, my research involvement can be categorized in one of two areas 1) evaluating diet and exercise-related behavioral factors associated with bone health, injury, among other risk factors among active individuals ranging from adolescent to young adulthood and 2) assessing the effectiveness of nutrition and physical activity interventions for optimizing wellness, and/or sport performance. My primary data collection indicators include blood/urine biomarkers, anthropometric assessments, bone mass, behavioral factors, and psychometric measures.

When researching, I prioritize involvement in collaborative projects and enjoy working with multidisciplinary teams. It has been a pleasure to work in collaboration with several faculty and staff members at CSULB. The projects and writing assignments I am currently working on also include interdisciplinary collaborations with researchers, physicians, and other health professionals at the University of California, Los Angeles (UCLA), Stanford University, Harvard Medical School, UC San Diego, UC Davis, and San Diego State University.

Furthermore, I prioritize involvement of highly committed and trained undergraduate and graduate students, who gain valuable experience learning and participating in the research process, while making significant contributions to key components of the project.

Most recently, in addition to involving graduate students, I have been able to include two undergraduate students from the CSULB BUILD program and one student from the CSULB Summer Student Research Assistantship program, among other undergraduates, as research assistants working on three research projects. Therefore, I strive to include qualified and enthusiastic student researchers whenever applicable and look forward to continue this opportunity of expanding students’ learning experience to fieldwork research, outreach, and data collection in the future.

Virginia Gray, PhD, RD

Prior to joining the tenure-track faculty at CSULB, I spent considerable time developing and implementing nutrition education materials for school nutrition staff. As a faculty member at CSULB, one of my favorite things to do is to create engaging teaching materials for students that emphasize strong conceptual thinking. It is fun to see students develop skills in planning, implementing, and evaluating community nutrition programs that foster behavior change, environmental and social support, and enhanced quality of life.

As an academic, writing is part of my job. Peer reviewed publications are one of the key “academic currencies” by which we as faculty are evaluated. I do enjoy seeing research in print and disseminated. But I also have remembered in the past year how much I love developing instructional materials, as I have revised and updated two chapters of Community Nutrition in Action 7th ed. (Boyle, 2016). In addition, I developed case studies and scenarios to help students apply what they are reading and learning throughout the text. I am particularly proud of an appendix that will appear in the text, which will feature a community needs assessment assignment and also a sample assignment developed by three graduate students (Kristin Ma-hood, Jenny Mei, and Sarah Walatka) who participated in Beach Community Wellness Program as a part of FCS 531 (Advanced Community Nutrition) in spring 2015.

In addition, I am working with a team of faculty across campus to develop a general education text on sustainability. I wrote a chapter focused on applications related to sustainable food (farm to school, community supported agriculture, etc.). This chapter features a section written by officers of the campus club, Students for Sustainable Health. These club officers each selected a practice (reduce food waste, eat a plant-based diet, look for fair trade labels, etc.) and provided practical tips on how to apply it.

It has been fun to partner with students in sharing ideas related to both research and practice in the past year!
ALUMNI PROFILES

Jessica Brennan, MS, RD
Jessica Brennan is a CSULB MSDI graduate who is currently working in R&D at a food and nutritional supplement company. She had heard about a summer internship with the company through her college the summer before she started her internship.

When asked about what the most important and useful skills at her job are, she stated that “written and verbal communication” is key. Jessica also suggested that all nutrition students “Be open to any opportunity that comes your way it helps to network because connections are a good way to get jobs.”

Ana Jurczyk, MS, RD
Ana Jurczyk is also a CSULB MSDI graduate. She is a full-time outpatient RD for St. Joseph Heritage hospital. She heard about this position through her preceptor during her internship.

When asked about what the most useful skills are at her job, she responded that “communication skills and always striving to learn more” are very important. She also suggested that students should: “Network! Keep in good standing with everyone you meet throughout your years as a student and a dietetic intern; it is the key to success.”

Sarah Delcourt, MS, RD
Sarah Delcourt is also a CSULB MSDI graduate, who is soon to be a Health Educator at Kaiser Permanente. She learned about the position through a colleague who works at the Carson office as well as via indeed.com.

Sarah stated some of the important skills to be utilized in her new job would be effective written and verbal communication, as well as being able to work well with others, such as in an interdisciplinary treatment team. When asked what advice she would give to current students, she stated “Network, network, network! Explore different career options within the field of nutrition and dietetics to find your niche.”

Amanda Brown, MS, RD
Amanda Brown, also a CSULB MDSI graduate, is a teaching assistant for a public health course of 260 students at UC Irvine. She offered her students extra credit to write to senators on the CA Health Committee regarding SB 203, or any other public health related bill. Almost 200 students wrote letters! When she showed them to the chair of the department, he was so thrilled with the volume of letters that he asked to take a picture of them all. Amanda is a doctoral student at UCI as well.
Faculty and Student Publications, Fall 2015

- **Barrack, M.T.**, Fredericson, M., Kim, B.Y., Tenforde, A.S., Kraus, E., Daniels, E., Stein, M., Nattiv, A. Evidence of Energy Deficiency and Low Carbohydrate Intake among Male and Female Elite Collegiate Endurance Runners [Accepted for presentation (February 2015) at the 2015 Annual ACSM Conference, May 2015]


Faculty and Student Publications, Fall 2015

- West, J., Muster, M., Ratanapratum, J., Lisagor, T, Barrack, M.T. Self-reported knowledge of dietary supplements and their use among collegiate athletes [presented at the 2015 Annual Southwest ACSM Conference, October 2015]