

THE GRAPEVINE

TEACHERS COLLEGE, COLUMBIA UNIVERSITY



Photo of ICE Processing Center courtesy of Lesley Kroupa

Adverse Health Consequences of Immigrant Detention

By Lesley Kroupa

The detention and separation of families seeking asylum in the United States has triggered a demand from the American public to reunite families as soon as possible. One dimension of immigrant detention of particular relevance to public health and nutrition advocates is the acute and long-term adverse consequences of this crisis' setting to people's physical and mental health. Even a brief amount of time in immigrant detention centers can have long-term effects for children and their families, as discussed at the Office of the Vice President for

Diversity and Community Affairs' recent panel entitled *Family Separation at the Border: Legal Asylum Risks*, as part of Teachers College's ongoing Democracy and Education series. The panelists included Mary Mendenhall Ed.D., Associate Professor of Practice International & Comparative Education, Teachers College and Eleanor Acer, J.D., Director of Human Rights First's Refugee Protection Program.

Dr. Mendenhall explained that many refugee children are displaced throughout their entire education trajectory. She said that

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LETTER FROM THE EDITOR

Dear Students, Faculty, Alumni and Staff,

In a discussion about weight bias, I heard a comment that I haven't been able to get off my mind. A dietitian said that people assume dietitians exercise every day, eat a healthy diet and consider us more credible if we're thin. Body positivity is an important issue to me and I always thought I should be encouraging people to love their bodies *while* adopting healthy behaviors. I never thought I had to be so concerned with my own body size and its effect on me professionally.

Research suggests that people have weight bias towards healthcare workers. In a study comparing patients' attitudes towards normal, overweight or obese physicians, individuals were more likely to mistrust physicians and be less inclined to follow their medical advice if they were overweight or obese.¹ While this study focused on physicians, it may apply to other clinicians as well – dietitians included.

We know there are many contributing factors to weight including genetics, socioeconomic status, environmental factors and others. And thin doesn't necessarily mean healthy. So why aren't we changing the conversation? We should be at the forefront of Healthy At Every Size in addition to being health promoters. Other studies have shown that when healthcare providers model healthy behaviors, patients may be more motivated to adopt them.² If we practice what we preach and encourage people to adopt healthy behaviors, why can't we appreciate and be confident in all of our body types?

The nutrition field has been criticized for not being racially diverse. But what about diversity in body types? By having a homogeneous representation, weight stigma is only reinforced and people will keep idealizing the "perfect" body image. A dietitian modeling healthy behaviors should be seen as a credible source of information regardless of what he or she looks like. I do not have a "perfect" body and I most certainly do not have a "perfect" diet. I enjoy pizza and burgers just as much as salads and plant-based proteins. I enjoy lifting weights and rock climbing just as much as lounging around watching Netflix.

I'm not saying we should promote unhealthy behaviors, but we also shouldn't hide the fact that we like French fries too. People tend to feel more comfortable around those with whom they relate. Are we really gaining their trust if we put up this idealistic front? We should lead healthy, balanced lifestyles and move towards body positivity.

References

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Sincerely,
Jasmine Hormati

A handwritten signature in black ink, appearing to read 'JHormati', written over a light blue background.

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The Grapevine is written by the students in the Teachers College Program in Nutrition. I encourage all of you to get involved. Send your ideas to me at jh3856@tc.columbia.edu. Thanks to all of the students who volunteered to write for this issue!



Fresh Off the Vine: Events and Announcements

- Congratulations Lesley Kroupa on presenting at the 20th Annual Advocacy Summit: Mobilizing the Next Generation of Health Advocates on Oct 14 in DC. Her talk was on How the Omnibus Spending Bill Undermines Gun Violence Prevention.
- Congratulations to Faith Aronowitz for receiving the Jessie C. Obert Memorial Scholarship of \$1000 from the AND Foundation!
- Health Nuts is hosting a movie night featuring the Academy Award Winner, *Icarus*, a film about an American cyclist and one of the biggest doping scandals in history. Join us on November 30th at Dr. Wolf's apartment in Brooklyn Heights. RSVP with the Health Nuts Events Committee at healthnutsevents@gmail.com. Hope to see you there!
- Want to present at the next Society for Nutrition Education and Behavior (SNEB) conference? The deadline for presentation abstracts is on January 23, 2019. The next conference will be in Orlando, Florida from July 27-30. The theme is *Nutrition Education - Rooted in Food*. Please see the SNEB website for submission instructions. <https://www.sneb.org/abstracts/>

STUDENT MENTORSHIP PROGRAM

By Emily Turitzin

The Student Mentorship Program is a unique program that strengthens the feeling of community within the nutrition department, and also provides advice and support to first-year students. The program was piloted in the 2017-2018 school year by Catherine Hu, who proposed the program at the Nutrition Town Hall event the previous spring. In May, second-year and third-year students were encouraged to apply to be mentors for incoming students. I was thrilled to receive so many applicants! I then matched mentors and mentees first by nutrition program track, and then by points of commonality including having a DPD verification statement, being an international student and hometown.

I think the program exemplifies the teamwork and camaraderie within the Nutrition Department. I am working with the Health Nuts committee to plan events this semester and hope to provide several opportunities for mentors and mentees to connect throughout the year.

I am proud to present the mentors for the 2018-2019 school year:

- Carmine Ingenito*
- Chloe Cerino**
- Ge Ge*
- Jen Verola***
- Lucille Tang*
- Christine Clemente**
- Cristina Delprete*
- Faith Aronowitz*
- Jasmine Hormati***
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- Stephanie Armstrong**
- Suzie Finkle**
- Tamar Kane***
- Tamara Hoover*



- * Nutrition and Exercise Physiology
- ** Nutrition and Education
- *** Nutrition and Public Health

Adverse Health Consequences of Immigrant Detention (continued from cover)

even brief time spent in detention centers can cause long-term psychological trauma for children. Dr. Mendenhall added that these consequences can be buffered if there is a relationship with a stable responsible adult prioritizing the need to reunify separated families in the U.S. as soon as possible.

To that end, Human Rights First, along with other non-profit organizations, such as the Southern Poverty Law Center (SPLC), provide pro bono legal assistance to people detained by U.S. Immigration and Customs Enforcement (ICE) seeking asylum. U.S. immigration law does not require that the government provide refugees with counsel, but it is required to provide refugees with a list of potential counsel available near the detention center; the lists are short. Many ICE detention centers are located in remote areas hours outside major cities.

To combat this, the SPLC launched the Southeast Immigrant Freedom Initiative (SIFI) which set-up makeshift offices near ICE detention centers throughout the South. Without these offices, which often consist of trailers or small storefronts with a small staff of attorneys, these refugees would have no access to counsel to help them navigate the complex legal system.

I had the opportunity to volunteer for a week providing legal representation to detainees at the SIFI office located in Folkston, Georgia. Most of the detainees are men who are awaiting court hearings regarding their asylum claims. The two SIFI attorneys are the only local counsel available to

the 1,100 detainees held in the Folkston ICE processing center. The immigration court in Atlanta has jurisdiction over these cases and denies approximately 85% of asylum claims.

While there, I assisted with drafting parole requests and bond motions that ask for the detainees to be released while their asylum claims are pending. There is a long list of requirements that must be satisfied for someone to stay with friends or family while awaiting their court hearings. Those with legal representation have a much higher probability of being released and have a much higher probability of having their asylum claim granted.

I met with two clients at the detention center to gather information for their cases. They both told me of the stressful conditions, poor food rations and brief access to the outdoors. The SIFI attorneys had been informed by other clients that communicable diseases, such as chicken pox and tuberculosis were being spread in the detention center. A client from Ghana told me of being physically attacked by one of the men assigned to share his cell. He fled Ghana because his boyfriend was murdered by a gang. He had traveled for over a month to get to the U.S. It was heartbreaking to tell him that it was unlikely his asylum request would be granted.

The ACLU and Prison Legal Office recently filed a class-action lawsuit on behalf of detainees against President Trump, the Secretary of Homeland Security and the Attorney General for unlawful detention center

conditions. Immigrant detention is a form of civil confinement. It is not supposed to be punitive; but the lawsuit lays out the ways in which refugees are being treated like convicted criminals and denied adequate health care and nutrition while being detained.

The complaint details the conditions in the detention centers, including little to no access to required medications, ignored requests for medical assistance needed for conditions from kidney stones to asthma attacks, the issuance of a single prison uniform with limited access to laundry facilities and ignored suicidal thoughts. The complaint also documents the denial of adequate nutrition causing significant weight loss in many detainees.

Per ICE guidelines, those being held are supposed to be fed three nutritious meals a day in an unregimented manner. Religious accommodations, such as vegetarian options, are supposed to be provided as well. Instead, detainees often receive rotten meat, spoiled milk and “sandwiches” consisting of two slices of bread at meal times. Vegetarian options are not always provided. Meal times only last five minutes and they are not allowed to bring any uneaten food back to their cells.

Such feeding conditions can be even more difficult for children. The case is pending in the California Central District Court. The outcome of the case could have significant impact on the treatment of immigrant detainees in the U.S.

HAPPY 90TH BIRTHDAY, JOAN!

By Pamela Koch

Joan Dye Gussow turned 90 on October 4, 2018. Joan has taught Nutritional Ecology since 1970. This course is transformative and has influenced the personal lives and careers of generations of our students. Joan's collective impact on the field of nutrition education recognizing nutritional ecology issues related to sustainable food systems are enormous. She is known as the matriarch of the local food movement and Michael Pollan has said, whenever he thinks he has a new idea he realized Joan had it decades ago. Current Program in Nutrition students celebrated Joan's 90th during Nutritional Ecology class on October 3. On October 5, a lunch celebration for Joan had alumni and staff from the Program in Nutrition over five decades, 1970s to 2010s. The lunch was held at Pisticci, which is a B-corporation and has a farm where they grow a lot of the food they serve.



In honor of Joan's 90th birthday here is a link to Joan's 1980 presidential address to the Society for Nutrition Education, [The Science and Politics of Nutrition Education](#) a wonderful piece that is just as relevant to day as when it was written almost 40 years ago.

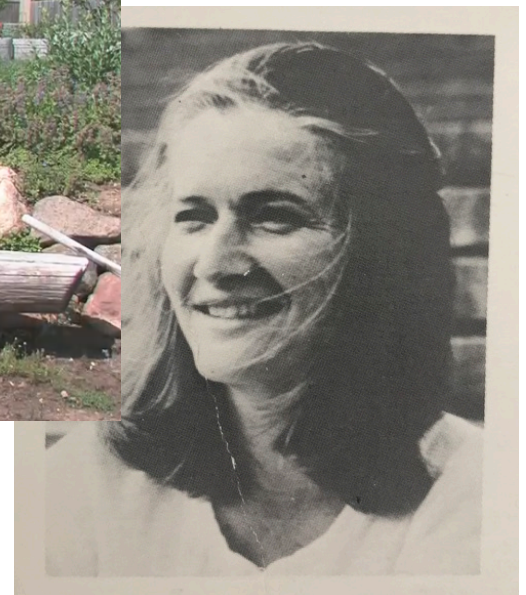


Photo sources: Jasmine Hormati (top), *The Feeding Web* (bottom right), Gioacchino Taliercio (bottom left)

Think about how many hours a day you spend sitting. In front of the TV. On your phone. In front of the computer. On your commute. At your desk. Would you be surprised to learn that the average for adults is nine to ten hours a day?¹ Research shows that prolonged periods of sedentary behavior are associated with increased health consequences despite physical activity levels.² This means that hitting it hard in the gym an hour a day does not compensate for eight hours of sitting at your 9-5.

A 2015 meta-analysis regarding the relationship between sedentary time and chronic disease risk showed that despite physical activity, increased sedentary time was associated with an increased risk for “all-cause mortality, CVD incidence or mortality, cancer incidence or mortality (breast, colon, colorectal, endometrial, and epithelial ovarian), and Type 2 diabetes mellitus in adults.”² In addition, long periods of sedentary activity are associated with an elevated risk of depression and worsened cardiometabolic disease markers, such as hypertension, increased central adiposity, and decreased insulin sensitivity.³

Last Spring, at the Greater New York Region of the American College of Sports Medicine (GNYR-ACSM) Conference, Keith Diaz, PhD, a certified exercise physiologist and Assistant Professor of Behavioral Medicine at CUMC, presented a talk entitled, “Towards the development of guidelines for reducing sedentary behavior: emerging evidence from population-based studies”. Diaz noted that most studies have relied on self-reported data to determine total sedentary time but haven’t differentiated between *total* sedentary time and *prolonged* sedentary bouts. Thus, he sought to determine the relationship between sedentary time (measured by a hip-mounted accelerometer) and all-cause mortality, focusing on both.¹ Diaz’s study showed that both total and prolonged sedentary time are associated with all-cause mortality and recommended a physical activity break every 30 minutes.¹

During his presentation, however, Diaz noted that physical capability is not the reason why this goal isn’t

being met. It’s actually social norms that make this unachievable. Just today, my quick physical activity break of a hip flexor stretch at work was met with a strange, questioning glance from my manager. I’m not suggesting that you stand up and start moving around during a Broadway show, but movement breaks should become a part of your everyday routine.

Brief bouts of physical activity spread throughout long periods of being sedentary can mitigate these harmful effects, such as CVD and Type 2 diabetes.³ Although the FITT (frequency, intensity, time, type) principles for these physical activity breaks have not yet been determined, ACSM’s Guidelines for Exercise Testing and Prescription recommends standing or engaging in light-to-moderate physical activity, such as walking, once or more per hour to interrupt long periods of sedentary behavior,² which is similar to Diaz’s recommendation of a break every 30 minutes. So the next time someone gives you a weird look for interrupting your sedentary time, don’t give it a second thought - keep moving!



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New Student Notes

On behalf of The Grapevine and the Program in Nutrition, we would like to extend a warm welcome to the new students who began the program in the Fall 2018 semester.

Rebecca Berg: Originally from New York, NY, Rebecca attended Tulane University, where she earned undergraduate degrees in Public Health and Business. She is enrolled in the Nutrition and Public Health program. Rebecca works at Healthie, an electronic health record/tele-health platform for RD's and other nutrition professionals. rsb2182@tc.columbia.edu

Elizabeth Bradley: Originally from London, England, Elizabeth attended New York University, where she earned an undergraduate degree in Literature and Creative Writing. She is enrolled in the Nutrition and Public Health program. Elizabeth was in Americorps NCCC and currently plays ultimate frisbee. eb3193@tc.columbia.edu

Lydia Carron: Originally from New York, NY, Lydia attended Smith College and Columbia University, where she earned an undergraduate degree in Art History. She is enrolled in the Nutrition and Education program. Lydia modeled for two years between high school and college. Part of what she wants to do with her MS/RDN is to work with agencies to promote better health practices for their models. lrc2114@tc.columbia.edu

Kyala Clegg: Originally from Clayton, NY, Kyala attended SUNY Plattsburgh, where she earned an undergraduate degree in Nutrition with minors in Chemistry and Personal Training. She is enrolled in the Nutrition and Exercise Physiology program. Kyala teaches group exercise classes on the Columbia campus! She is certified in yoga, pilates, PiYo and more. She was the supervisor of the campus garden at SUNY Plattsburgh. kc3198@tc.columbia.edu

Abigail Collen: Originally from Briarcliff Manor, NY, Abigail attended Boston College, where she earned an undergraduate degree in Communication. She is enrolled in the Nutrition and Exercise Physiology program. Abigail has been to forty-nine out of fifty states! asc2230@tc.columbia.edu

Jamila Crawford: Originally from New York, NY, Jamila attended John Jay (CUNY), where she earned an undergraduate degree in English with a Law Concentration. She is enrolled in the Nutrition and Exercise Physiology program. Jamila is a personal trainer, yoga instructor, ran the NYC Marathon and skydived in 2017. jc5024@tc.columbia.edu

Camille Falisse: Originally from Oakton, VA, Camille attended Virginia Tech, where she earned an undergraduate degree in Finance. She is enrolled in the Nutrition and Exercise Physiology program. Camille had a previous career as a finance analyst and is a yoga instructor. cam2366@tc.columbia.edu

Jamie Gershel: Originally from Bedford, NY, Jamie attended Colgate University, where she earned an undergraduate degree in History. She is enrolled in the Nutrition and Public Health program. Jamie works part-time at "The Creative Kitchen" teaching children ages 2-11 how to "cook". jmg2323@tc.columbia.edu

Fei Han: Originally from Shanghai, China, Fei attended McGill University, where she earned an undergraduate degree in Nutrition and Dietetics. She is enrolled in the Nutrition and Education program. Fei is a Registered Dietitian. fh2376@tc.columbia.edu

Continued on next page

New Student Notes (cont.)

Deeana Ijaz: Originally from Los Altos Hills, CA, Deeana attended University of Michigan, where she earned an undergraduate degree in Biology and South Asian Studies, and Tufts University, where she earned her MS in Food Policy and Applied Nutrition and MPH in Health Policy. She is enrolled in the Nutrition Education doctoral program. After getting married, Deeana and her husband backpacked for 1.5 years to 14 countries, two Canadian provinces and 10 states. di2201@tc.columbia.edu

Molly Krause: Originally from Omaha, NE, Molly attended Creighton University, where she earned an undergraduate degree in Exercise Science and minored in Public Health. She also attended University of Nebraska where she completed her DPD requirements. She is enrolled in the Nutrition and Exercise Physiology program. Molly used to work at a bakery called Nothing Bundt Cakes and people thought she was joking when she told them she was studying exercise and nutrition. mmk2218@tc.columbia.edu

Rachel Longo: Originally from Hughestown, PA, Molly attended University of Scranton, where she earned an undergraduate degree in Biology. She is enrolled in the Nutrition and Exercise Physiology program. Rachel is very excited to start at TC because Columbia has always been her dream school. She's glad she finally made it for graduate school! ral2206@tc.columbia.edu

Caroline Markowitz: Originally from New York, NY, Caroline attended Princeton University, where she earned an undergraduate degree in History and minored in Environmental Studies. She is enrolled in the Nutrition and Exercise Physiology program. Caroline founded a granola company in Jackson Hole, WY in 2014 called Born to Crunch, but she is currently on hold with it while in school. cfm2139@tc.columbia.edu

Rodney Martinez: Originally from New York, NY, Rodney attended Lehman College, where he earned an undergraduate degree in Nutrition and Dietetics. He is enrolled in the Nutrition and Exercise Physiology program. Rodney is a hardcore fanboy of comic books and related media. rm2487@tc.columbia.edu

Monica Morucci: Originally from San Francisco, CA, Monica attended UCLA, where she earned an undergraduate degree in Human Biology and Society. She is enrolled in the Nutrition and Exercise Physiology program. Monica is an avid cyclist looking forward to exploring the city by bike. mrm2259@tc.columbia.edu

Evelyn Ochman: Originally from Chappaqua, NY, Evy attended Tufts University, where she earned an undergraduate degree in Psychology and NYU Law School & GW Law School where she earned her JD. She is enrolled in the Nutrition and Exercise Physiology program. Evy studied at the Natural Gourmet Institute Culinary School, is an entrepreneur as she created an organic frozen dessert, is certified in Positive Psychology & Coaching and founded a council for Kindness and AOK Day in Chappaqua. She's looking forward to being a positive emotional, social and physiological agent for change! elo2118@tc.columbia.edu

Alexandra Orlan: Originally from Princeton, NJ, Lexi attended University of Delaware, where she earned an undergraduate degree in Dietetics. She is enrolled in the Nutrition and Education program. Lexi likes to practice yoga and is a RDN. amo2164@tc.columbia.edu

Sridevi Padmanabhan: Originally from Chennai, India, Sridevi attended Bangalore University, where she earned an undergraduate degree in Electronics & Communication Engineering and University of South Carolina for her master's degree in Computer Engineering. She is enrolled in the Nutrition and Public Health program. Sridevi is a vegetarian (all her life) and her family is too. She used to be an amateur bellydance performer. sp3657@tc.columbia.edu

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New Student Notes (cont.)

Allison Pamper: Originally from Rochester, NY, Allison attended SUNY Binghamton, where she earned an undergraduate degree in Integrative Neuroscience, Health and Wellness Studies. She is enrolled in the Nutrition and Exercise Physiology program. Allison works at the New York Nutrition Group. She also enjoys doing yoga, weight training and running half marathons! ap3742@tc.columbia.edu

Woheema Parasram: Originally from Jersey City, NJ, Woheema attended Saint Peters University where she earned an undergraduate degree in Biology. She is enrolled in the Community Nutrition Education program. Woheema works as a Nutrition Educator for Harlem Children's Zone. wp2220@tc.columbia.edu

Laura Raaen: Originally from Anne Arbor, MI, Laura attended University of Rochester where she earned an undergraduate degree in Health and Society. She is enrolled in the Nutrition and Public Health doctoral program. Laura is an amateur gardener. lbr2132@tc.columbia.edu

Samara Roman-Holba: Originally from Los Angeles, CA, Samara attended Vassar College where she earned an undergraduate degree in Biochemistry. She is enrolled in the Community Nutrition Education program. Samara's first language was French and she's a marathon runner. slr2194@tc.columbia.edu

Hao Tang: Originally from China, Hao attended East China University of Science and Technology, where she earned an undergraduate degree in Food Safety and Quality. She is a national athlete for the Chinese kung fu team and won 2 gold medals in Tai Chi competitions this summer vacation. She is a super foodie and good at cooking Chinese cuisines. In the future, she'd like to run her own bar or restaurant. ht2489@tc.columbia.edu

Rebecca Valdez: Originally from New York, NY, Rebecca attended Boston University, where she earned an undergraduate degree in Communication/Public Relations. She is enrolled in the Nutrition and Education program. Rebecca has lived in four different states, CA, GA, MA and NY! rhv2109@tc.columbia.edu

Maoyue Wang: Originally from Beijing, China, Maoyue attended Case Western Reserve University, where she earned an undergraduate degree in Human Nutrition. She is enrolled in the Nutrition and Education program. Maoyue wants to do the DI and get her RD license to eventually work in food service management. mw3271@tc.columbia.edu

Shuhan Wen: Originally from Zhengzhou, China, Shuhan attended University of Illinois at Urbana-Champaign where she earned an undergraduate degree in Food Science and Human Nutrition. She is enrolled in the Nutrition and Exercise Physiology program. Shuhan is interested in food photography and food blogging. sw3299@tc.columbia.edu

Alexia Wiegandt: Originally from Mexico City, Mexico, Alexia attended Universidad Iberoamericana, where she earned an undergraduate degree in Nutrition and Food Science. She is enrolled in the Nutrition and Exercise Physiology program. Alexia is new to NYC and a long distance triathlete. She would love to make nutrition and physical activity knowledge available to broader sectors of the Mexican population. aw3132@tc.columbia.edu

Luyue Zheng: Originally from China, Luyue attended university in Shanghai, where she earned an undergraduate degree in Food Quality and Safety. She is enrolled in the Nutrition and Education program. Luyue loves nutrition and dreams of being an RD. She attend summer school at UCB for 6 weeks and worked as an intern at the Dupont Food and Health Department for 2 semesters. lz2618@tc.columbia.edu

Society for Nutrition Education and Behavior 2018 Conference

By Lucille Tang

This summer, I attended my first Society for Nutrition Education and Behavior (SNEB) Conference. This conference gathered hundreds of individuals who were invested in nutrition, nutrition education and behavior change, and welcomed diversity in experience, life stage and thought. At first, I felt small in comparison to those who have invested decades of their lives towards health and behavior change. However, my voice seemed valued and I was welcomed into an organization who envisions “healthy communities, food systems and behaviors.”

By the end of the Pre-Conference Workshop, I was already in awe. *Building Cultural Inclusive Coalitions* highlighted strategies for “recruiting and sustaining cultural diverse team partners.” Dr. Margaret Adamek represented the Minnesota Food Charter, a report that gathered input from over 2,500 Minnesotans through 144 events across the state and produced 99 actionable strategies. Strategies requested by the people, for the people. When representing so many individuals, Dr. Adamek expressed her struggle to produce verbiage that on one hand would include most (if not all) Minnesotans, while on the other hand expressed the harsh inequities in the food system.

Another highlight of this conference was meeting many TC alumni! Every day there were open Research Poster sessions where researchers presented their findings. And every day, there was a section with students or representatives from the Program in Nutrition. It was funny how I travelled all the way to Minnesota to meet people from the NY/NJ area!

Program in Nutrition alumni Matthew Grazioplene won “2018 Best Article” for his article “Cost-effectiveness of a Nutrition Education Curriculum Intervention in Elementary Schools,” published in the *Journal of Nutrition Education and Behavior*. Other co-authors include faculty Dr. Isobel Contento and Pam Koch and alumni Dr. Heewon Lee Gray.



This conference honestly holds a special place in my heart. Not only was this an amazing networking experience (I went home with a stack of 50+ business cards!), I was energized by every person’s passion for food and nutrition. I walked away with one main message: we are not alone in this fight. New York City and TC are not the only places where individuals are adamantly advocating for food system change. Organizations across the United States are leading nutrition education sessions, engaging their communities, and pushing policymakers to develop responsive and inclusive spaces.

Next year, I hope that you can all join SNEB in Orlando, Florida for the 52nd annual conference from July 27-30. The conference’s central topic will be “Nutrition Education: Rooted in Food.” For the 2017 conference, I volunteered 6 hours to receive FREE admission to the three-day conference. Additionally, scholarships such as the SNEB Foundation Scholarship are available to defer the cost of travel and attendance.

If you have any questions, please feel free to email me at lt2659@tc.columbia.edu! I am now actively involved with the Student Division of SNEB and would love to learn how SNEB and the Student Division can better serve you.

ON THE INTERNSHIP FRONT WITH KELLI BAKER

Whether you are just beginning your TC DI experience or are thinking about applying to the TC DI next year, it may be helpful to hear from a current intern just finishing the program. This semester we interviewed TC dietetic intern Kelli Baker who was thrilled to share her experiences in the program over the past year. Kelli is an NEP student who began the DI last September.

What made you choose TC for your DI?

I chose TC because I knew I would get exposure to a variety of experiences and opportunities. I appreciate TC's ability to individualize the rotations to each intern's interests and wanted a program that provided me with an array of tools to utilize in my professional life. I particularly liked that we were able to choose our elective rotation, allowing me to pick a site that aligned with my future aspirations. Additionally I felt that TC's DI gives the interns amazing networking opportunities as many of the rotations are in sites throughout the city with working dietitians. The field of dietetics is small and for those planning on working in NYC the networking aspect is invaluable.

What rotations were you assigned over the past year?

My community rotations consisted of Columbia Athletics, WIC/Women's Health at Harlem Hospital and SuperKids Nutrition. My clinical sites were at The New Jewish Home (long-term care) and Harlem Hospital (inpatient). For food service I was placed at Restaurant Associates at Alliance Bernstein. Lastly, for my elective rotation I decided to spend the remainder of my time with WIC at Harlem Hospital.

What was your favorite rotation?

It is difficult to pick one specific rotation because I had great experiences at all the sites and learned so much over the past year. With that being said I am definitely more inclined towards the community sites because they tend to align more with my interests. I enjoyed Columbia Athletics because I was able to practice sports nutrition and utilize the information learned in my exercise physiology

courses. Additionally, I loved being at Harlem WIC and Women's Health. At this site I spent 3 weeks at the WIC office and 2 weeks with the outpatient dietitian in the OBGYN Women's Health Clinic. This site was right up my alley since prenatal nutrition is one of my passions and being around all the kids at WIC was really fun.

What is a day like at one of your rotations?

It is definitely variable from site to site. The first week is spent being oriented to the site and the staff and learning your intern responsibilities. At my inpatient rotation at Harlem Hospital, my day was spent meeting with patients, performing nutrition

assessments, giving nutrition education to patients and documenting what I did with those patients in the EMR. On the other hand, a day at WIC looked very different. At WIC I might spend several hours working on handouts, researching a topic to present to the staff, taking heights and weights of kids or shadowing the dietitian performing nutrition education sessions.

What are your future interests?

My main interest is in prenatal nutrition. In the future I would like to primarily work with pregnant women perhaps in a private practice setting. However, I also enjoy sports nutrition and am passionate about nutrition ecology. I am open to new opportunities as they present themselves.

What advice can you give current and future interns?

My advice is to always be professional and remain flexible. The internship is meant to give you various learning opportunities and you need to adapt to different environments in a short amount of time. If you remain positive with an optimistic outlook throughout the program each new site will not seem as stressful and the time really will fly by!



This soup is super quick and easy to make! It has a nice balance of savory, sweet and sour. I like to make it when I want something hearty and comforting. It's a great cure for when I'm homesick.
- Chenyuan Wang

Tomato Egg Drop Soup

Ingredients

1 egg
1 tsp olive oil
1 tbsp scallion, chopped
1 tsp soy sauce
1/2 tsp sugar
1 tomato, cut into wedges
1 1/2 cups water
sesame oil
1 tbsp cilantro, chopped
white vinegar to taste

Directions

1. Beat the egg in a small bowl.
2. Over medium heat, use a pot to heat olive oil.
3. Add the scallions. Wait 3-5 seconds and stir a bit to let the aroma of the scallions to come out.
4. Add in soy sauce and sugar to caramelize a little and then add in the tomato wedges.
5. Mash and stir the tomatoes with a spatula to soften them and let the tomato juice out.
6. After the tomatoes turn soft and is a chunky texture, add water.
7. Once that comes to a boil, stir the pot and pour in the egg in a very thin stream. This will help you get a perfect egg drop.
8. Drizzle some sesame oil.
9. Add some cilantro leaves or chopped scallion to garnish.
10. White vinegar can be added to bring a tangy flavor to dish.



One Bowl Pumpkin Apple Autumn Loaf

Ingredients

1 banana
1 heaping cup of 100% pure pumpkin
1/4 cup maple syrup
1 egg
1 tsp vanilla
3 tbsp olive oil
1 tsp pumpkin pie spice
1/2 tsp cinnamon, plus more to sprinkle
2 pinches of sea salt
3 1/2 tbsp olive oil
1/2 cup almond milk
1 1/4 cup rolled oats
1 1/4 cup almond flour
1 1/4 cup gluten free flour*
1 red apple
**Can also use unbleached flour or whole wheat pastry flour.*

1. Preheat oven to 350 degrees.
2. Grease a 9" x 5" bread tin with olive oil.
3. Set aside 14-16 thin slices of apple.
4. In a large bowl, mash one banana with a fork and add the pumpkin.
5. Add each ingredient in order until you get to the flour. Before adding the flour, whisk ingredients thoroughly. Add the flours and oats one at a time, mixing lightly between additions.
6. Add the diced apple and make sure all ingredients are incorporated.
7. Pour batter into loaf tin, arrange the thin apple slices atop the loaf and sprinkle with cinnamon.
8. Bake for 1 hour 10 mins – 1 hr 15 mins.
9. Cool on a cooling rack...enjoy!

It's less firm than your average loaf, but this only adds to the deliciousness. Better yet, I love this recipe because it requires only one bowl!
- Caroline Markowitz

