Foundation Fellows and Fellowship Projects
July 2019 Update
Investing in the Profession: *Current Fellows*

**Applied Global Nutrition Research Fellow**
Stephen Alajajian, RDN, CLC  
Funded by the Academy Foundation Nutrition Education for the Public Fund

**Healthy and Sustainable Food Systems Fellow**
Marie Spiker, PhD, MSPH, RDN  
Funded by National Dairy Council

**Duke Center for International Development Malnutrition Fellow**
Alice Figueroa, MPH, RDN  
Funded by the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management

**Food Security Solutions Fellow**
Debra Petitpain, MS, RDN, LDN  
Funded by the General Mills Foundation

**CDR Adult Malnutrition Clinical Characteristics Study Fellow**
Lindsay Woodcock, MS, RD, LDN  
Funded by the Commission on Dietetics Registration

**PNPG Pediatric Malnutrition Clinical Characteristics Study Fellow**
Courtney Bliss, MS, RDN, CNSC  
Funded by the Pediatric Nutrition Practice Group

**PNPG Pediatric Malnutrition Clinical Characteristics Study Fellow**
Julie Long, MS, MPH, RDN  
Funded by the Pediatric Nutrition Practice Group

**Nutrition in Food Retail Program Development Fellow**
Allison Yoder, MA, RDN, LD  
Funded by Walmart
Pilot Study: Home Gardens for Children with Chronic Malnutrition in Rural Guatemala

- **Fellow**: Stephen Alajajian, RDN
- **Partner**: Maya Health Alliance/Wuqu’ Káwoq in Tecpán, Guatemala
- **Project**: Overseeing the implementation research and quality improvement aspects of a garden research project

**Fellow Activities**

- Develop implementation research framework
- Monitor data quality and fidelity of program delivery
- Provide technical support to study staff
- Take the lead on the collection and analysis of implementation-related data
- Support the collection and analysis of outcomes-related data
- Take the lead on dissemination activities including:
  - Manuscripts for peer-reviewed publications
  - Newsletter articles
  - Webinars

**Study**

- **Inclusion Criteria**:
  - Aged 6 months to 2 years
  - Length/age Z score <= -2.5
- **Exclusion Criteria**:
  - Acute malnutrition
  - Past participation in Wuqu’ Káwoq nutrition program
- **Study progress**:
  - 66 enrolled in the study as of June 2019
  - 38 in the standard-of-care group
  - 28 in the experimental group
  - 13 home gardens built
  - 10 more to be built next month

<table>
<thead>
<tr>
<th>Standard-of-Care (n=70)</th>
<th>Experimental (n=70)</th>
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</thead>
<tbody>
<tr>
<td>Standard-of-care nutrition intervention</td>
<td>Standard-of-care nutrition intervention + Home gardening intervention</td>
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<tr>
<td>- Nutrition classes and home visits</td>
<td>- Seeds and seedlings</td>
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<tr>
<td>- Growth monitoring</td>
<td>- Materials</td>
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<tr>
<td>- Micronutrient sprinkles</td>
<td>- Agriculture classes and home visits</td>
</tr>
<tr>
<td>- Deworming medication</td>
<td>- Food insecurity (Food Insecurity Experience Scale)</td>
</tr>
<tr>
<td>- Supplemental foods</td>
<td>- Species count</td>
</tr>
</tbody>
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**Health, Nutrition, Agricultural and Implementation Indicators**

- **WHO Infant and Young Child Feeding Indicators**
  - Minimum Dietary Diversity
  - Minimum Meal Frequency
  - Minimum Acceptable Diet
- **FAO Minimum Dietary Diversity in Women (MDD-W)**
- **Food Insecurity (Food Insecurity Experience Scale)**
- **Child Anthropometrics**
  - Length/age Z-score
  - Weight/age Z-score
  - Weight/length Z-score
- **Species count**
- **Nutritional functional diversity**
- **RE-AIM framework for implementation factors**
Malnutrition Clinical Characteristics (MCC) Fellowships

**CDR Adult Fellow:** Lindsay Woodcock, MS, RD, LDN  
**PNPG Pediatric Fellows:** Courtney Bliss, MS, RDN, CNSC & Julie Long, MS, MPH, RDN

Currently, there is no ‘gold standard’ for diagnosing malnutrition, which leads to under- and misdiagnosis. A standard method will contribute to more accurate estimates of prevalence, guide malnutrition treatment, and improve patient outcomes and reimbursement levels.

**Fellowship Goals:**
- To collaborate in all aspects with the study team for the MCC Study
- To provide capacity building and develop research skills of fellows

**Study Aims:**
- To validate the adult and pediatric MCC against a set of patient medical outcomes
- To quantify inpatient RDN staffing levels associated with improved outcomes in all patients, and in patients diagnosed with malnutrition using the MCC criteria

**120 U.S. inpatient acute care facilities (pediatric & adult):**
- As of July 2019, enrolled 112 out of 120 facilities
- Data collection to commence Summer 2019

**Fellow Achievements:**
- Featured in FNCE 2018 Opening Ceremony
- Won ‘Best Research Methods’ abstract at 2019 Pennsylvania Academy Annual Meeting
- Oral Presentations:  
  - Arizona AND Annual Meeting, 2019
  - NAPCRAG Practice Based Research Network Conference, 2019
A Food Systems Approach to Addressing Chronic Malnutrition in Central America

- **Fellow:** Alice Figueroa, MPH, RDN
- **Project Deliverables:**
  - Comprehensive mapping of malnutrition services and projects in Guatemala.
  - Scoping Literature Review of malnutrition services in the region.
- **Objectives:** In global settings...
  - Demonstrate how to use the systems approach to address malnutrition
  - Identify how nutrition research is conducted
  - Describe the importance of culturally sensitive nutrition interventions

### Comprehensive Mapping of Nutrition Services in Guatemala
- Partnered with local organizations and the Guatemalan government
- Designed a web-based survey to map and assess programs.
- Created a social media campaign and public service announcement campaign to educate the public and non-profits about the mapping.
- Used a web-based mapping tool to create interactive maps.
- Conducted key stakeholder interviews to validate results.
- Organized roundtable discussions and a conference (November 2018) to present mapping results and to discuss alignment of malnutrition efforts in Guatemala City.

### Scoping Review
- **Research Question:**
  - What research is available about interventions that address chronic malnutrition and stunting in children in Guatemala that can be used to effectively inform policies and interventions for improved nutritional outcomes in Guatemalan children?
- **Preliminary Findings:**
  - There is limited peer-reviewed research focusing on stunting and malnutrition in Guatemala.
  - Findings support the need for research, assessment, and evaluation projects in the region to better understand the food system in Guatemala and reduce the doubling of efforts and gaps in services.
Fellow: Debbie Petitpain, MS, RDN, LDN

**Project Background (since 2016)**
- The FSS Prioritization Process Toolkit, which includes a “guide” and a series of worksheets plus supporting material, was created to assist communities through a decision-making process for selecting food security interventions that meet community needs.
  - The process was pilot-tested in communities in the U.S. and abroad
  - The toolkit was launched in June 2019 and is available at [www.eatrightfoundation.org/fsstoolkit](http://www.eatrightfoundation.org/fsstoolkit)
- ANDHII was enhanced with a mobile device application to collect and monitor nutrition impact data (currently in the pilot phase).

**Fellow Responsibilities**
- Development and execution of a robust communications and engagement plan to share the toolkit and ANDHII survey app in the public health community and raise awareness
- Engaging two to four national partners, including in-person training, ongoing support, and case studies to document experiences
- Following up with pilot sites
- Development and pilot testing of a sustainable technical assistance model for the FSS guide and tools

**Progress and Upcoming Priorities**
- Poster presentation at The Root Cause Coalition annual summit (October 2019)
- Webinar presentations to the Alliance to End Hunger, Humana’s “Bold Goal” segment market leaders, and Sodexo’s Wellness Community of Practice (Fall 2019)
- Provided an introduction to incoming DPG chairs, connected directly with select incoming DPG leaders, and will have a presence at FNCE 2019 in Philadelphia
- Clancy Harris, RD, is the keynote speaker at the AADE conference (4,000 in attendance, August 9-12, 2019) and will promote the toolkit in her session.
- There is an extensive network of preliminary contacts to engage with as well!
Healthy and Sustainable Food Systems Fellowship

Sustainable food systems roundtable and framework for action

- November 2018 roundtable with 24 experts
- Five “entry points” for the profession, with recommendations to scale up impact through education, research, practice and policy

Sustainable, Resilient, and Healthy Food and Water Systems curriculum

- Activity-based learning, 12 activities
- Working closely with four Champion Sites
- 350+ downloads from Foundation website
- Accompanying materials for students and practitioners: interactive expert webinars, new self-study “Primer on sustainable food systems for nutrition and dietetics professionals”

Marie Spiker, PhD, MSPH, RDN, Fellow; Amanda Hege, MPH, RDN, Project Manager
The Foundation received a grant from Walmart for a new project: “Leveraging RDNs in the Food Retail Environment to Improve Public Health”

**Project Goal:** Increase access to RDNs and nutrition resources, which in turn can improve nutrition and health outcomes for the general public.

**Grant Focus:** Develop a concept and agree on scope for how to leverage RDNs in the food retail environment to pilot and scale a “food is medicine” approach
- Focuses on RDNs providing personalized food “prescriptions” for individuals based on medical/social history and personal preferences

**Fellow Responsibilities:**
- A thorough review and analysis of the food retail environment and existing research
- Creation of an advisory group of experts
- Key question development
- The development of a model or multiple models that are financially feasible as well as scalable and meet the needs of consumers and food retailers

**Deliverables:**
- 20-person expert Advisory Group
- Two Advisory Group roundtables (one in person, one virtually)
- Key questions
- Pilot program model(s) and protocol(s)
- Publications
  - Scoping Review
  - Qualitative article including survey results, environmental scan, stakeholder interviews, and first roundtable proceedings
  - Pilot program model(s) and protocol(s) with second roundtable proceedings