

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

Applied Global Nutrition Research Fellowship

Pilot Study: Home Gardens for Children with Chronic Malnutrition in Rural Guatemala

- **Fellow:** Stephen Alajajian, RDN
- **Partner:** Maya Health Alliance/Wuqu' Kawoq 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' Kawoq 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

Standard-of-Care (n=70)

- Standard-of-care nutrition intervention
- Nutrition classes and home visits
 - Growth monitoring
 - Micronutrient sprinkles
 - Deworming medication
 - Supplemental foods

Experimental (n=70)

- Standard-of-care nutrition intervention + Home gardening intervention
- Seeds and seedlings
 - Materials
 - Agriculture classes and home visits



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:

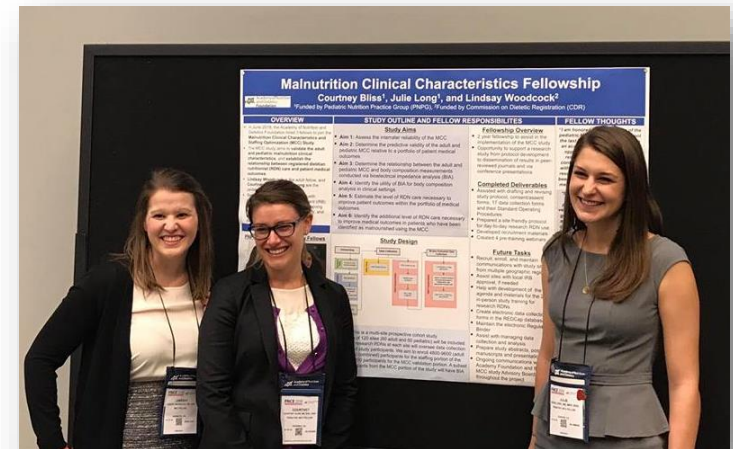
- To validate the adult and pediatric MCC against a set of patient medical outcomes
- To quantify inpatient RDN staffing levels associated with improved outcomes in all patients, and in patients diagnosed with malnutrition using the MCC criteria

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.

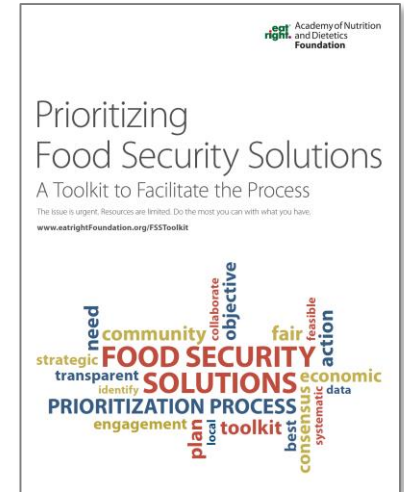
Scoping Review

- **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 of 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
- ANDHII was enhanced with a mobile device application to collect and monitor nutrition impact data (currently in the pilot phase).



Fellow Responsibilities

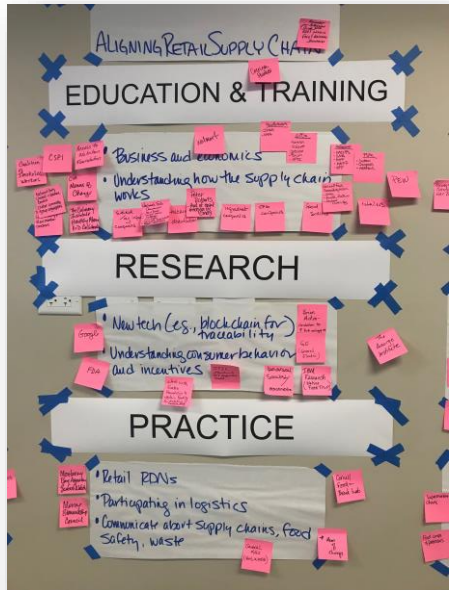
- Development and execution of a robust communications and engagement plan to share the toolkit and ANDHII survey app in the public health community and raise awareness
- Engaging two to four national partners, including in-person training, ongoing support, and case studies to document experiences
- 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!

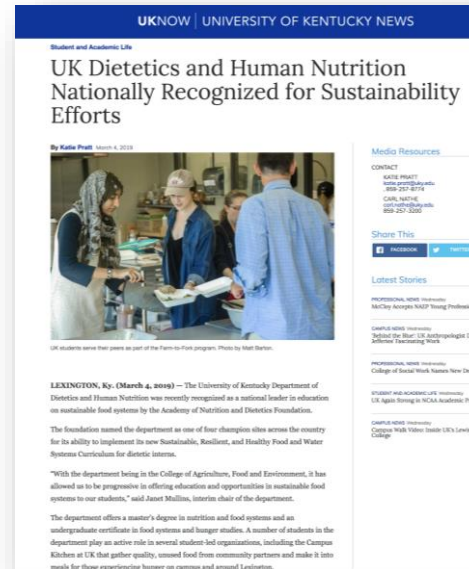
Healthy and Sustainable Food Systems Fellowship

Sustainable food systems roundtable and framework for action



- November 2018 roundtable with 24 experts
- Proceedings paper in preparation: "Cultivating Sustainable Food and Water Systems: A Nutrition-Focused Framework for Action"
- 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"

Nutrition in Food Retail Program Development Fellowship

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



Allison Yoder, MA, RDN, LD
*Nutrition in Food Retail Program
Development Fellow*