Letter from the Chair

It’s been my pleasure to serve as the interim chair this year. It’s been an exciting and busy year so far and 2014 promises to be a year of opportunity and change for the Division of Nutrition. I’d like to share with you some of our news and I hope that you will be in touch this year to let me know how you can assist the Division in achieving great things for our students, the University of Utah and our community.

About this time last year, the faculty and staff changed our mission statement to the following:

The Division of Nutrition’s mission is to improve the health of a diverse society through:
- training the next generation of nutrition and dietetics professionals
- expanding the scope of knowledge in nutrition through research and discovery
- providing food and nutrition education to students in academic programs across campus
- engaging the community in sustainable efforts to provide healthful food and improve the quality of life for the people of Utah and the world

We reexamined our mission as part of the self-study process for accreditation of our Coordinated Master’s Program in Nutrition and Dietetics (CMP). In October, the site visitors representing the Accreditation Council for Education in Nutrition and Dietetics (ACEND) visited our program and I’m happy to say they gave it an enthusiastic thumbs-up. The official accreditation for the next ten years is expected to be granted in February. Many thanks are given to our preceptors, students and community partners for making this a successful process. The CMP is well positioned to grow as the Master’s degree becomes the requirement for entry-level dietitians in the next ten years. The program has been preparing Master’s trained entry level dietitians since 1989. Let’s just say our previous leaders were ahead of their time!

And finally, we want to extend a heartfelt thanks to Dr. E. Wayne Askew. We thankfully haven’t had to say goodbye yet since Wayne has been in phased retirement. He will be officially retired in June 2014 but will stay with us as an Emeritus Professor. Please take a minute to thank Wayne for all of his contributions to the Division and the University of Utah. His e-mail is wayne.askew@health.utah.edu

In just a few minutes, I will be heading to the classroom to teach our first year students. Let’s just say our students are amazing individuals. Each year, we have applicants who continue to impress us with their academic success, leadership experience and career plans. Currently, we accept 13 CMP students and up to 4 Nutrition Science students per year out of approximately 75 applicants. Our faculty looks forward to increasing our class size in the near future.

As you know, one of the barriers to graduate education is the cost. Setting up a scholarship can be a very rewarding experience for an individual or a group of alumni. If you are interested in contributing, please contact the College of Health’s Development Director, Todd McMaster at todd.mcmaster@hsc.utah.edu. Every bit helps.

Julie Metos, MPH, RD, PhD
Welcome Jonathan Baranowsky!

The Division of Nutrition is excited to welcome Jonathan Baranowsky as the Administrative Officer. Jonathan was able to start with the department midway through the 2013 spring semester. As the Administrative Officer, Jonathan works as both the financial human resources officer. He is crucial to the department for payroll, account reconciliation, purchasing, and hiring. A native of Colorado, Jonathan has lived in Utah for much of his life. After serving a two-year mission in Toronto, Jonathan graduated in sociology from the University of Utah. He has since graduated from Western Governors University with a Masters in Business Administration. He worked for two years at the University’s Human Resource department and for two years in the Biology department in accounting. He has enjoyed his shift from the Biology department to the Nutrition department and states that “In Biology, I was a little fish in a big pond. Now in the Nutrition department, I am a big fish in a little pond.” He especially enjoys having open relationships with all the faculty and students in the nutrition division. Jonathan may have graduated in sociology, but he has gained many experiences as an entrepreneur. He nearly finished a minor in business while at the U, has run two lift kit businesses for four-wheel-drive vehicles, and currently rents out a duplex. Jonathan enjoys biking to the bus stop to get to work, and jeeping. He lives in Bountiful with his wife, Vanessa, and his son, Isaiah (3 years.) By Mary Jefferson

Heather Filipowicz, MS, RD, CD

Heather began her education in Montana and graduated with a degree in Nutrition from Montana State University. She then continued onto the Coordinated Master’s Program at the University of Utah and graduated as a Registered Dietitian in 2005. Heather has continued into a successful career as a dietitian in the Salt Lake Valley. Currently, she is the Clinical Nutrition Manager for Intermountain Healthcare, a job that includes managing the Certified Diabetes Educators for Bariatric Surgery. In addition to this position, she serves as the President for the Utah Academy of Nutrition and Dietetics (UAND). As UAND President, Heather acts as leader to the UAND board and organization, but she also assists in budget and strategic planning.

When Heather was asked what changes she expects to see in the dietetics profession over the next five years, she singled out the transition to a Master’s Degree as a minimum requirement for entry level dietitians. She also emphasized the current shift in the dietetics profession as a result of the Affordable Care Act. Due to the emphasis on preventive health care, Heather believes that, “Dietitians have a big seat at the table in providing [preventative healthcare] services.”

Coconut Oil Confusion

Coconut oil is a plant-based saturated fat and therefore doesn’t contain cholesterol. It contains no carbohydrates or protein and has trace amounts of iron, vitamin E, and vitamin K. Virgin coconut oil has phenolic compounds, which may help fight disease.

Coconut oil also contains lauric acid, a medium chain fatty acid, which can raise both HDL (high density lipoprotein), “good” cholesterol, and LDL (low density lipoprotein), “bad” cholesterol. There is preliminary evidence suggesting coconut oil may be associated with a neutral, if not beneficial, effect on cholesterol. However, currently there is not enough research to support the numerous health claims associated with it.

• "Dietitians have a big seat at the table in providing [preventative healthcare] services.”

By Sydney Reichhardt, BS
Spotlight on New Faculty Member Julie Hansen

The University of Utah through the work of Naomi Silverstone. The goal of Social Soup includes members from many diverse disciplines such as the Office of Sustainability, Department of Communications, College of Social-Work, the Division of Nutrition, and the Department of City and Metropolitan Planning. The Division of Nutrition’s own Jean Zancanella represents and brings insight to the group on the nutritional aspects of food issues.

Julie Hansen. Julie grew up in a small town in Kansas and attended Kansas State University where she received her undergraduate degree in Dietetics. She then furthered her education at Colorado State University where she graduated with a Master of Science in Exercise Physiology degree. Besides teaching the online Weight Management class at the U, Julie is also an adjunct nutrition faculty member at Weber State University where her husband is also an associate professor. She also conducts nutrition and wellness counseling as private practice and is a dietitian at Solstice. Julie has worked previously as a WIC dietitian, an R&O wellness consultant, and a group fitness instructor at Crossroads Fitness.

Allison was born and raised in Madison, Wisconsin, which is also where she completed her bachelor’s in biochemistry at the University of Wisconsin. She loved her science background and worked in alternative energy until she realized her true passion was nutrition. She moved to Utah in 2010 to start the CMP and hasn’t looked back.

About a year ago Allison married her high school sweetheart Jesse, the two have been together since they were 16. They have two lovely cats, named Piper and Clark, and they are expecting a golden retriever puppy in December!

In her spare time, Allison enjoys cooking, reading, (she recommends ‘Where’d You Go Bernadette?’) and running. She has completed the St George Marathon and quite a few half marathons. Allison works at the VA and does mainly weight management counseling and education. Her favorite part of the job is seeing how small changes can have a big impact on people’s lives. Although Allison loves working at the VA her dream job is to work with females of all ages and tackle body image and acceptance issues.

Allison has some sound advice that her mother gave her that is certainly applicable for the current CMP students, ‘You can do anything, but you don’t have to do everything’. By Carmen Ramos

The Real Allison Riederer

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Got Soup?

If the cold weather is getting you down, and you have a passion for issues surrounding food, Social Soup is the perfect activity for you! Social Soup is a lecture series every third Tuesday of the month that features speakers on the topics of social, environmental, and economic issues related to food. The best part: a free bowl of hot, homemade soup from the vegetables grown in the University garden is provided! The program came to the University of Utah through the work of Naomi Silverstone. The goal of Social Soup is to expose students to the wide range of disciplines that involve our food system. Monthly lectures include workshops and speakers on a range of topics. In addition, each year through Sustainable Campus Initiative Fund grants, Social Soup brings a nationally recognized speaker. Last year’s speaker was Eric Holt Gimenez, prolific author, researcher, and lecturer on food movements and justice from the Food First/Institute for Food Development and Policy.

The planning committee behind Social Soup includes members from many diverse disciplines such as the Office of Sustainability, Department of Communications, College of Social-Work, the Division of Nutrition, and the Department of City and Metropolitan Planning. The Division of Nutrition’s own Jean Zancanella represents and brings insight to the group on the nutritional aspects of food issues.

Besides acting as a member of the committee, she also lectures on topics such as ‘how to eat healthy on a college budget’ during Social Soup events. For Jean, the most exciting aspect of Social Soup is the interdisciplinary collaboration of the various groups involved in the project. “What is interesting to me is to see the different disciplines that are interested in food. These disciplines have different ways to intertwine, and there is a lot of emphasis on interdisciplinary research now, so it is an opportunity to discover some of these people and possibly interact.”

Look for posters around campus for upcoming topics, and plan on attending the next Social Soup event the third Tuesday of each month! Free delicious soup and stimulating lecture!
Meet Visiting Scholar Phil Howard

Most people don’t know where their food comes from, but Dr. Phil Howard believes that people should start finding out. Dr. Howard received his PhD in Rural Sociology from University of Missouri, and is now an Associate Professor at Michigan State University in the Department of Community Sustainability. He has come here to University of Utah on sabbatical as a visiting scholar to work on his book. The book looks at the food industry and how in very recent years the number of independent food and beverage companies has dramatically decreased because of buyouts by large multinational corporations. Dr. Howard calls this process “food consolidation” and shows how it has created an “illusion of diversity” in today’s food market. There are four key areas of food consolidation that Phil looks at: ownership, production, ingredients, and breeds and seeds. Dr. Howard has a plethora of examples for each category, and what they show is a reduction in the number of independent companies in the marketplace, fewer and much larger production sites, more foods with the big four ingredients (corn, wheat, dairy, soy), and a substantial reduction of the genetic diversity of our plant and animal foods. A portion of his Dr. Howard’s work, which includes visuals that have been reprinted in several prominent publications, including the New York Times, can be found on his website www.msu.edu/~howardp.

By John Azevedo

Alumni Report-Barbara Sherwood

Originally from Tulsa, OK, Barbara relocated to Salt Lake City during her career as a flight attendant. After 17 years in the airline industry, Barbara decided to pursue an education in her personal interest of nutrition. Having competed in various sporting events including the Olympic Qualifiers for swimming, mountain bike racing (she even won the Intermountain Cup in 2000), triathlons and more, Barbara understood the value of nutrition in sport. So Barbara graduated from Utah’s CMP in Sports Nutrition (I did not do the sports track) and soon after, began working as a Clinical Dietitian for Promise Hospital. After 3 years with Promise, Barbara accepted her current job as a Therapeutic Nutrition Field Sales Representative with Abbott Labs. In this job, she calls on acute care hospitals in Utah and Wyoming representing Abbott’s adult therapeutic nutrition products. Her responsibilities include providing continuing education opportunities for dietitians, physicians, and nurses. Barbara likes that her job requires her to stay current with nutrition research and position papers. Barbara is a self-proclaimed ‘people-person’, and enjoys her work with Abbott as it allows her to interact with many people. When asked to offer advice for current students, Barbara recommends that students be open to different opportunities, and to consider a clinical position as it increases personal marketability in the field of nutrition. She also suggests being proactive in hospitals, which can include taking initiative on projects and finding a way to be involved in administrative meetings in order to elevate our field and the role of dietitians in healthcare.

By Rebecca Rick

Nutrition Informatics: FAS for Jennifer North

The term nutrition informatics is defined by the AND as “the effective retrieval, organization, storage, and optimum use of information, data, and knowledge for food and nutrition-related problem solving and decision-making”. One of our CMP second year students, Jennifer North, has taken this topic and created a Focused Area of Study project to help educate others on the topic. “Nutrition informatics is important because part of our job as future dietitians is to provide accurate and reliable science-based recommendations and information,” says Jennifer. With the expanding world of healthcare, nutrition informatics has become an integral part of the nutrition care process and model. It can be seen in applications we may not realize depend on it, such as standardized nutrition terminology (IDNT) and clinical practice. Not only does this field help create a better system for patient care, but it also aides in the development of expert nutritionists and dietitians. Jennifer has chosen to develop a lesson plan that teaches other students informatics skills, with the expectation that they will apply these skills in their professional lives. Jennifer says, “no matter what area of practice you are interested in, technology is becoming increasingly integrated and important to the field of nutrition, and informatics and technology go hand-in-hand.”

By Tim Pierson
Catching up with an Alumna: Rose Jepson-Sullivan

Since graduating from the CMP, Rose has been busy helping foster nutrition education programs in both Utah and Oregon. Right after graduating she landed a job with Salt Lake City’s VA Health Care System as the “MOVE! Weight Management Program” Coordinator. The program is part of a national weight management program that focuses on helping veterans lose weight, maintain their weight, and improve their overall health. To Rose, having the opportunity to empower individuals to find success with lifestyle changes, while facing unique challenges, was one of the most rewarding aspects of her time spent with the program.

This past September, Rose moved to Oregon and now serves as a managing faculty member for Oregon State University Extension Service, where she is working to rebuild the nutrition education program for limited-resource families in the community. As part of the rebuild, she and her coworkers will be using survey tools to figure out where the healthy eating and physical activity knowledge gaps are in the community, and then implementing their new program to help fill those gaps. For Rose this offers another opportunity to heed the advice she received from Julie Metos during her time in the CMP, “Your experience is what you make of it.” This advice has been a mantra Rose remembers when entering a new situation; “Thinking of this helps me keep an open mind, dive in, and take in all that the opportunity has to offer.”

So what advice does this driven, former CMP student have for the current students? “I would encourage current CMP students to find ways to get involved in a meaningful way outside the classroom with other nutrition professionals from around the state. Do something that you’re excited about so that it doesn’t feel like work - you have enough of that at school!”

By Sigornie Pfefferle

“Your experience is what you make of it.”
Our new faculty member, Kelli Boi, was a graduate of our own CMP program, class of 2011. When she is not teaching Nutrition 1020 at the U she enjoys hiking in Moab with her husband and three children. Kelli likes to crochet in her spare time and has recently taken up CrossFit. She is a preceptor for RD students and also works as a Registered Dietitian Nutritionist (RDN) at South Davis Community Hospital (SDCH). Here is what Kelli had to say about SDCH:

“We are a specialty hospital providing many services: long-term acute care for adults and pediatric patients, extended care pediatrics, skilled nursing, orthopedic rehab, long-term care, home health/hospice, and assisted living. Our patient population often requires a great deal of medical nutrition therapy and I stay very busy at my job. I see a wide range of nutrition-related conditions and I am constantly learning more as I assess and treat these patients. We have the highest proportion of enterally-fed patients in the entire state. I love being a critical part of the interdisciplinary team and using my expertise in nutrition to improve patients’ lives and recovery.”

Kelli has found the best balance in working as a clinical dietitian and teaching part time. She feels the experiences complement and enrich each other perfectly. She uses her teaching experiences with her patients and her patient experiences as examples of real-world nutrition for her students. Kelli said she is “super thrilled to be teaching for the U”!

Story By Ruth Tanner

Tweet All About It

Don’t let the 140 character limit fool you, the University of Utah’s Division of Nutrition twitter account tackles some big news stories. From nutrigenomics to brain circuitry in overeating to steak dinners that cost less than $1/plate, nutrition department assistant professor and tweet-extraordinaire Rachel Jones bridges the gaps between real science and real food. When asked about the account’s initiation and purpose, Jones emphasized the importance of using social media “to help other organizations and individuals become better educated about how fascinating and necessary the study of nutrition is.” Boasting followers from media outlets, the business community, academic institutions, other UofU departments, current students and nutrition enthusiasts, it’s safe to say Jones has risen to the challenge of spreading the good food word. And with frequent showcases of division-led studies and nutritious recipes featured in class demos, Jones highlights the University of Utah’s nutrition expertise while making community- and nation-wide connections.

#Impressive.

Follow @UofUNutrition on Twitter to see what all of the chirp is about.
-Megan Chacosky
When it’s cold outside, nothing warms you up like a bowl of **Butternut Squash Soup**. It is hearty and healthy!

**Ingredients:**
- 2 Tbsp butter
- 1 medium carrot, chopped
- 1 celery stalk, chopped
- 1 medium onion, chopped
- 1 medium butternut squash, peeled, seeded and chopped
- 32 oz. Low-sodium chicken stock
- Salt and pepper to taste

**Directions:**

In a large pot, melt the butter. Add onion, carrot, celery, potato, and butternut squash. Cook for 5 minutes or until lightly browned. Add enough chicken stock to cover the vegetables. Bring to a boil. Reduce heat to low, cover, and allow to simmer for 40 minutes or until the vegetables are soft. Transfer the vegetables and part of the broth to a blender. Blend until smooth. Add broth to desired consistency. Salt and pepper to taste.

And enjoy!

By Susie Peterson

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**The Hunt for a New Division Chair**

Over the past few months the Division of Nutrition has been on the hunt for a new chairperson. Dr. Metos, Dr. Jalili, Dr. McClain, and other members of the selection committee have been working to select and interview candidates.

To be selected candidates should: have a PhD in a nutrition-related field, have a well-funded research agenda that is nutrition-related, be an RD or familiar with and supportive of dietetics programs, be good with students, and mesh with the faculty and the Division’s goals.

Each candidate will go through at least twelve interviews with a variety of leaders on campus, present their scientific research, and present their vision to faculty and students.

The candidates research will be scrutinized, and the number of articles published in key journals, as well as any current funding will be weighed heavily. We wish the search committee much luck as they evaluate the candidates for this most important position.