



# Oregon Nutrition Day

## Diverse Nutrition for Diverse Communities

June 17, 2021

### Schedule of Events

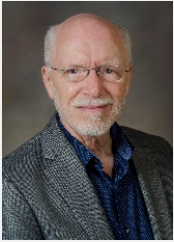
9 a.m.	Welcome	<b>Kent Thornburg, Ph.D.</b> , OHSU Moore Institute for Nutrition & Wellness, Portland, OR
9:05 a.m.	Moderator	<b>Diane Stadler, Ph.D., RD, LD</b> , OHSU Graduate Programs in Human Nutrition, Portland, OR
9:15 a.m.	<i>Black Food Sovereignty Coalition &amp; Grandma's Hands Program</i>	<b>Charles Smith, M.S.W.</b> , Black Food Sovereignty Coalition, Portland, OR <b>Vanessa Chambers</b> , Grandma's Hands Program, Portland, OR
9:35 a.m.	Q & A	
9:45 a.m.	<i>Latin American Family Health</i>	<b>Valeria Mallett, RD, LD, CDCES</b> , Valeria Mallett Nutrition, Portland, OR
10:05 a.m.	Q & A	
<b>10:15 a.m. Break</b>		
10:30 a.m.	<b>Keynote:</b> <i>Preventing chronic disease in diverse communities: Looking back, looking forward</i>	<b>Joel Gittelsohn, Ph.D.</b> , Johns Hopkins Bloomberg School of Public Health, Baltimore, MD
11:00 a.m.	Q & A	
11:10 a.m.	<i>"Yes, Our Students are Hungry" Promoting food security through a culturally affirming and welcoming student food resource center</i>	<b>Diane Stadler, Ph.D., RD, LD</b> , OHSU Graduate Programs in Human Nutrition, Portland, OR
11:30 a.m.	Q & A	
11:40 a.m.	<i>Northwest Tribal Food Sovereignty</i>	<b>Nora Frank-Buckner, M.P.H.</b> , Northwest Portland Area Indian Health Board, Portland, OR
Noon	Q & A	
12:10 p.m.	<i>Closing Remarks</i>	<b>Kent Thornburg, Ph.D.</b> , OHSU Moore Institute for Nutrition & Wellness, Portland, OR

## Welcome!

The OHSU Bob and Charlee Moore Institute for Nutrition & Wellness is happy to welcome you to the sixth annual Oregon Nutrition Day. This year we will be discussing why diversity in nutrition matters by highlighting local food sovereignty initiatives that support nutrition through growing, cooking and sharing traditional foods. Community-based food programs can help prevent chronic diseases, including diabetes and obesity, in communities facing health disparities and food access limitations.



### WELCOME



**Kent Thornburg, Ph.D., M. Lowell Edwards** Chair, Professor of Medicine and Director, Center for Developmental Health, Knight Cardiovascular Institute. Director, Bob and Charlee Moore Institute for Nutrition & Wellness, OHSU.

### MODERATOR



**Diane Stadler, Ph.D., RD, LD**, Professor of Medicine and Director of Graduate Programs in Human Nutrition, OHSU School of Medicine. Director, Curriculum Development: OHSU-Lao Nutrition Education & Research Partnership. Associate Director, OHSU Moore Institute.



**Charles Smith, M.S.W.**, is the father of three children ages 30, 29 and 19. Family time is spent working in his yard, supporting his children, cooking, working in his faith community and teaching Soo Bahk Do (Korean karate) and Therapeutic Martial Arts in Portland, OR and Camas, WA. Mr. Smith is the owner/chief instructor of Portland Soo Bahk Do, and the owner/principal consultant at Charles Smith and Associates LLC- providing consultation, training, program development and counseling services. His current projects include serving as a Parent Partner at the Oregon Family-to-Family Health Information Center, serving families of children with special health needs; working with the Sickle Cell Anemia Foundation of Oregon to conduct a needs assessment of parents of Black children with special health needs; serving as co-director for the Black Food Sovereignty Coalition in Portland, OR - focused on food production, land access and economic prosperity for members of the Black community; working with the Rockwood CDC coordinating Grandma's Hands - engaging Black families and community in sharing cultural food traditions; and serving as the grants and outreach manager for the Know Agenda Foundation in Portland, OR - focused on individual, family and community health.



### **Vanessa Chambers, Community Health Worker, Rockwood Community Development Corporation**

Vanessa is currently a Community Health Worker serving African American families. She operates a community program specifically for grandmothers called Grandma's Hands. Vanessa greatly enjoys assisting families in having a healthy life. Mostly, "I like to see people enjoy a healthy lifestyle, which includes experiencing and eating special healthy foods." Her favorite pastime is playing tennis.



**Valeria Mallett, RD, LD, CDCES** (she/her) is a Registered Dietitian and Certified Diabetes Care and Education Specialist with a Bachelor's degree in Health Sciences from Rutgers University. Born and raised in Brazil, Valeria knew her passion for food and nutrition at an early age. She enjoys supporting individuals in establishing healthy changes and reducing the risk of disease. Valeria was appointed the leader of the Association of Diabetes & Education Specialist Oregon chapter where she is active on various committees. As a former trainer of the American Diabetes Association's "What Can I Eat?" program, Valeria was selected to be a state representative and coordinate a program at a federally funded healthcare organization. Valeria continues to offer care to under-served populations and serves as an advocate for prevention and management of diabetes, in addition to diseases associated with obesity. Valeria serves as a clinical dietetic preceptor to interns across the country and received the Diabetes & Education Specialist of Oregon Award in 2020. As the founder of Valeria Mallett Nutrition, patients are welcome to a judgment-free zone that honors cultural diversity. Her group practice offers nutrition services and workshops for patients, caregivers and loved ones wanting to learn more about diabetes management and healthy eating.



#### KEYNOTE SPEAKER

**Dr. Joel Gittelsohn, Ph.D.**, is a Professor in the Center for Human Nutrition and the Global Obesity Prevention Center, International Health, Johns Hopkins Bloomberg School of Public Health. Dr. Gittelsohn is a public health nutritionist and medical anthropologist, who focuses on developing, implementing and evaluating community-based programs for the primary prevention of chronic disease in disadvantaged ethnic minority populations. With more than 280 publications, Dr. Gittelsohn has led multiple food source-centered intervention trials aimed at improving the food environment and providing education needed to support healthy food choices and reduce obesity and diabetes in Native and Pacific Islander communities, and in the city of Baltimore.



Dr. Gittelsohn developed a multi-institutional program for diabetes prevention in seven First Nations, in schools and food stores. This has been extended to 11 American Indian communities, and includes worksites, social media and policy components. He has conducted a series of intervention trials with corner stores, carryouts, wholesalers, churches and recreation centers in the city of Baltimore. These studies have shown success in increasing knowledge and healthy food purchasing and consumption, reducing obesity, and improving the stocking and sales of healthier foods. Dr. Gittelsohn collaborates with the city of Baltimore to support their efforts to improve the food environment and promote disaster resilience.

**Diane Stadler, Ph.D., RDN, LD**, is a Professor of Medicine at OHSU and the Director of Graduate Programs in Human Nutrition in the OHSU School of Medicine. She is also the Director of Curriculum Development for the OHSU-Lao Nutrition Education & Research Partnership and an Associate Director for the OHSU Bob and Charlee Moore Institute for Nutrition & Wellness. Her areas of research and scholarly interest include maternal, infant and child nutrition, obesity and weight regulation, global nutrition, food security, sustainable food systems, planetary health and health promotion.



**Nora Frank-Buckner, M.P.H.**, is a Nez Perce Tribal Member and a Klamath Tribal Descendant. She began working for the Northwest Portland Area Indian Health Board in January 2015 and is the Food Sovereignty Project Manager. Nora graduated from Oregon State University with a Bachelor of Science degree in Public Health focused in Health Promotion and Health Behavior. In addition, she holds a Masters of Public Health degree focused on Health Management and Policy from Portland State University. Nora is passionate about food sovereignty/systems, health promotion, nutrition education, youth leadership development, youth engagement and multi-sector collaboration for public health prevention activities. She is currently coordinating the efforts of the NW Tribal Food Sovereignty Coalition and is the Chair of the Oregon Community Food Systems Network.



Thank you!

**Bob and Charlee Moore Institute for Nutrition & Wellness**

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