



Nourish

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Issue 1

A newsletter from the Graduate Programs in Human Nutrition

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From the Director

Welcome to the GPHN nourish newsletter. This is our 1st issue, which we hope to distribute three times a year to keep you informed of accomplishments achieved by students and faculty. Close your eyes and remember what summer is like in Oregon—the sweet fragrance of roses as you stroll through the Portland Rose Garden, the cracking of pine needles as you amble along the trails next to a rambling stream, the magnificent silhouettes of Mt. Hood and Mt. St. Helens against crystal blue skies as the sun rises in the East, the flavors of strawberries, blueberries, and raspberries that you just picked. Whether you enjoyed these experiences years ago or just yesterday, we hope these memories remind you of your time at OHSU in the Dietetic Internship, and/or pursuing a Master's degree, the friendships you made, and the support you were given as you stepped into your career in nutrition, dietetics, and food systems.

Today, more than ever, our work in hospitals, public health and community settings, industry, government, and non-governmental organizations in Oregon and beyond is critical and respected. I invite you to read on to learn how our programs are expanding to meet the needs of our learners, our patients and clients, our communities, and our world.



With my best wishes,

Diane L. Stadler

Diane Stadler, PhD, RD, Director
Graduate Programs in Human Nutrition



30-30-30 Initiative to Support Diversity at OHSU

This past year the legislature of the State of Oregon challenged OHSU to implement an ambitious initiative to increase the number of graduates from health professional degree programs by 30% and the diversity of

our student body by 30% by the year 2030.

The goal for the Graduate Programs in Human Nutrition is to award 44 degrees annually and have a student diversity profile of 35%. We were awarded funding to provide scholarships to cover half of the tuition and fees to new students who meet established diversity criteria in support of this initiative. Our goal is to award 5-6 scholarships each year. While this will be a “heavy lift” we look forward to the challenge that aligns with one of the Academy of Nutrition and Dietetics strategic goals.



Food Systems and Society

The GPHN has been home to the Master of Science in Food Systems and Society (FSS) program since 2018. The FSS program is offered 100% online and provides a rigorous

intellectual framework to identify, assess, and address food system inequities experienced by clients and patients of many RDNs, including diet-related disease and limited access to healthy food.

Collaborative online courses address concepts and questions essential to build sustainable and equitable food systems. Guided capstone research provides students opportunity to explore topics of particular interest to them.

FSS graduates work in the policy arena, lead nonprofit organizations, serve as researchers, writers, educators and health care providers, and create innovative food enterprises.

Welcoming our new class of interns and graduate students

In September we welcomed our **93rd class of dietetic interns** to OHSU. These interns and graduate students moved to Portland from all over the country and beyond. 2024 is the first year that graduates of dietetic internships will need to hold a graduate degree to be eligible to take the RD Exam.

Along with completing the dietetic internship, almost all of our incoming interns will be concurrently enrolled in our MS in Human Nutrition. We have offered our MS in Human Nutrition since 2004, so we are confident we can support our students in taking on a robust and ambitious graduate degree; their next step in becoming a leader within the food and nutrition profession.

Here's what one RD is saying about the FSS program:

“This program changed my life. It changed how I see and understand the world. It changed everything I understood about how to do my work as a dietitian – how to incorporate social justice work into my role as a dietitian. Food systems affect everything we do as dietitians.”
Kathleen Hahn, MS, RD

Student Highlight



Marissa Abeyta grew up in Tucson and completed her BS and DPD at the University of Arizona.

The dietetic internship at OHSU drew her attention because of its focus on community nutrition alongside extensive clinical experiences. Matching with OHSU was a dream come true. Marissa is completing the MSHN and has appreciated the supportive faculty, encouraging peers, and many experiences that OHSU has provided. Being part of the Maternal and Child Health training program allowed her to attend conferences and become a Certified Lactation Counselor. She enjoyed leading seminars that allowed her to grow confidence in speaking publicly about complex nutrition-related topics. Marissa plans to start her career as an RD in Portland with a focus on outpatient pediatric and family care, NICU, and/or renal nutrition.

Alumni Highlight



Erin Washbon, RD graduated from the OHSU Dietetic Internship in 2022. She spent a

year working as an acute care dietitian in Monterey and Salinas, California, an agricultural hub of the US also known as the 'Salad Bowl'. Her passion for food systems and nutrition policy led her to Tufts Friedman School of Nutrition Science and Policy where she is currently working as an RD at Tufts Medical Center and enrolled in their MPH and MS in Food and Nutrition Policy graduate programs. She plans to specialize in international programs and national healthcare policy. Erin is excited to use her background as a cook, her training in the OHSU DI program, and her experiences as a dietitian to inform her future aspirations to influence change in nutrition policy and programs.

Faculty Highlight



Dr. Maggie Jerome completed her BS in Nutrition at Auburn University, her MS and Dietetic Internship

at Texas Woman's University, the Neonatal Nutrition Fellowship at the Baylor College of Medicine, and her PhD in Nutrition Science at the University of Alabama-Birmingham. She worked as a NICU dietitian at the University of Kentucky HealthCare System and OHSU before joining the GPHN as an Assistant Professor in 2022. Her research interests include nutrition support in the NICU and nutrition recommendations for preterm infants post-discharge and their effects on body composition and long-term health. She teaches nutrition physiology and is developing a NICU Nutrition Advanced Training Program for students and dietitians interested in specializing in neonatal nutrition.



Millet Muffins (yields 12 muffins)

- 1 ¼ cups water
- 1 cup uncooked quick-cooking rolled oats
- 6 Tbs soft butter
- ½ cup white sugar
- ½ cup brown sugar
- 2 tsp vanilla
- 2 large eggs
- 1 ½ cups all-purpose flour (or whole wheat pastry flour)
- 1 tsp baking soda
- ½ tsp salt
- ½ cup millet

Instructions:

1. Boil water, remove from heat, stir in oats, and let stand 20 minutes
2. Preheat oven to 350 F
3. Combine flour, baking soda and salt
4. In a large bowl, beat butter until creamy. Slowly add sugars, beating until smooth, add vanilla and eggs, one at a time, and beat until well blended.
5. Add cooled oatmeal mixture and stir until blended. Stir in the millet
6. Spoon into muffin cups and bake for 15 min

Class of 2023 Thesis and Capstone Projects

Length of Patient Nutrition Education, Renal Diet Adherence and Clinical Outcomes in the Pacific Northwest Region of Fresenius Kidney Care Clinics

-Marissa Abeyta, MSHN Capstone Program

Effects of Dietary Intake on Visceral, Adipose Tissue, Subcutaneous Adipose, Tissue, and Intrahepatic Lipid Levels in Pregnancy

-Simran Bhakta, MSHN Thesis Program

Assessing the Relationship between Diet Quality and Relative Energy Deficiency in Sport in High School and Collegiate Athletes

-Kelsie Bryant, MSHN Thesis Program

Development of a Meal Plan for Adolescents with Eating Disorders

-Allie Helein, MSHN Capstone Program

Effects of Transitioning from a Daytime Work Schedule to a Shift Schedule on Diet and Health in Shift Workers

-Alice Hsieh, MSHN Thesis Program

The Influence of Excess Adiposity and High Body Mass Index on the Relationship between the Nutrition Focused Physical Exam and Skeletal Muscle Index

-Megan McNairn, MSHN Thesis Program

Development of a Geriatric Nutrition Curriculum for Caregivers of Older Adults

-Nicholas Theobald, MSHN Capstone Program

Student Scholarships

A contribution in any amount helps us provide scholarships to our dietetic interns and nutrition graduate students; our future colleagues; and strengthens our profession. Help us today to support our future.

[Make a gift](#)

Faculty Kudos...

Dr. Robert Martindale, who has mentored several of our thesis students, was awarded the 2023 Honorary Membership by the Academy of Nutrition and Dietetics. Since 1954, the Academy has generally awarded honorary membership to two non-members every year based on their professional knowledge, technical expertise and promotion of the Academy's mission, vision and values.

Dr. Melanie Gillingham, the director of the MSHN thesis program, was promoted to Professor of Molecular and Medical Genetics. Dr. Gillingham has been at OHSU since 2001 and started the master's program in human nutrition in 2003. She is an established clinical researcher and known for her commitment to training our next generation of nutrition scientists.

Jessie Pavlinac, MS, RD, FAND, serves as a site visitor of dietetics programs being considered for reaccreditation with ACEND. She is also a member of the Academy's House of Delegates and the Oregon Board of Licensed Dietitians and is on the editorial board of the National Kidney Foundation.

Carol DeFrancesco, MALS, RDN, LD, recently completed OHSU's 6-month Pathways to Leadership program. She is a lead trainer for the Motivational Interviewing Network of Trainers and was invited to present at their annual meeting this year in Copenhagen, Denmark.

Do You Have News to Share?

We would love to hear from you! Please send us an update at GPHN@ohsu.edu.