Announcements:

- NIH, Role of Environmental Chemical Exposures in the Development of Obesity, Type 2 Diabetes and Metabolic Syndrome (R01), PA-12-185 (R21, PA-12-184)
- NIH, Exploratory/Developmental Clinical Research Grants in Obesity (R21), PA-12-179
- NIH, Translational Research to Improve Obesity and Diabetes Outcomes (R18), PAR-12-172 (R34, PAR-12-173)
- NIH, Improving Diet and Physical Activity Assessment (R01), PAR-12-198 (R21, PAR-12-197)

If you would like submission assistance with the above announcement, or any others, please contact Sarah Gause Epting at srgause@mailbox.sc.edu or 777-6363.

Nutrition Center Affiliated Scholars Recent Publications:


INTRODUCTIONS:
Get To Know Our Nutrition Research Community

Dr. Katrina M. Walsemann, PhD, MPH, is an assistant professor in the School of Public Health’s Department of Health Promotion, Education, and Behavior. She completed her masters and doctoral studies at the University of Michigan in Health Behavior and Health Education and her postdoctoral fellowship at the University of Michigan’s Population Studies Center. She joined ASPH in Fall 2007 and became a Nutrition Center Affiliated Scholar in 2008.

Dr. Walsemann’s research focuses on bridging life course analysis with socio-cultural perspectives on population health. She is particularly interested in understanding how social inequalities and institutional discrimination influence health and racial health disparities during key developmental transitions (e.g., adolescence to early adulthood), and/or cumulatively across the life course. As a result, her research is not focused on any particular health outcome or behavior, but rather emphasizes the socio-cultural factors implicated in the distribution of population health across a wide range of health behaviors and conditions, including obesity, mental health, disability, substance use, and mortality. She is currently collaborating with colleagues at Kean University in NJ, UCLA, and USC on a NIDA funded project which will investigate how involvement with the criminal justice system influences substances use trajectories from adolescence to early adulthood.


June is National Fresh Fruit and Vegetables Month

The American Dietetic Association website reminds us that June is National Fresh Fruit and Vegetables Month. It’s “a great time to consider if you’re including enough fruits and vegetables in your eating plan. Here are easy ways to add more fruits and vegetables:

• Wake up to fruit: make a habit of adding fruit—fresh, frozen or dried—to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
• Stock up: Fill your fridge with raw vegetables and fruits—"nature's fast food"—cleaned, fresh and ready to eat.
• "Sandwich" in fruit and vegetables: Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumbers and tomato as fillings.
• Top your pizza with lots of veggies. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.

Fruits and vegetables are a great way to get the most nutrition out of your calories. They are packed with vitamins, minerals, fiber and other nutrients. Just beware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.”

For more information, contact Sarah Epting at srgause@mailbox.sc.edu or 803-777-6363, http://nutritioncenter.sph.sc.edu/