



FOCUS
INNOVATION
RESPECT
SUCCESS
TEAMWORK



Department of Nutrition and Food Science Newsletter

January 2012

The Department of Nutrition and Food Science

The Department of Nutrition and Food Science (NFS) is situated in the School of Human Environmental Sciences (HES) and the College of Agriculture (COA) at the University of Kentucky (UK). As an integral part of a land-grant institution, NFS offers a range of knowledge and skills to enhance human health and well-being. NFS uses a multidisciplinary approach to educate and help individuals, families, businesses, and communities. We apply the biological, physical, and social sciences to challenges in dietetics, nutrition, and food systems. Our instruction, research, and extension programs are part of a national system that maintains a statewide presence and links local, state, and global issues. A hallmark of our work is the integration of these three values – learning, discovery, and engagement – into programs that make a difference.

NFS faculty and staff, with the assistance of numerous community-based partners, offer the following academic and pre-professional practice programs.

- Didactic Program in Dietetics (DPD) – undergraduate education leading to a BS in Dietetics and providing academic qualifications for eligibility to apply for a dietetic internship
- Human Nutrition - undergraduate education leading to a BS in Human Nutrition
- Dietetics Administration - graduate education leading to a MS in Hospitality and Dietetics Administration
- Coordinated Program (CP) – undergraduate education plus a pre-professional practice program leading to a BS in Dietetics and eligibility to write for the registration exam for dietitians
- Dietetic Internship (DI) – a pre-professional practice program leading to eligibility to write for the registration exam for dietitians

The DPD, CP, and DI programs are accredited by the American Dietetic Association's Commission on Accreditation for Dietetic Education (CADE). The Human Nutrition and DPD undergraduate programs are accredited by the American Association of Family and Consumer Sciences (AAFCS).

IMPORTANT DATES

January

- **January 4-7** - Wednesday through Saturday - Add/Drop for registered students
- **January 4-9** - Wednesday through Monday - Registration for new program graduate students
- **January 9-10** - Monday and Tuesday - Opening-of-term add/drop for registered students
- **January 10** - Tuesday - Last day a student may officially drop a course or cancel registration with the University Registrar for a full refund of fees
- **January 11** - Wednesday - First day of classes
- **January 16** - Monday - Martin Luther King Birthday - Academic Holiday
- **January 17** - Tuesday - Deadline for submission of all application materials, College of Medicine, for the Fall 2012 Semester
- **January 18** - Wednesday - Last day to add a class for the 2012 Spring Semester
- **January 18** - Wednesday - Last day to officially withdraw from the University or reduce course load and receive an 80 percent refund
- **January 22** - Sunday - Payment deadline of registration fees and/or housing and dining fees — if total amount due is not paid on the account statement, a 1.25% late payment fee of the amount due will be assessed

Academic Rank at the University

Have you ever wondered what the title behind your favorite professor's name means? Academic ranks in the University consist of lecturer, instructor, assistant professor, associate professor, and professor. In the Department of Nutrition and Food Science, faculty can be involved in three areas:

(1) instruction, including both formal classroom teaching activities and other activities that influence students' growth; (2) research or other scholarly activity; and (3) University and community outreach. Most faculty have main responsibilities in one of these areas, with lesser degrees of participation in the other areas. For example, a Research faculty member primarily conducts nutrition-related or food science research that may be supported by contracts or grant funding. Faculty members with a primary Extension appointment provide programming and nutrition expertise to Kentucky's 120 county Extension offices. Extension is sometimes synonymous with community outreach. Unless otherwise instructed, most faculty should be addressed by their terminal degree. For example, a (person holding a) PhD is usually referred to as Dr.

The Department is led by the Department Chair. The Department Chair leads departmental efforts associated with teaching, research, Extension, and service. Responsibilities include promoting the academic success of students; shared administration of undergraduate and graduate programs; recruitment, mentoring, and evaluation of faculty; management of budget and departmental resources; planning, assessment and reporting; and interaction with internal and external constituencies. The Chair collaborates with faculty, administrators and other units to develop innovative, interdisciplinary programs to meet the needs of students, Extension clientele, research sponsors, and other stakeholders. The Department Chair provides the vision and the drive to encourage all department members to meet their full potential while enhancing the student experience. With this in mind, the Department of Nutrition and Food Science has recently revealed new core values. Each letter in 'FIRST' stands for an attitude or behavior that the department will represent- Focus, Innovation, Respect, Success, and Teamwork. 'FIRST' embodies the department's commitment to academic excellence and student success.

The ranks are defined by the following general criteria:

A. Lecturer- an individual that is a professionally qualified teacher hired for an individual course or semester. These faculty employees do not have the same responsibilities or professional obligations as regular faculty. A lecturer may be considered for promotion (without tenure) to Senior Lecturer.

B. Assistant Professor – an individual that has earned the terminal degree appropriate to the field of assignment (in our department, nutrition and food related fields); may be involved in any combination of instruction, research or other scholarly activity, and university and community service. The assistant professor usually has seven years to demonstrate excellence in their areas of appointment and expertise. If they meet university requirements, they are eligible for a promotion to associate professor with tenure. Strong student evaluations and letters of recommendation are important to the assistant professor.

C. Associate Professor – an individual who has demonstrated excellence in their areas of appointment and developed a regional reputation in their area of expertise. An associate professor has usually written numerous refereed journal articles or publications, been awarded grant funding for their research, community, or Extension projects, participated in their professional organizations, and committed numerous hours of service to the university and community. If they have a teaching appointment, they will have exhibited an interest in putting students first in their teaching delivery, advising, development of educational materials, service learning, and/or program direction. Providing leadership, helping students reach their full potential, and developing a national reputation are important to the associate professor. Usually, within seven to ten years, the associate professor is ready to apply for a promotion to full professor.

D. Professor- an individual who has demonstrated high scholarly achievements, building on their previous years of experience to develop a national and/or international reputation. The full professor is responsible for providing leadership, mentorship, and development opportunities for students, other faculty, and beyond the boundaries of the university.

Workload

The workload for each faculty member includes activities in a multitude of environments, such as classrooms, laboratories, and communities. Activities include teaching and advising, mentoring students, directing research, administrative duties, and providing professional services. Workload also includes external service activities performed by faculty members on behalf of the general public, such as Extension. While teaching, research, and Extension may be regarded as separate activities, in practice, these three parts are rarely distinct. Staff support in the Department enhances the work done by each faculty member.

Listing of Department of Nutrition and Food Science Faculty and Key Areas of Research

Professors

Dr. Sandra Bastin, RD, LD, CCE - Extension Professor, Interim Chair

- Food safety and food preservation
- Commercial and homebased food manufacturing, including value-added product development
- Nutrition and aging
- Quantity food production

Dr. Ching Chow

- Reactive oxygen species-induced oxidative damage and cellular antioxidant defense
- Role of nutrients in antioxidant defense

Dr. Lisa Gaetke, RD, LD

- Nutrition and environmental contaminants
- Zinc and copper metabolism
- Leptin, appetite regulation, and inflammation

Dr. Janet Kurzynske, RD – Extension Professor

- Children, Youth and Families at Risk (CYFAR)
- Children, Youth and Families Education and Research Network (CYFERnet)

Assistant Professors

Dr. Ingrid Adams, RD, LD - Assistant Extension Professor

- Obesity and weight management
- Physical activity
- Curriculum development
- Critical thinking
- Program evaluation

Dr. Allison Gustafson, MPH, RD, LD

- Distal and proximal determinants of obesity among rural populations
- Geospatial inequalities as it relates to health disparities among disadvantaged populations
- Weight loss and weight loss maintenance interventions among low-income populations

Dr. Kelly Webber, MPH, RD, LD

- Internet weight loss interventions
- Motivation and social support for weight loss
- Weight maintenance and weight gain prevention

Staff Support

Hollie Anderson - Administrative Support Associate

- Held this position since August 2010 after working as a Staff Support Associate for five years within the School of Human Environmental Sciences.
- Provides academic programmatic and administrative support to the department

Liz Combs MS, RD, LD - Academic Coordinator and CP Director starting May 2012

- UK alumna and completed her dietetic internship with UK in 2007
- Research area of family dynamics and weight control
- Holds a national certification in childhood and adolescent weight management

Associate Professors

Dr. Kwaku Addo – Director of Graduate Studies

- Food product development
- Transglutaminase-catalyzed wheat gluten-muscle protein interactions
- Cereal chemistry

Dr. Hazel Forsythe, RD, LD – DI Director

- Implications of autism on childhood nutrition status
- Impact of Hope VI Revitalization Project on Families of the Bluegrass-Aspendale Area in Lexington
- Pre-conceptual and pre-natal nutrition status and post-natal recovery

Dr. Janet Mullins, RD, LD - Associate Extension Professor

- Kentucky school nutrition survey
- Programming for families
- Consumer menu labeling
- International hunger and school feeding

Lecturers

Dr. Tammy Stephenson, Senior Lecturer and Director of Undergraduate Studies

- Innovative teaching in higher education
- Service learning in the classroom
- Vegetarian diets and soy foods
- Sports nutrition

Dr. Maggie Cook-Newell, RD, LD, CDE, CN – CP Director until May 2012

- Diabetes education
- Food systems management

Mr. Steve Perry, MS, RD, LD – DPD Director

- Aging and nutrition both at the public policy and the individual level
- Muscle synthesis and growth
- Muscle fatigue and supplement use

Bob Perry MA - Foods Laboratory and Food Systems Coordinator

- Joined the department four years ago as NFS 342 Lab Instructor. Has recently expanded that role to coordinate all activities of NFS foods laboratories.
- Research area of sustainable agriculture
- Connects university research and Extension efforts with governmental agencies, advocacy groups, farmers and chefs
- Serves as the hub of the sustainable food and farm diversification network