“Success isn’t a result of spontaneous combustion. You must set yourself on fire.” – Arnold H. Glasow

Departmental Award Recipients

It is with great pleasure and admiration that I announce the 2016 departmental award recipients:

Outstanding Senior Nutritionist Award – Anna E. Strle
Clinical Nutrition Award – Diane Francine Coli
Nutrition Research Award – Sarah Ruth Hussey
Leadership in Nutrition Award – Evan J. Moses
Community Service Award – Elizabeth M. Johnston
Senior Nutrition Recognition Awards – Michele L. Fumagalli, Katelyn Susan Kiser, Vincenza Ranallo, Natalie Reichert, Lema Safadi and Katie Ann Vittal
Nutrition Achievement Award – Elisabeth Mary Mancuso
Nutrition Recognition Awards – Kelsey Ann Bartlow, Emily Lois Burns, Shannon E. Fritsche, Elisabeth Dari Malinski and Mallory O’Hara

Dietetic Internship Placements

Diane Francine Coli  Cleveland Clinic Dietetic Internship program
Wesley Gayoso  Benedictine University Master of Science in Nutrition and Wellness/Dietetic Internship program
Sarah Ruth Hussey  Mount Mary University Dietetic Internship program
Vincenza Ranallo  Benedictine University Master of Science in Nutrition and Wellness/Dietetic Internship program
Lema Safadi  Southern Illinois University Dietetic Internship program
Anna E. Strle  Baylor University Medical Center Dietetic Internship program

Upcoming Accreditation Visit

Later this spring, the Department of Nutrition will host a site visit for re-accreditation of the Didactic Program in Nutrition and Dietetics (Bachelor of Science in Nutrition) and the Dietetic Internship Program (Master of Science in Nutrition and Wellness) by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics.

We are currently working on the details of the site visit schedule which will include an alumni feedback session on Monday, April 10. Alumni can visit the session in-person on the Lisle main campus or call-in to participate. Please let us know how you would like to participate by contacting Julie Moreschi or Catherine Arnold as soon as possible. We would very much appreciate your feedback and participation. Thank you in advance for your involvement in this process.
“You are educated. Your certification is in your degree. You may think of it as the ticket to the good life. Let me ask you to think of an alternative. Think of it as your ticket to change the world.” – Tom Brokaw

Since 1982, the Department of Nutrition at Benedictine has offered an accredited undergraduate Nutrition program. In the very beginning, the program was offered through the Department of Chemistry with a total enrollment of two students.

The program has grown quite a bit since then, and we are preparing for continued expansion as we strive to meet changing needs in the field. In the near future, the Department of Nutrition will increase undergraduate degree offerings from one program to four. Programs planned include:

- Bachelor of Science in Nutrition and Dietetics (Didactic Program in Dietetics, DPD).
- Bachelor of Science in Nutritional Sciences (Designed to prepare students for pre-professional and graduate schools, as well as careers in labs and research).
- Bachelor of Arts in Health Education (Designed to prepare students to become Certified Health Education Specialists).
- Bachelor of Arts in Food and Nutrition Management (Designed to prepare students for this supervisory and administrative role).

In the late 1990s, we added an accredited Dietetic Internship (DI) in collaboration with the Master of Public Health program. In 2005, the Master of Science (M.S.) in Nutrition and Wellness program was launched, and in 2012 we began offering the program online. We now have 14 dietetic interns entering the University every fall, completing the combined M.S. in Nutrition and Wellness /DI in a mere 16-18 months. In 2018, you can expect great change and expansion within the department at the graduate level as well as we move to the semester system and offer additional degree options. Programs will include the:

- M.S. in Nutrition and Wellness. This program will have a stronger focus on nutrition, require a thesis and will continue to be offered in on-campus and online formats.
- M.S. in Nutrition and Dietetics. This program will be similar to the former M.S. in Nutrition and Wellness/DI combined program and offered on campus.

Visit [www.ben.edu/nutrition](http://www.ben.edu/nutrition) this summer for more details on new degree options.

We would love to feature your recent professional accomplishments in this e-newsletter. To be considered for inclusion, please send any news of presentations, publications, grants, elected leadership roles, awards, etc., to Catherine Arnold at carnold@ben.edu or Julie Moreschi at jmoreschi@ben.edu.
“Never believe that a few caring people can't change the world. For, indeed, that's all who ever have.” — Margaret Mead

December 9, 2016, marked graduation for Benedictine University’s Dietetic Internship Class of 2015-2016. We had a wonderful time celebrating all of the achievements of this fine group of nutrition professionals. Please take a look at the Class of 2015-2016’s Annual Report which highlights the fine achievements and hard work of this team.

Dietetic Internship Class of 2015-2016
Back row (from left to right): Junzhu Wang, Faoqiya Fatima, Stephanie Richardson, Carolyn Meyer, Christine Filbin, Julie Moreschi, Leah Fahey, Becka Fritz and Catherine Wurtzler; Front row: Amy Zoglauer, Emily Gerlach, Maggie Chung, Katherin Rehn, Phoebe Gulling and Emily Walker
“People who love to eat are always the best people.” – Julia Child

We enjoyed yummy food and great company at our first annual Nutrition Networking Breakfast. It was held on Monday morning during the Food and Nutrition Conference and Exhibition (FNCE) in Boston, Mass., at Freshii.

**Save the Date**

Join us next year at our second annual Nutrition Networking Breakfast on Monday morning during FNCE on October 23, 2017, in Chicago, Ill. Stay tuned for more details coming in our June newsletter.

Photo: Anna Shlachter, adjunct faculty member.
As a testament to the quality of research we perform, we delivered four peer-reviewed research poster sessions at FNCE in October 2016. Each abstract was published in the *Journal of the Academy of Nutrition and Dietetics*. Congratulations to the 25 alumni whose stellar work contributed to these presentations!

“Barriers and Motivators to Mentoring Dietetic Internship Students” was a collaborative effort for one of our largest research groups that recruited the largest sample size (1,600) ever by a research group in our department. The research group included Dave Grotto (top left), Catherine Arnold, Ed.D. (top right), Melissa Amescua, Rachel Bulifant, Melissa Burton, Sadia Kazimi, Kate Parsons and Toby Smithson.

Another project that involved cross-departmental partnership, “The Association of Body Composition and Predictive Equations to RMR in Women,” included researchers Catherine Arnold, Ed.D., Regina Schurman, Ed.D., Adina Fradkin, Nissa Fuller, Ross Kennedy, Tara Oliva, Christine Scarcello and Judith Wisk. These researchers were instrumental in the data collection and analyses required for the study.

“Predictors of Fish Intake in the College Population” was a team effort that consisted of Catherine Arnold, Ed.D., Bonnie Beezhold, Ph.D., Melissa Bailey, and Hannah Isler (middle right photo) and Veronica Niedzinski (middle right photo), Yvonne Kong, Rachel Richardson and Elizabeth Weber.

“Factors Influencing School-age Children to Choose Bone Health Behaviors” was a research study involving the collaboration of Karen Plawecki, Ph.D. (lower right photo) Sarah Allaben, Erica Auriemme, Alexis Blandine, Kiah Ehrke, Ellen Hashiguchi (lower right photo) and Maggie Tignanelli.
The students in the on-campus M.S. in Nutrition and Wellness program presented the results of their theses at the 11th Annual Research Symposium on November 18, 2016, while students in the only program delivered their presentations as webinars. Congratulations to all for successful presentations!

Leah Fahey, Shavena Fife, Katherin Rehn, Stephanie Richardson, Catherine Wurtzler and Amy Zoglauer delivered the presentation, “A Faith-based Community Health Needs Assessment,” under the guidance of Bonnie Beezhold, Ph.D. This study was a collaboration with Beth Bormann and students in the Master of Public Health program.

“Correlates of Cognitive Performance in College Students” was presented by Faoqiya Fatima, Christine Filbin, Rebecca Fritz, Emily Gerlach, Phoebe Gulling and Emily Walker. Bonnie Beezhold, Ph.D., supervised this cross-sectional study focused on BenU students.

Three teams of online students delivered their theses as webinars in late spring 2016:

- Debbie Rayhab, Nicole Rieman and Kassandra Seitz delivered their webinar “Bone Health in University Students.” This team of online students worked under the guidance of Karen Plawecki, Ph.D.

- Carrie Bloemers, Erin Burke, Marni Larsen and Amanda May analyzed a national database and delivered their webinar “Premature Birth, Low Birth Weight and Health Outcomes in Children.” This online team worked under the guidance of Catherine Arnold, Ed.D.

- The webinar, “The Association between Lifestyle Factors and Overweight/Obesity Risk in Children and Adolescents, age six to 17,” was presented by Erica Brown, August Espinal and Steven Humbrecht. This online team worked under the guidance of Catherine Arnold, Ed.D., as they analyzed a national database.

Two teams of online students delivered their theses as webinars in fall 2016:

- Maureen Gonzalez, Hayley Housekeeper, Jennifer Rodriguez-Bosque and Heather Stechschulte presented “The Association between Exercise, Physical Well-Being and Satisfaction with Life Behaviors in Adults.” This online team worked under the guidance of Catherine Arnold, Ed.D.

- Abbey Bubolz, Latisha Marks and Paulina Steimel presented the “Effects of Stress on Blood Pressure, Cholesterol and Anthropometric Measures” under the guidance of Catherine Arnold, Ed.D.