

ROAD MAP TO HEALTH

THE OFFICIAL WEEKLY NEWSLETTER FOR THE CENTER OF EXCELLENCE FOR NUTRITION, HEALTH, WELLNESS AND QUALITY OF LIFE



What's New

**DINNER AND PODCAST
EVENT**

STUDENT SCHOLARS

**NORTH CAROLINA
A & T UNIVERSITY**

**SOUTHERN
UNIVERSITY A&M**

SEMINAR SERIES

**“MAKE FRUITS AND
VEGETABLES
AVAILABLE TO ALL” AT
TUSKEGEE UNIVERSITY**

2023 SYMPOSIUM

DINNER AND A PODCAST

Our Center of Excellence for Nutrition, Health, Wellness, and Quality of Life hosted a Dinner and Podcast sponsored by our Center and LLENA. LLENA is an Artificial Intelligence app that creates an individualized GI value meal based on your blood sugar, blood pressure and location. Chef Desi prepared food and gave a mini food demonstration open to all and the members of Scotlandville Community Development Center that participated in our summer classes. The ladies from our summer class were able to give an honest interview in the “Don’t Eat Yourself to Death Podcast,” allowing them to share their experience with likes/dislikes of the program and their healthy lifestyle changes. Please scan the QR code to listen to the podcast.



STUDENT SCHOLARS

North Carolina Agricultural & Technical State University

Students:

Femi Omoniyi (Graduate student), Joshua Fletcher (Undergraduate student), Hannah Hovey (Undergraduate student), Jayona Humphrey (Undergraduate student) and Ryli Hagler (Undergraduate student)

The Center of Excellence's main goal is to conduct innovative research that involves the community's overall nutrition, health, and well-being. This project focuses on enhancing methodologies to analyze the important microbial metabolites. The obtainable goal for this research is to be able to identify the relationship between one's food intake and gut microbiota profiles related to health and wellbeing in the three geographic locations. Our students from North Carolina Agricultural & Technical State University supervised by Co - PI, Dr. Sang have been working diligently to learn more and expand this study. Please scan the QR code to watch our student scholars prepare samples to be tested.



Questions:

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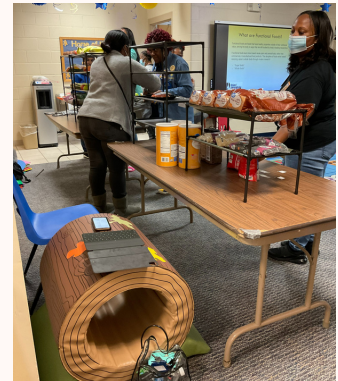
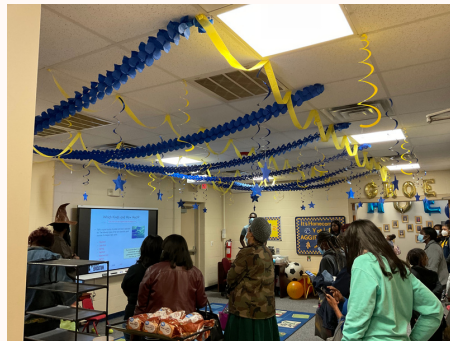
Activity 1: Handwashing program: Fruits

Washing your hands is the first level of defense when fighting illnesses. As we are in the middle of the holidays, this is a great lesson to introduce to our youth. The student scholars of North Carolina A&T successfully held a handwashing and fruit activity with the in the Child Development Labatory. The importance of handwashing was stressed throughout the class, especially when handling food. The scholars also exposed kids to a variety of different fruits and taught them the difference between eating healthy foods and junk foods.



Activity 2: Mock Grocery

North Carolina A&T student scholars created a mock Grocery store named “Aggie Mart” during Homecoming and Halloween celebrations organized by the Child Development Laboratory, one of the programs in the Department of Family and Consumer Sciences at North Carolina A&T State University. These students provided some functional food in the “Aggie Mart” , set up shelves and labeled the food items accordingly. They gave short presentations about the health benefits of functional foods they provided to the kids and their parents, and then let the kids and their parents go shopping.



Southern University Agricultural & Mechanical College

On November 12th, Center of Excellence Garden Extension Expert, Cornelius Jackson and student worker Mike Diego Walker led the third Scotlandville Community Garden Day. They had an eventful time and gave a hands-on demonstration of how to set up a garden bed. The children of the community were very engaged, and the volunteers appreciated the new found knowledge! Please come out and volunteer for the next Garden Day!



On the week of October 3rd – October 7th we were honored to host Southern University’s Dietetic Intern Latoyia Beard who worked with Dr. Fatemeh Malekian, a preceptor for the dietetic program, and Project Director of the Center of Excellence for Nutrition, Health, Wellness, and Quality of Life. Ms. Beard gained experience by conducting nutrition education to the community for the Sisters Together program, attended produce safety training, volunteered at the Scotlandville Community Garden, and worked in the metabolic kitchen. On October 12th, Ms. Latoyia Beard presented to the Dietetic Internship Class of 2023 and the Center of Excellence Team for NHWQL. Her topic was, “Artificial Intelligence in Dietetics” which covered the benefits of artificial intelligence in nutrition and dietetics as it relates to consumers and dietetic practice. Ms. Beard effectively provided various examples of AI programs that creates accessibility to the community, improved education, customer experience, research, and data analysis.



Seminar Series

Our 1890 Center of Excellence Symposium Series has been an enlightening opportunity to connect our community to experts in the field. The seminars are free to all and available on our webpage. At our recent seminar we had the honor of having presenter and community advocate Ms. Pamela Broom. Ms. Broom is the Project Manager of NewCorp and gave a wonderful presentation over Disparities to Food Access: Food Deserts and Food Insecurity. Please scan the QR code to view her presentation as well as the presentations of our presenters throughout last year. Or next presentation will be on January 24, 2023, at 12 pm CST with Mrs. Charlotta Carter, owner of LLENA. Mrs. Carter will be presenting over, "Barriers, Opportunities, and Challenges for Addressing Diet Related Disparities.



“Make Fruits and Vegetables Available to All” at Tuskegee University

Our CO- PI, Dr. Dawkins from Tuskegee University has worked with the community and shared their garden to table layout. Please take the time to view the process shared from the community's viewpoint.



Please go to our webpage and learn more about our Symposium!

<https://www.suagcenter.com/page/center-of-excellence-symposium-2023>

**1890 Center of Excellence for Nutrition,
Health, Wellness and Quality of Life**

2023 Symposium

"Promoting Healthy Communities"

MONDAY & TUESDAY | MARCH 27-28, 2023

Southern University Smith-Brown Memorial Union • E Street, Baton Rouge, LA 70807



- Keynote Address
- Student Poster Presentations and Competition
- Presentations from National, State and Local Speakers
- Panel Discussions
- Networking Opportunities

For more information about this event, please contact:

Brittany Howard, Project Coordinator at: brittany_howard@suagcenter.com



Register Now!
<https://bit.ly/3g0XHAM>

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[suagcenter.com/page/center-of-excellence](https://www.suagcenter.com/page/center-of-excellence)

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