

ROAD MAP TO HEALTH

THE OFFICIAL NEWSLETTER FOR THE CENTER OF EXCELLENCE FOR NHWQL



What's New

VOLUNTEERS NEEDED

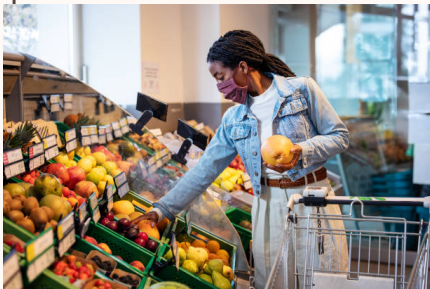
SISTER'S TOGETHER

LLENA APP

SYMPOSIUM SERIES

GARDENING AND TUSKEGEE

STUDENT SCHOLARS



1890 CENTER OF EXCELLENCE

The establishment of our 1890 Center Of Excellence (COE) for Nutrition, Health, Wellness, and Quality of Life is here to help strengthen the 1890 institution's capacities in research, teaching, and extension. While being able to address diet-related health disparities in African Americans. Southern University, North Carolina A&T State University, and Tuskegee University have complementary strengths and are in a unique position to work as a team to establish this COE. As a team, we emphasize the tripartite "land-grant" mission of research, teaching, and extension to improve the health and well-being of underserved and minority populations. This is made possible with funding from the United States Department of Agriculture-National Institute of Food and Agriculture (USDA-NIFA). The Specific Objectives of our Center are 1) Research: To enhance the research capacity at 1890 institutions focusing on food intake and nutritional/health outcomes, 2) Teaching: To strengthen and advance innovative food and nutrition educational and instructional strategies for students at 1890 institutions, and 3) Extension: To provide training and education to underrepresented communities through multi-state food and innovative nutrition outreach programs. Within the first seven months of our Center, we have begun to plant roots that we are cultivating with the ideas of the team. Together we have started efforts to better understand and visualize the direction to move forward. Please enjoy the journey with us as we offer community-focused events that better allow us to understand the relationship between our community and health. Please feel free to use the links below to find out more information regarding our Center.

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

VOLUNTEERS NEEDED

One of the objectives 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. Many factors, such as diet and lifestyle, affect the composition of an individual's gut microbiota. Gut microbiota consists of very small organisms that coexist peacefully in individuals. We have microorganisms throughout the body but are mainly located in the large and small intestines. 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 Center and the communities of Baton Rouge, LA, Tuskegee, AL and Greensboro, NC have successfully been able to aid as a volunteer in research. With that said we are still recruiting volunteers to participate in our study. **Listed**

here are the qualifications to apply:

BMI is between 20-25 or 30-40

Age 18-60

Male or Female

African American descent

Participants are Required :

A complete 5 - Day Food Diary

To collect one stool sample at the 5th or 6th day

Participants will receive \$50 at the end of the study

Please scan the QR code or use the link to access our survey.



SISTER'S TOGETHER: MOVE MORE EAT BETTER

Sister's Together: Move More, Eat Better is a six-month nutrition and physical fitness program designed to assist African American women in their journey to live their best most healthy life. Our Sister's Together program has two locations in Baton Rouge and Opelousas, Louisiana where women from various walks of life come together. The core of the classes consists of nutrition education taught by trained Extension Agents that cover strategies to develop healthier dietary habits. The Extension team brought in wonderful women from the community to support their efforts of change. During the program, participants were able to sit in on live food demonstrations prepared by extraordinary chefs, Chef Celeste (Baton Rouge Location) and Chef Kelly (Opelousas Location). The Chefs provided recipes that promote cutting hidden calories in gumbo and identifying flavorful meals while limiting the use of sodium seasoning. They even prepared meal options that encouraged revamping leftovers to decrease food waste in households. All recipes are provided to participants through the LLENA app. Throughout the program opportunities to participate in Physical activity workouts by trained fitness instructors were offered. At these sessions, the ladies completed 45 minutes of exercise; with classes ranging from hip-hop Zumba to yoga. Although this program is almost at a close there are still opportunities to stay connected. With only a set number of classes remaining and preparation for the next six-month program for the upcoming fall please look forward to more news to come. For more information or to sign up for the program please feel free to contact our Extension Agents.

Baton Rouge Location

Kiyana Kelly of The Southern University Ag Center
Email: Kiyana_Kelly@suagcenter.com

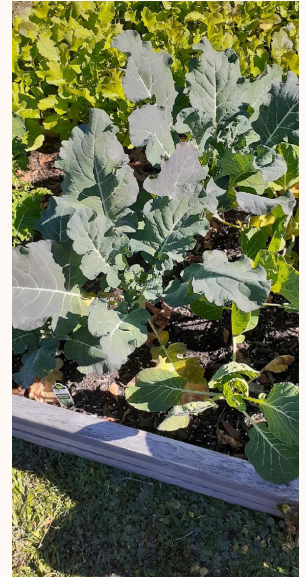
Opelousas Location

Angell Jordan of The Southern University Ag Center
Email: Angell_Jordan@suagcenter.com



TUSKEGEE GARDENING

The Tuskegee Department of the Center of Excellence leads the, "Make Fruits and Vegetables Available to All" program at Tuskegee University. This project brings the concept of farm to table to communities' homes in Tuskegee, AL. With the communities efforts, they have successfully developed and harvested 28 gardens in the area. At the start of the winter break, participants were preparing to harvest their vegetables as seen in the pictures below. With much effort and work, the program is progressing to planting more gardens and incorporating raised bed gardening in the upcoming Spring Semester. Plans of expansion can be seen within the programs as Southern University and North Carolina both plan to bring Gardening to their Universities to implement as well.



LLENA APP

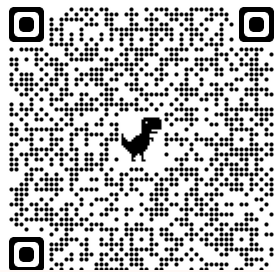
Mrs. Charlotta Carter's initial development for the LLENA app was for the management of Diabetes. LLENA uses Endocrinologist-recommended Glycemic Index values of food to create customized nutritional recommendations. Participants can directly put in their biometrics to personalize the app to their daily lifestyle. The app keeps a record of Biometrics including blood sugar, blood pressure, height, and weight. A participant can also add recipes (the recipes used in the Sister's Together Food Demonstration class are to be posted on the LLENA app for participants to refer to at a later date). The app also can recommend recipes off personal preference or dietary restrictions. All of this information can be done manually or with the Ihealth app. For more information please feel free to use the link below to dive into all of the wonders of LLENA.

[website: https://lленаfood.life/](https://lленаfood.life/)



SYMPOSIUM SERIES

The 1890 Center of Excellence Symposium Series is an opportunity for our health experts to be able to reach the community. The goal of the symposium series is to connect Universities faculty and students to highlight discussions, forums, and presentations that inform and educate. The focus is on overall nutrition, health, and well-being with topics related to the role of diet-related disparities. Our team successfully held two seminars led by two phenomenal presenters in the field of health. Dr. Ronald Andrews was our first speaker in October. He led a great discussion on Health Disparities and their impact on Minority Health. If interested in viewing please feel free to scan the QR code at the bottom of the article. The Center's second seminar was honored to have Dr. James Shikany who presented on The Role of Translational Research in Diet - Related Disparities: Bench to Bedside. Dr. Shikany's presentation is also available to view at the bottom of the article. Please use our webpage as a tool to stay connected on the monthly seminars we host.



STUDENT SCHOLARS

Southern University, North Carolina A&T State University, and Tuskegee University have complementary strengths in research, teaching, and extension, and are in a unique position to work as a team to unite our student body with the community and faculty. We have the honor of introducing our Student Scholars who have illustrated and implemented hard work and dedication to their education and career paths.



Elisheba Clay

ELISHEBA CLAY, IS A JUNIOR FROM TALLULAH, LOUISIANA WHERE SHE GRADUATED FROM MADISON HIGH SCHOOL. SHE IS PURSUING A DUAL MAJOR IN AGRICULTURAL, FAMILY & CONSUMER SCIENCES WITH CONCENTRATIONS IN PLANT AND SOIL SCIENCE AND CULINARY MANAGEMENT. SHE CURRENTLY PLANS TO WORK WITHIN THE HOSPITALITY INDUSTRY TO OPEN A RESTAURANT AND ALSO CULTIVATE A FARM AND GREENHOUSE TO FUEL THAT RESTAURANT.



Lorena Patterson

LORENA PATTERSON-VALLIAN IS FROM OPELOUSAS, LOUISIANA. SHE IS A 20 YEARS OLD JUNIOR AT SOUTHERN UNIVERSITY, MS. PATTERSON WAS HOMESCHOOLED UNTIL SHE GRADUATED HIGH SCHOOL AND CURRENTLY MAJORING IN HUMAN NUTRITION. SHE CURRENTLY WORKS AT A POTTERY PAINTING PLACE CALLED CLAYFISH BISQUE AND ALSO HAS HER OWN CROCHET BUSINESS. SHE ENJOYS CROCHETING, DANCING, AND ANYTHING ELSE CREATIVE.



Nya Reese

NYA REESE, A SOPHOMORE FROM DALLAS, TEXAS MAJORING IN PRE-VETERINARY MEDICINE ON THE PATH TO BECOMING A LARGE ANIMAL VETERINARIAN. SHE IS AN 1890 JAG S.T.A.R.S. SCHOLAR AND THE VICE PRESIDENT OF THE PRE-VET AND ANIMAL SCIENCE CLUB. SHE ALSO SERVES ON THE BOARD OF EXECUTIVES AS A HISTORIAN FOR THE MANRRS CLUB. SHE ENJOYS RIDING HORSES, ZYDECO KING, AND HAVING FUN WITH FAMILY AND FRIENDS.



Lindsey Dodson

LINDSEY DODSON IS A HUMAN NUTRITION PRE-MED STUDENT FROM ATLANTA, GA. SHE ATTENDED SANDY CREEK HIGH SCHOOL AND GRADUATED IN 2019. SHE CURRENTLY ATTENDS NORTH CAROLINA AGRICULTURAL AND TECHNICAL STATE UNIVERSITY. HER CURRENT CAREER PATH IS TO BECOME A PHYSICIAN'S ASSISTANT SPECIALIZING IN PEDIATRICS.



Kayla Jones

KAYLA JONES IS ORIGINALLY FROM CHARLOTTE, NORTH CAROLINA ATTENDED OLYMPIC HIGH SCHOOL. SHE IS A JUNIOR FOOD/NUTRITIONAL SCIENCE STUDENT ON THE PRE-MEDICAL TRACK AS SHE PLANS ON ATTENDING MEDICAL SCHOOL TO BECOME A PEDIATRICIAN.



Sharla Kirkpatrick

SHARLA KIRKPATRICK IS ORIGINALLY FROM CHARLOTTE, NORTH CAROLINA. SHE GRADUATED FROM CONCORD HIGH SCHOOL, IN CONCORD, NORTH CAROLINA. MS. KIRKPATRICK IS CURRENTLY A SECOND YEAR STUDENT AT NORTH CAROLINA AGRICULTURAL AND TECHNICAL STATE UNIVERSITY. SHE IS STUDYING SOCIOLOGY BUT HAS RECENTLY STARTED TAKING COURSES IN FOOD SCIENCE AND HUMAN NUTRITION. SHE IS CURRENTLY INTERESTED IN A CAREER IN RESEARCH. RESEARCHING HEALTH DISPARITIES IS A LARGE PASSION OF HERS.



Nevada Jones

NEVADA JONES WAS BORN AND RAISED IN BRANDON, MS. A SMALL RURAL COMMUNITY 10 MILES EAST OF THE STATE CAPITOL JACKSON, MS. AFTER GRADUATION FROM BRANDON HIGH SCHOOL, SHE WENT ON TO ATTEND HINDS COMMUNITY COLLEGE (HCC) IN RAYMOND, MS WHERE SHE COMPLETED HER ASSOCIATES DEGREE IN GENERAL STUDIES AND SUBSEQUENTLY GRADUATED SUMMA CUM LAUDE. AFTER GRADUATING FROM HCC, SHE APPLIED AND WAS SELECTED TO ATTEND THE LUXURIOUS TUSKEGEE UNIVERSITY WHERE SHE IS PURSUING A BACHELOR'S DEGREE IN DIETETICS. HER CAREER TRACK IS TO COMPLETE HER BACHELOR'S DEGREE AND TO OBTAIN HER MASTER'S IN DIETETICS.



Amya Johnson

AMYA JOHNSON, A STUDENT AT TUSKEGEE UNIVERSITY MAJORING IN FOOD SCIENCE, BORN AND RAISED IN SUWANEE, GEORGIA, AMYA HAS GROWN TO BE THE SCHOLAR SHE IS TODAY. FROM A YOUNG AGE, SHE LEARNED AT AN EARLY AGE THROUGH COMPETITIVE CHEERLEADING WHAT DISCIPLINE TRULY MEANS AND HOW TO BE AN EXCELLENT TEAM PLAYER. AMYA'S DRIVE AND DETERMINATION AS A CHILD HAS MOLDED HER INTO THE PERSON SHE IS TODAY.

AMYA IS AN ACTIVE MEMBER OF THE TUSKEGEE UNIVERSITY FOOD AND NUTRITIONAL SCIENCE CLUB AND TUSKEGEE'S NEXT STEP UP WHERE SHE TRAVELS TO THE LOCAL MIDDLE AND HIGH SCHOOLS TO TUTOR AND MENTOR STUDENTS.



Vanessa Lesure

VANESSA LESURE IS ORIGINALLY FROM HER HOMETOWN OF ATLANTA, GEORGIA. SHE GRADUATED FROM MAYNARD HOLBROOK JACKSON HIGH SCHOOL AND IS PRESENTLY A STUDENT AT TUSKEGEE UNIVERSITY MAJORING IN PUBLIC HEALTH NUTRITION, HER FUTURE CAREER PATH IS IN THE AREA OF PUBLIC HEALTH POLICY AND LAW. MS. VANESSA'S GOAL IS TO CONTINUE OUTREACH ACTIVITIES THAT ARE AIMED TO CHANGE LIVES IN A POSITIVE WAY.

**For Further Information Please Feel Free To Contact :
Brittany_Howard@suagcenter.com or Fatemeh_Malekian@suagcenter.com**