



# NutriNews


---

## Announcements and Nutrition Events at UofSC


**NUTRITION STUDENT GROUP  
ONLINE WEBINAR**


The Nutrition Student Group is hosting an online webinar with Dr. Susan Steck to discuss her recent review article, "Dietary patterns and cancer risk" followed by a Q&A session to engage in meaningful discussion!

**WHEN: Wednesday, April 29th at 4:00PM**  
**PLATFORM: Zoom**



Susan Steck, Ph.D., RD  
Department of Epidemiology

Link to text: 

 **South Carolina**

The Nutrition Student Group is excited to announce an online student forum with Dr. Susan Steck to discuss her recent review article, "[Dietary patterns and cancer risk](#)" followed by a Q&A session! Register below to get a calendar invite with the Zoom link, meeting ID, and password. By registering, you will also be entered in a chance to win a FREE lunch at our soon to be rescheduled Nutrition Symposium! The winner will be announced during the webinar.

[Register Here](#)

---



Mutual aid projects are a form of political participation in which people take responsibility for caring for one another and changing political conditions.

Mutual Aid Columbia is currently organizing to provide resources and support around the CoVID19 pandemic. For more information, visit [here](#).

## **Affiliate Spotlight - Adapting to a New Research Reality**



**Dr. Brie Turner-McGrievey, Department of Health Promotion, Education, and Behavior**

A brief description of your current nutrition research and how you have

### **managed to transition online:**

The Nutritious Eating with Soul (NEW Soul) study is a two-year behavioral nutrition intervention. Content is delivered via weekly hands-on, in-person cooking classes for the first six months, followed by bi-weekly meetings for six months and monthly meetings for one year. Meetings are offered on Monday and Wednesday nights (with 2 different groups on each night). The study is conducted in two cohorts. The first cohort was set to end in April 2020, with final assessments beginning on Monday March 16th, the same day that UofSC closed down. Our team quickly pivoted and brought all our classes online via Zoom.

### **Challenges you've faced in the transition:**

I was worried about technology access and lack of comfort with navigating online platforms, but our attendance so far in classes has been the same, if not better, with the move to a virtual learning environment. There are still challenges. Having people discuss their successes and challenges for the week is tough when everyone must unmute and there is feedback. In addition, Marty Davey, our nutrition interventionist, does all our cooking demos out of her kitchen. This means she must shop for all the ingredients for these demos, as well as for her own family, and find places to store everything as well.

### **Any tips you have for other people trying to make the transition:**

Our participants have been very adaptable, and I think, like all of us, are craving the continuity of a routine. Make sure participants can access content through a variety of methods. Our participants can join in live for our classes via computer, smartphone, or landline (for voice only) and can also access recorded versions of the classes online. We also have all materials, like recipes, on our participant website ahead of time so participants can follow along during our virtual sessions.

### **Reflection on the process/anything else you may want to add:**

The engagement has been so good with the virtual learning, we are thinking of building it in to future interventions.

---

**Undergraduate Student Spotlight - Service Learning Projects**



"For my HPEB 502 Service Learning Project I decided that organizing a food drive would be more beneficial in the long run versus just donating two hours of my time to volunteer. I decided that my best option to get the most donations was to hold my drive over spring break when I would be home and post about it on my community's Facebook page. I asked for donations from March 14-24 and offered to pick up any donations from those willing to donate. A huge challenge that I faced was that at that time, the COVID-19 pandemic had reached my town and very few people were willing to donate anything in fear of shortages. Luckily, there were a few families who were very selfless and donated cereal, pasta, canned goods, reusable bags, and more. I learned that even in a time of crisis, there are still good and selfless people out there who are willing to give to those who aren't as fortunate as the rest of us."

- **Stephanie Tighe, Senior, Athletic Training major**

---

"For my service learning project, I conducted a food drive in my hometown. With COVID-19 in mind I had to come up with a way to efficiently collect food without coming in contact with people. In order to do so I called friends and family that lived nearby if they were willing to leave a few nonperishable items on their front porch's. In this case, I was able to not only collect food but have conversations with each person and tell them exactly where the food was going. After collecting the next day, I was able to fill up two large brown paper bags. I was hoping to collect more but I was pleased with the amount I received. The next day I took the items to the food bank in my hometown that I previously didn't know existed. The biggest challenge I faced while completing this project was COVID-19. Since community gathers are unknown of at this time, I was unable to collect food at a certain place like church, so that was challenging. The biggest lesson I learned while completing this project is how easy it is to donate food. In the future, I plan to go volunteer and donate often. There are many families that depend on food pantries like the one I donated to, so I encourage everyone to donate to their local pantry and help out the community!"

- **Sarah Krask, Junior, Public Health major**

---

"I organized a virtual food drive for a service learning project. The project originally required that I volunteer my time at a local food bank. However, due to the coronavirus outbreak, Dr. Blake gave us options to help while being socially distanced. I reached out to Kristy McLellan at Harvest Hope who provided me with a personal link that I could use to help raise money. All of the money went directly to Harvest Hope through this link. I had a goal of raising \$100 over the course of one week. I posted my link on Facebook, Snapchat, and Twitter to spread the word. I got to create some flyers with the information on it to post to my social media accounts. By the end of the week, I met my goal, and I was really shocked honestly. My main takeaway is that people are looking for ways to help right now, and this was a unique opportunity to create a way for people to help from the comfort of their home and staying safe." -Mary Kate Shaffer, Junior, Exercise Science major

---



"For my HPEB 502 service-learning project, it shifted a bit with quarantine, from an in-person food drive to an online one. When all of the COVID-19 began, a lot of families were in-need, particularly for their kids who were originally getting lunch from school. I heard that Shoes 4 The Shoeless was collecting food and money at the time, so I thought that would be a perfect way to contribute to the impact that was felt in the greater Dayton (Ohio) area. Our family contributed to a neighbor's drive with the food we already had, and I also made Facebook and Instagram fundraisers with

graphics to encourage people to donate. The response I got was unexpectedly high! I think I raised about \$160 in total, but there were friends who couldn't donate but I thought it was a great idea for the community at the time. This fundraiser lasted about a week, and it was a very fulfilling project for me to reflect on.

There were challenges in navigating an effort towards food security virtually, and at first, it was hard for me to find a non-profit to get involved with. It also took me a while to figure out how to make graphics to promote the fundraiser but in my experience with Relay for Life on campus, I used the ideas of "Venmo polls" and Facebook fundraisers with their amazing graphics as inspiration. Food insecurity is often very hands-on when it comes to service-learning, and I hope to be able to do that in the future, but I was happy to help, even if it was in a less hands-on way." -**Katie Connell, Sophomore, Dance Performance major, HPEB minor**

## Recent Affiliate Publications

Babatunde OA, **Adams SA**, Truman S, Sercy E, Murphy AE, Khan S, **Hurley TG**, Wirth MD, Choi SK, Johnson H, **Hebert JR**. [The impact of a randomized dietary and physical activity intervention on chronic inflammation among obese African-American women.](#) *Women & Health*. May 2020:1-14. doi:10.1080/03630242.2020.1746950.

Basnet S, **Frongillo EA**, Nguyen PH, **Moore S**, Arabi M. [Associations of maternal resources with care behaviors differ by type of resource and care behavior.](#) *Maternal & Child Nutrition* e12977, doi.org/10.1111/mcn.12977, 2020.

**Beets MW, Weaver RG**, Brazendale K. [Daring to share requires intentional and collective commitment to civil discourse.](#) *International Journal of Behavioral Nutrition and Physical Activity*. 2020;17(1). doi:10.1186/s12966-020-00950-7.

Boyd JM, **Wilcox S**. [Mediation Analysis of the Relationships Between God Locus of Control and Health Behaviors in College Students.](#) *Review of Religious Research*. 2020. doi:10.1007/s13644-020-00406-1.

Heiney SP, Donevant SB, **Adams SA**, Parker PD, Chen H, Levkoff S. [A Smartphone App for Self-Management of Heart Failure in Older African Americans: Feasibility and Usability Study.](#) *JMIR Aging*. 2020;3(1). doi:10.2196/17142.

Heiney SP, Truman S, Babatunde OA, Felder TM, Eberth JM, Crouch E, Wickersham KE, **Adams SA**. [Racial and Geographic Disparities in Endocrine Therapy Adherence Among Younger Breast Cancer Survivors.](#) *American Journal of*

*Clinical Oncology*. 2020;1. doi:10.1097/coc.0000000000000696.

Luo J, Shivappa N, **Hébert JR**, Xu X. Dietary inflammatory index and bladder cancer risk: a prospective study. *European Journal of Clinical Nutrition*. 2020. doi:10.1038/s41430-020-0602-y.

Nguyen HT, **Frongillo EA**, **Blake CE**, **Shapiro CJ**, Frith AL. Earlier and concurrent food insecurity are associated with suboptimal parenting in early childhood. *Journal of Nutrition* doi.org/10.1093/jn/nxaa073, 2020.

Tooze JA, The NS, Crandell JL, Couch SC, Mayer-Davis EJ, Koebnick C, **Liese AD**. An Approach for Examining the Impact of Food Group-Based Sources of Nutrients on Outcomes with Application to PUFAs and LDL in Youth with Type 1 Diabetes. *Nutrients*. 2020;12(4):941. doi:10.3390/nu12040941.

Vahid F, Bourbour F, Gholamalizadeh M, Shivappa N, **Hebert JR**, Babakhani K, Jarrahi AM, Dahka SM, Doaei S. A pro-inflammatory diet increases the likelihood of obesity and overweight in adolescent boys: a case-control study. *Diabetology & Metabolic Syndrome*. 2020;12(1). doi:10.1186/s13098-020-00536-0.

**Weaver RG**, Armstrong B, Hunt E, **Beets M**, Brazendale K, Dugger R, **Turner-McGrievy G**, **Pate R**, Maydeu-Olivares A, Saelens B, Youngstedt S. The Impact of Summer Vacation on Children's Obesogenic Behaviors and Body Mass Index: A natural experiment. 2020. doi:10.21203/rs.2.24115/v1.

Whittle HJ, Wolfe WR, Sheira LA, **Frongillo EA**, Palar K, Merenstein D, Wilson TE, Adedimeji A, Cohen MH, Wentz EL, Tien PC, Weiser SD. Associations between food insecurity and psychotropic medication use among women living with HIV in the United States. *Epidemiology and Psychiatric Sciences*. 2020;29. doi:10.1017/s2045796020000232.

**Wilcox S**, Jake-Schoffman DE, **Saunders RP**, Kinnard D, **Kaczynski AT**, Hutto B, James KL. Predictors of implementation in the Faith, Activity, and Nutrition dissemination and implementation study: application of the Consolidated Framework for Implementation Research (CFIR) in a statewide initiative. *Translational Behavioral Medicine*. 2020. doi:10.1093/tbm/ibaa025.

---

**More information and updates on COVID-19  
from UofSC >**

## Share your Successes!

Help us showcase the remarkable nutrition research, teaching, and service being done at the University of South Carolina. Tell us about your latest nutrition related publications, presentations, awards, grants, and all other recognitions or accomplishments to be featured on our website and future NutriNews.

Email [emkenney@email.sc.edu](mailto:emkenney@email.sc.edu) to be featured.

## Follow us on Social Media:

We've recently updated our [Nutrition Consortium website](#). Take a look and tell us what you think!



[view this email in your browser](#)

*Copyright © 2019 | UofSC Nutrition Consortium | All rights reserved.*

**Please send all news and announcements to  
[emkenney@email.sc.edu](mailto:emkenney@email.sc.edu)  
to be featured in our monthly newsletter.**

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).



This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

SC Nutrition Consortium · 915 Greene Street Discovery I Building · Columbia, SC 29208-0001 · USA

