

**Director's Report: March 2017**

*"Spring is the time of plans and projects." – Leo Tolstoy*

The Center continues to flourish this year through our many projects and community outreach efforts, along with our focus on research and development. We continue to surpass all goals and objectives and remain consistent in our alignment with university priorities. Please refer to our Center dashboard, project list, and consent agenda for our current and ongoing internships, educational programs, services, outreach, and research. I would like to highlight a few in my March report.

The first quarter of 2017 has been productive with many events and projects happening at the Center, on campus, and throughout the community. Consistent with our mission to enrich LA's school gardens by teaching children and our community about the health benefits of sustainable gardening, we offered a student internship opportunity and "Healthy Grower's" training from January 9<sup>th</sup> – 12<sup>th</sup> as part of the Let's Grow Healthy initiative. On February 3<sup>rd</sup>, we were honored to host students from Santee Education Complex who visited CSUN and toured the Center and our state-of-the-art facilities. There were many other events scheduled during the month of February, including CSUN Homecoming on February 11<sup>th</sup>, the Hart Street Elementary School Garden Kick Off on February 17<sup>th</sup>, and our weekly diabetes education workshops held from February 6<sup>th</sup> through the 27<sup>th</sup>. As part of our ongoing collaboration with CSUN Athletics, we are also proud to announce that the new Fueling Station held its grand opening on February 28<sup>th</sup>, the first of its kind in the Big West Conference. Our congratulations go out to our CSUN Sports Dietitian, Simona Hradil, for this amazing achievement! We value and appreciate her hard work and dedication to CSUN's athletes and our Center.

The month of March began with our collaboration and participation in Walkability Wednesday on March 8<sup>th</sup>, led by President Harrison in celebration of National Nutrition Month and Registered Dietitian Nutritionist's Day. Other happenings in the month of March included the New Academy Elementary School Garden Kick Off on March 8<sup>th</sup>, Pi Day/Farmer's Market Cooking Demo with CSUN Dining on March 14<sup>th</sup>, HR Creative Cooking and Wellness workshop series on March 29<sup>th</sup>, and NHMC's Diabetes Wellness Rx Program workshops on March 8<sup>th</sup> and March 29<sup>th</sup>. We would also like to recognize and congratulate Frida Herrera-Endinjok, who was a presenter at the President's Donor Appreciation Luncheon on March 20<sup>th</sup> as the recipient of the Christine H. Smith Endowment in the Marilyn Magaram Center for Food Science, Nutrition and Dietetics, College of Human Health and Development.

On April 1<sup>st</sup> we will serve as a co-sponsor for the Los Angeles District (LAD) of the California Academy of Nutrition and Dietetics upcoming conference: "Public Health and Private Profits: A Dialogue about Critical Topics Shaping the Future of the Dietetic Profession," and I would like to recognize Karmen Ovsepyan for all of her hard work and dedication to all of our Center projects as well as in her leadership role as LAD President. We are very proud of all her accomplishments.

We are also excited to announce that Matador Marmalade™ was selected as one of the top ten pitches in the Business College's FastPitch competition, and our team will be representing the Center as a formidable contender in the CSUN Bull Ring New Venture Competition semi-final event on April 4<sup>th</sup>. We are very proud of their accomplishments thus far and wish them the best of luck! We are also looking forward to our annual Public Policy Day event in the Oviatt Library on April 3<sup>rd</sup>. In addition, several of our interns attended the California Academy of Nutrition and Dietetics (CAND) Public Policy Workshop in Sacramento earlier this month, and on April 28<sup>th</sup> we will participate in the CAND Conference and College Nutrition Bowl, Jr. which will be held during CAND exhibits. We will also serve as co-sponsors for two exciting Family and Consumer Sciences (FCS) events coming up on May 7<sup>th</sup> – The Child and Family Studies Center's 50<sup>th</sup> anniversary and FCS's 38<sup>th</sup> annual fashion show.

Student success is one of our main campus priorities and all of our projects are planned and implemented with that goal in mind. We currently supervise approximately 51 undergraduate and graduate students through our 14 MMC nutrition and

## Marilyn Magaram Center For Food Science, Nutrition, and Dietetics

food science internships, our accredited dietetic internship and our MMC Research Lab. There are currently 10 research projects being conducted by our students, faculty and staff.

Several Community partners are interested in collaborating and working with our sensory lab and nutrient analysis. We have received approximately \$7,000 in funding to purchase equipment and we are utilizing our lab space to conduct this exciting research with Local Roots and other industry partners. As part of our collaboration with Local Roots, nutrient analysis through FRAP assay was conducted by our dietetic interns on hydroponic lettuce. We have performed antioxidant testing in the food chemistry research lab, microbial testing in the microbiology lab, and sensory testing in the Thieriot Lab.

We continue to participate in research collaborations with scholars in other departments (Psychology, Health Sciences, Communication Disorders & Sciences, Nursing, Microbiology, Chemistry, Armenian Studies, Journalism, Athletics, Business, Kinesiology, Theater, Recreation & Tourism Management, Sociology, just to name a few), Institute for Community Health and Wellbeing and Institute of Sustainability, different universities (CSU Long Beach, American University of Armenia, USC, UCLA), and various community partners and foundations. Other campus collaborations include CSUN Campus Dining, Campus Health Oversight and Campus Wellness Affinity Group.

We also continue to work with our community partners and I would like to acknowledge and thank all of them. Absent their efforts, we would not be able to carry out many of our programs and meet our mission. Thank you to NEVHC, WIC Program, Kaiser Permanente (KP) Panorama City, KP Woodland Hills, VCCC, LAC DPH, Dignity Health, and Cedars Sinai Medical Center, just to name a few. I want to thank all our hospitals, community centers, foodservice facilities and preceptors that provide our students with internship and education opportunities. The Center plans to provide ongoing scholarships and sponsorships for students/staff to attend several conferences and professional meetings this year: SCIFTS, CAND, LAD, CA-AFCS, San Diego Obesity Conference, etc.

These collaborations have resulted in external funding (approx. \$1,300,000 last year), peer-reviewed publication, two manuscripts currently in preparation, one published abstract, one international conference presentation, one national conference presentation, and two state conference presentations. In addition, we have opportunities for more than 50 students to participate on research, education, and evaluations. The following grants are currently pending: *Pathways to success for Hispanic students as registered dietitians*, United States Department of Agriculture (USDA), resubmitted for \$1,000,000; *Taking Charge of Your Diabetes, diabetes self-management education program*, Alpha Gamma Delta Foundation Diabetes Education and Awareness Grant, requested for \$5,000; *Lets cook, move, and grow healthy in schools*, Kaiser Permanente Panorama City Community Grant, requested for \$20,000; *Lets Eat healthy in schools*, Kaiser Permanente Woodland Hills Community Grant, pending for \$60,000; *SNACK: Student nutrition and cooking knowledge Website On a Wellness App.*, Campus Quality Fee Grant, pending for \$57,150; *Matador Wellness Garden*, pending for \$69,610; *Fueling and Educating Matadors. Providing body composition testing, assessment and analysis through our BodPod*, pending for \$37,924.

We have begun planning under the Champions for Change grant to provide nutrition education and gardening training to students, parents and the community of Canoga Park. As part of the initiative, CSUN faculty, staff and students are working throughout the area to help to establish community gardens at 13 different sites, as well as holding education sessions at local schools and with community groups about making healthy lifestyle choices. We are hopeful that these efforts will result in building something meaningful and sustainable that will last well beyond the three years of the grant.

As always, I would like to thank our family, our wonderful staff, our students, our advisory board, all my colleagues, our community partners, and donors. A very special thanks to all our hardworking MMC staff. They are unstoppable! I would like to thank and recognize them, and I look forward to working with them to help our Center to continue to grow and thrive. Go Team MMC! You Rock!

Respectfully submitted,  
Annette Besnilian, Executive Director

18111 Nordhoff Street - Northridge - California 91330-8308 - (818)677-3102 - fax (818)677-3446 - Web site [www.csun.edu/mmc](http://www.csun.edu/mmc)