

## **Introduction**

This proposal addresses the triple burden of malnutrition in Africa including stunting, micronutrient deficiencies, and diet-related Non-Communicable Diseases (NCD), such as Type 2 diabetes, with a focus on experiences in Uganda and Malawi. Despite global efforts to address the problem of maternal and child under-nutrition, especially in conjunction with infectious diseases such HIV/AIDS in many developing countries, the challenge persists. Juxtaposed is the nutrition transition encompassing the proliferation of an obesogenic food environment in most cities and towns that has led to an escalation of NCD (Popkin, 2015). There is hence a *critical* need for nutrition research to inform policies that recognize the need to focus on malnutrition prevention and management in all its forms.

### **Projects that I will utilize as a basis for African Futures Program activities are:**

- a) **Maternal and child nutrition in Uganda** - During pregnancy, all women need enhanced nutrition, a varied diet, and iron and folic acid (IFA) supplements because they are difficult to meet in the diet. Previous research conducted in Uganda indicated that there was low adherence to IFA tablets among pregnant women even though an estimated 75% receive IFA tablets during antenatal clinic visits (Kiwanuka *et al.*, 2017; Sununtnasuk *et al.*, 2017). Our currently funded Gates Foundation project is evaluating in Uganda, the effectiveness (maternal and child outcomes), and appeal of a culturally acceptable bio-fortified bean instant sauce product with additional iron and folic acid. The product is packaged in an edible film pouch engineered to dissolve and release the contents, when exposed to hot water to enhance the diet of low income pregnant women.
- b) **Diet and Associated Factors among adults diagnosed with Type 2 diabetes in Malawi** -One of my PhD students and I recently completed this project in Malawi in collaboration with faculty from the Lilongwe University of Agriculture and Natural Resources (LUANAR). The goal of the mixed-method study (quantitative and qualitative) was to assess glycemic status relative to the clinical target for adequate management (Glycosylated Hemoglobin <8%), dietary and other relevant sociodemographic and lifestyle associations, as well as barriers and facilitators to self-management among low income government treated adults with Type 2 diabetes. Of specific interest was the implications of diet quality, food insecurity, and social-environmental factors on achieving optimal glycemic targets. The goal is to guide the development of nutrition education and extension materials for prevention and management of T2DM in Malawi as well as inform

nutrition policy revisions to enhance the role of nutrition in NCD services, especially T2DM Malawi. The study targeted T2DM 428 adults with the urban and semi-urban major public hospitals in Malawi.

### **Major activities to be accomplished**

#### ***Publications:***

- a) **Uganda Study:** The early career postdoctoral researcher will assist as co-author with writing at least 2 manuscripts on product formulation and maternal and child outcome findings
- b) **Malawi Study:** A plethora of data was collected for our Malawi T2DM study. Dissemination of findings has thus far occurred in different platforms/conferences such as at Michigan State University Research Forums, Michigan Academy of Nutrition and Dietetics, and Society of Nutrition Education and Behavior and within the African region at the African Epidemiology conference in Ethiopia. Additionally, one manuscript related to this work that was submitted to Health Education Journal, is currently under review. However, there is still more that needs to be accomplished. The postdoctoral early career researcher will be actively engaged with the study team, and make a significant contribution to least three papers. Papers should focus on the following areas: 1) food insecurity in the context of T2DM; 2) dietary quality in relation to diabetes- related biomarkers; and 3) barriers and facilitators to healthy diet and physical activity in urban and semi-urban patients with T2DM in Malawi. In addition, a policy brief will be formulated that informs Ministry of Health decision makers about key changes that need to be considered to enhance T2DM care in Malawi.

***Grant proposal writing:*** The postdoc will be required to work on three competitive and fundable grant proposals (Gates Foundation, Nestle Foundation, USAID, Graca Machel Foundation) and others as identified by released rfa's) on nutrition and health based on the following ideas:

- a) expansion of the Uganda study to other parts of the country to compare and contrast findings, as well as determine if and how the project can be expanded to at least one other country such as Malawi.
- b) Develop and assess effectiveness of a diet and nutrition education intervention using paraprofessionals and nutritionists as change agents that targets women of childbearing age including adolescents, that focuses on the importance of good nutrition especially iron and folic acid for both maternal and child outcomes.
- c) Based on findings from the Malawi T2DM study, research grant proposal writing will focus on the following areas: 1) The nutrition transition and drivers of healthier food choices in relation to health and nutrition outcomes associated with prevention and/or better management of NCD's such as Type 2DM in urban, peri-urban and rural areas of Malawi, 2) Development and validation of a food exchange list that will be useful for nutrition educators to use as a tool in Malawi for different NCD conditions and settings such as hospitals and the community

***Scientific presentation/conferences:*** The postdoc will also be required to submit abstracts and present at least 2 major nutrition conferences while in the US such as the American Public

Health Association Meeting, the Food and Nutrition Conference of the American Academy of Nutrition and Dietetics or the Society for Nutrition Education and Behavior.

**Leadership and Training:** There are currently no PhD trained Malawian registered dietitians. Michigan State University has a dietetic internship program, that will allow a postdoc who has verification of completion of the Didactic Program in Dietetics to complete the needed dietetic internship, that will allow that person to become the first to be eligible to become a registered dietitian, and essentially direct future training of registered dietitians through LUANAR,. This is something the Dean and Department Chair in Nutrition strongly aspire to accomplishing. LUANAR will become the leading training institutions for nutrition professionals who are certified to provide the best health outcomes for all levels of the triple burden of malnutrition experiences. A key activity to enhance this accomplishment will be attendance at one of the New Director Training Workshops of the Accreditation Council for Education in Nutrition and Dietetics. As a national reviewer of such programs in the US, I the mentor will play a leading role in ensuring that the scholar returns with the best resources to be successful in this important deficient training opportunity that will put Malawian nutrition efforts on par with other training efforts in this respect globally. In addition, the mentee will also attend at least 2 research and leadership workshops at MSU or otherwise identified.

**Sustainability:** The goal given the linkages already in place between the MSU Department of Food Science and Human Nutrition and LUANAR, is to continue to work together with faculty and students on research endeavors that can include other country partners, e.g. Uganda collaborators. We will also jointly mentor pipeline students who evolve from the dietetics/nutrition program. Ultimately, the goal is to build upon and sustain the capacities of dietitians/nutritionists to address global nutrition concerns with evidence-based support garnered from training and projects.

## **References**

- Kiwanuka TS., Ononge S., Kiondo P., and Namusoke F. 2017. Adherence to iron supplements among women receiving antenatal care at Mulago National Referral Hospital, Uganda-cross-sectional study BMC Research Notes, 10:510
- Popkin, B.M. Nutrition Transition and the Global Diabetes Epidemic. Current Diabetes Reports. 2015. 15(9): p64
- Sununtnasuk C., D'Agostino A., and Fiedler JL. 2016. Iron + folic acid distribution and consumption through antenatal care: identifying barriers across countries. Public Health Nutrition: 19(4), 732–742.

## BIOGRAPHICAL SKETCH- SHORT VITA

Provide the following information for the key personnel in the order listed for Form Page 2.  
Follow the sample format for each person. **DO NOT EXCEED FOUR PAGES.**

<b>NAME</b> Lorraine J. Weatherspoon	<b>POSITION TITLE</b> Professor, Human Nutrition & Director, Didactic Program in Dietetics Michigan State University		
<b>eRA COMMONS USER NAME</b> MSUWEATHERSPOONL			
<b>EDUCATION/TRAINING</b> <i>(Begin with baccalaureate or other initial professional education, such as</i>			
<b>INSTITUTION AND LOCATION</b>	<b>DEGREE</b> <i>(if applicable)</i>	<b>YEAR(s)</b>	<b>FIELD OF STUDY</b>
University of Natal, Pietermaritzburg, S. Africa	BS	1980	Dietetics
University of Pretoria, Pretoria, S. Africa	Dipl. Tert, Ed.	1982	Tertiary Education
West Virginia University, Morgantown, WV	MS	1987	Clinical Nutrition
The Pennsylvania State University, University Park, PA	PhD	1992	Human Nutrition

### A. **Personal Statement**

Lorraine J. Weatherspoon PhD, RDN, a native of Durban South Africa, is a professor in Human Nutrition and Director of the Didactic Program in Dietetics in the Department of Food Science and Human Nutrition at Michigan State University. Her research focus, grant funding and publications are in the area of “Diet-Related Health Disparities: Role of Dietary, Lifestyle and Ecological Factors in Risk, Prevention and Management”. She has a special interest in Weight Status and Diabetes especially Type 2 Diabetes in both adults and children with regard to early identification, efficacy of control and prevention/management of complications. She is nationally and internationally regarded as a leading expert in clinical and community-based nutrition and related research. She has a long history of professional engagement at engagement at university, local area, state and national levels. She also served on the first and second boards for licensure of dietetics in the state of Michigan. In summary as a strong advocate for the dietetics profession, she has demonstrated long-term commitment, collaboration, and respect for the profession in all her professional engagement

### B. **Positions and Employment**

- 1981 – 1985      Clinical Dietitian, R.K. Khan Hospital, Durban, South Africa.
- 1986             Graduate Teaching Assistant, West Virginia University, Department of Family Resources, Morgantown, WV.
- 1986 - 1987     Graduate Research Assistant, West Virginia University, University Affiliated Center for Developmental Disabilities, Morgantown, WV.
- 1987-1989      Teaching Assistant, The Pennsylvania State University, Department of Human Nutrition, University Park, PA.
- 1993             Adjunct Faculty in Biology, Sante Fe Community College, Gainesville, FL.
- 1990 - 1993     Research Assistant in Diabetes and General Endocrinology, The University of Florida, Diabetes Research, Treatment and Education Center and the Department of Child Psychiatry, Gainesville, FL.
- 1994 – 1995     Adjunct Faculty in Biology, Tallahassee Community College, Tallahassee, FL.
- 1993 - 1998     Assistant Professor in Nutrition and Food Science, Florida A&M University, Division of Agricultural Sciences, Tallahassee, FL.

- 1998 - 2003      Assistant Professor in Community Nutrition & Dietetics, Michigan State University (MSU), Department of Food Science & Human Nutrition, East Lansing, MI.
- 2003-2014      Associate Professor in Human Nutrition & Director, Didactic Program in Dietetics (DPD), MSU, Department of Food Science and Human Nutrition, East Lansing, MI
- 2014- present    Professor in Human Nutrition & DPD Director, MSU, East Lansing, MI

**C. Other Experience and Current Professional Memberships**

- 2016 - Present    Mississippi State University Didactic Program in Dietetics Advisory Board
- 1990 – Present    Society for Minorities in Agriculture, Natural Resources and Science Related Fields
- 1994 – Present    Society for Nutrition Education and Behavior
- 1996 – Present    American Dietetic Association currently referred to as Academy of Nutrition and Dietetics
- 1998 – Present    American Society for Nutrition Scientists
- 1998 – Present    Dietetic Educators Practice Group of Michigan
- 1998 – Present    Lansing Dietetic Association & Michigan Dietetics Association
- 2006 – Present    University of Michigan Hospitals & University of Kentucky Dietetic Internship Program Advisory Boards

**D. Honors**

- 1986 – Present    Omicron Nu, West Virginia University & Kappa Omicron Nu
- 1987 – 1990      Competitive Student Research Award in Nutrition, Pennsylvania State University
- 1996              Certificate of Appreciation, Professional Development of Minorities in Agriculture, Natural Resources and Related Sciences
- 1997              1st Place in Social Sciences and Rural Dev., Assoc. of Research Directors
- 2003              Outstanding Teaching Award, College of Human Ecology, Michigan State University
- 2004              First Place, National Extension Education Award, Region 5
- 2006-2007      Outstanding Dietetics Educator Award for the state of Michigan
- 2007-2014      Two time Governor’s Appointee to First Michigan Board of Dietetics
- 2008              Michigan State University Senior Student Council Outstanding Faculty Award
- 2009              National Role Model Faculty Award, Minority Access Inc., Washington DC
- 2010              College of Agriculture and Natural Resources (CANR), Howard and Lili Ann Camden Endowed Creativity/Teacher Scholar Award
- 2016              CANR Established Teacher Award and North American Colleges and Teachers in Agriculture Outstanding Teaching Award
- 2017              Academy of Nutrition & Dietetics Excellence in Practice-Teaching Award

**E. Ongoing and Completed Research Support (last 3 years)**

**PI Weatherspoon, L.**, Jackson-Malete, J & Siddiq, M Gates Foundation 18 month Funding from November 2018, \$100,000- *“Next Generation Nutrition in Uganda: Effectiveness of a cultural accepted, innovative food product that improves convenience and daily nutritional needs and outcomes of low-income pregnant women in Uganda;”* Collaboration with Dept. of Food Science and Human Nutrition & African Alliance partnership at Michigan State University and Kyambogo University and Numa Foods in Uganda

**Co PI Foster, E; Weatherspoon, L.;** Lucas, J Roth, B & Millenbah, K..The National Science Foundation, grant award of \$999,983 for 5 years (1/17 to 12/ 21) for project, entitled *"Careers in Food, Energy, and the Environment - an Interdisciplinary Approach,"* M. Roth, Kelly F. Millenbah,.

**PI** for supervision of doctoral candidate Gayle Shipp for “Robert Wood Johnson (RWJ) Health Policy Research Scholars Program, Project focuses on “*Breastfeeding Support for African American Women*,” 120,000 from 2016- 2021,

**CoPI Weatherspoon, L** with Dawn Earnesty MS RD, USDA National Institute of Food and Agriculture funding for project entitled “The Influence of Policy, System and Environmental Nutrition Education Intervention on Dietary Quality at Low-Income Childcare Provider Settings” 75,000, NIFA 2/1/2016 - 12/31/2017

#### **F. Selected recent peer-reviewed publications (in chronological order)**

*\*Manuscripts where my name is listed last and I was senior author usually with my students*

1. Dave D. Weatherspoon, James F. Oehmke, Assa S. Dembélé, Marcus A. Coleman, Thasanee Satimanon & **Lorraine J. Weatherspoon**, 2013, Price and Expenditure Elasticities for Fresh Fruits in an Urban Food Desert, *Journal of Urban Studies*, 50(1) 88–106
2. \*Venkatesh S and **Weatherspoon L**. Social & Health Care Provider Support in Diabetes Self-management: Perceptions of Asian Indian Adults. *American J. of Health Behavior*, 2013;37(1):112-121.
3. **L. J. Weatherspoon**, S.Venkatesh , M.A. Horodynski , M. Stommel & H. E. Brophy-Herb , 2013, Food Patterns & Mealtime Behaviors in Low-Income Mothers and Toddlers, *J. of Community Health Nursing*, 30 (1): 1-15
4. **Weatherspoon LJ**, Quilliam ET, Paek H, Kim S, Venkatesh S, Plasencia J, Lee M, Rifon NJ. 2013, “Consistency of nutrition recommendations for foods marketed to children.” *Preventing Chronic Disease*, DOI: <http://dx.doi.org/10.5888/pcd10.130099>
5. Dave D. Weatherspoon, James F. Oehmke, Assa S. Dembélé, Marcus A. Coleman, Thasanee Satimanon & **Lorraine J. Weatherspoon**, Price and Expenditure Elasticities for Fresh Vegetables in an Urban Food Desert, *Applied Economic Perspectives and Policy*, 2013
6. Shin, D., Bianchi, L., Chung, H., **Weatherspoon, L.**, & Song, W. O. (2014). Is gestational weight gain associated with diet quality during pregnancy. *Maternal and child health journal*, 18(6), 1433-1443.
7. Weatherspoon, D. D., Oehmke, J. F., Coleman, M. A., & **Weatherspoon, L. J.** (2014). Understanding consumer preferences for nutritious foods: Retailing strategies in a food desert. *International Food and Agribusiness Management Review*, 17, 61-82.
8. Nora J. Rifon, Elizabeth Quilliam, Mira Lee, Hye-Jin Paek, **Lorraine Weatherspoon**, Sookyong Kim and Karen Smreker (revised and resubmitted), (2014) "Age Dependent Effects of Food Advergame Interactivity and Brand Integration on Children's Brand Recall, Attitude, and Requests: A Critical Experiment of Persuasion Tactics," *International Journal of Advertising*, (2014), 33(3), 475-508.
9. Paek, H.-J., Quilliam, E. T., Kim, S., Lee, M., & **Weatherspoon, L.** (2014). Characteristics of food advergames that reach children and the nutrient quality of the foods they advertise. *Internet Research*, 24(1), 63-81. doi:10.1108/IntR-02-2013-0018 ISSN: 10662243
10. **L. Weatherspoon**, Maria S. Nnyepi,, L. Mokgathe, J. Maletse, L. Maletse, P. Lyoka, G. Anabwani, J Makandla, M. Bennink. “The Nutritional Status of HIV + Children Receiving HAART at a Treatment Center in Botswana, *Health Education Journal* (2014), 2014
11. Weatherspoon, D., Oehmke, J., Dembele, A., & **Weatherspoon, L.** (2014). Fresh vegetable demand behaviour in an urban food desert. *Urban Studies*, 0042098014529340.
12. W.A. Masters, B.Colaiezzi , K. Dennison, J. Hill, E. Jordan-Bell, A. Kablan, M. Thurber, **L. J. Weatherspoon**, J. Oehmke. (2015), "Agricultural policy for improved nutrition in Africa and Asia: Evidence to guide the US Government's investments in food security", *Food Security: The Science, Sociology and Economics of Food Production and Access to Food*
13. \*Nnyepi, Maria, Maurice R. Bennink, Jose Jackson-Maletse, Sumathi Venkatesh, Leapetswe Maletse, Lucky Mokgathe, Philemon Lyoka, Gabriel M. Anabwani, Jerry Makhanda, and **Lorraine J. Weatherspoon**. "Nutrition status of HIV+ children in Botswana." *Health Education* 115, no. 5 (2015): 495-514.

14. Bix, Laura, Raghav Prashant Sundar, Nora M. Bello, Chad Peltier, **Lorraine J. Weatherspoon**, and Mark W. Becker. "To See or Not to See: Do Front of Pack Nutrition Labels Affect Attention to Overall Nutrition Information?." *PloS one* 10, no. 10 (2015): e0139732.
15. \*Venkatesh S, Conner T, Song WO, Olson BH, **Weatherspoon LJ**. The relationship between dietary acculturation and type 2 diabetes risk among Asian Indians in the U.S. (2016) *J Immigrant & Minority Health*. DOI 10.1007/s10903-016-0482-3.
16. Becker, M. W., Sundar, R. P., Bello, N., Alzahabi, R., **Weatherspoon, L.**, & Bix, L. (2016). Assessing attentional prioritization of front-of-pack nutrition labels using change detection. *Applied ergonomics*, 54, 90-99
17. \*Plasencia, J., Hoerr, S., Carolan, M. and **Weatherspoon, L.**, 2017. Acculturation and Self-Management Perceptions Among Mexican American Adults With Type 2 Diabetes. *Family & community health*, 40(2), pp.121-131.
18. \*Venkatesh, S., Conner, T., Song, W.O., Olson, B.H. and **Weatherspoon, L.J.**, 2017. The relationship between dietary acculturation and type 2 diabetes risk among Asian Indians in the US. *Journal of immigrant and minority health*, 19(2), pp.294-301.
19. Malete, L., Mokgathe, L., Nnyepi, M., Jackson, J., Wen, F., Bennink, M., ... & **Weatherspoon, L.** (2017). Effects of a High Protein Food Supplement on Physical Activity, Motor Performance and Health Related Quality of Life of HIV Infected Botswana Children on Anti-Retroviral Therapy (ART). *AIMS public health*, 4(3), 258.
20. Mayfield, K.E., Carolan, M., **Weatherspoon, L.**, Chung, K.R. and Hoerr, S.M., 2017. African American Women's Perceptions on Access to Food and Water in Flint, Michigan. *Journal of nutrition education and behavior*, 49(6), pp.519-524.
- 21.\*Venkatesh, S, Conner, T and **Weatherspoon, L.** 2018 "Reliability and Validity of an Asian Indian Acculturation Measure (AIDAM)" in *Health Education & Behavior*, 50 (6), Pages 529–535
22. \*Venkatesh, S., & **Weatherspoon, L. J.** (2018). Food behaviors and dietary acculturation of Asian Indians in the US. *Journal of nutrition education and behavior*, 50(6), 529-535.  
Role: Senior author- manuscript from my doctoral student

In press

23. \*G.Shipp, D. Weatherspoon, D. Earnesty, G. Mphwanthe, **L. Weatherspoon**. Factors associated with Fruit and Vegetable Purchases of SNAP recipients residing in multi-person households within a Food Desert. The manuscript was submitted and accepted in the journal of Hunger and Environmental Nutrition, in press  
Role: Senior author- manuscript from my doctoral student
24. Lappan, S., Carolan, M., **Weatherspoon, L** & Parra-Cardona, J.R "Risk and Protective Factors Associated with Childhood Obesity in a Sample of Low-Income, Single Female, Primary Caregiver Households: Implications for Family Therapists" in press in its current form for publication in *Family Process*  
Role: PhD committee member, nutrition content review and overall manuscript editing and review

## G. Recently Published Abstracts

- Plasencia, J. and **Weatherspoon, L.J.** (2015) Assessment of Cultural Knowledge and Skills Application in Dietetics Education. *Journal of Nutrition Education and Behavior*, 47(4), S4-S5. Society for Nutrition Education and Behavior Annual Conference, Pittsburgh, PA.
- Mayfield, K, **Weatherspoon, L.**, Carolan, M, Chung, K, & Hoerr, S.L (2015) Perceptions of Food Access by African American Women with Children in an Urban Post-industrial North Central American City, *Journal of Nutrition Education and Behavior*, 47(4), S4-S5. Society for Nutrition Education and Behavior Annual Conference, Pittsburgh, PA.

- Saxe-Custack A, Hanna-Attisha M, Reyes G, Nweke O, Powell E, **Weatherspoon L.** (2016, July). A paraprofessional-led intervention for low-income families with overweight and obese children: assessment of clinical, behavioral, and quality of life outcomes. Society for Nutrition Education and Behavior Proceedings from annual conference, San Diego, CA.
- Dave D. Weatherspoon, Marie Steele-Adjognon, James Oehmke, Jean Chrysostome Ngabitsinze & **Lorraine Weatherspoon**, 2016. "Rwandan Rural Household Food Preferences, Dietary Diversity and Supply Chain Development." IFAMA 26<sup>th</sup> Annual World Conference proceedings, Aarhus, Denmark June 19 -23, 2016.
- Mayfield, K., **Weatherspoon, L.**, Hession, S., Chung, K., & Hoerr, S. Food Availability, Food Price and Food Quality: Associations with Race and Median Household Income in Flint, Michigan abstract published in proceedings of the Food and Nutrition Conference and Exhibition of the Academy of Nutrition and Dietetics, October 2016, Boston MA
- Plasencia, J., Balcazar, H., Hoerr, S., Lapinski, M. and **Weatherspoon, L.**, 2017. Cultural Influences of Diet and Physical Activity by Mexican-Americans with Type 2 Diabetes. *Journal of Nutrition Education and Behavior*, 49(7), p.S39
- Shipp, D. Weatherspoon, D. Earnesty, G. Mphwanthe, **L. Weatherspoon 2017** Factors Associated with Fruit and Vegetable Purchases of SNAP Recipients Residing in a Food Desert. G.. *Journal of the Academy of Nutrition and Dietetics*, Volume 117, Issue 9, A87
- D. Earnesty, M. Hourani, C. Szatkiewski, A. Creger, A. Jursinic, **L. Weatherspoon 2017** Home Based Child-Care Providers are Not Currently meeting the 2017 Child and Adult Care Food Program Nutrition Standards.. *Journal of the Academy of Nutrition and Dietetics* , Volume 117, Issue 9, A88
- Getrude Mphwanthe, Felistace Mtande,,**Lorraine J. Weatherspoon**, PhD, RD, 2017 Food Consumption, Physical Activity and Overweight/Obesity in Adults Diagnosed with Type 2 Diabetes Mellitus in Lilongwe, Malawi, *Journal of the Academy of Nutrition and Dietetics*, Volume 117, Issue 9, A25
- Murimi, M., Sharkey, J., Kidd, T., Odoms-Young, A., **Weatherspoon, L.**, & Njike, V. (2018). Building a Cadre of Minority Scientists in the Area of Childhood Obesity Prevention: A Mentoring Initiative. *Journal of Nutrition Education and Behavior*, 50(7), S110-S111.
- Getrude Mphwanthe, Marsha Carolan, Dawn Earnesty, Emma Wood, Alexander Kalimpira and **Lorraine Weatherspoon**. Barriers and Facilitators to Diet and Physical Activity: Qualitative Analysis of Adults Diagnosed with Type 2 Diabetes Mellitus in Malawi. 8th Africa Nutrition Conference Addis Ababa, Ethiopia, October 1-5, 2018. Published online: September 30, 2018. Page 154.  
<http://www.ansnet.org/en/docs/ANEC8BookofAbstracts.pdf>.
- Getrude Mphwanthe, Dave Weatherspoon, Alexander Kalimpira and **Lorraine Weatherspoon**. High Carbohydrate Intake and Low Meal Frequency are Associated with Unacceptable Glycemic Status Among Adults with Type 2 Diabetes in Malawi. 8th Africa Nutrition Conference Addis Ababa, Ethiopia, October 1-5, 2018. Published online: September 30, 2018. Page 58.  
<http://www.ansnet.org/en/docs/ANEC8BookofAbstracts.pdf>

#### **H. Book Chapters and/or Books**

Weatherspoon, L., Chester, D., and Kidd, T Chapter on African American Food Practices in Goody, C. M., & Drago, L. (Eds.). (2009 & 2018). *Cultural food practices with focus on Diabetes*. Academy of Nutrition and Dietetics.



## I. Recent Presentations (2016-2018)

### Specifically Invited, Oral and/or Poster

- Minority Scientist Workshop at SNEB—July 29- & 30<sup>th</sup> 2016—San Diego, CA. Evaluation of Community Nutrition Research Projects—one of keynote speakers at grantwriting workshop
- Mayfield, K., Weatherspoon, L., Hession, S., Chung, K., & Hoerr, S. Food Availability, Food Price and Food Quality: Associations with Race and Median Household Income in Flint, Michigan abstract published in proceedings of the Food and Nutrition Conference and Exhibition of the Academy of Nutrition and Dietetics, October 2016, Boston MA
- Saxe-Custack A, Hanna-Attisha M, Reyes G, Nweke O, Powell E, Weatherspoon L. (2016, July). A paraprofessional-led intervention for low-income families with overweight and obese children: assessment of clinical, behavioral, and quality of life outcomes. Society for Nutrition Education and Behavior Poster presentation at annual conference, San Diego, CA.
- Dave D. Weatherspoon, Marie Steele-Adjognon, James Oehmke, Jean Chrysostome Ngabitsinze & **Lorraine Weatherspoon**, 2016. “Rwandan Rural Household Food Preferences, Dietary Diversity and Supply Chain Development.” IFAMA 26<sup>th</sup> Annual World Conference oral presentation, Aarhus, Denmark June 19 -23, 2016
- Dawn Earnesty, MS, RDN, Miya Hourani, Cristina Szatskiewski, Annalisa Creger, Anna Jursinic, **Lorraine Weatherspoon**, PhD, RD.. Are In-Home Child Care Providers Currently Meeting the New Child and Adult Care Food Program (CACFP) Nutrition Standards? Academy of Nutrition and Dietetics Annual Conference. October 2017. Chicago, IL.
- Jursinic, Anna, Earnesty, Dawn, MS, RDN, **Weatherspoon, Lorraine**, PhD, RD. Poster Presentation. Foods and Beverages Served by In-Home Child Care Providers Does Not Match their Menu. 2017 Mid-SURE undergraduate research symposium. East Lansing, MI. April 2017.
- Julie Plasencia, PhD, RD, Sharon Hoerr PhD, RD, Hector Balcazar, PhD, Maria Lapinski, PhD, **Lorraine Weatherspoon**, PhD, RD Cultural Sensitivity Among Registered Dietitians Counseling Mexican-Americans w/ Type 2 Diabetes, Academy of Nutrition and Dietetics Annual Conference. October 2017. Chicago, IL.
- Jessica Ball, Julie Plasencia, PhD, RD, and **Lorraine Weatherspoon**, PhD, RD Content analysis of cultural elements in Diabetes Education Curricula for Mexican-Americans with Type 2 diabetes Michigan State University Undergraduate Research Forum, April 7, 2017
- Dawn Earnesty, MS, RDN, Miya Hourani, Cristina Szatkiewski, Annalisa Creger, Anna Jursinic, **Lorraine Weatherspoon**, PhD, RD.. Are In-Home Child Care Providers Currently Meeting the New Child and Adult Care Food Program (CACFP) Nutrition Standards? Michigan Academy of Nutrition and Dietetics Annual Conference. May 2017, Grand Rapids, MI.
- Getrude Mphwanthe, Felistace Mtande,,**Lorraine J. Weatherspoon**, PhD, RD, Food Consumption, Physical Activity and Overweight/Obesity in Adults Diagnosed with Type 2 Diabetes Mellitus in Lilongwe, Malawi Academy of Nutrition and Dietetics Annual Conference. October 2017. Chicago, IL.
- Getrude Mphwanthe, Dave Weatherspoon, Alexander Kalimbira, Emma Wood & **Lorraine Weatherspoon**. Glycemic Status Among Adults Diagnosed with Type 2 Diabetes in Malawi: Non-Dietary Associations. Presented at the **Michigan Academy of Nutrition and Dietetics** in April 2018.
- Getrude Mphwanthe, Dave Weatherspoon, Alexander Kalimbira, & **Lorraine Weatherspoon**. Glycemic Control and Out-of-Pocket Expenditure Among Adults Diagnosed with Type 2 Diabetes in Malawi. Presented at the 2<sup>nd</sup> Annual International Scholars Symposium at Michigan State University, 2018.
- Plasencia, J. (Presenter & Author),Balcazar, H., Hoerr, S., Lapinski, M., & **Weatherspoon, L.** (2018). Defining Cultural Influences of Disease Self-Management by Mexican-Americans with Type 2

Diabetes Mellitus: A Qualitative Synthesis. *Minority Women's Research Network Symposium*. Minority Women's Research Network, Atlanta, GA.

- Poage, N., Shipp, G & **Weatherspoon, L** "Understanding The Impact of African American Women's Breastfeeding Self-Efficacy and Perceived Breastfeeding Social Support in Late Pregnancy". This poster was presented at UURAF at Michigan State University and Michigan Academy Annual 2018 Conference.
- Jursinic, Anna, Earnesty, Dawn, MS, RDN, **Weatherspoon, Lorraine, PhD, RD**. Poster Presentation. *Dietary Quality of Foods and Beverages Served by In-Home Child Care Providers Compared to the 2015 Dietary Guideline Recommendations*. Mid-SURE undergraduate research symposium. East Lansing, MI. April 2018.
- Dawn Earnesty, MS, RDN, Anna Jursinic, Miya Hourani, Annalisa Creger, **Lorraine Weatherspoon, PhD, RDN**. *Dietary Quality of Foods and Beverages Served by In-Home Child Care Providers Compared to the 2015 Dietary Guideline Recommendations*. Michigan Academy of Nutrition and Dietetics Annual Conference. May 2018, Bay City, MI

#### **J. Advising, Mentoring, and Supervision** (*Past three years (2016, 2017, 2018)*)

##### **Academic/Professional**

- Extensive advising for dietetic internship process—2 orientation sessions every Fall 18 followed by one on one scheduled meetings with majority of applicants. As usual over 95 percent placement for those who applied including after match for 2018; Write bulk of letters of recommendation d

##### **Undergraduate Research**

Jessica Ball, College of Agriculture and Natural Resources (CANR) - Undergraduate research awardee for 2 semesters)- 2016-2017

Annalisa Creger (2016-2017)

Cristina Szatskiewski (2016-2017)

Anna Jursinic ( CANR- Undergraduate research awardee for 2 semesters) (2017-2018)

Miya Hourani- 2016- 2018- Undergraduate Research

Natalie Poage (CANR- Undergraduate research awardee for 1 semesters, funded through Robert Wood Johnson Award for 1 semester & Food Science and Human Nutrition Research Scholarship for 3rd semester)- 2017-2018

Sara Pawloski- 2017-2018

Abigail Delor- 2017-2018

Louanges Ndayashimi (Fall 2018- present)

##### **Graduate Committees**

##### **Chair, Dissertation/Thesis Committee**

- 1) Deanne Kelleher, Human Nutrition, PhD, Chair, (Fall, 2017 – present)
- 2) Gayle Shipp, Human Nutrition, PhD, Chair. (Fall 2015 - Present).
- 3) Getrude Mphwanthe, Human Nutrition, PhD, Chair. (Fall 2015 - Present).
- 4) Dawn Earnesty, Human Nutrition, PhD, Chair. (Fall 2015 - Present).
- 5) Amy Marie Custack, Human Nutrition, PhD, Chair. (Spring 2007 – Fall 2016). Spring 2016 dissertation defended, Summer 2016 dissertation corrections completed and approved by Graduate School
- 6) Dwi Savitri Rivami, PhD, Human Nutrition, Chair. (Fall 2012 - Present). Fall 2015 dissertation defended, final corrections submitted –Fall 2017

- 7) Julie Plasencia, PhD, Human Nutrition, Chair. (Summer 2012 – Fall 2016). Fall 2016 dissertation defended, final corrections completed Spring 2017

### **Member, Dissertation/Thesis Committee**

#### **PhD**

- 1) Nick Dryzal, Human Nutrition, (Spring 2018 to present, PhD committee member)
- 2) Chia-Lun Yang (Karen Yang), Human Nutrition, (Spring 2018 to present, PhD committee member)
- 3) Alyssa Beavers, Human Nutrition, (Fall 2015 to present, PhD committee member)
- 4) Beatriz George, Human Nutrition, (PhD, Member, Spring 2017 -present)
- 5) Clement Kubuga, Human Nutrition, PhD, Member and Exam Committee Chair, Fall 2014-Fall 2018
- 6) Marie Steele, Agriculture, Food and Resources Economics, (Spring 2016 to Fall 2018, PhD committee member)
- 7) Andrea, Leschewski, Food and Resources Economics, (Fall 2015 to Fall 2017 when student completed her PhD, PhD committee member)
- 8) Kellie Edwina Mayfield, PhD, Human Nutrition, Member. (Summer 2010 – Spring 2016).
- 9) Sara Lappan, PhD, Human Development and Family Studies. (2013-2017)

#### **MS (committee member)**

- 1) Jack Hisard, Human Nutrition, Spring 2018 to present, committee member
- 2) Kaitlyn Moorhead Hill, Human Nutrition, Fall 2017 to January 2019, committee member
- 3) Jillian Klein, Human Nutrition, Dietetic Internship, Regular Faculty Project member, Spring 2018 to Spring, 2019
- 4) Diaz, Human Nutrition, Dietetic Internship, Regular Faculty Project member, Spring 2018 to Fall, 2018

#### **K. Service Activities (past three years (2016, 2017, 2018))**

##### **Service within the University**

Center for Gender Studies, Member, (2006 - Present).

African Studies Core Faculty, Member, (2005 – Present; Elected to Advisory Committee Fall, 2014- Fall 2018).

Michigan State University Dietetic Internship Steering Committee and Self Study Committee, Member, (2003 - Present).

Michigan State University Dietetics Internship Advisory Board, Member, (January 2003 - Present).

Serve in advisory capacity based on stakeholder feedback. Make recommendations to the Dietetic Internship Director.

Healthy Lifestyles for Children, MSU Extension, Member, (2002 - Present).

Michigan Nutrition Education Consortium, Member, (2000 - Present).

##### **Service within the College**

- Teaching and Academic Policy Committee, CANR, 2014 to Spring 2017
- Search Committee, Director of Undergraduate Diversity Programs, Fall 2015 to Spring 2016
- Search Committee, Associate Dean for Diversity, Equity and Inclusion, Spring 2017 to Fall 2017

- College Teaching Awards Committee, Spring 2017 to present
- Department of Food Science and Human Nutrition Chair Search Committee, Fall 2016 to Fall, 2017

### **Service within the Department**

Chair, Community/Clinical Nutrition Tenure Earning Search Committee, Fall 2015 to Spring 2016

Chair, Foodservice Management Instructor position, Spring and Summer 2016

Department Advisory Committee, 2012 – August 2017

Chair, 2013-2014- chaired annual evaluations and meetings

Undergraduate Affairs Curriculum Committee, Member, (December 2009 - Present)..

Department of Food Science and Human Nutrition, College of Agriculture and Natural Resources Chair's Cabinet, (October 2009 - Present).

Dietetics Curriculum Committee, Chair, (2003 - Present).

Human Nutrition Graduate Faculty Committee, Member, (1998 - Present).

Mentoring Committee for 4 New faculty, Department of Food Science and Human Nutrition, Member, (August 2016 – Present ).

### **Service to Scholarly and Professional Organizations**

- Academy of Nutrition and Dietetics, Nutrition Care Process Committee, Member, (2012 – 2015; Advisory Board member 2015 to Present).
- Accreditation Council for Education in Nutrition and Dietetics National Program, Reviewer, (2009 - Present).- 2 program reviews annually
- Dietetics Practice Based Research Network, Member, (2009 - Present).
- Mississippi State University, Didactic Program in Dietetics, Advisory Board Member, (May 2016 - Present).
- Dietetics Internship and MS Program, University of Kentucky, Lexington, KY, Advisory Board, Member, (August 2008 - Present).
- Dietetics Internship Program, Prairie View A&M University, Texas, Advisory Board (December 2014 - Present).
- University of Michigan Hospitals, Dietetic Internship, Advisory Board, Member, (May 2007 - Present).
- Michigan Dietetic Educators Practice Group, Michigan Dietetic Educators Practice Group, Nomination Committee, Member, (2006 - Present).
- Minorities in Agriculture Natural Resources & Related Sciences (MANRRS), Social Science Oral Under-graduate or Graduate Research Competition, Competition Superintendent, (2014 - Present).
- Academy of Nutrition and Dietetics Research Practice Group, Member, (2005 - Present).
- Academy of Nutrition and Dietetics, Diabetes Care & Education Practice Group Awards Committee, Member, (2014 - Present).
- American Association of Diabetes Educators, Member, (November 2000 - Present).
- African American Health Institute, Member, (1999 - Present).
- American Society for Nutrition Scientists, Associate Member, (October 1998 - Present).

- Lansing Dietetic Association, Member, (September 1998 - Present).
- Dietetic Educators Practice Group of Michigan, Member, (August 1998 - Present).
- Michigan Academy of Nutrition and Dietetics, Member, (August 1998 - Present).
- American Academy of Nutrition and Dietetics, Member, (1998 - Present).
  - Diabetes Care and Education Practice Group, Member, (1998 - Present).
  - Nutrition and Dietetics Educators and Preceptors Practice Group, Member, (1998 - Present).
- Sigma Xi, Member, (1994 - Present)
- Society for Nutrition Education and Behavior (Formerly Society for Nutrition Education), Member, (1994 - Present).
- National Society for Minorities in Agriculture, Natural Resources and Science Related Fields, Member, (1989 - Present).
- 2017 Onsite Reviews for Samford University, Alabama
- Michigan Academy of Nutrition and Dietetics, Member, (August 1998 - Present).
- Reviewer, 10 Michigan Nutrition Network, USDA SNAP-Ed funded community grants annually
- Invited Reviewer for new PhD in Nutrition Sciences at University of Buffalo, December 2017
- Reviewed 3 tenure packets (Virginia State University, University of Florida and Syracuse University) & 2 full professor promotion packet for faculty members from Kansas State University and University of the District of Columbia

### **Service to the Broader Community**

- Greater Lansing African American Health Institute, Board of Directors, Member, (Aug. 2009 – pres)  
Made arrangements for Food donation from MSU Food and Nutrition Association (FNA) for low income population served by the institute; also made arrangements for Christmas cookie donations from FNA for 30 families served by institute.
- State of Michigan, Obesity Workgroup and Advisory Committee, Member, (2008 - Present).
- Colin Powell Academy, School Based Intervention, Facilitator, (2008 - 2010).  
Served as liaison for Dr. Marci Scott who directs and school based nutrition and physical intervention in schools for the governor's council on food and fitness. Networking and project facilitation for this low income 100 percent African American, and 98% free school meal population with obesity and other health related issues.
- Michigan State University Extension (MSUE), Faith Based Project, Member, (2007 - 2009).  
Training of nutrition and health modules and evaluation assistance for faith based project in African American community.
- Michigan Department of Community Health, Obesity Committee, Member, (2007 - Present).
- State of Michigan, Diabetes Policy and Advisory Council, Member, (2000 - 2010).
- Michigan Department of Community Health, Type 2 Diabetes in Children and Adolescents Professional and Consumer Brochure Committee, Member, (2000 -2002).