

CURRICULUM VITAE

Heli J. Roy, Ph.D., R.D

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Education

MBA, 2010 Louisiana State University

Ph. D., May 1996, Louisiana State University, Human Ecology (Nutrition)

Master of Science, May 1981, Louisiana State University, Human Ecology (Nutrition)

Bachelor of Science, May 1977, Syracuse University, Human Nutrition

Registered dietitian since 1982 (639081)

PROFESSIONAL EXPERIENCE

Adjunct Professor

2020 to present

University of Connecticut – Stamford, Hartford, Storrs

Courses taught:

NUSC 1167, Food and Culture

NUSC 2200 Nutrition and Human Development

Substitute Teacher

2019 to 2020

Kelly Educational Services

Farmington, CT 06032

Nutrition specialist – SNAP-Ed

2017-2021

UConn Health

Farmington, CT

Outreach Coordinator

2003-2015

Pennington Biomedical Research Center

Baton Rouge, LA

EFNEP Coordinator

2001-2015

Associate Professor

2001-2015

Extension Nutrition Division Leader

2002-2007

Louisiana State University Agricultural Center

Baton Rouge, LA

Assistant Professor

The University of Alabama, Tuscaloosa, AL

1998 - 2001

Adjunct Assistant Professor- Nutrition

Our Lady of the Lake College, Baton Rouge, LA

1998

Research Associate/ Post Doc

Pennington Biomedical Research Center, Baton Rouge, LA

1995 - 1998

Graduate Research Assistant

Pennington Biomedical Research Center, Baton Rouge, LA 1992 - 1994

Graduate Teaching Assistant

Louisiana State University, Baton Rouge, LA 1992

Nutritionist Coordinator

Office of Public Health, State of Louisiana, Baton Rouge, LA 1990 - 1993

Research Associate

Louisiana State University, Baton Rouge, LA 1984 - 1985

Instructor

Louisiana State University, Baton Rouge, LA 1982

Research Associate

Louisiana State University, Baton Rouge, LA 1979 - 1981

Graduate Teaching Assistant

Louisiana State University, Baton Rouge, LA 1978 - 1979

PROFESSIONAL ORGANIZATION MEMBERSHIPS

American Society for Nutritional Sciences 2001-2015

American Society for Clinical Nutrition 2001-2015

North American Association for the Study of Obesity 2001-2015

American Dietetic Association

Louisiana Dietetic Association 1983-2007

Baton Rouge District Dietetic Association, Treasurer 1983 – 1984,

Baton Rouge District Dietetic Association, President Elect 2004-2005

Baton Rouge District Dietetic Association, President 2005-2006

Baton Rouge District Dietetic Association, Nominating Chair 2006-2007

Alabama Dietetic Association 1998-2001

Tuscaloosa Dietetic Association, Council on Professional Issues, Chair 2000

Tuscaloosa Dietetic Association, Council on Professional Issues, Chair-Elect 1999

Tuscaloosa Dietetic Association 1998-2001

Louisiana Extension Association in Family and Consumer Sciences 2001-2015

National Extension Association in Family and Consumer Sciences 2001-2015

HONORS AND AWARDS

School of Human Ecology Alumni Association Graduate Scholarship 1994

Full Member American Society for Nutritional Sciences, American Society for Clinical Nutrition 1999

Who's Who in Professional Management 2005.

Baton Rouge Dietetic Association, Nominated for Dietitian of the Year 2003.

Specialist of the Year, 2005, Family and Consumer Sciences

Nominated for Outstanding Dietitian of the Year 2006 by the Baton Rouge Dietetic Association for the Louisiana Dietetic Association.

Louisiana Dietetic Association, Dietitian of the Year, 2007.

Completed LSU AgCenter Internal Leadership Program 2007.

GRANTS AND CONTRACT SUPPORT

Grants submitted

Corby Martin, Heli Roy, John Apolzan, Catrine Tudor-Locke, William Johnston, Catherine Champaign, Peter Katzmarzyk, and Robert Newton. Evaluation of a family-based mobile health childhood obesity prevention program for \$4.7M requested over 5 years (2015-2019) submitted to USDA, National Institutes of Agriculture, Agriculture and Food Research Initiative Competitive Grants Program, Childhood Obesity Prevention grant on 6/19/14. Not funded.

Georgianna Tuuri & Heli Roy. Improving Teen Food Choices and Culinary Skills as a Path to Nutritional Competence for \$1,327,972 requested over 4 years (2015-2018) submitted to USDA, National Institutes of Agriculture, Agriculture and Food Research Initiative Competitive Grants Program, Childhood Obesity Prevention grant on 6/19/14. Not funded.

Gina Eubanks, Karen Overstreet, Heli Roy, Fatemah Malekian, DeShoin York, Sharman Charles, Denise Holston, Anne Kean, Stephanie Broyles, Allison Tohme. National Center for Chronic Disease Prevention and Health Promotion (CDC-RFA-DP14-1416) Programs to Reduce Obesity in High Obesity Areas. Date due: July 27, 2014 \$779,550. Funded.

International Life Sciences Institute award for young investigators 1997: Physiological effects of carbohydrates. This study will look at the effects of fiber 1) on energy expenditure and substrate oxidation with the use of indirect calorimetry, and 2) on satiety, blood glucose and insulin in a clinical research study using human subjects. \$40,000

Mary Crenshaw Endowed Research Fund, 1998, College of Human Environmental Sciences: Weight gain of college students during the freshman year. \$1000

International Life Sciences Institute, 1998: Effect of soluble fiber on satiety and subsequent food intake in the overweight and obese. Not funded.

American Dietetic Association, 1999: Effect of computer-enhanced nutrition intervention on weight loss in obese young adults. Not funded.

Research Advisory Committee 1999, The University of Alabama: Long term assessment of energy expenditure by TriTrac activity monitor and food intake using a portable cassette recorder in the overweight and obese. \$1500

Submitted to National Dairy Council: Nutrition Education Program to Increase Dietary Calcium Intake in Children and Adolescents in Louisiana, April 2002. Not funded.

Heli Roy, Rosalie Bivin, Richard Tulley, Maren Hegsted, Carol O'Neil, Mike Keenan, Sheri Melton, Ellen Murphy, and Roy Martin. Capital Outlay funds from The LSU System for the purchase of equipment for a "Nutrition Assessment, Analytical and Demonstration Lab." (2002) \$175,000. Funded.

Tuuri, G., Roy, H., Solomon M. Childhood Obesity Research, Southern Rural Development Center, 30,000. Not funded.

Murphy, E., Roy, H., Delta Hope (tri-state childhood obesity). USDA-NRI \$1,000,000. Not funded.

- Hegsted, M., Keenan, M., Tulley, R., Tuuri, G., Roy, H., Oard, J., King, J. Prinyawiwatkul A Food Systems Approach to Reducing Obesity Through Development and Testing of Resistant Starch Products and Low Glycemic Load Diets. USDA-NRI. \$1,000,000. Not funded.
- Ellen Murphy, Heli Roy, Annrose Guarino. Smart Bodies, a school-based nutrition and physical education. Blue Cross and Blue Shield Child Caring Foundation, 2004. \$1.8M. Funded.
- Heli Roy, Andrew Curtis, Ronald Horswell, Betty Kennedy, Philip Brantley. The link between neighborhood stress, vulnerability, and availability of nutritious food in determining obesity. Submitted to CSREES – NRI June 16, 2005. \$2.5M. Not funded.
- Heli Roy, Andrew Curtis, Ronald Horswell The link between neighborhood factors and availability of nutritious food. Submitted to Southern Rural Development Center June 16, 2005. \$30,000. Not funded.
- Peter Katzmarzyk, Stephanie Broyles, Susan Sisson, Heli Roy. Assessing the impact of Louisiana Physical Activity Report Card for Children. Robert Wood Johnson 2009. \$145,000. Not funded.
- Natalie Hummel, Elina Coneva, John Braswell, William Cline, Donna Marshall, Don Ferrin, Krisanna Machtmes, Heli.Roy. All about Blueberries Co-Op, a three-year, \$518,000 grant, U.S. Department of Agriculture’s Specialty Crop Research Initiative, 2009. Funded.

PUBLICATIONS

Peer reviewed publications

- Heli J. Roy**, Jennifer C. Lovejoy, Michael J. Keenan, George A. Bray, Marlene M. Windhauser, and J. Krause Wilson. Substrate oxidation and energy expenditure in athletes vs nonathletes consuming isoenergetic high and low fat diets *Am. J. Clin. Nutr.* 1998;67:405-11.
- Smith Steve R, de Jonge L, Zachwieja JJ, **Roy H**, Nguen T, Rood J, Windhauser MM, Volaufova J, Bray GA. Concurrent physical activity increases fat oxidation during the shift to a high fat diet. *Am. J. Clin. Nutr.* 2000;72:131-138.
- Smith, Steven R, de Jonge L, Zacwieja JJ, **Roy H**, Nguen T, Rood JC, Windhauser MM, Bray GA. Fat and carbohydrate balance during the adaptation to a high fat diet. *Am. J. Clin. Nutr.* 2000;71:450-457.
- DeJonge l, Nguyen T, Smith SR, Zachwieja JJ, **Roy HJ**, Bray GA. Prediction of energy expenditure in a whole room indirect calorimeter at both low and high levels of physical activity. *International Journal of Obesity.* 2001, 25:929-294.
- Heli J. Roy**, Jennifer C. Lovejoy, Andrea Sparti, Marlene M. Windhauser, Julia Volaufova, John C. Peters and George A. Bray. Dietary fat replacement by olestra over 2 to 10 weeks in healthy men and women results in body weight reduction. *Journal of the American College of Nutrition*, 2002;21:259-267.
- Heli J. Roy**, Michael J. Keenan, Erika Pimental-Zablah, Maren Hegsted, Lisa Bulot, Lisa Bulot, Carol E. O’Neil, L. Dwain Bunting, J. Marcos Fernandez. Adult female rats defend and ‘appropriate’ energy intake only after a two-week adaptation to higher or lower dietary energy. *Obesity Research*, 11:1214-1222, 2003.
- Philip J. Brantley, Valerie H. Myers, **Heli J. Roy**. Environmental and Lifestyle Influences on Obesity. *Louisiana Medical Journal* 157(S1):S19-S27, 2005.
- Heli J. Roy** Complications of Diabetes. *Healthcare Journal of Baton Rouge*, July/August 2007.

- Heli J. Roy** Blueberries: Their role in Health. Healthcare Journal of Baton Rouge, July/August 2007
- Heli J. Roy** Green Tea: Metabolic Influences. Healthcare Journal of Baton Rouge, October 2007.
- Heli J. Roy.** LSU AgCenter employee knowledge of genetically modified (GM) products. Louisiana Agriculture Magazine, Winter 2008.
- Denise M. Holston, Heli J. Roy, Beth Reames, and Michael Zanovec. Chancellor issues challenge. Louisiana Agriculture Vol 51, No 4, 2008. Pp 9.
- Heli J. Roy and Chad Eriksen. Smart Choices for Youth and Adults. Louisiana Agriculture Vol 51, No 4, 2008. Pp 11
- Tuuri G, Zanovec M, Silverman L, Geaghan J, Solmon M, Holston D, Guarino A, **Roy H**, Murphy E. Smart Bodies school wellness program increased children's knowledge of healthy nutrition practices and self-efficacy to consume fruit and vegetables, *Appetite*, 2009, 52, 445-451.
- Heli J. Roy.** Berry good for you! Antioxidants, phytochemicals, anthocyanins and diet. "Louisiana Agriculture. Fall 2013. Vol. 56, No. 4. Pp. 24."
- Nutrition Education Programs Benefit Everybody. De'Shoyn York Friendship, Diane D. Sasser and Heli Roy. "Louisiana Agriculture. Fall 2013. Vol. 56, No. 4. Pp. 26."
- Heli Roy**, Sandra May, and Bipin Thomas. Using Technology to Assess gain in Nutrition Knowledge among the Youth. Louisiana State University Agricultural Center, 4-H Youth and Family Development Research Review, p.59-62, 2011-2012.
- Heli J. Roy**, Nina Urala, Melissa Cater, Bipin Thomas, Annrose Guarino, Vicky Chesser, Cathryn Robinson, Sharman Charles, Quincy Cheek, Amy Juneau, Bertina McGhee, Dana Gillett. Intake of Nutritionally Modified Foods by Low Income Families in Louisiana. Louisiana State University Agricultural Center, 4-H Youth and Family Development Research Review, p.63-66, 2013.

Abstracts:

- Effects of dietary fat on energy metabolism and metabolic factors in men. FASEB Journal, 1995.
- Effect of high vs low fat diet on metabolic factors in lean athletes and nonathletes. Obesity Research, 1995.
- Diet and training effects on energy expenditure and substrate oxidation in athletes and nonathletes. FASEB Journal., 1996.
- Improvements in matching energy expenditure to food intake in a metabolic chamber utilizing prior measurement of free living activity Pennington Nutrition Series, 1996.
- Metabolic effects of fat substitution with olestra. FASEB Journal, 1997.
- Do meals from fast food establishments represent a high composition of daily total energy and macronutrients? Journal of Nutrition 2002
- EATSMART: A Multi-State Web-Base Designed Certification Program for Nutrition Educators. Journal of Society for Nutrition Education, 2002.
- EATSMART: A multi-state web base designed certification program for nutrition assistants. Heli J. Roy, Ph.D., R.D, Annrose M. Guarino, Ph.D., R.D., L.D.N., Catrinel E. Stanciu, M.S, 2003, ., Louisiana State University Agricultural Center, Baton Rouge, LA 2004.
- Elementary school based nutrition and activity intervention in the Louisiana Delta region. NAASO 2005, Vancouver Canada, October 24, 2005.

- Evaluation of the effectiveness of a Body Mass Index-for-age percentile health report in raising parent awareness of their child's weight status. Anantha Lakkakula, Georgianna Tuuri, Michale Zanovec, Pamela Monroe, Annrose Guarino, Melinda Solmon, Ellen Murphy, Heli Roy. NAASO 2006.
- Children's Physical Activity Levels During School and Out-of-School Activities. Delilah S. Moore¹, Melinda Solmon, Georgianna Tuuri, Linda Silverman, Michael Zanovec, Annrose Guarino, Heli Roy, Ellen P Murphy. American College of Sports Medicine annual meeting 2007.
- Lakkakula, A, Tuuri, G., Zanovec, M., Moore, D., Guarino, A.M., Solomon, M., Murphy, E. **Roy, H.** Evaluation of the effectiveness of a Body Mass Index-for-age percentile health report in raising parent awareness of their child's weight status. North American Association for the Study of Obesity, Poster, Oct 23, 2006 Boston, MA.
- Moore, D., Solmon, M., Tuuri, G., Silverman, L., Zanovec, M., Guarino, A., **Roy, H.** & Murphy, E. A Comparison of Children's Physical Activity Levels During School and out-of-school Activities. (2007) *Medicine & Science in Sports & Exercise*, 39(5), S490.
- Silverman, L., Tuuri, G., Solmon, M., Moore, D., Guarino, A., **Roy, H.**, Holston, D., Murphy, E. Does a multi-component school-based nutrition intervention program increase knowledge and improve attitudes about fruits and vegetables in elementary school students? (2007) *Journal of Nutrition Education and Behavior*, 38(supplement 1), S51.
- Roy H, Urala N, Cater M, Thomas B. Acceptance of modified food by low income audiences. *The FASEB Journal*. 2013;27:617.9
- Miketinas D, Cater M, Zawodniak B, **Roy H**, Bailey A, Tuuri G. An exploratory study of high school student's intrinsic motivation and perceived competence to cook: development of a culinary skills curriculum and survey instrument. *FASEB J*. 2015;29(1)S264.4.

Other miscellaneous

- Roy, Heli; Guarino, Annrose; Stanciu, Catrinel. It's All About the Food. Associated Food Stores/LSU AgCenter. Associated Grocers, 2004
- Your Child's Health, Blue Cross, Blue Shield of Louisiana fact sheet.
- Drink to This. Healthy Living Newsletter, Associated Grocers.
- Get Physically Active. Healthy Living Newsletter, Associated Grocers.
- Involve Your Kids. Healthy Living Newsletter, Associated Grocers.
- Fun Things To Do and Good Things To Eat, Blue Cross and Blue Shield of Louisiana booklet.

Extension Publications

- Nutrition and Health Program Initiatives Fact Sheet
- MISC-98 Roy, Heli J. "Why Blue is Good for You!" 2003
- # 2506 Childhood Obesity, 2003
- # 2687 Fruit 2 Will Do.
- # 2683 Smart Choices: Scout Out Healthy Fast Foods.
- # 2681 Smart Choices: Managing Your Food Dollars.
- # 2680 Smart Choices: Shopping the Cereal Aisle.
- # 2690 Smart Choices: Fruit: Make That 2 a Day.
- # 2688 Smart Choices: Take the Veggie Challenge.
- # 2690 Smart Choices: Fruit - Make That Two a Day.
- # 2694 Smart Choices: The Calcium Connection.
- # 2695 Smart Choices: Chow Down on a Safe and Delicious Hamburger.

2696 Smart Choices: Select Flavorful Protein, 2007.
2697 Smart Choices: Reduce Salt and Sodium in Your Diet, 2007.
2693 Smart Choices: Fascinating Facts About Milk.
2709 Smart Choices: Wake Up to a Healthy Start.
2710 Smart Choices: Breakfast Helps You Be a Better Student.
2716 smart Choices: It's Your Health: 10 Tips to Healthy Eating For You.
2759 Handwashing.
2852 Smart Choices: Meal Planning Guide.
2848 Smart Choices: The Nifty Thrifty MyPyramid.
2881 EFNEP Promotional Brochure for Professionals.
2882 EFNEP Promotional Brochure for Clients
2899 Roy, Heli J. "The Dash Diet Eating Plan (Pennington Series)". 2012
2903 Healthier diet of young children.
2905 Physical activity guidelines for children.
2912 Weight Loss Methods.
2912C Exercise & Weight Loss.
2912B Behavioral Approach to Weight Loss.
2912D Dietary Approach to Weight Loss.
2912E Drug and Surgical Treatment of.
2921 Smart Choices Client Brochure
2922 Smart Choices Professional Brochure
2928 Smart Choices: A Recipe for Good Health (Adults.
2929 Smart Choices: Make Smart Choices for Good Health (Youth).
2931 Smart Choices: Climbing Around on MyPyramid.
2937 Smart Choices: My Pyramid 2,000-Calorie Worksheet for Adults.
2941 Smart Choices: MyPyramid - Steps to a Healthier You (Adult).
2943 MyPyramid for Kids Coloring Page.
2944 Smart Choices: A Close Look at MyPyramid for Kids.
2952 Give Me 5 A Day.
2956 Label Lasagna.
2920 MyPyramid For Kids.
2930 Smart Choices: My Pyramid.
2942 MyPyramid For Kids: Tips for Families.
2949-T "Disaster Information Resources: Three-day Emergency Food Supply"
2949-U "Disaster Information Resources: Sample Menus for Emergencies"
2949-V "Disaster Information Resources: One Dish Meals for Emergencies"
2949-W "Disaster Information Resources: Stocking Your Pantry for a Disaster"
2952 Give Me Five A Day
2961 Smart Choices: It's Time to Play (Youth).
2962 Smart Choices: Eating and Exercising for Good Health (Adult).
2965 Smart Choices: Nutrition Facts Label.
2966 Smart Choices: Healthy Heart.
2967 Smart choices: Reduce Salt and Sodium in Your Diet.
2968 Smart Choices: Make Smart Choices While Shopping.
2969 Smart Choices: Tips on How to Prepare Lower-Salt and Lower-Fat Meals.
2970 Smart Choices: Healthier Eating With DASH.

- # 2971 Smart Choices: Getting Started with DASH.
- # 2972 Smart Choices: Take Good Care of Your Heart.
- # 2973 Smart Choices: Exercise and Healthy Eating Info Card.
- # 2974 Smart Choices: Eating on the Go
- # 2975 Smart Choices: Serving Size.
- # 2976 Smart Choices: Fruit and Vegetable Label.
- # 2977 Smart Choices: Cooking Fruits and Vegetables.
- # 2978 Smart Choices: You Are A Role Model.
- # 2979 Smart Choices: Feed Your Bones.
- # 2980 Smart Choices: Tips to Get More Calcium in Your Day.
- # 2981 Smart Choices: Osteoporosis.
- # 2982 Smart Choices: What is a Whole Grain.
- # 2983 Smart Choices: Whole Grains.
- # 2984 Smart Choices: My Food Safety Pyramid.
- # 2985 Smart Choices: Keeping Food Safe.
- # 2986 Smart Choices: Make Your Lunch Safe.
- # 2988 Smart Choices: Selecting Low-fat Protein Foods.
- # 2989 Smart Choices: Low-fat Cooking Tips for Meat.
- # 2990 Smart Choices: What counts as an ounce of meat and beans?
- # 2991 Smart Choices: Ways to Add Nuts to Your Diet.
- # 2992 Smart Choices: Meat Alternatives.
- # 2995 Smart Choices: Bone Up on Dairy to Reduce Risk of Osteoporosis.
- # 2996 Smart Choices: Healthier Eating - Getting Where You Need to Be.
- # 2999 Smart Choices: Finding Your Way to a Healthier You.
- # 3001 Smart Choices: Get Packing...Tips for a Healthy Lunch Box.
- # 3002 Smart Choices: Parents...Get Straight A's with a Healthy Breakfast.
- # 3003 Healthy Snacks for Home and School.
- # 3004 Smart Choices: Grocery List.
- # 3005 Smart Choices: Nutrients in Fruits and Vegetables.
- # 3006 Smart Choices: What do you know about bones?
- # 3008 Smart Choices: Menu Planner.
- # 3009 Smart Choices: Need/Have/Purchase Worksheet.
- # 3010 Smart Choices: Food Lists.
- # 3011 Smart Choices: Don't Waste a Dollar.
- # 3012 Smart Choices: Buying and Storage Guide for Fresh Foods,
- # 3013 Smart Choices: Thrifty Food Rules.
- # 3014 Smart Choices: Buying and Storage Guide for Fresh Foods, Beth Reames, April Cintron, Annrose Guarino, Judy Myhand, Heli J. Roy, Emily Whelan.
- # 3015 Smart Choices: Measurement Conversions, Beth Reames, April Cintron, Annrose Guarino, Judy Myhand, Heli J. Roy, Emily Whelan.
- # 3016 Healthy Halloween Treats, Beth Reames, April Cintron, Annrose Guarino, Judy Myhand, Heli J. Roy, Emily Whelan Smart Choices: Is It Done Yet?
- # 3017 Smart Choices: Thrifty Choices Can Be Fun.
- # 3030 smart Choices: Health in Each Vegetable.
- # 3031 Smart Choices: Milk is Your Power Drink!
- # 3032 Smart Choices: Meat and Fish Fun Facts.

3025 Smart Choices: Nutrition Facts Label, Help!
3060 Nutritional Benefits of Rice
3100 Nutritional Benefits of Crawfish
3101 Nutritional Benefits of Soybeans
3102 Nutritional Benefits of Nuts
3103 Nutritional Benefits of Sweet Potatoes
3124 Nutritional Benefits of Fruits and Vegetables
3125 Nutritional Benefits of Dairy
3126 Nutritional Benefits of Poultry
3141 "Blueberries". 2010.
3149 "Superfoods for Women". 2010
3150 "Superfoods for Men". 2010.
3198 "Let's Eat for the Health of It". 2012
3201 "10 Tips Nutrition Education Series: Choose MyPlate". 2012
3202 "10 Tips Nutrition Education Series: Add More Vegetables to Your Day". 2012
3203 "10 Tips Nutrition Education Series: Focus on Fruits". 2012
3204 "10 Tips Nutrition Education Series: Make Half Your Grains Whole". 2012
3205 "10 Tips Nutrition Education Series: Got Your Dairy Today?". 2012
3206 "10 Tips Nutrition Education Series: With Protein Foods, Variety is Key". 2012
3207 "10 Tips Nutrition Education Series: Build a Healthy Meal". 2012
3208 "10 Tips Nutrition Education Series: Healthy Eating for Vegetarians". 2012
3209 "10 Tips Nutrition Education Series: Smart Shopping for Veggies and Fruits". 2012
3210 "10 Tips Nutrition Education Series: Liven Up Your Meals". 2012
3211 "10 Tips Nutrition Education Series: Kid-friendly Veggies and Fruits". 2012
3212 "10 Tips Nutrition Education Series: Be a Healthy Role Model for Children". 2012
3213 "10 Tips Nutrition Education Series: Cut Back on Your Kid's Sweet Treats". 2012
3214 "10 Tips Nutrition Education Series: Salt and Sodium (online)". 2012
3267 "Blueberries and Your Health (online)". 2013
3324 Roy, Heli J., Mcghee, Bertina M., Crawford, Terri L., Kean, Anne, Landry, Robin B.,
Langley, Layne, May, Sandra. "Let's Eat for the Health of It Adult Curriculum Lesson 7:
SoFas - Lesson Plan". 2014
Healthy Food Donation Gift Basket Wish List, Beth Reames, April Cintron, Annrose Guarino,
Judy Myhand, Heli J. Roy, Emily Whelan.
Healthy Heart Getting Started with DASH, Beth Reames, April Cintron, Annrose Guarino, Judy
Myhand, Heli J. Roy, Emily Whelan.
Dietary Fats, Cooperative Extension Curriculum Project
Dietary Fiber, Cooperative Extension Curriculum Project

e-Xtension Publications:

Heart Disease Risk Reduced With Blueberry Consumption, Blueberries
Blueberries and Alzheimer's, Blueberries

Blueberries and Cancer Prevention, Blueberries
Disease Fighting Phytochemicals in Blueberries, Blueberries
How much vitamin C do blueberries have? Blueberries
Do blueberries have any protein? Blueberries
Do blueberries have mostly soluble or insoluble fiber? Blueberries
What is the dietary fiber content of blueberries? Blueberries
How much carbohydrate do blueberries have? Blueberries
How many calories do blueberries have? Blueberries
Do blueberries have any fat? Blueberries
Blueberry ORAC score, Blueberries
Effect of blueberry phytochemicals on the organ systems in the body, Blueberries
Blueberry Polyphenols, Blueberries
Blueberries and Gastrointestinal Health, Blueberries
An antioxidant in blueberries: Chlorogenic acid, Blueberries
Blueberry Health Benefits, Blueberries
Ursolic acid a wonder chemical in blueberries. Blueberries
The health benefits of blueberry antioxidants, Blueberries
An antioxidant in blueberries: Kaempferol, Blueberries
Storage does not reduce the antioxidant content of blueberries, Blueberries
Fat increases the absorption of blueberry antioxidants, Blueberries
Bright and bold blueberries, Blueberries
Raspberry Yogurt and Fruit, Blueberries
Stars and Stripes Dessert Pizza, Blueberries
Blueberries and Cancer Risk, Blueberries
Blueberry Shake, Blueberries
Corn and Blueberry Salad in a Curried Orange Dressing, Blueberries
Blueberry Yogurt Muffins, Blueberries
Blueberry Soup, Blueberries
Blueberry Pound Cake, Blueberries
Blueberry Bars, Blueberries
Blueberry Sauce, Blueberries
Blueberry Maple Ice Cream, Blueberries
Wild Maine Blueberry Lavender Ice Cream, Blueberries
Roasted chicken salad with walnuts, apples and dried blueberries, Blueberries
Blueberry Pancakes, Blueberries
Lemon Berry Bread, Blueberries
Blueberry French Toast, Blueberries
How much vitamin C do blueberries have? Blueberries
Review of the Very Blueberry Cookbook, Blueberries
Review of the Betty Crocker's Healthy Heart Cookbook, Blueberries
Review of the The Berry Bible Cookbook, Blueberries
Peach-Blueberry Sauce, Blueberries
Blueberry Amaretto Squares, Blueberries
Frozen Blueberry Cups, Blueberries
Double Good Blueberry Pie, Blueberries
Blueberry Vinegar, Blueberries

Blueberry Rum Sauce, Blueberries
Blueberry Orange Frost, Blueberries
Blueberry Muffins, Blueberries
Blueberry Jam, Blueberries
Blueberry Gingerbread, Blueberries
Blueberry Chicken, Blueberries
Blueberry Brancakes, Blueberries
Blueberry Apple Crisp, Blueberries
July Salad, Blueberries
Melon Wedges with Berry Sauce, Blueberries

Blogs:

Chancellor's Blog 2007 – 2009, wrote more than 40 blogs on issues of nutrition, health, weight control, and physical activity.

Pennington Teaching Resources:

Let's Have Fun. Louisiana on the Move for Children, August 2004.
Your Child's Health. Louisiana on the Move for Parents. August 2004.
Louisiana On The Move. August 2004.
Fruits and Vegetables: Sources of Phytochemicals. August 2004
Dietary Lipids. October 2004.
Dietary Fiber. December 2004.
2005 Dietary Guidelines. January 2005.
MyPyramid 2005. April 2005.
Smart Choices from MyPyramid. June 2005.
The Prenatal Prescription. July 2005
Sports Nutrition. July 2005.
Cacao Polyphenols. July 2005.
Conjugated Linoleic Acid. July 2005.
Cruciferous Vegetables. July 2005.
Garlic. August 2005.
Lutein. August 2005.
Lycopene. August 2005.
Omega –3 Fatty Acids. September 2005.
Plant Sterols. September 2005.
Resveratrol. September 2005.
Soy Isoflavones. October 2005.
Rice Bran, 2005.
General Information on Obesity. October 2005.
Commercial Weight Loss Programs. October 2005.
Reliable Weight Control Programs, 2005.
Obesity Basics. November 2005.
Obesity Treatment. November 2005.
Obesity Prevalence, 2005.
Reliable Weight Control Programs. December 2005.
Childhood Obesity Basics. December 2005.

Complications of Diabetes. 2006.
Diabetes and Macrosomia. 2006.
Obesity and Risk Factors, 2006.
Obesity in Children and Teens, 2006.
Gestational Diabetes. 2006.
Type 1 Diabetes. 2006.
Type 11 Diabetes. 2006.
Exercise and Your Health. 2006.
Obesity – Diet and Exercise. 2006.
Climbing Around MyPyramid, 2006.
Overview of Functional Foods, 2006.
The Nutrients in Rice, 2007.
Genetic Influences on Obesity Development, 2008.
Fad Diets, 2008.
Metabolic syndrome 2009
Superfoods for Men 2010
Superfoods for Women 2010
Fantastic Fiber 2010
Magnificent Magnesium 2010
Obesity in Children and Teens 2010
Super Strong Calcium 2010
The Benefits of Nuts 2010
The Benefits of Seafood 2010
The Healthier Diet of Young Children 2010
The Importance of Dairy 2010
The Importance of Whole Grain 2010
Vitamin C 2010
Vitamin D (Youth) 2010
Alcohol and the Heart 2010
Cholesterol and the Heart 2010
Depression 2010
Exercise and the Heart 2010
Heart Healthy Foods 2010
Stress and the Heart 2010
Vitamin D (Adult) 2013
Botanicals for Health 2013
Resveratrol 2013
Coconut Oil 2014

Pennington Nutrition Series

Fad Diets, 2004.
The Dash Diet Eating Plan, 2004.
Healthier Diet of Young Children, 2004.
Physical Activity Guidelines for Children, 2004.
Exercise, 2004.
Lutein, 2005.

Lycopene, 2005.
RiceBran, 2005.
Resveratrol, 2005.
Soy Isoflavones, 2005.
Cocoa Polyphenols, 2005.
Omega 3 Fatty Acids, 2005.
Cruciferous Vegetables, 2005.
Conjugated Linoleic Acid, 2005.
Fluids and Exercise, 2005.
Food Guide 2005
Men's Top Health Threats, 2005.
Garlic, 2006.
Weight Loss Methods, 2005.
Exercise & Weight Loss, 2005.
Behavioral Approach to Weight Loss, 2005.
Dietary Approach to Weight Loss, 2005.
Drug and Surgical Treatment of Obesity 2005.
Sports Nutrition, 2005.
Osteoporosis, 2005.
Weight Loss, 2005.
My Pyramid Plan, 2005.
The Truth About Fad Diets, 2005.
Cruciferous Vegetables 2006.
Women & Heart Disease, 2006.
Women's Top Health Threats, 2006.
Tips for a Healthy Lifestyle for Women, 2006.
Tips for a Healthy Lifestyle for Men, 2006.
Genetic Influences on Obesity Development, 2006.
Exercise - Did You Know, 2006.
Exercise - Getting Started, 2006.
Complications of Diabetes, 2006.
Metabolic Syndrome, 2006.
Type 1 Diabetes, 2006.
Type 2 Diabetes, 2006.
Green Tea (Weight loss), 2006
Cocoa Polyphenols, 2006.
RiceBran, 2006.
Resveratrol, 2006.
Blueberries, 2007
Trans Fats, 2007
Anthocyanins 2007
Cranberries, 2007
Cinnamon, 2007
Cinnamon and Type 2 Diabetes, 2007
Ginkgo Biloba 2007
Flaxseed, 2007

Ginger, 2007
Ginseng 2007
Tarragon 2007
The Truth about Fad Diets 2007
Green Tea, (Health benefits), 2007
Green Tea (metabolic effects), 2007.
Green Tea (other benefits), 2007.
Sugars in Foods, 2009.
Sodium in Foods 2009.
Building a Healthy Plate 2010
Exercise! 2010
Fantastic Fiber 2010
Magnificent Magnesium 2010
Perfectly Potassium 2010
Snacks 2010
The Benefits of Nuts 2010
The Benefits of Seafood 2010
The Importance of Calcium 2010
The Importance of Dairy Products 2010
The Importance of Whole Grain 2010
Vitamin C 2010
Vitamin D 2010
What's In The Drink? 2010
Hidden Fats 2010
Alcohol and the Heart 2010
Alcohol Awareness 2010
Cholesterol and You 2010
Depression and the Heart 2010
Exercise and Heart newsletter 2010
Exercise and Heart pamphlet 2010
Facts About Cholesterol 2010
Heart Healthy Foods newsletter 2010
Heart Healthy Foods pamphlet 2010
Obesity and the Heart newsletter 2010
Obesity and the Heart pamphlet 2010
Smoking and Heart newsletter 2010
Smoking and the Heart pamphlet 2010
Superfoods for Men 2010
Superfoods for Women 2010
The Healthy Choice ... Calcium 2010
The Healthy Choice ... Iron 2010
Osteoporosis 2010
Botanicals for Health 2013
Turmeric 2013
Vitamin D (Adult) 2013
Resveratrol 2013

Coconut Oil 2014

Curricula

Smart Choices, 2007. A 15 lesson series in nutrition for low income audiences with adult and youth fact sheets and an evaluation component.

Awesome.2Cents! A Healthy Lifestyle Curriculum for Teens. 2007. A series of 9 lessons with powerpoint, lesson plans, homework assignments and pre and posttests.

Smart Choices Youth, 2008. A 10 lesson series on nutrition and health for elementary age children.

Roy, Heli J., Mcghee, Bertina M., McCarty, Shatonia., Armentor, Mandy., Walker, Karen., Duhon, Jennifer. Chronic disease curriculum of 6 lessons. 2014.

News Articles

News You Can Use

Eating more fish reduces the risk of heart disease. January 2002

Can chocolate be good for you? February 2002

March is a National Nutrition Month. March 2002

American Cancer Society new Guidelines on Nutrition, Physical Activity and Cancer Prevention. March 2002

Strength training in older men. August 2002

Stock Up On Fresh Produce. April 2002

Summer Fruits and Vegetables. April 2002

Why Children Don't Like Vegetables. May 2002

Value of Soy. May 2002

Fruit and vegetable intake can reduce the risk of cardiovascular disease. May 2002

Tomato products may help prevent prostate cancer. June 2002

Whole grains improve blood sugar control. June 2002

Herbal supplements. July 2002

Increased intake fish has beneficial effects against prostate cancer. July 2002

Benefits of oatmeal. August 2002

Increased dietary intake of folate reduces heart disease risk. September 2002

Dehydration; Don't overdo it in hot, humid weather. September 2002

Organic labeling: is the food better? October 2002

Power foods for cancer prevention. November 2002

10 best types of food for your pantry in an emergency. November 2002

How to avoid weight gain during the holidays. December 2002

Milk intake in childhood and adolescence is important in preserving bone mass in adults. January 2003

Fresh fruit, veggies good for your heart. January 2003

Milk in youth needed for strong adult bones. January 2003

Americans discovering probiotics. February 2003

Debate on the safety of browning food. February 2003

Whole Grains Help Prevent Disease – March – April 2003

Prebiotics Enhance Gut Health. April 2003

Healthy Eating Index a good diet measurement. April 2003

Functional foods supply nutritional bonus. April 2003

Dietary intake of vitamin E, but not supplement intake, may reduce risk of Parkinson's Disease. 2003

Phytosterols improve lipid profiles in men. June 2003

Infancy weight gain foretells adulthood obesity. June 2003.

How you can help in the fight against obesity – June 2003.

Seafood oil protects against heart disease. July 2003

Fruits and vegetables are protective against stroke. July 2003

Back to school – Low-cost, iron-rich breakfast can boost grades. July 2003

Health effects of trans fatty acids. August 2003

Youth overweight trend continues. August 2003

Dietary carotenoids are protective against heart disease in women. August 2003

Wholesome eating habits are doable. September 2003

Prevent adult obesity in childhood. September 2003

Soft drink consumption steadily rises. October 2003

Fast food dull appetite for vitamins. October 2003

Childhood Obesity Reaching Crisis. November 2003

Avoid Gaining Weight During the Holidays – November December 2003

Almonds lower ‘bad’ cholesterol. November 2003

\$1.5 million grant awarded to teach youth about proper nutrition. December

LSU AgCenter, Earl K. Long team to combat poor nutrition. December 2003.

Effect of Exercise Debated. December 2003

Massive Study Examines Role of Genetics, Disease and Exercise. January 2004

Participation of African American volunteers in clinical research trials: have we done enough? February 2004

Consumption of high fructose corn syrup may lead to obesity. April 2004

Establishing Healthy Eating Habits for Life – March April 2004

Functional Foods – January – February 2004

Healthy Drinks for the lunch box and after school. June 2004

Dietary intake in the lower Mississippi Delta region. July 2004

Obesity and the metabolic syndrome. August 2004

Measuring body mass index and waist circumference in children can be used to predict cardiovascular risk factors in later life. October 2004

Phytochemicals make the DASH diet effective. November 2004

Caffeine and ephedrine use as weight loss supplements. December 2005

Differences in abdominal fat between races and sexes. 2005.

Delta Dietary Studies Suggest Intervention, 2005.

High Fructose Corn Syrup Linked To Obesity, 2005.

More Blacks Needed In Health Studies 2005.

Weight Attitudes Different as Black and White, 2005.

Caffeine and ephedrine use as weight loss supplements, 2005.

Fast food consumption can lead to higher energy and fat intakes and lower vitamin intakes. 2005.

Phytochemicals Make DASH Diet Effective, 2005.

Measuring body mass index and waist circumference in children can be used to predict cardiovascular risk factors in later life, 2005. .

Obesity and the metabolic syndrome 2005.

Healthy Drinks Help Combat Youth Obesity, 2005.
Healthy Drinks for the lunch box and after school. 2005.,
Effect of Exercise Debated 2005.
Exercise training has an impact on body composition and weight, 2005.
Massive Study Examines Role of Genetics, Disease and Exercise, 2005.
Healthy Eating in the Winter Time, 2005.
All about Rice, 2005.
Eat your fruits & veggies 2005.
The easy way to “5 A Day” Healthy Eating, 2005.
Enjoy your Summer Grilling 2005.
Fruits and Vegetables winter’s bounty Environmental and lifestyle influences on obesity. 2005
Behavioral approaches to obesity treatment. 2005
Genetic and physiological factors in obesity. 2005
Change Lifestyle To Lower Blood Pressure. 2005
Physical Fitness Reduces Metabolic Syndrome. 2005
Leisure Exercise Beneficial, Too. 2005
Body Won’t Process Calories From High-fat Diet. 2005
Weight Gain Likely If Muscles Impaired To Oxidize Fat. 2005
Genes have less involvement in children’s level of physical activity than environment. 2005
Weight gain in women after quitting smoking. 2005
Exercise helps in blood glucose control. 2005
Holiday eating for your health, 2006.
Get into action during the holidays, 2006.
Vitamin C acts as an anti-inflammatory agent in men, 2006.
Soy has bone building properties, 2006.
25 Easy, Tasty (and Healthful) Snacks for Kids, 2012
April 22-28 is Week of the Young Child 2012
USDA's Sumer Food Service Program: Food is in When School is out, 2012
Back to School Means School Lunches, 2012
Walk Away from the Candy Display at the Cash Register, 2012
Healthful Treats for Halloween, 2012
Are You Afraid of Gaining Weight During Holidays? 2012
Parenting Tips for Healthy Children, Families. Getting your family physically active. 2012
Staying Hydrated During Summer, 2012
Grocery Shopping with Kids, 2012

Radio messages

Milk in youth needed for strong adult bones. 2003
Functional foods supply nutritional bonus. 2003
Vitamin E diet may reduce risk of Parkinson’s disease. 2003

TV Appearances

Eat Vegetables, Move More, 2007.
Phytochemicals, 2007.
Best of Christmas, 2007.
Waist Circumference and the Metabolic Syndrome, 2007.

Liquid calories are not registered as well as solid food, 2008.
Fluid intake during the summer, 2012
Smart Choices Lead You To Healthier Lifestyle, Interviewed by Tobie Blanchard.

Nutrition News Newsletters

Don't Debate, Take Folate!
Choose lean; stay healthy!
Strong Bones for Every Age!
Fruits and vegetables, your health insurance
Dairy does a body good
The power of fiber
Energetic you
The good, the bad, and the ugly fats
The power of fish
Dark bread, healthy bread
The Good, the Bad, and the Ugly Fats - 2002
The Power of Fish - 2002
My Friend Milk - 2003
Potatoes - 2003
Down the Cereal Aisle - 2003
What should we know about canned fruits? - 2003
What do we need to know about canned meats? - 2003
Cheese: It's Good for You - 2003
What do you need to know about beans? - 2003
Fruit Juice: Know What You Drink! - 2003
All about Rice - 2003
Pasta - is it really fattening? -2003
So, what is so special about peanut butter? 2003
How good are canned vegetables? 2003
Eat Your Vegetables. 2004
Healthy Eating in the Fall. 2004
Healthy Eating in the Winter. 2004

Enjoy Vegetables in Season This Summer, April 2007
Eat Vegetables, Move More: Get Moving in the New Year Vol 6, # 1, 2007.
Eat Vegetables, Move More: Vegetables for a Healthy Heart Vol 6, # 2, 2007.
Eat Vegetables, Move More: Jump Into Spring with Physical Activity Vol 6, # 3, 2007.
Eat Vegetables, Move More: Make Physical Activity a Part of Summer Fun! Vol 6, # 5, 2007.
Eat Vegetables, Move More: A Grilling Feast for Midsummer Vol 6, # 6, 2007.
Eat Vegetables, Move More: Alternative Ways to Burn Calories Vol 6, # 7, 2007.
Eat Vegetables, Move More: Vegetables are a Good Source of Fiber Vol 6, # 8, 2007.
Eat Vegetables, Move More: Enjoy Vegetables in Season this Summer Vol 6, # 5, 2007.
Eat Vegetables, Move More: Make Physical Activity a Part of Your New Year's Resolution Vol 7, # 1, 2008.
Living Heart Healthy to Reduce Your Risk of Heart Disease vol 7, # 2, 2008.
Eat Vegetables, Move More: Benefits of Soy Foods Vol 7, # 3, 2008.

Eat Vegetables, Move More: Chronic Disease Prevention by Diet Vol 7, # 4, 2008.
Strong Bones: Calcium is Essential for Bone Health vol 7, # 5, 2008
Calcium and Bone Health: Calcium is essential for bone health, Vol 7, # 6, 2008.
November is American Diabetes Month, 2008
Fall is the Season for Apples and Cranberries, 2008
Catfish and Peaches are Good for Your Health, 2008
Benefits of Blueberries, 2009
Ingredient Substitutions in Food Preparation, 2009
Avoid Costly Supermarket Traps, 2009
Cleaning the Kitchen Pantry: Toss or Save?, 2009
Coupon Sense, 2009
Be a Penny Pincher!, 2009
Beans: Economical and Tasty, 2009
Ideas for Thrifty Menus, 2009
Plan a thrifty menu...and make it healthy too!, 2009
Cutting Food Costs: Planning, Shopping and Buying, 2009
Holiday Survival Plan, 2009
Vitamin D 2010
Setting Health Goals... and Keeping Them! 2010
April is National Minority Health Month 2011
Eat Right with Color 2011
Fish and Omega-3 Fatty Acids for Heart Health 2011
Folic Acid 2011

Serving Louisiana Families Newsletters

Avoid gaining weight during the holidays. 2003
Functional Foods. 2004
Establishing Healthy Family Habits for Life. 2004
Power foods help prevent cancer. 2004
Fast food consumption can lead to higher energy and fat intakes and lower vitamin intakes, 2004.
Weight gain in infancy is related to obesity in adulthood. 2004.
Secret Ingredients for Healthy Holiday Cooking. 2004.
Grains for the health of it. 2005
Fad diets and types. 2005.
Health benefits of whole grain rice, rice bran and oil. 2005
Herbal supplements – they are not all as safe as we think. 2005.
Waist Not Want Not, 2008.
Seafood oil is protective against heart disease
Fruits and vegetables are protective against stroke
Trans fatty acids and heart disease risk
Dietary carotenoids are protective against heart disease in women
Small changes in eating habits make a difference in the long run and help you lose weight
Obesity in childhood can lead to lifelong battle in weight control
Soft drink consumption has increased significantly since 1970's
Fast food consumption can lead to higher energy and fat intakes and lower vitamin intakes
Childhood Obesity Reaching Crisis

Including almonds in the diet has beneficial effects on blood cholesterol levels
Massive Study Examines Role of Genetics, Disease and Exercise
Effect of Exercise Debated
Caffeine and ephedrine use as weight loss supplements
Fast food consumption can lead to higher energy and fat intakes and lower vitamin intakes.
Phytochemicals Make DASH Diet Effective
Measuring body mass index and waist circumference in children can be used to predict
cardiovascular risk factors in later life.
Obesity and the metabolic syndrome
Healthy Drinks Help Combat Youth Obesity
Healthy Drinks for the lunch box and after school.
Effect of Exercise Debated
Exercise training has an impact on body composition and weight
Healthy Eating in the Winter
All about Rice
Eat your fruits & veggies
The easy way to “5 A Day” Healthy Eating
Enjoy your Summer Grilling
Fruits and Vegetables winter’s bounty
Herbal supplements – they are not all as safe as we think.
How To Avoid Dehydration

Healthy Kids Newsletters

Keep Your Body Healthy with Carbohydrates January 2004
Fast Foods Can Slow You Down! February 2004
Move Your Body, and Stay Healthy! March 2004
Fruits and Vegetables - Five a Day is the Healthy Way April 2004
Exercise Every Day May 2004
What is Dairy? June 2004
Milk and Exercise Make Your Bones Happy! July 2004
Protein power August 2004
Water Works September 2004
Ten steps to a great school lunch October 2004
The scoop on healthy snacks November 2004
How to be a Fit Kid December 2004
How To Be a Fit Kid January 2005
Do you have a Healthy Smile? February 2005
Breakfast: Always a Smart Start! March 2005
Fruit Facts! April 2005
Vegetable Facts! May 2005
Whole Grains June 2005
Clean Hands Will Keep Food Safe July 2005
Read It Before You Eat It August 2005
Understanding MyPyramid September 2005
Milk is Your Power Drink! October 2005
Fats: How Much do You Need? November 2005

How Active Are You? December 2005
How To Be a Fit Kid Healthy Kids 2005.
Move your body and Stay Healthy! 2005.
Do you have a healthy smile? 2005.
Protein Power 2005.
Milk and exercise make your bones happy! 2005.
What is Dairy? 2005.
The Scoop on Healthy Snacking 2005.
Ten Steps to a Great School Lunch 2005.
Water Works 2005.
Exercise Every Day 2005.
Fruits and Vegetables - Five a Day is the Healthy Way 2005.
Fast Foods Can Slow You Down! 2005.

Exhibits

Smart Choices Exhibit 2006
EFNEP promotional exhibits 2004
Childhood obesity exhibit 2005
Pennington Biomedical Research Center Education Program exhibit and brochure 2004
Pennington Biomedical Research Center exhibit and brochure 2005
Louisiana Commodity Foods: Rice
Louisiana Commodity Foods: Poultry
Louisiana Commodity Foods: Dairy
Louisiana Commodity Foods: Fruits and Vegetables
Louisiana Commodity Foods: Blueberries
Louisiana Commodity Foods: Crawfish
Louisiana Commodity Foods: Sweet Potatoes
Louisiana Commodity Foods: Soybeans
Blueberries
Superfoods for Men 2011
Superfoods for Women 2011
Botanicals for Health 2012
MyPlate of Louisiana Foods 2013
Gluten Free Foods 2014

Videos

How to cut an onion
How to cut a bell pepper
How to cook rice
How to prepare biscuits
Browning flour for cooking gumbo

INVITED TALKS AND LECTURES

Louisiana on the Move, Women's Wellness Day Baton Rouge, LA 10/02/2004. Pennington
Biomedical Research, Baton Rouge, LA.
The Rainbow Diet, HUEC-LEAFCS Meeting Baton Rouge, LA Presented March 9-12, 2004.

Childhood Obesity Prevention and Treatment: Nutrition and physical activity. Southeast Louisiana Area Health Education Center and Southeastern Louisiana University, School of Nursing, November 29, 2005.

The New Dietary Guidelines, Mississippi State University, Family and Consumer Sciences training, April 27, 2005, Gulfport MS.

Successful Dietary Approaches for Chronic Diseases. Oregon State University, College of Health and Human Sciences, March 15, 2005.

Successful Dietary Approaches for Chronic Diseases. Oregon Dietetic Association Update, March 14, 2005.

Thermogenesis; A Silent Source of Fuel. American Dietetic Association Meeting, October St. Louis, MO, 2005

Thermogenic and non-thermogenic supplements for weight loss. Bayou District Dietetic Association, January 10, 2006 McNeese State University

Strategic Planning in Nutrition, LSU AgCenter Nutrition Programs, Woodville, Louisiana, January, 25, 2006.

Childhood Obesity Prevention and Treatment: Nutrition and physical activity. Southeast Louisiana Area Health Education Center and Southeastern Louisiana University, School of Nursing, February 12, 2006.

Dietary Guidelines. Hats off to nutrition Day, DeSoto Extension Office, March 18, 2006.

Weight Gain, Is It Inevitable? Weight Loss Supplements and Foods for Weight Control. Louisiana Association of Family and Consumer Sciences Annual Conference, Houma, Louisiana. March 28, 2007.

What's the skinny on weight loss supplements? Foods for weight control? Baton Rouge District Dietetic Association, Pennington Biomedical Research Center. June 13, 2006.

Foods and supplements for weight loss. Lafayette District Dietetic Association, University of Louisiana in Lafayette, February 2, 2007.

Training Content for EFNEP Nutrition Educators. "How to teach just as important as what to teach" Expanded Food and Nutrition Education Program Coordinator's National Meeting. University of California Washington Center, Washington, DC, March 5-8, 2007.

Update on the Latest Nutrition Information, Southwest Nutrition Agent Training, Crowley, LA, May 20, 2014.

Professional Presentations

Effects of dietary fat on energy metabolism and metabolic factors in men. Experimental Biology, Atlanta, Georgia, 1995.

Effect of high vs low fat diet on metabolic factors in lean athletes and nonathletes. NAASO-SSIB Annual Meeting, Baton Rouge, Louisiana, 1995.

Diet and training effects on energy expenditure and substrate oxidation in athletes and nonathletes. Poster at Experimental Biology, Washington D.C., 1996.

Improvements in matching energy expenditure to food intake in a metabolic chamber utilizing prior measurement of free living activity. 21st Nutrient Database Conference, Baton Rouge, Louisiana. 1996.

Diet and training effects on energy expenditure and substrate oxidation in athletes and nonathletes and Improvements in matching energy expenditure to food intake in a

metabolic chamber utilizing prior measurement of free living activity.” at 24-Hour Energy Expenditure Meeting, College Park, Maryland. 1996.

Diet and training effects on cardiac autonomic activity in young healthy athletes and nonathletes. Poster at Louisiana State University Medical Center, 2nd Annual Cardiovascular Poster Day, 1996.

Metabolic effects of fat substitution with olestra. Experimental Biology, New Orleans, 1997.

Effect of fiber on 24-hour energy expenditure and substrate oxidation. Experimental Biology, Washington DC., 1999.

Energy balance affects substrate oxidation. Public Health Institute, The University of Helsinki, Finland, 1999.

Acute addition of insoluble fiber has no effect on energy expenditure or substrate oxidation. Department of Clinical Nutrition, The University of Kuopio, Kuopio, Finland, 1999.

Average weight, body mass index, and body fat of freshman college students. Alabama Dietetic Association Meeting, Birmingham, Alabama, 2000.

Prevalence of consumption of products made with olestra, a new fat substitute. Experimental Biology 2000, San Diego, California, 2000.

Presented at Experimental Biology, Orlando, Florida, 2001:

- Long Term Assessment Of Energy Expenditure By Tritrac Activity Monitor And Food Intake Using A Portable Cassette Recorder.
- Body Image Perception and Eating Disorders in a College Freshman Population.
- Weight and body composition changes of freshman college students.
- Acceptability of Soy-Modified Baked Items and Their Effects on Lipid Profiles of Healthy Volunteers on chronic diseases.

Phytonutrients, Sports Supplements and Pharmaceuticals Conference, 2001, Ferguson Center, The University of Alabama:

- Prevalence of consumption of products made with Olean, a new fat substitute.
- Long Term Assessment Of Energy Expenditure By Tritrac Activity Monitor And Food Intake Using A Portable Cassette Recorder.
- Body Image Perception and Eating Disorders in a College Freshman Population.
- Weight and body composition changes of freshman college students.
- Acceptability of Soy-Modified Baked Items and Their Effects on Lipid Profiles of Healthy Volunteers.
- Survey of dietary supplement intake in Alabama.
- Selected phytochemicals in foods and their effect.

What Color is Your Diet? Presented at the District 2 Extension Family and Consumer Sciences Agent Meeting, at Pennington Biomedical Research Center, Baton Rouge, LA., 2001.

A Vision for Healthy Louisiana. March 2002, Community Nutrition Annual Conference, Baton Rouge, LA.

Geriatric Nutrition: Chronic Diseases and the Elderly. Presented in HUEC 4091, 2002.

Do meals from fast food establishments represent a high composition of daily total energy and macronutrients? Presented at the 1st Annual Nutrition Week, San Diego, California, 2002.

Louisiana Expanded Food and Nutrition Education Program, Presented at the Family Day Care Home Program Conference in Baton Rouge, Louisiana, 2002.

EATSMART: A Multi-State Web-Base Designed Certification Program for Nutrition Educators. Presented at the FNEE Workshop in St. Paul Minnesota. 2002

EATSMART: A Multi-State Web-Base Designed Certification Program for Nutrition Educators. Presented at the Food and Nutrition Services (USDA) Conference on, in Washington DC. 2003.

EATSMART: A Multi-State Web-Base Designed Certification Program for Nutrition Educators. Presented at the Food and Nutrition Services (USDA) Conference on March 16-18, 2004 in Columbus, Ohio

LSU AgCenter Childhood Obesity Initiative, Community Nutrition conference, Baton Rouge, LA. 2003.

Prenatal Prescription, April 2003, Distance Education in Community Nutrition.

Fetal Alcohol Syndrome, Distance Education in Community Nutrition. 2003.

Obesity and Other Diet- and Inactivity-Related Diseases: National Impact, Costs, and Solutions, May 2003, LEAFCS Annual Conference, New Iberia, LA. 2003.

How much meat can I have? Distance Education in Community Nutrition: Men's health Day. 2003.

Knapp Hall Nutritional Assessment, Evaluation and Demonstration Lab. Presented to CSREES Review Committee: 2003.

LSU Agricultural Center Childhood Obesity Program. Presented at the Office of Public Health Obesity Prevention and Management Conference, Baton Rouge, LA 2003.

Jump and Jive, High Five! Nutrition and Exercise in the Classroom. Presented at Experience Science Saturday, 2003, Westdale Middle School, Baton Rouge, LA.

LSU AgCenter – Pennington collaboration. Presented at the LSU AgCenter Annual Conference, 2003.

Nutrition and Stress, Presented at Louisiana Extension Association of Family and Consumer Sciences, LSU AgCenter Family and Consumer Sciences, and LSU School of Human Ecology Spring Conference, Lod Cook Conference Center and Hotel, Baton Rouge, Louisiana, 2004.

Why we need increased and more stringent evaluation. Presented at Louisiana Extension Association of Family and Consumer Sciences, LSU AgCenter Family and Consumer Sciences, and LSU School of Human Ecology Spring Conference, Lod Cook Conference Center and Hotel, Baton Rouge, Louisiana, 2004.

EFNEP-FNP Statewide Conference Woodworth, LA 2004.

EATSMART: A Multi-State Web-Base Designed Certification Program for Nutrition Educators. Presented at the Food and Nutrition Services (USDA) Conference, in Columbus, Ohio. 2004

Experimental Biology Washington DC Presented As an exhibitor to promote the Pennington Center and HUEC PhD program in Nutrition. 2004

Nutrition education through 4-H summer camp. Louisiana childhood obesity prevention initiative: Families First Conference, Little Rock, Arkansas, 2004

Nutrition and Stress. Presented at Louisiana Association of Family and Consumer Sciences meeting in Baton Rouge, LA, 2004.

EFNEP Budget Plans. Presented at a Community Nutrition Distant Education in-service training 2004. Baton Rouge, LA.

Evaluation plan in nutrition. Nutrition Team Meeting Alexandria, LA 2004

Nutrition Team Meeting Baton Rouge, LA 2004.

LSU AgCenter annual conference Baton Rouge, LA 2004

Louisiana on the Move, Women's Wellness Day Baton Rouge, LA 2004, Pennington Biomedical Research Center, Baton Rouge, LA

America on the Move. Zoar Baptist Church, Baton Rouge, LA, 2005.

Small Steps to Health and Wealth, LSU AgCenter Annual Conference Baton Rouge 2006

Childhood Obesity. Motiva Enterprises, Convent Louisiana, 2005.

Update on Diets, Women's Wellness Day, Pennington Biomedical Research Center, 2006.

Superfoods. Office of Public Health, Baton Rouge, November 9, 2006.

Chronic Diseases. Epidemiology Club, Baton Rouge High School, Baton Rouge, LA, December 5, 2006.

Hats off to nutrition. DeSoto Extension office, 2006.

Micronutrient Supplements and Chronic Disease, School of Human Ecology, Louisiana State University, January 31, 2007.

Moore, D., Solmon, M., Tuuri, G., Silverman, Z., Zhanov, M., L., Guarino, A.M., **Roy, H.**, Murphy, E., A Comparison of Children's Physical Activity Levels During School and Out-of-school activities. Presented at the American College of Sports Medicine 2007 Annual Meeting.

Rice: Nutrients, Antioxidants, and Benefits. Nutrition Team Meeting, Crowley, LA, 2007.

Superfoods. Exxon Refinery Lunch and Learn, 2009

eXtension: an internet based collaborative of research based knowledge. Human Nutrition and Food Seminar, 2009

EFNEP in Louisiana. Expanded Food and Nutrition Education Program Coordinator's National Meeting. Washington, DC, 2010.

Creating a Community of Practice for Blueberries. Presented at The North American Blueberry Research and Extension Workers Conference (NABREW) is July 25 to 28, 2010 in Kalamazoo, Michigan. Natalie A. Hummel, A. Denise Attaway, Elina D. Coneva, John Braswell, William O. Cline, Donna Marshall, Don M. Ferrin, Krisanna L. Machtmes, and Heli J. Roy.

Are nutrition education programs targeted to low income families cost effective? European Conference on Health Economics, Helsinki, Finland. 2010.

Chaired a session titled Obesity in the Young, European Conference on Health Economics, Helsinki, Finland. 2010.

All About Blueberries CoP Collaborative Efforts. eXtension Workshop, June 27-30, 2011, Louisville, KY.

Collaborative development of nutrition information for the All About Blueberries eXtension Community of Practice. Society for Nutrition Education, July 23 – 26, 2011 Kansas City, Missouri.

Ordinary foods with functional ingredients. The 5th China Medicinal Biotech Forum, Beijing, China, November 7, 2011.

Roy HJ, Cater M, White B. Communities Stepping Forward – Improving Citizen Health with a Gardening, Good Nutrition and Fitness Initiative at the Louisiana Municipal Association Conference, Lake Charles, LA, July 23, 2012.

Pennington Childhood Obesity Conference, Pennington Biomedical Research Center, Baton Rouge, LA. October 25, 2012.

Web NEERS: A new data collection method. EFNEP Web NEERS and 24 hr diet recall training. Baton Rouge, LA, September 5, 2012.

EFNEP Update, LSU AgCenter Annual Conference, Baton Rouge, LA, December 18, 2012.

Web NEERS: A new data collection method Training - Southwest & Central Regions, Crowley, LA April 29, 2013.

Web NEERS: A new data collection method. Training conducted for EFNEP agents and educators on proper collection for and input in the federal EFNEP enrollment & reporting system, Web NEERS.

National EFNEP Youth Evaluation Project, EFNEP Coordinators Annual conference, Washington DC, February 20-23, 2012.

Using Technology to Assess gain in Nutrition Knowledge among the Youth. Experimental Biology, San Diego, April 21-25, 2012.

Dietary Recall in SNAP –ED and EFNEP, Alexandria LA, January 8, 2013.

Heli Roy, Nina Urala, Melissa Cater, Bipin Thomas, Annrose Guarino, Vicky Chesser, Cathryn Robinson, Sharman Charles, Quincy Cheek, Amy Juneau, Bertina McGhee, Danna Gillett. Acceptance of modified food by low income audiences. Experimental Biology, April, 2013.

Mediator of a presentation *Fact or Fiction* by Dr. Daniel Hsia, Dr. Fatemeh Malekian, and Dr. Carol O’Neil at the Nutrition and Food Sciences summits, September 10, 2013.

Supervisory role in EFNEP agents. Presented at the EFNEP Agent’s Training, July 16-17, 2013.

Non-supervisory role in EFNEP. Presented at the EFNEP Agent’s Training, July 16-17, 2013.

Evaluation in EFNEP youth and adults. Presented at the EFNEP Agent’s Training, July 16-17, 2013.

Heli Roy, Quincy Cheek. Germ Cave. EFNEP annual conference, February 25, 2014.

Heli Roy, Sharman Charles, De’Shoin York. Cooking Camps with Kids. EFNEP annual conference, February 25, 2014.

Recruitment needs, clientele, schools, Smart Bodies collaboration in EFNEP presented at the EFNEP/SNAP-Ed/FFNEWS Training, March 18 and 19, 2014, Pineville, LA.

Web NEERS in EFNEP presented at the EFNEP/SNAP-Ed/FFNEWS Training, March 19, 2014, Pineville, LA.

Presented MyPlate of Louisiana Foods at LSU Day at the State Capitol, April 7, 2014.

Presented MyPlate of Louisiana Foods Wellness Day at the State Capitol, May 13, 2014.

Professional Service and Volunteer Work

Participated in a television program on Women of Excellence, 1984.

Guest on WYNK radio station: Louisiana WIC program, 1991.

Nutrition and Weight Control, Battered Women's Program, Baton Rouge, Louisiana, 1992.

Appeared in 20/20 (ABC) segment on “Human Guinea Pigs,” 1998.

Foods in the food guide pyramid, Huntington Place Elementary School, Tuscaloosa, Alabama, 1998.

Childhood Obesity, Ch 49 News, Tuscaloosa, Alabama, 1998.

Herbal supplements and ergogenic foods, WWA News, Ch 34, 1998.

Men’s nutrition, Tuscaloosa News, 1999

Eating during the holidays, Alabama Public Radio, 1999.

What can you do to stop gaining weight? Submitted to Shaping You, an on-line health magazine, 1999.

Is participation in a research project beneficial to an undergraduate student? A presentation to Student Dietetic Association, UA, Tuscaloosa, Alabama, 2000

Latest Research in Human Nutrition at the University of Alabama, Sunday Magazine, Alabama Public Radio, 2000.

Common dietary misconceptions and eating habits of college students. The Daily Orange, Student publication of Syracuse University, 2000.

The Freshman 15, Birmingham News, 2000

Freshman weight gain, NBC-13 News, 2000.

What to do to stop gaining weight. The Crimson White, 2000

Weight gain of college students. WBHM, 2000

Fad Diets, Feast and Focus Series by Women's Resource Center, The University of Alabama, 2001

Freshman 15: Myth or Reality? The New York Times, 2001

SERVICE

Ad Hoc Manuscript Reviewer

Reviewed: Analyzing dietary practices in isolated First Nations communities of Northern Canada: Isotopic and lipid markers of store-bought vs locally harvested foods.

Corresponding Author: Dr Haman, for Nutrition and Diabetes, Nature. 7/2/2013.

Present or past member of:

American Society for Nutrition

Academy of Nutrition and Dietetics

North American Association for the Study of Obesity

American Dietetic Association

Louisiana Dietetic Association

Baton Rouge District Dietetic Association, treasurer 1983 - 1984

Alabama Dietetic Association 1998-2001

Tuscaloosa Dietetic Association, Council on Professional Issues, Chair 2000

Tuscaloosa Dietetic Association, Council on Professional Issues, Chair-Elect 1999

Tuscaloosa Dietetic Association 1998-2001

Committee Assignments

International

Dissertation committee member of Annette Romani from Aalborg University, Aalborg, Denmark.

Visiting scholar Annette Romani from Aalborg University, Denmark, on tour of AgCenter and Pennington Biomedical Research Center, April 15, 2013.

Visiting scholar TC Chadderton from Plant & Food Research Ltd, New Zealand October 17, 2013.

National

Expanded Food and Nutrition Program Annual Conference Planning Committee 2012, 2013, 2014

Expanded Food and Nutrition Program Research Committee

Cooperative Extension Curriculum Project – Dietary Guidelines Committee
Cooperative Extension Curriculum Project – Pregnancy Committee
Southern Region EFNEP Coordinators – Planning Committee 2013
EFNEP Youth Evaluation Committee 2011-2014
National Institute of Food and Agriculture – Nutrition and Health Planning and Guidance Committee

Local

LA Council on Obesity Prevention & Management
Coordinated School Health Program – Parents, Community Partners, and Environmental Control 2005
Obesity Council – Healthcare Providers Subcommittee
Food and Nutrition Services State Nutrition Action Plan Since 2005
Baton Rouge Dietetic Association – Nominating Committee 2006
Chair - Baton Rouge Dietetic Association Conference Committee, 2006
Member - Baton Rouge Dietetic Association Conference Committee, 2007
Member - Baton Rouge Dietetic Association Conference Committee, 2008

Institution

Graduate Committee 1998-01
Undergraduate Programs and Services, 1999-2001
Core Curriculum Subcommittee of Undergraduate Programs and Services, 1999-2001
Human Ecology Academic Bankruptcy Committee 1999-2000
LCES Budget Priority Setting Task Force 2003-2004
LSU School of Human Ecology Nutrition PhD Program Committee 2003-4
LSU AgCenter Extension Director 's Internal Advisory Committee 2002 - 2008
School of Human Ecology CSREES Review Executive Committee 2002-2003
School of Human Ecology Ad Hoc Space Committee 2003-2004
School of Human Ecology Administrative Council 2001-2006
LSU AgCenter Annual Conference Committee 2003, 2004, 2005
LSU AgCenter Professional Development Committee
AgCenter Genetic Engineering Review Committee 2003-2009
EFNEP/FNP Conference Planning Committee from 2001 to 2015. Chair 2002, 2003, 2007.
EFNEP/FNP Technology Committee
Louisiana on the Move, 2003-2005
Clinical Mentoring 2007-2010
Children's Physical Activity Card 2008, 2009, 2010, 2011, 2012
LSU AgCenter Chancellor's Blog 2007, 2008, 2009, 2010
LSU AgCenter Fundraising Committee
Chancellors Ad Hoc Food Committee 2009-2015
School of Human Ecology Directors Task Force 2001-2005
Chair, Family and Consumer Sciences Conference Planning Committee, 2010
Nutrition and Food Science Summit Planning Committee 2013
School of Nutrition and Food Sciences Directors Search Committee 2014

Conference Organization:

Chair: Tis' the Season to Eat Healthy, East Baton Rouge Parish Health Unit Office of Public Health, Baton Rouge, Louisiana. 1992.

Chair: Organized a PBRC Energy Expenditure Lab teaching module of Designing, Preparing and Delivering Research Diets Pennington Biomedical Research Center, 1997.

Committee member: Laboratory Methods Workshop - S-150 Nutritional Status of Adolescent Females, Blacksburg, Virginia, 1980

Chair: Phytonutrients, Sports Supplements and Pharmaceuticals Conference, 2001, Ferguson Center, The University of Alabama.

Committee member: EFNEP/FNP/FFNEWS State Conference in Baton Rouge, Louisiana 2002.

Exhibitor at Experience Science Saturday, Westdale Middle School, Baton Rouge, LA: LSU AgCenter Community Nutrition Programs, 2003.

Committee member: FCS nutrition agent training Baton Rouge, LA. 2003.

Chair: EFNEP/FNP/FFNEWS State Conference in Baton Rouge, Louisiana, 2004.

Committee member: FCS nutrition agent training Baton Rouge, LA. 2005.

Chair: EFNEP/FNP/FFNEWS State Conference in Baton Rouge, Louisiana 2006.

Committee member: FCS nutrition agent training Baton Rouge, LA. 2007.

Committee member: EFNEP/FNP/FFNEWS State Conference, Baton Rouge, LA. 2008.

Committee member: FCS nutrition agent training Baton Rouge, LA. 2009.

Committee member: EFNEP/FNP/FFNEWS State Conference, Baton Rouge, LA. 2010.

Committee member: 5th Annual Southern Obesity Summit, New Orleans, LA October 2-4, 2011.

Chair: FCS nutrition agent training Baton Rouge, LA. 2012.

Committee member: School of Nutrition and Food Sciences Summit, Baton Rouge, LA September 9-10, 2013.

Co-chair: EFNEP/SNAP ED/FFNEWS Conference Pineville, LA, March 18-19, 2014.

TEACHING AND MENTORING**Courses Taught**

NUSC 3171 Husky Nutrition 2017, 2018, 2019 – University of Connecticut

NHM 361 Nutritional Biochemistry- University of Alabama

NMH 432/532 Nutrition Education and Counseling – University of Alabama

NHM 555 Recent Research in Obesity – University of Alabama

NHM 595 Seminar in Nutrition and Food – University of Alabama

NHM 501/601 Nutrition for Health Professionals – University of Alabama

BIOL 235 Basic Nutrition – Our Lady of Lake College

Cultural Foods – Louisiana State University

Basic Food Preparation – Louisiana State University

Lifespan Nutrition – Louisiana State University

Mentoring Undergraduate Research

Suzanne Livingood - Is there nutrition education in medical schools? 2000

Theses and Dissertation Committees

Chair: Dana Wade, Human Nutrition and Hospitality Management, Nutrient Assessment of Volunteers Fast Food Meal and 24-hour dietary intake, 2000.

Chair: Audrey Dorrow, Human Nutrition and Hospitality Management, Weight change in college students during the freshman year, 1999-2000.

Committee member: Claire Hencken, Human Performance, College of Education, Hydration status of female collegiate soccer players, 2000.

Chair: Chad Eriksen, Nutrition, School of Human Ecology, The Food Patterns of Southern Louisiana Residents, 2008.

Committee member: Annette Romani Dissertation Defense November 30, 2012, Aalborg, Denmark. Dissertation titled: What causes childhood obesity and inactivity?