

SUMATHI VENKATESH
Assistant Professor and Extension Specialist
Department of Nutrition
Texas A&M AgriLife Extension Service
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EDUCATION

- 2014 Ph.D. Human Nutrition, Michigan State University, East Lansing, MI.
Dissertation: Asian Indian Dietary Acculturation Measure: Instrument Development and Validation.
- 2010 M.S. Human Nutrition, Michigan State University, East Lansing, MI.
Thesis: Acculturation and Associated Factors in Relation to Glycemic Control and Self-Management of Diabetes in Asian Indian Adults in the U.S.
- 1996 B.S. Nutrition and Dietetics, University of Madras, Chennai, TN, India.

CERTIFICATIONS

- 2023 Public Health Essentials Certificate Program, Cornell University.
- 2013 Graduate Certification in College Teaching, Michigan State University.
- 2013 Graduate Certification in Community Engagement, Michigan State University.
- 2013 Future Academic Scholars in Teaching Fellow, Michigan State University.
- 1998 Post Graduate Diploma in Business Administration, Annamalai University, India.

POSITIONS

- 04/23-present Assistant Professor & Extension Specialist, Nutrition, Texas A&M AgriLife Extension Service.
- 01/23-present Adjunct Professor, Department of Science and Engineering, College of the Mainland
- 11/15–04/23 Extension Program Specialist, Healthy South Texas, Texas A&M AgriLife Extension Service.
- 01/15–05/15 Instructor, Dept. Food Science and Human Nutrition, Michigan State University
- 09/14-06/15 Program Evaluator, Health and Nutrition Institute, Michigan State University Extension.
- 01/07-08/14 Graduate Assistant, Michigan State University (Extension, Research, and Teaching).

HONORS AND AWARDS

Team Award

- 2022 National Health Outreach Conference Priester Award, Cooking Well with Diabetes Team, Kansas City, MO.

Research Awards

- 2014 Dissertation Completion Award, College of Agriculture and Natural Resources, Michigan State University.
- 2013-2009 Graduate Student Research Enhancement Award, Michigan State University Graduate School.
- 2010-2013 John Harvey Kellogg Endowed Fellowship in Human Nutrition and Health, Michigan State University.
- 2013 Blue Cross Blue Shield of Michigan Foundation Excellence in Student Research Award, Honorary mention.
- 2008 Second Prize in Graduate Poster Competition – Minorities in Agriculture, Natural Resources, and Related Sciences (MANRRS) 26th Annual National Conference, Overland Park, KS.
- 2008 Best Abstract Award, Society for Nutrition Education Foundation, Atlanta GA.

Scholarships and Fellowships

- 2013-2012 Alliance for Graduate Education and the Professoriate (AGEP) Scholar Award, Michigan State University.
- 2012 Future Academic Scholars in Teaching Fellowship, Michigan State University.
- 2012 Beth and Holly Fryer Endowed Scholarship, Dept. Food Science and Human Nutrition, Michigan State University.
- 2012 Linking All Types of Teachers to International Cross-cultural Education (LATTICE) Fellowship, East Lansing, MI.
- 2009 H.A.M.M. Scholarship, Dept. Food Science and Human Nutrition, Michigan State University.
- 2009 Food, Nutrition, and Chronic Diseases Fellowship, Graduate School, Michigan State University.
- 2008 Lois Gordon Ridley Endowed Fellowship, Dept. Food Science and Human Nutrition, Michigan State University.
- 2007 Rachel A. Schemmel Graduate Student Endowed Research Scholarship, Dept. Food Science and Human Nutrition, Michigan State University.

Travel Awards

- 2008 Society for Nutrition Education Foundation Scholarship, Atlanta GA.
- 2008 Council of Graduate Students Travel Grant, Michigan State University.

SCHOLARLY CONTRIBUTIONS

Peer reviewed Publications

- **Venkatesh S** and Weatherspoon LJ. Reliability and validity of An Asian Indian Dietary Acculturation Measure (AIDAM). *Health Educ Behav* 2018;45(6):908-917. <https://doi.org/10.1177/1090198118775479>
- **Venkatesh S** and Weatherspoon LJ. Food behaviors and dietary acculturation of Asian Indians in the U.S. *J Nutr Educ Behav* 2018;50(6):529-535. <https://doi.org/10.1016/j.jneb.2017.10.014>
- **Venkatesh S**, Conner T, Song WO, Olson BH, and Weatherspoon LJ. The relationship between dietary acculturation and type 2 diabetes risk among Asian Indians in the U.S. *J Immigr Minor Health* 2017;19(2):294-301. <https://doi.org/10.1007/s10903-016-0482-3>
- Nnyepi MS, Bennink M, Jackson J, **Venkatesh S**, Maletle L, Mokgathe L, Lyoka P, Anabwani G, Makhanda J, and Weatherspoon L. Nutrition Status of HIV⁺ Children at a Treatment Center in Botswana. *Health Education* 2015;115(5):495-514. <https://doi.org/10.1108/HE-04-2014-0052>
- Weatherspoon LJ, Quilliam ET, Paek H, Kim S, **Venkatesh S**, Plasencia J, Lee M, and Rifon N. Consistency of Nutrition Recommendations for Foods Marketed to Children. *Prev Chronic Dis* 2013;10:130099. <http://dx.doi.org/10.5888/pcd10.130099>
- Weatherspoon L, **Venkatesh S**, Horodyski MA, Stommel M, and Brophy-Herb HE. Food Patterns and Mealtime Behaviors in Low-Income Mothers and Toddlers. *Journal of Community Health Nursing* 2013;30(2):1-15. <https://doi.org/10.1080/07370016.2013.750188>
- **Venkatesh S** and Weatherspoon L. Social and Health Care Provider Support in Diabetes Self-management: Perceptions of Asian Indian Adults. *Am J Health Behav* 2013;37(1):112-121. <https://doi.org/10.5993/AJHB.37.1.13>
- **Venkatesh S**, Weatherspoon L, Kaplowitz S, and Song W. Acculturation and Glycemic Control of Asian Indian Adults with Type 2 Diabetes. *J Community Health* 2012;38(1):78-85. <https://doi.org/10.1007/s10900-012-9584-6>

Report

- Nyomba G, Birmingham E, Harte J. B, **Venkatesh S**, Siddiq M, Dolan K. D. Functional characteristics of extruded pinto and navy bean flour (*Phaseolus vulgaris* L.) (Annual Report). Bean Improvement Cooperative. 2007;50:37-38.

Published Abstracts

- **Venkatesh S** and Weatherspoon L. Dietary Acculturation of Asian Indians in the United States (Abstract). *J Acad Nutr Diet* 2013;113(9):A180.
- Weatherspoon L, Kim S, **Venkatesh S**, Paek H, Quilliam ET, Rifon N and Lee M. Regulatory Agency Consistency with Food Label Guidance (Abstract). *J Nutr Educ Behav* 2012;44(4):S68.

- **Venkatesh S**, Weatherspoon L, Kaplowitz S, Song W. The Relationship of Acculturation and associated Factors to Glycemic Control in Asian Indian Adults with Type 2 Diabetes (Abstract). *J Nutr Educ Behav* 2010;42(4):S111.
- **Venkatesh S**, Horodyski MA, Stommel M, Brophy-Herb HE, Weatherspoon L. Comparison of Mealtime and Food Pattern Behaviors in African American and Caucasian Toddlers (Abstract). *J Nutr Educ Behav* 2008;40(4):S61-S62.

Conference Presentations

- **Venkatesh S**, Leal DO. Cooking Well with Diabetes: A healthy cooking program for diabetes prevention and management. *National Health Outreach Conference*, Kansas City, MO, May 2022.
- **Venkatesh S**, Fries EK, Hohlt R. Healthy Texas: A novel health promotion initiative. *National Health Outreach Conference*, Virtual, May 2021.
- **Venkatesh S**, Leal DO, Keenan OE, Reyes EE, Sifuentes AA, Fries EK. Healthy cooking programming with cultural cuisine. *National Health Outreach Conference*, Virtual, May 2021.
- Valdez A, Montemayor-Gonzalez E, **Venkatesh S**, Butler PL. Cooking Well for Healthy Blood Pressure: preventing and managing high blood pressure through healthy meal preparations. *National Health Outreach Conference*, Virtual, May 2021.
- **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. *National Health Outreach Conference*, Fort Worth, TX, May 2019.
- **Venkatesh S** and Weatherspoon L. Dietary acculturation of Asian Indians in the United States. *Academy of Nutrition and Dietetics, Food and Nutrition Conference and Expo*, Houston TX, Oct 2013.
- **Venkatesh S**, Weatherspoon D, Plasencia J, Weatherspoon L. Factors influencing fruit and vegetable consumption in an urban food desert. *Minorities in Agriculture, Natural Resources, and Related Sciences 28th Annual National Conference*, Sacramento, CA, Mar 2013.
- **Venkatesh S** and Weatherspoon L. Social and health care provider support in diabetes self-management: Perceptions of Asian Indian adults. *Alliance for Graduate Education and the Professoriate (AGEP) Fall Conference*, Ann Arbor, MI, Apr 2013.
- Weatherspoon L, Kim S, **Venkatesh S**, Paek H, Quilliam ET, Rifon N, Lee M and Plasencia J. Regulatory agency consistency with food label guidance. *Society for Nutrition Education Conference*, Washington, DC, Jul 2012.
- **Venkatesh S** and Weatherspoon L. Social and health care provider support in diabetes self-management: Perceptions of Asian Indian adults. *Minorities in Agriculture, Natural Resources, and Related Sciences 27th Annual National Conference*, Atlanta, GA, Mar 2012.
- **Venkatesh S**, Weatherspoon L, Kaplowitz S, Song W. The relationship of acculturation and associated factors to glycemic control in Asian Indian adults with type 2 diabetes. *Minorities in Agriculture, Natural Resources, and Related Sciences 26th Annual National Conference*, Overland Park, KS, Mar 2011.

- **Venkatesh S**, Weatherspoon L, Kaplowitz S, Song W. The relationship of acculturation and associated factors to glycemic control in Asian Indian adults with type 2 diabetes. *Society for Nutrition Education Conference*, Reno NV, Jul 2010.
- **Venkatesh S**, Weatherspoon L, Kaplowitz S, Song W. The role of social network and health care professionals in diabetes self-management of Asian Indian adults. *Michigan Academy Annual Conference*, Bay Area, MI, Apr, 2010.
- **Venkatesh S**, Weatherspoon L, Kaplowitz S, Song W. The role of social network and health care professionals in diabetes self-management of Asian Indian adults. *Council of Graduate Students Conference*, Michigan State University, East Lansing MI, Mar 2010.
- **Venkatesh S**, Horodyski MA, Stommel M, Brophy-Herb HE, Weatherspoon L. Comparison of mealtime and food pattern behaviors in African American and Caucasian toddlers. *Council of Graduate Students Conference*, Michigan State University, East Lansing MI, Mar 2009.
- **Venkatesh S**, Horodyski MA, Stommel M, Brophy-Herb HE, Weatherspoon L. Comparison of mealtime and food pattern behaviors in African American and Caucasian toddlers. *Society for Nutrition Education Conference*, Atlanta GA, Jul 2008.
- **Venkatesh S**, Horodyski MA, Stommel M, Brophy-Herb HE, Weatherspoon L. Caregiver mealtime interaction and feeding behaviors associated with fruit and vegetable intake in Early Head Start toddlers. *Michigan Academy Annual Conference*, Sterling Heights, MI, Apr 2008.
- Weatherspoon L, Majewski K, Saxe A, **Venkatesh S**. Medicaid-funded diabetes health: It's in your hands and MDCH-funded consumer initiative. Kellogg Center, East Lansing MI, Oct 2006.

Grant Activity

- Funding Source: Allen Foundation (pending) Venkatesh (\$162,120)
 Dates: 9/24 – 8/27
 Role: Principal Investigator
 Title: Heart Smart Living: Small Changes for a healthier You
 Purpose: To develop and evaluate a community-based adult nutrition education program series called Heart Smart Living (HSL) to promote heart healthy lifestyle behaviors.
- Funding Source: USDA-National Institute of Food and Agriculture (pending) Talcott (\$9,999,701)
 Dates: 1/24 -12/28
 Role: Co-Investigator
 Title: Sustainable production of food ingredients and agrochemicals from cactus (*Opuntia* spp.): Bridging rural socio-economic & health disparities
 Purpose: To develop high-value prickly pear cactus bases products to support local and regional food systems to improve the health of underserved rural communities.
- Funding Source: Blue Cross Blue Shield of Michigan Foundation (funded) Venkatesh (\$3,000)
 Dates: 1/10 - 12/13
 Doctoral Student Award
 Title: Assessment of dietary acculturation of Asian Indians: instrument development and validation
 Purpose: To develop and validate a culturally sensitive instrument to assess dietary acculturation of Asian Indians.

- USDA Agriculture and Food Research Initiative (not funded)
Role: Co-Investigator
Title: Childhood Obesity Prevention. PE-Nut Plus: An Innovative Approach to Prevent Childhood Obesity.
Purpose: To evaluate an intervention model to promote nutrition and physical activity behaviors to prevent obesity among children and families.

EXTENSION EXPERIENCE

Program Development

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| 2022 | Action Learning for Emergency Response Teams (nutrition education series)
Developed evaluation tool and reviewed program curriculum. |
| 2021 | Dancefit (youth physical activity education series)
Developed evaluation tool. |
| 2020 | Cooking Well Exploring Cultures (nutrition education series)
Developed recipes, agent guide, talking points, videos, and program evaluation. |
| 2020 | Cooking Well with Diabetes (diabetes education series)
Developed handouts and agent teaching resources. |
| 2019 | Choose Your Way Diabetes Workshop (one-day diabetes workshop)
Developed program overview, topic summaries, handouts, and program evaluation. |
| 2018 | Mindful Living (supplemental program materials)
Developed agent guide, handouts, and social media posts. |
| 2019 | Cooking Well for Healthy Blood Pressure (nutrition education series)
Developed talking points and reviewed program curriculum. |
| 2018 | Dinner Tonight Junior Edition (One day family night event)
Developed agent guide, talking points, training videos, illustrations, supplemental materials, and program evaluation. |
| 2017 | Worksite Wellness Workshop (one-day employee wellness workshop)
Developed teaching kit, illustrations, talking points, and workshop evaluation. |
| 2017 | Dinner Tonight Diabetes Edition (one-day cooking school)
Developed recipes, talking points, emcee script, agent guide, handouts, and teaching resources. |
| 2017 | Dinner Tonight South Texas Edition (one-day cooking school)
Developed talking points and emcee script. |

Online Course

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| 2020-2023 | Cooking Well Exploring Cultures (Provided statewide leadership) |
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Fee-Based Program Support

2020-2023	Cooking Well Exploring Cultures (\$160)
2019-2023	Cooking Well for Healthy Blood Pressure (\$3,280)
2017-2023	Cooking Well with Diabetes (\$19,760)
2017-2023	Dinner Tonight Cooking School (\$50,430)

Agent and Volunteer Trainings

AgriLife Extension Service

July 2023	Cooking Well Suite of Programs. Agent training. Fredericksburg, TX.
Feb 2023	Cooking Well Suite of Programs. Agent training. Extension Health Summit Preconference, College Station, TX.
May 2022	Cooking Well Suite of Programs. Agent training webinar.
Oct 2021	Cooking Well with Diabetes. Agent training webinar.
Aug 2020	Mindful Living: making you a priority. 4-H Health Summit. Agent training webinar.
Mar 2020	Texting and driving: is that text worth it? Youth ambassador training webinar.
May 2019	Managing Diabetes: Choose Your Way Diabetes Workshop. Agent training webinar.
Apr 2019	Understanding Diabetes. Southeast region agent/ volunteer training, Rosenberg, TX.
Aug 2018	Learn Grow Eat Go. Teacher training, Palacios, TX.
Mar 2018	Diabetes awareness. Youth ambassador training webinar.
Jan 2018	Obesity: the effects and how to improve. Youth ambassador training webinar.
Jan 2018	Dinner Tonight Junior. Agent training webinar.
Dec 2017	Dinner Tonight: Diabetes Edition. Agent training webinar.
Nov 2017	Cooking Well with Diabetes. Southeast region agent training, LaGrange, TX.
Nov 2017	Dinner Tonight: Flavors of South Texas. Agent training webinar.
Oct 2017	Cooking Well with Diabetes. South region agent training, Alice, TX.
Mar 2017	Master Wellness Volunteer training, Angleton, TX.
Jan 2017	Master Wellness Volunteer training, Bay City, TX.

Michigan State University Extension

Jan 2015	EFNEP Food Tracker. Educator training webinar.
Jan 2015	EFNEP diet summary reports. Educator training webinar.
Feb 2015	EFNEP K-2 Survey. Educator training webinar.
Feb 2015	SNAP-Ed Rapid Assessment of Physical Activity Questionnaire. Educator training webinar.
Mar 2015	SNAP-Ed fruit and vegetable checklist. Educator training webinar.
Nov 2014	EFNEP and SNAP-Ed adult and youth evaluation tools. Educator training, Pontiac, MI.
Nov 2014	EFNEP and SNAP-Ed adult and youth evaluation tools. Educator training, Grand Rapids, MI.
Oct 2014	EFNEP and SNAP-Ed adult and youth evaluation tools. Educator training, Warren, MI.
Oct 2014	EFNEP and SNAP-Ed adult and youth evaluation tools. Educator training, Ann Arbor, MI.
Oct 2014	EFNEP and SNAP-Ed adult and youth evaluation tools. Educator training, Kalamazoo, MI.

Oct 2014 EFNEP and SNAP-Ed adult and youth evaluation tools. Educator training, Lansing, MI.

Community Presentations

Nov 2019 Diabetes self-management. Diabetes awareness program. United Methodist Church, Eagle Lake TX.

Sep 2019 Adolescent nutrition and health. Your Health Matters Wellness Conference, Laredo First Assembly, Laredo TX.

May 2019 Nutrition for the brain. Brazoria County Brain Camp, Michael's Catholic Church, Lake Jackson TX.

Mar 2019 Diabetes self-care behaviors. Diabetes Support Group, University of Texas Medical Branch (UTMB Health), Angleton TX.

Feb 2019 Heart healthy foods. Brazoria County Brain Camp, St. John's Baptist Church, Alvin TX.

Sep 2018 Nutrition for the brain. Brazoria County Brain Camp, Covenant Evangelical Presbyterian Church, Lake Jackson TX.

Sep 2018 Growing healthy children. Childcare Provider Conference. Brazoria County AgriLife Extension Service, Angleton TX.

Sep 2018 Raising healthy kids. For Kids' Sake Kinship conference, Brazoria County AgriLife Extension Service, Angleton TX.

Aug 2018 Rebuild your healthy eating habits. Galveston County Disaster Resilient Community Conference, Galveston County AgriLife Extension Service, La Marque TX.

Aug 2018 Nutrition and memory function. Brazoria County Alzheimer's Awareness Project, Brazoria Library, Brazoria TX.

May 2018 A blueprint for an employee wellness plan. Worksite Wellness Workshop, Btel Fiber, Angleton TX.

Nov 2017 Mediterranean-DASH intervention for neurodegenerative delay - MIND diet. Alzheimer Awareness Month, Alvin Library and Angleton Library TX.

Mar 2017 Diabetes self-management. Diabetes support group, University of Texas Medical Branch (UTMB Health), Angleton TX.

Oct 2016 Brain Health. Gathering Place Brain Camp, First Christian Church, Alvin TX.

Aug 2016 Watching the waistline. Take Off Pounds Sensibly (TOPS) women support group, Church of Nazarene, Lake Jackson TX.

Apr 2016 Making the best of childhood nutrition. Upbring Head Start, Bay City TX.

Fact Sheets

- 2021 Cooking Well with Diabetes participant handouts—nutrition label reading, types of fat, healthy substitutions, reducing sodium, increasing fiber, and healthy celebrations.
- 2019 Choose Your Way Diabetes Workshop participant handouts on self-care behaviors—healthy eating, being active, medication adherence, reducing risks, problem solving, healthy coping, and monitoring.
- 2018 Mindful Living supplemental handouts—healthy eating, exercise, coping with stress, digital awareness, and parenting.
- 2018 Healthy Balanced Meals for Diabetes Management. Dinner Tonight Cooking School Diabetes Edition participant handout.
- 2016 Physical Activity tip sheet for Walk Across Texas participants.
- 2016 Focus on Family Mealtime tip sheet. National Nutrition Month.
- 2016 Focus on Health and Wellness tip sheet. National Nutrition Month.

Press Releases

- Oct 2022 Let's celebrate World Food Day mindfully.
- Jan 2022 Healthy start to a new year.
- May 2021 The mission for a healthy vision.
- Mar 2021 Color your plate with fruits and vegetables.
- May 2020 Act F.A.S.T. to prevent a stroke.
- Mar 2020 Mindful Living.
- Feb 2020 Eat smart to live a heart healthy life.
- May 2019 High blood pressure: do you know your numbers?
- Feb 2019 Loving your heart: for the health of it!
- Nov 2018 Living well with diabetes.
- Aug 2017 Start the school year with a healthy lunch.
- Apr 2017 Manage your diabetes with lifestyle changes.
- Jan 2017 Its folic acid awareness week!
- Oct 2016 Make half your plate fruits and vegetables.

Blog Articles

- Dec 2023 Add more whole grains to your diet using these three steps.
- Dec 2023 Eat more fruit using these five simple strategies.
- Nov 2023 Three easy ways to eat more vegetables.

TEACHING EXPERIENCE

Primary Instructor

- BIOL 1322 Nutrition and diet therapy (Spring 2023, Fall 2023, Spring 2024)
Department of Science and Engineering, College of the Mainland.
- HNF 406 Global foods and culture (Spring 2015)
Department of Food Science and Human Nutrition, Michigan State University.

Teaching Assistantships

- HNF 406 Sociocultural aspects of food (Spring 2007-2012)
Department of Food Science and Human Nutrition, Michigan State University.
- HNF 453 Nutrition and human development (Spring 2007 – 2013)
Department of Food Science and Human Nutrition, Michigan State University.
- HNF 444 Computerized food service management (Summer and Fall 2007)
Department of Food Science and Human Nutrition, Michigan State University.

Substitute Instructor

- HNF 444 Computerized food service management (Fall 2007)
Department of Food Science and Human Nutrition, Michigan State University.

Guest Lectures

- HNF 406 Sociocultural aspects of food (Spring 2007, 2008, 2013, 2014)
Title: Cultural and religious foods
Department of Food Science and Human Nutrition, Michigan State University.
- HNF 453 Nutrition and human development (Spring 2011, 2013)
Department of Food Science and Human Nutrition, Michigan State University.
Title: Nutrition during pregnancy and early childhood

PROFESSIONAL AFFILIATIONS

2018-2023	Texas Extension Specialists Association
2009-2014	Academy of Nutrition and Dietetics
2007-2014	Society for Nutrition Education and Behavior
2009-2014	Minorities in Agriculture, Natural Resources, and Related Sciences
2008-2014	Alliance for Graduate Education and the Professoriate
2010-2014	Linking All Types of Teachers to International Cross-cultural Education

SERVICE

Committees

2023	Developing Innovative Nutrition Experiences (DINE) in Texas Advisory Board.
2023	State of Families in Texas Report Writing Committee

2022-2023	Healthy South Texas Unit Awards Committee
2022-2023	Family and Community Health Evaluation Committee
2023	Extension Health Summit Planning Committee, College Station, TX.
2021-2023	Healthy South Texas Career Ladder Committee
2018-2021	Health Strategy Team, Nutrition and Chronic Disease
2019	National Health Outreach Conference Planning Committee, Fort Worth, TX.
2016-2017	Western Rice Field Conference Planning Committee, El Campo, TX.
2016-2017	Healthy Families Healthy Communities Expo Planning Committee, Lake Jackson, TX.
2016	Community Health Educator Workshop Planning Committee, Lake Jackson, TX.

Judging

2017	Matagorda County Home Economics Fair Foods Division, Bay City, TX.
2016	Matagorda County 4-H Senior Food Show and Challenge, Bay City, TX.

Mentoring

2016-2020	Healthy South Texas Youth Ambassadors, Brazoria and Matagorda Counties.
2016-2020	Master Wellness Volunteers, Brazoria and Matagorda Counties.
2007-2014	Mentored over 50 undergraduate teaching and research assistants, Michigan State University.
2013	Vidisha Paranjpe, Undergraduate Research Program, Comparison of dietary behaviors of first and second generation Asian Indian immigrants, Michigan State University.
2013	Wendy Yang, Multicultural Apprenticeship Program, Hmong Culture and Food, Eastern High School.

Peer Reviewer

- Appetite, Journal of Immigrant and Minority Health, Journal of Diabetes and Metabolism, Ecology of Food and Nutrition, Medical principles and Practice, and Health Education Research.