

NE1939 Annual Meeting

June 23-24, 2022

In-Person: Ankeny, IA with virtual options

Members who attended in-person: Sarah Francis (ISU), Anna Arthur (U of Kansas Medical Center), Elgloria Harrison (Lehman College), Melissa Ventura-Marra (WVU), Lee Weidauer (SDSU), Jake Eubank (Lehman College), Elmira Asongwed (UDC), Wen-Hsing Cheng (Mississippi State University), Elizabeth McNeill (ISU), Tia Jeffrey (UDC), Phronie Jackson, (UDC).

Members attending virtually: Furong Xu (URI), Matt Delmonico (URI), Ingrid Lofgren (URI), Dara LoBuono (Rowan University), Tiffany Johnson-Largent (UDC), Matthew Richardson (UDC), Yuxiang Sun (TX A&M), Martha Belury (Ohio State University), Kathleen Woolf (NYU), Peggy Connolly (...), Kristen Brown Johnson (...), Ellen Gustavson

Guests who attended: Alicia Taylor (Graduate Student-ISU), Megan Lampright (Undergraduate Student-ISU)

Thursday, June 23, 2022

- Meeting began at 8:38am
 - Melissa Ventura-Marra called for a review of the 2021 meeting minutes and called for a vote. Sarah Francis made a motion for the visits and Elmira Asongwed provided a second. All voted yes and the motion passed
 - Melissa Ventura-Marra presented the nomination of Lee Weidauer for chair-elect. Elgloria Harrison made a motion for a vote, Anna Arthur provided a second. A unanimous vote was received and Lee Weidauer was elected as chair-elect.
 - Anna Arthur made a motion to elect Jake Eubank as incoming secretary (position vacated by Weidauer). Second was made by Elmira Asongwed. The vote was unanimous in favor of Jake Eubank serving the remaining 2 years of Lee's term.
- 2023 Awards Committee
 - Elgloria Harrison and Anna Arthur volunteered to serve on the awards committee for next year. As the 2022 awardee, Lee Weidauer will be the chair of the awards committee.
- 9:00am – Professional Development session – Tenure and Promotion
 - We made a modification to the agenda to allow for virtual sessions to stay on schedule. The networking sessions were moved up and a discussion was had regarding tenure.
 - Junior faculty asked questions regarding how to manage service commitments and best utilize past experiences to improve their tenure packet.
 - A question was asked regarding how to advocate for time at another university to be considered for tenure after changing universities.
- 9:45am – NE1939 Project Goals Update (*Virtual Available*)
 - Year 1 and Year 2 (adopted from 2021 meeting notes)
 - Developed an operational manual of survey tools
 - Developed the SPSS-based code book for each of the common research tools
 - Create the LifeSpan curriculum and prepare related grant application

- Optimize laboratory procedures for blood collection and preparation of peripheral blood lymphocytes at multi-sites
- URI/South Dakota/ISU are conducting a Needs assessment and grant for a 3-year pilot
- Prepared a number of collaborative manuscripts and grant submission
- Collaboration with ISU and UDC: Annette Contrady, Sarah L. Francis, Elgloria Harrison, Doris Montgomery, Catherine Rudolph, Lillie Monroe Lord, Elmira Asongwed, Phronie Jackson, Anne Marie Jean Baptiste, Tiffany Johnson-Largent, B. Michelle Harris, Tia Jeffery, Pier Broadnax submitted to *the Journal of Human Sciences and Extension*, "PHYSICAL ACTIVITY: WHAT DO OLDER ADULTS PREFER AND NEED? A COMPARISON OF RURAL AND URBAN OLDER ADULTS.
- Preparation of an Education and Workforce Development grant through NIFA/REEU grant entitled U-Star collaborators DC, OH, IA, WV, and CT
- Development of new collaboration on Brain Health in older adults led by Nadine Sayhoun: collaborators UMD, DC, Lehman, WVU, (U of Illinois)
- Years 2 and 3
 - [Summary Powerpoint](#)
 - Martha Belury – Noted a new study they are starting investigating breast cancer and biologic aging.
 - Change the telomere length to markers of biological aging
- 10:15a – 10:30am - Break
- 10:30 am – NE1939 Research Award recognition and presentation (*Virtual Available*)
 - Melissa Ventura-Marra gave a brief overview of the Excellence in Research award to a member of the multi-state who has exemplified extraordinary collaborative efforts among multi-state research members. The 2022 research excellence award goes to Lee Weidauer of South Dakota State University. Dr. Weidauer delivered a presentation on the evolution his research line from the early phases of his career through his current work. He also spoke very highly of the NE1939 group and the mentorship he has received stating that it has been transformational to his development.
- 11:30 am – Nutrition and Aging Resource Center (Caroline McKinney, MS, RD) (*Virtual Available*)
 - Began her presentation with their diversity and inclusion statement of the center
 - The unit works under that Administration of Community Living funded ben the federal government. She discussed the organization of the aging network from the ACL down through direct service providers. Discussed the Older Americans Act and thei resources to reduce hunger, malnutrition, and food insecurity.
 - Goal: Support the national aging network, former and future innovations in nutrition grantees, and other older americans act stakeholder organizations in the development and expansion of nutrition programs in their states and communities
 - This covers 3 specific objectives which can be found at the link below.
 - Available on social media at @AgingNutrition
 - [Nutrition and Aging Resource Center Website](#)
 - Talked through the ACL Innovations in Nutrition Programs and Services Grants (INNU)
 - Types of grants
 - Research and Replication: Add links for quick webinars on youtube @AgainNutrition
 - Funding Opportunities: Announcements will come out in early January and be due in March 2023.

- Email: Caroline.McKinney@...
- 12:00p – Lunch catered by HyVee
- 1:00p – Student mentorship and training discussion
 - An extensive discussion was had regarding how to mentor students through learning the writing process.
 - Several of the members shared their mentorship experiences and tips for improved mentoring.
 - Common themes included students lack of writing ability and inexperience working through a literature review as opposed to an annotated bibliography format that is more common in early undergraduate education.
 - Another topic discussed was remote supervision of masters and doctoral students.
 - Sarah asked if there would be interest in developing a NIH training grant for UG students. Elizabeth and Sarah had previously submitted on 2 occasions to NIFA.
 - Contact Elizabeth McNeill if you are interested in being part of that group.
 - Email: emcneill@iastate.edu
- 2:00p – Translational research – Bench to community
 - A request was made to have the bench scientists in the group create a database of what they are able to analyze in their labs.
 - Elizabeth stated that her specialty is in mRNA.
 - Action item: create a listing of the types of samples that can be measured in the labs that are bench based within NE1939. This can be used in the grant development process as a means of forming collaborations within our group.
 - We also discussed an additional central file storage system for this group. Sarah assigned Megan Lampright to figure out a solution that will be easily accessible to everyone.
- 2:30p – Break
- 2:45p – Lightening Talks: Presenters had 7-8 minutes to present with 2-3 minutes for Q&A (*Virtual Available*)
 - *Anna Arthur (UKMC):* Oncology Registered Dieticians Knowledge, Attitudes and Practices Related to Food Insecurity Among Cancer Survivors: A Qualitative Study. This study focused on the knowledge, attitudes and practices when working with patients who are food insecure after surviving cancer. It appears that the majority of dieticians in this environment feel as though they do not have much control over this situations. This is the situation even though dieticians are aware of food insecurity in this population. One concern was the lack of consistency of assessment for food security in this population.
 - *Elmira Asongwed (UDC):* Dr. Asongwed spoke about her background and how she has utilized her past experiences to frame her current research. She has had extensive background working with adolescents aimed at improving self esteem and resilience. She then went on to looking into the ankle brachial index and the risk of ulceration and amputation. Finally, during her DNP work she did a mindfulness and mindfulness awareness in associate’s degree students in nursing programs. Her current work is as a focus group moderator in her work by Dr. Tia Jeffrey. She is part of a Brain Health project investigating lifestyle modifications and mood and cognition in minority older adults.

- *Jacob Eubank (Lehman)*: Dr. Eubank went through his background in higher education administration working with campus recreation. In 2017 he earned his EdD and that is where he became interested in recreation participation on campus impacts the college student experience. Additionally, how can campus recreation serve campus wide wellness initiatives. He provided a nice background regarding general well-being of campus students. One paper he discussed was the relationship between informal recreation with stress and anxiety in college students. This was qualitative and stress was an unexpected theme that came up but the study also showed that informal recreation appears to improve stress levels in college students. A study examining the psychometric properties of a modified PSS-10 scale during the Covid-19 pandemic. College students showed great resilience during year 1, but faculty reported greatly increased stress. His presentation closed by talking about his upcoming projects that will begin in the next year.
- *Tia Jeffrey (UDC)*: Building Bridges to Equity: Merging Health with Heritage. She spoke about the background of the study. One important factor was flipping the narrative to focus on the healthy areas of the culture rather than the typical narrative that certain cultural practices are “unhealthy”. She discussed how race is a well used social variable, but somewhat unvaluable biologically. The cultural bias of many interventions (US-DASH and Mediterranean Diet) was discussed. Her conceptual framework discussed the importance of the “Salad Bowl Theory” versus the more traditional “Melting Pot View”. Her group has developed a needs assessment to narrow the gap of health disparities in minority population. From that, they developed a heritage-based nutrition education component within the Merging Health and Culture study. She provided some preliminary findings and finished with how they are using the data from the needs assessment to develop interventions.
- *Phronie Jackson (UDC)*: She led into her presentation with the evolution of her research and finding her way in research amidst the Covid-19 pandemic. She spoke about how her experience as a NHANES data collector. This has guided her to to develop a research philosophy that expanded beyond the collect data and publish. Her goal is to make larger scale community impacts. She did a study right at the beginning of the pandemic that focused on the deleterious effects of stay at home orders. Three concerns that emerged were that participants were unable to reach the dentist, had difficulty with food security, and were struggling with mental health due to social isolationism. She talked about the process of going from this initial data collection to implementing her work in a class where students developed a fact sheet regarding mental health through Covid and distributed it through campus health. She finished her presentation by discussing a community garden and food bank collaboration to fight food insecurity. Through her effort, she was able to make fresh produce available to 200 food bank clients. As a result of this work, she was asked to speak regarding the design of an urban agriculture space in a food desert.
- *Yuxiang Sun (TX A&M)* Nutrient-sensing ghrelin signaling in obesity and aging. She began the presentation with background about Ghrelin and Ghrelin receptors along with their role of ghrelin as a “hunger hormone”. She also walked the group through all of the physiologic roles of ghrelin which emphasized why th study of ghrelin is highly relevant. She then briefly covered many findings from years of study of macrophages and pro-inflammatory cytokines and followed that up with the work they’ve done on the mechanistic explanation of their findings.

Minutes June 2022

- 4:15p – 2023 and 2024 Meeting Discussion (*Virtual Available*)
 - Dates: Undecided
 - Host: University of Rhode Island
 - 2023 Annual Meeting Planning Committee:
 - Prior host: Elizabeth McNeill
 - Local host: Furong Xu
 - Local host: Ingrid Lofgren
 - Member: Anna Arthur
 - 2024 Annual Meeting
 - Washington D.C. is tentatively going to host the 2024 meeting
- Melissa called the meeting to an end at Meeting ended for the day at 4:28p.

Friday, June 24, 2022

- 8:30a - Dr. Sarah Booth (Human Nutrition Research Center on Aging at Tufts University): The Generalizability Gap: Translating Research from Lab to Community (*Virtual Available*)
 - Dr. Booth began by giving an overview of the HNRCA. They specialize in benchside research and are now working on translating this work to the bedside. She discussed the variability in the body response to food on the individual level and how they are hoping to work on an individualized health model. They are part of a new multisite NIH study that is part of the first ever NIH allocation for individualized nutrition. They are recruiting from the “All of Us” cohort which is the largest genetic study ever performed in the United States. Dr. Booth focused on the fact that they are not genetic testing, but rather a systems approach for applying an individualized approach. She went into great depth regarding the work that they do and stressed that she is looking for collaborations to translate their findings into practice.
 - [All of Us Workbench](#)
 - Diets for the NIH study will be finalized by August and the final outcomes should be released in September or October.
 - Dr. Booth transition from the large-scale NIH study and spoke about Vitamin D. Dosing and the comparison of a large pharmacological dose versus daily supplementation. She stressed the importance of being able to personalize this dosing in order to maximize benefits
 - The final project she spoke about was “The LIFE Study” which was a large scale structured physical activity intervention and compared it to a health coaching model. Structured physical activity resulted in a 28 percent reduction in mobility problems compared with health coaching alone.
 - Email: Sarah.Booth@tufts.edu
- 9:15a – Natasha Peterson: Health care professionals training needs
 - Natasha shared some interesting findings from the Health Professionals Needs Assessment that was completed by members of NE1939 and is now working through the publication process. Natasha began with a brief overview of the study design of the needs assessment along with the sample description. Natasha gave a nice overview of the survey instrument and the various components that were included in the needs assessment and how each of these instruments contributed to the outcomes measured and used within the publications. The take home message is the healthcare professionals have a significant gap in training needed to adequately

serve the growing population of older adults in the US. Based on the inverse relationship between training and knowledge, improvements also need to be made to the training that is being used to ensure that the desired outcomes are being observed.

- 9:45a – Break
- 10:00a – Sarah Carlson (Grants Specialist III, ISU): Leveraging Your Resources to Advance Research and Research Funding.
 - Sarah brought several handouts and walked us through how she goes about helping faculty at various stages build a strong career trajectory.
 - The materials will be shared with the group for those who were unable to travel to the meeting.
 - Sarah Francis shared these materials
- 11:00 – Mining Your Story: ISU Extension Advancement Staff
 - Resources will be shared
 - <https://www.storycollider.org>