



# Nutritional Sciences Digest

UNIVERSITY OF WISCONSIN-MADISON



# Note from the Chair: Dr. David Eide



The College of Agriculture and Life Sciences (CALS), to which the Department of Nutritional Sciences belongs, may look very different in the near future. Under the leadership of Dean Kathryn VandenBosch, and with the encouragement of Chancellor Rebecca Blank, CALS has undertaken an extensive process of redesigning and reorganizing our departments and undergraduate majors. This process began about two years ago with initial discussions among faculty and staff, followed by the formation and deliberations of a committee of faculty and staff that made recommendations to the Dean for her consideration. The committee submitted its report in December of 2017, their recommendations were reviewed by the Dean, and she has now released specific recommendations to departments on how they can be restructured to best serve their future needs.

CALS currently has 17 departments and several majors have small student numbers (not ours, of course) so the chancellor has encouraged reorganization of the college to have fewer departments and majors. The redesign process has produced a model whereby some departments were recommended to merge to form entirely new departments. These mergers do not mean that the missions and activities of these units will suddenly change, but rather that long-term planning can begin to redesign their programs to best meet the needs of CALS students and other stakeholders. Other departments were not recommended for mergers, but rather that they form “collaboratives”, i.e. groups of affiliated departments that will share a joint leadership structure to promote interaction and collaboration among them.

Finally, a small number of departments in the college were recommended to remain as they currently are, i.e. as unaffiliated units that will not merge or form collaboratives with other departments units. This recommendation was based on the analysis of several metrics including research funding history and the robustness of undergraduate programs. Nutritional Sciences is among this group of departments recommended to remain as is. I agree with the Dean that this recommendation best serves our department given our unique mission in the college as a bridge to the health sciences. She has also advised that we actively strategize with other units in the future as we make decisions regarding programmatic changes and the research areas of new faculty hires. This has always been our policy and will continue to be so. A heightened emphasis on collaboration among units will facilitate this planning. The next phase for all departments in the college is to develop five-year strategic plans and our focus will be on growing our undergraduate majors and increasing our external research funding above current levels.

The Department of Nutritional Sciences applauds our Dean and other college leaders for their bold plan for redesigning the college. This plan accommodates the steadily diminishing level of state support for the University of Wisconsin-Madison by making our college a more efficient and effective institution. The changes that are coming will be disruptive and difficult to navigate but the end result promises to be a stronger and more dynamic College of Agriculture and Life Sciences.

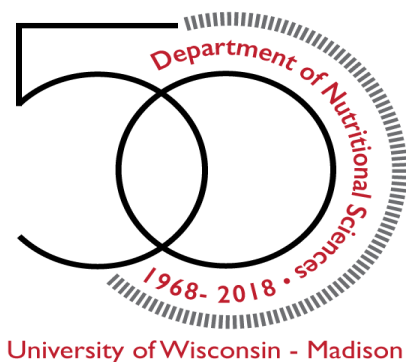


# Nutritional Sciences Turns 50: Department History

In 1965, a task force appointed by Dean Glenn Pound with input from Dorothy Strong, Chair, Department of Food and Nutrition in the School of Home Economics, recommended that food and nutrition programs be emphasized in the future development of the college. The Department of Nutritional Sciences (DNS) was subsequently established in the College of Agricultural and Life Sciences (CALS) in 1968. Prior to this, nutrition classes were taken through many different departments such as Biochemistry, Home Economics, and Animal Science, making it difficult to identify nutrition as a specific discipline. The Department of Nutritional Sciences began with eight faculty members from numerous departments such as, Food and Nutrition, Biochemistry, Meat and Animal Science, and Medicine, and they all accepted joint appointments in Nutritional Sciences. By the end of the 1969-70 academic year, the department was comprised of five full time members (Dr. Charles Elson, Dr. Howard Ganther, Dr. Hellen Linkswiler, Dr. Dorothy Pringle, Dr. Robert Swick) and six who held joint appointments (Dr. Annette Gormican-University Hospitals, Dr. Norlin Benevenga- Animal Science, Dr. Alfred Harper-Biochemistry, Dr. William Hoekstra- Biochemistry, Dr. Earl Shrago- Medicine, and Dr. Nancy Johnson- University Extension).

Student interest in Nutritional Sciences grew substantially within the first couple years. In the 1969-70 academic year, only twenty six undergraduate students were registered as Nutritional Sciences majors, exclusively in Dietetics. Shortly thereafter, the Nutritional Science major was established, which attracted students desiring to enter professional schools of medicine, dentistry and veterinary medicine. The combination of the new Nutritional Science major and a modification in the Dietetics major to include a coordinated program and a general program, led to 168 undergraduates students registered as dietetics and Nutritional Sciences majors in 1978-79.

The DNS began offering M.S. and Ph.D. degrees in Nutritional Sciences with initial emphasis on biological sciences with an optional M.S. for students who wanted to pursue a professional career in the applied aspects of nutrition. Students who wished to obtain Ph.D. degrees with emphasis on the social science aspects of nutrition, could do so through special committee degrees approved directly by the Graduate School. Eventually, the DNS developed two tracks for the Ph.D. program in 1977-78. Students could choose between biological science emphasis or a social science aspect. Today, students can choose between three different emphasis groups to focus on. Ph.D. degrees are offered in the Biochemical and Molecular Nutrition, Human Nutrition, and Animal Nutrition emphasis groups and Masters degrees are offered in the Biochemical and Molecular Nutrition and Human Nutrition emphasis groups. The DNS also introduced an Online Master of Science in Clinical Nutrition in 2016.



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# Dr. Charles Elson: The Success of our Early Endeavors



I joined the Department of Food & Nutrition in 1966, a turbulent time for both University of Wisconsin and College of Agriculture. Turbulence within the university, namely the Dow & Viet Nam protests, largely ended with the bombing of Sterling Hall. Turbulence in the college ended with a reorganization that led to a stand-alone School of Family Resources and Consumer Sciences and the dissolution of the Department of Foods & Nutrition and subsequent reassignment of that faculty to the Departments of Food Science and newly established Nutritional Sciences in the College of Agriculture and Life Sciences. CALS Dean, Glenn Pound, and F&N chair, Dorothy Strong, were the movers and shakers behind these actions.

My assigned course, NS 431, drew an enrollment of 20 students, primarily dietetics majors. That assignment ended with Biochemistry 510 replacing NS 431 in the curriculum. Enrollment in my next teaching assignment, NS 232, was initially comprised of about 30 students. It was during this period that George McGovern, Ancel Keyes, and Adele Davis, political, scientific and “educational” personalities respectively, raised the public awareness of nutrition. Enrollment in NS 232 grew substantially with the addition of students enrolled in the School of Consumer Sciences, Nursing, and Pharmacy, the Department of Kinesiology and the Physician Assistant Program. Contributing also to the enrollment growth was the realization that our Natural Science major offered solid footing for pre-med students; the course became unwieldy when the course was accepted as meeting the science requirement for majors in the College of Letters & Science. NS 232 was terminated with the offering of NS 132 for Letters & Science and Consumer Science majors and NS 332 for majors requiring a more basic foundation. Today, testifying to the interest in nutrition and well-being, NS 132 ranks among the most popular courses in the University. Nutrition, formerly addressed as an afterthought in medical school courses offered by the Departments of Physiology and Physiological Chemistry, gained some prominence with the offering of a stand-alone elective course. The establishment of the Clinical Nutrition unit and joint faculty positions in the Department of Medicine offered some promise of increasing the presence of nutrition in the medical school curriculum; that promise has, unfortunately, faded over time.

At the time the department was founded the identification of essential nutrients was complete and research was focused what might be summarized as “what goes in, what stays in, and what goes out of the body”, research utilizing analytical and biochemical approaches. My interest focused dietary impacts on cholesterol levels; other faculty research addressed bone health, energy utilization, nutrient requirements and interactions, and fledgling approaches to inborn errors of metabolism. Consistent with the growth of public awareness was the recognition that dietary factors were worthy of study by other disciplines. I was privileged to join collaborative projects with faculty from the Departments of Agronomy, Meat and Animal Sciences, Poultry Science, Human Oncology, Cardiology, Medicine, and Pathology, the Food Research Institute and the Barley and Malt Lab. This work was made possible only through the recruitment of excellent students drawn to Madison by the reputation of the department.

The seminal findings of Watson, Crick, Khorana, etc. changed the course of nutrition research with the resulting introduction of bio-molecular approaches to the study of nutrient functions and metabolic errors and their management. Obesity, international programs addressing malnutrition, diet-disease relationships, too, have largely replaced the “whats” addressed above. I must add that I stand in awe of the sophisticated presentations offered by today’s graduate students.

Continues on next page...

## Dr. Charles Elson: The Success of our Early Endeavors Cont.

A final note: with the passing of Hellen Linkswiler, Dorothy Pringle, and Alfred Harper, only Bill Hoekstra and I survive as founding members of the department. The success of our early endeavors and our visions for the department's future have been recognized with funds bearing the names of Linkswiler, Pringle, Harper and Elson deposited in the University of Wisconsin Foundation. Those gifts and the generous contribution of former chair John Suttie attest to our faith in the continued success of the department.

If you wish to contribute, please see the link and form on the back cover of this newsletter.

## Department Welcome: Dr. Amber Haroldson



Dr. Haroldson joined the Nutritional Sciences team this past August as part of our academic staff. Within the department she instructs NS431 (Nutrition in the Life Span) and NS631 (Clinical Nutrition), advises the undergraduate dietetics majors, serves on the Dietetics Program Committee, and is the faculty advisor for the Dietetics and Nutrition Club.

Dr. Haroldson's interest in nutrition sparked during her freshman year at UW when her roommate was talking about NS132. She found the course interesting and began looking up the profession which made her even more excited about a possible career in the nutrition field. From there she switched her major to dietetics and has not looked back! She loves how relevant the course matter is to everyone and seeing the impact dietary changes can have on one's health.

Dr. Haroldson went on to receive her B.S. in Dietetics from UW-Madison. After graduation, she went on to receive her M.S. and RDN credentials from Eastern Illinois University and her Ph.D. from University of North Carolina Greensboro. Prior to joining our team, she worked as a Clinical and Consultant Dietitian in North Carolina, an Assistant Professor at Ball State University, and a Clinical Nutritionist at UW Health.

Since Dr. Haroldson graduated from the dietetics program here at UW, she was familiar with the curriculum and faculty and she knew her values and goals lined up with the programs. She notes the wonderful experience she has had so far getting to work with some of the faculty who had such a large impact on her own education and working with people she has looked up to for so long. She has enjoyed meeting and working with all the students and being able to help them navigate their future education and career options. She has found teaching and advising to be very rewarding and has enjoyed being able to foster students' critical thinking skills so they are able to adapt their nutrition knowledge to a variety of settings and patient populations in their future careers.

Outside of work Dr. Haroldson enjoys spending time with her husband, two young kids, and two labradors. She also really enjoys running and is excited to get back into running now that her kids are getting a little older! Welcome Dr. Haroldson!

# Department Welcome: Dr. Tara LaRowe



Dr. LaRowe began working at the Department of Nutrition Sciences this past year as the primary instructor for NS540 (Community Nutrition Programs and policy Issues) and as a co-instructor for NS621 (Nutritional Epidemiology). Along with teaching, she coordinates and manages the Didactic Program in Dietetics (DPD) under the direction of the DPD program Director, Dr. Denise Ney. Her role is to maintain DPD program/students/alumni records, develop program evaluations, and maintain/revise curriculum and recruitment materials.

Dr. LaRowe's interest in nutrition was sparked at a young age when she found herself interested in health and fitness in middle school and high school. She notes how when she was in high school, a friend's mom mentioned that since her child had started hanging out with her, she had begun eating a lot healthier. From then on, she really realized how her own healthy behaviors and actions can have such a powerful effect on others. Her first basic college nutrition course at North Dakota State University solidified her interest, and she knew nutrition was the career path for her.

Dr. LaRowe went on to complete her B.S. in Dietetics with a minor in Chemistry from North Dakota State University. She went on to receive her RD credentials from Iowa State University and then received her Ph.D. in Nutritional Science from UW-Madison in 2005. After graduation from UW, she worked as a Postdoctoral Fellow and Assistant Scientist at the Department of Family Medicine at UW-Madison, and as a Clinical Nutritionist at UW Health Hospitals and Clinics. More recently, she was the Director of the Graduate Program in Dietetics and Assistant Professor at Mount Mary University.

The academic environment and renowned reputation in the nutritional sciences program here at UW ultimately brought Dr. LaRowe back to Madison. So far, Dr. LaRowe has really enjoyed interacting with students through teaching and advising. She enjoys being able to “strengthen the student's ability to translate nutrition science into evidenced-based practice and to maintain and improve the high quality training of dietetic professionals using curriculum and learning activities that adhere to professional standards and are modified to reflect current health trends and needs”. She also notes how excellent the other faculty and staff in the department are and how they have also made her work so enjoyable.

Outside of work Dr. LaRowe spends a lot of time with her two children, ages 9 and 11. They both play hockey, so you can usually find her at the hockey rink! She also enjoys running, weight lifting, cooking, and working with youth athletic programs. Welcome Dr. LaRowe!



# Undergraduate Highlight: Chloe Green



Junior Dietetics major, Chloe Green, first found herself interested in nutrition in high school when she worked as a student athletic trainer. She thought that sports nutrition would be the path for her until she arrived at UW-Madison a couple years ago, took a sociology class, and realized that she could best help people using her dietetics degree through food security. She decided to pursue a double major in Dietetics and Community & Environmental Sociology noting that she feels it is important to understand the hurdles that block marginalized communities from receiving proper nutrition before going in and trying to help.

Green currently works in the UW Kaufman Lab for the Study and Design of Food Systems and Marketplaces, where she recently received a Wisconsin Idea Fellowship for her proposal to help rethink farmers markets in an effort to make them more accessible to their surrounding communities. Green is researching to see how farmers markets can be more inclusive and beneficial to people receiving Supplemental Nutrition Assistance Program benefits and other assistance programs.

The study, funded by the Wisconsin Idea Fellowship through the Morgridge Center and American Family Insurance, will be conducted this summer using different markets throughout Wisconsin. Green knows that she will not see overnight solutions but she would love to provide enticing information to farmers market managers to show the benefits of changing the hours or days of their markets. She also hopes her partner organizations, Metrics + Indicators for Impact and REAP Food Group, will benefit from the data she collects. Lastly, she hopes to make an impact on the individual farmers markets she works with by providing them data that may help them apply for grants in the future to make their markets more accessible. She notes some of the problems farmers markets face are not enough bike racks or poor bus line times for people wishing to attend the markets. She hopes by providing them data, they could apply for grants for more bike racks or other ways to make their market more accessible.

For Green personally, she will be applying for dietetic internships next year and hopes to attend a coordinated program so she can earn both her Registered Dietitian credentials and a Master's in Public Health. She eventually hopes to work in the nonprofit sector with organizations that work to improve food security by working in the community and with the government to help create more equitable nutrition regulations.

To keep up with the farmers market study and other efforts to help people better understand the functions and variety of open air markets operating around the world, like their facebook page [Facebook.com/OpenAirMarketNetwork](https://www.facebook.com/OpenAirMarketNetwork).

# Notable Alumni: Jessie Pavlinac MS, RD, CSR, LD

Jessie Pavlinac received her master's degree from UW-Madison in 1978. She currently works in the School of Medicine at Oregon Health and Science University (OHSU). She has worked at OHSU for over 39 years and has taken on numerous roles within the Graduate Program in Human Nutrition.

## Why did you choose to study nutrition?

Nutrition was a second career choice; I was a pre-med major but did not get into medical school. I decided to move to a career in nutrition and dietetics after taking an introduction to nutrition class. I found the science of nutrition very appealing. Nutrition and dietetics is the application of the biology, physiology, microbiology, pharmacology and the relationship to how nutrients are used in the human body. I did not come to nutrition because of an interest in food, although many others do. It is very exciting to see current focus on the importance of nutrition in the treatment and prevention of diseases.

## Any favorite memories or moments from your time at UW-Madison?

I was in graduate school in 1976-1978 so it has been a while. Growing up in Oregon, I had never experienced a mid-western winter. On days when I was walking from my apartment on University Avenue to either University Hospital for the dietetic internship or to classes for graduate school, I thought my lungs would freeze. The lowest temperature, with the wind chill, was -53 degrees.

Walking by Camp Randall and the ground would shake. The fanatical Big Ten Football rivalries are something I came to appreciate. Go Badgers.

## Strong history of leaders in Nutrition Science

-Most of the nutrition professors I had as a post-bac student had done their graduate work at University of Wisconsin. Some of the major discoveries in vitamin research by Drs McCollum and DeLuca was so impressive.

When I was at UW there were several impressive leaders in nutrition science on faculty

-Dr. Mark Hegsted, who was instrumental in developing the US Dietary Guidelines, was one of my professors.  
-Dr. NJ "Ben" Benevenga was my major professor. He was working on methionine metabolism which was seminal work leading to the role of homocysteine in cardiovascular disease.

## Discuss your time as president of the American Dietetic Association.

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association), founded in 1917, and is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. I was the President of the American Dietetic Association (now the Academy of Nutrition and Dietetics) in 2009-2010. It was a fabulous opportunity to lead the largest organization of nutrition with over 100,000 credentialed practitioners. It is when the health care reform, accountable care organizations, preventative care, medical homes, and the recognition that nutrition was an important element in preventing many diseases or managing diseases was finally recognized throughout the health care system. On the fun side I had the opportunity to carry the Olympic Torch in the 2010 Winter Olympics in Vancouver, Canada.

## What do you enjoy most at your current position at OHSU?

- Working with young professionals and dietetic interns and graduate students.
- Improving the nutritional care of our patients.
- Being involved in the interdisciplinary care of our patients in our adult and children's hospital.
- Advocating for dietitians to practice at the top of their license.

## What are some other past jobs, leadership roles, or organizations that you feel impacted your career?

I have worked at OHSU for 39+ years. I have had a variety of jobs including:

- I started as a renal and transplant dietitian. This is my clinical nutrition base and I still maintain my Board Certification in renal nutrition
- For two years, I was the director in the dietetic internship and I still teach an applied nutrition course, and precept interns and graduate students in a supervised practice rotation in management.
- My current position is to lead 38 clinical dietitians and 2 dietetic technicians who provide direct patient care to our complex inpatient population and ambulatory care and specialty clinics.

I have been very involved in the local, state, and national kidney organizations. I was chair of the Council on Renal Nutrition, and twice for the National Kidney Foundation. I currently serve on the Northwest Renal Network Board of Directors and Medical Review Board.



# Awards and Honors

## Dr. Judith Marlett Selected as ASN Fellow

Nutritional Sciences emeritus professor, Dr. Judith Marlett, has been selected as a member of the American Society for Nutrition (ASN) Class of 2018 Fellows. To be inducted as an ASN fellow is the highest honor the society bestows and recognizes individuals for significant discoveries and distinguished careers in the field of nutrition. She will be inducted to the ASN Class of 2018 Fellows this June in Boston, Massachusetts.

## Nathan Johnson Wins Tabor Award

Congratulations to Nathan Johnson, a postdoc in Dr. Rozalyn Anderson's lab and an instructor in the Master of Science in Clinical Nutrition, for receiving the 2018 Journal of Biological Chemistry/Herbert Tabor Young Investigator Award for his work on iron homeostasis. The JBC/Herbert Tabor Young Investigator Award "recognize the innovators and achievers in new generations of researchers who exemplify Tabor's values of creativity and scientific excellence".



## Jessica Strosahl Named a Top 10 Outstanding Sophomore

Sophomore Dietetics major, Jessica Strosahl was recently named one of the Top 10 Outstanding Sophomores by the Wisconsin Agricultural and Life Sciences Alumni Association (WALSAA). She was chosen after a "rigorous prescreening process that focused equally on academic achievement, campus involvement/leadership, community service and relevant experience". From there she interviewed in front of a panel of three WALSAA members where she was ultimately chosen as a recipient. Strosahl received a \$2,000 scholarship from WALSAA.

## Nutritional Sciences Students Receive Cargill-Benevenga Research Stipend

The Cargill-Benevenga Research Stipend is given to undergraduate Nutritional Sciences majors or undergraduate students working on a research project with a faculty member in the Department of Nutritional Sciences. The donor, Dr. Norlin Benevenga, a Nutritional Sciences emeritus professor, continues to be active on campus as the chair of the CALS Animal Care and Use Committee and also the All Campus Animal Care and Use Panel. Congratulation to the following undergraduates for receiving the research stipend for the spring and Fall 2018 semesters.

Matthew Breen- Dr. Guy Groblewski Lab

Blake Miller- Dr. Dudley Lamming Lab

Dana Loo- Dr. Beth Olson Lab

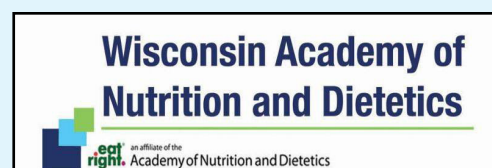
## Nutritional Sciences Students Receive WAND Awards and Scholarships

The Wisconsin Academy of Nutrition and Dietetics (WAND) recognizes members for their outstanding contributions to the profession through many awards and scholarships. The following recipients were recognized on April 13th at the 2018 WAND conference. Congratulations to the following badgers who won awards and scholarships.

Emily Briggs ('06)- Recognized Young Dietitian of the Year

Caitlin Guell ('17)- WAND Graduate Scholarship

Isabel Markowski ('18)- WAND Undergraduate Scholarship



# DNC Updates

The UW-Madison Dietetics and Nutrition Club (DNC) is an on-campus academic/ professional registered student organization open to both undergraduate and graduate/ professional students. Our organization offers a variety of opportunities for members to engage in networking events as well as to participate in volunteer and community outreach opportunities and to learn about the field of nutrition and the dietetics profession.

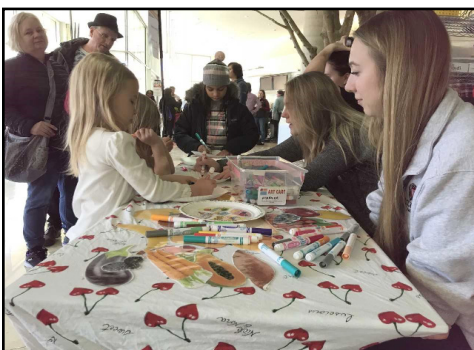
In February, the DNC co-sponsored their second annual Taste of the Market Breakfast in conjunction with UW Dining and Culinary Services Chefs at the winter Dane County Farmers Market. Members helped to make a traditional Tunisian dish called Lablabi, and it was delicious! The collaboration allowed DNC members to engage in food preparation, as well as serving members of the Madison community on a wintery February morning.

In early March, several members of the DNC Executive Board attended the Wisconsin Academy of Nutrition and Dietetics (WAND) Advocacy Day at the state capitol. Here, members joined fellow nutrition students and professionals to learn about current legislation that affects the field of nutrition and dietetics in addition to meeting representatives to help provide information on the importance of school breakfast and lunch funding as well as the RDN credential.

Later in March, DNC members worked with Dr. Tara LaRowe to develop and implement the Fuel Station at the PeeWee state hockey tournament in Sun Prairie, Wisconsin. This event allowed members to engage in hands on food preparation as well as serving healthy snacks to young athletes to help promote nutrition amongst active children. Thanks again to Dr. LaRowe for helping to make the event such a success!

As in previous semesters, the DNC continues to run a non-perishable item drive, collecting goods that are donated to the Open Seat Food Pantry here on campus. Additionally, members continue to volunteer at the Wisconsin Institute for Discovery's Saturday Science events, engaging children from throughout the Madison area in hands-on activities to learn more about nutrition. The DNC has also continued to present Lunch 'n' Learns, not only in the Nutritional Sciences Department, but also across campus. These events allow for members to research a nutritional topic of interest and then present their findings over a healthy snack to audience members.

Other projects that DNC has become involved with this semester include a nutrition education program for children at Meriter Hospital, as well as, collaborating with Project Heal on campus, and working with the Middleton Outreach Ministry in their food pantry. Before the end of the semester arrives, DNC members will be able to engage in our bi-annual, end-of-the-semester Group X Fitness Class prior to finals. We are grateful for all of the guest speakers we were able to host this semester. By sharing their educational and career backgrounds, as well as, what their current work entails. This helps to educate our members about the various avenues of nutrition.



DNC volunteering at the Wisconsin Institute for Discovery's Saturday Science events



DNC at the Taste of the Market Breakfast



DNC members helping at the Fuel Station during the PeeWee state hockey tournament



# Nutritional Sciences Throughout the Years



The Nutritional Sciences Building was built as a hospital for the children of Wisconsin. It was initially known as the Orthopedic Hospital and was opened on June 5, 1931. The building became the home of Nutritional Sciences in 1976 (left and above).

Nutritional Sciences first Chair, Alfred Harper, retirement event (2/10/1991).

Front row L-->R: Sheila Anderson, Joyce Repa, Lakshman Rajagopalan, Clement Ip, Glen and Bonnie Broderick, Bob Wohlhueter:

Middle row: Jolene Tackman, Pamela Crowell, NJ Benevenga, Naila and Alfred Harper, Jean Tews, Cynthia Benevenga.

Back row: Bob Steele, Ed Hunter, Bob Matz, Armando Tovar, Dian Gans (now Dooley), John Peters, Rob Miller, Rick Eisenstein, Jill Patterson, Duane and Mrs. Bemton, Margot Morris Ip.



Emerita Alcantara, a Ph.D. student of Hellen Linkswiler, working in a laboratory in the School of Home Economics shortly before the establishment of the Department of Nutritional Sciences



Photo found in file of UW Nutritional Sciences history





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