



# Nutrition Matters at TEXAS TECH

## NS Students Studied Abroad in Summer 2015

The Nutritional Sciences Department offered two study abroad programs <https://goo.gl/YCytcq> in the summer of 2015. These were 'Nutritional Tour of Italy' <https://goo.gl/qiFnXA> and 'Sports and Nutrition in Spain' <https://goo.gl/lemcFp>. This year, the 'Nutritional Tour of Italy' program was headed by Drs. Boylan and Cooper. Seventeen students took part in the program which included visiting Rome, Florence, Venice, Parma, Modena, and Bologna. The students were involved in many activities including a lecture given by an Italian doctor on the Mediterranean diet, an Italian cooking class and a group project to probe the factors that influence the food habits which included comparison of differences in food cultures in Middle East, India, Vietnam, Caribbean region, China, Russia and the United States and learned how food customs, religious practices and so on related to food safety and personal nutritional status. The students also learned the cultural, social, economic, religious and ethnic factors that influence food choices and related behavior.



Cooking class in the 'Nutritional Tour of Italy' program.

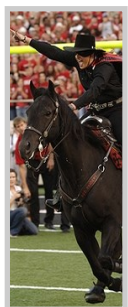


The first time of TTU-NS 'Sports and Nutrition in Spain' program took students abroad.

In this, the first for TTU-NS 'Sports and Nutrition in Spain' program Ms. Childress led 14 students to Spain to experience how Spanish culture approaches sports nutrition guidance. The students learned functions of nutrients, nutrient contents in different types of food and their roles in maintaining health and fitness and in sports. They also learned how the diet influences the body weight, body composition, fluid levels, electrolytes and the interactions between exercise and the diet in causing weight loss, weight maintenance or weight gain. They had a cooking class to learn food preparation and a cooking for athletes contest was held. Students demonstrated their food preparation skills, knowledge in sports nutrition and team-working ability during the cooking contest. They used their creativity to make dishes with pre-assigned local ingredients, described the nutritional value of the dishes and presented why the dishes were beneficial for an athlete.

Together these interactive study abroad activities were a huge success. Congratulations to all who organized and participated on a job well done!

### In This Issue



#### Departmental Announcements

The NEW online MS in Nutrition and Dietetics program has been approved by TTU Academic Council and is pending THECB and SACSCOC notification and approval ; view the new NS adjunct Faculty appointments; find out who defended their theses and dissertations; catch up with lab updates in NS department. [READ MORE.](#)

#### Student Achievements

Be impressed with the many accomplishments of our TTU NS students. [READ MORE.](#)

#### Faculty Awards

Our faculty members received prestigious awards from TTU. [READ MORE.](#)

#### Funding

Learn more about funded projects in the department. See what your colleagues have achieved. [READ MORE.](#)



#### Patents and Publications

Our students and faculty are very active presenting and publishing. [READ MORE.](#)

#### In the Media

An impressive amount of high quality exposure for TTU in both local and national media! [READ MORE.](#)

#### GNO Updates

Follow GNO on Facebook and meet the incoming GNO officers. [READ MORE.](#)

#### Other Announcements and Notices

Sign up ORC Listserv; see the ShortCourses schedule for the fall 2015. [READ MORE.](#)



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# Department Announcements

- [The NEW online MS in Nutrition and Dietetics program has been approved by TTU Academic Council and is pending THECB and ACSCOC notification and approval](#)
- [The NEW NS adjunct Faculty appointments](#)
- [Master's Theses and Doctoral Dissertations](#) • [Lab Updates](#)

## The NEW online MS in Nutrition and Dietetics program has been approved by TTU Academic Council and is pending THECB and SACSCOC notification and approval

The new online MS in Nutrition and Dietetics program has been approved by the Texas Tech University Academic Council <http://goo.gl/4DBDyk>. This program will now be reviewed by the Texas Higher Education Coordinating Board, before receiving final approval. Our Department, however, will now be able to advertise this new online degree as 'pending THECB and SACSCOC notification and approval'. This new online degree program, which is designed for dietetic interns and those with RD or RDN credentials, will reach prospective students across the nation. Some of the new elective courses that have been developed or are under development under this program include:

- Bariatric Nutrition
- Nutrition for Eating Disorders
- Pediatric Nutrition
- Nutrition and Gastrointestinal Disorders
- Nutrition and Aging
- Nutrition and Diabetes Management

## The NEW NS adjunct Faculty appointments

The Nutritional Sciences Department appointed three new adjunct Faculty. Welcome to our new colleagues, we look to continued collaborations!

- Dr. Leslie Shen – Professor in Texas Tech University Health Sciences Center

Her profile – <http://goo.gl/brfauW>

Physical address – 3601 4th Street, Lubbock, TX 79430

- Dr. Nishan Kaluapahana – Professor in the Department of Physiology at the University of Peradeniya in Sri Lanka

His profile – <http://goo.gl/gXe28w>

Physical address – Department of Physiology, Faculty of Medicine, University of Peradeniya, Peradeniya 20400, Sri Lanka

[Back to Home Page](#)

- Dr. Lauren Gollahon – Associate Professor in the Department of Biological Sciences

Her profile – <http://goo.gl/MldahJ>

Physical address – 2500 Broadway, Lubbock, TX 79409

## Master's Theses and Doctoral Dissertations

### Michael Rogowski

- Degree: Ph.D.
- Defense Date: June 22, 2015
- Dissertation Title: The Molecular Mechanism of T1AM on Weight Maintenance and Reversing Obesity
- Dissertation Committee: Dr. Shaikh Rahman (Committee Chair), Dr. Fariba Assadi-Porter, Dr. Martin Binks, Dr. Mallory Boylan, Dr. Lauren Gollahon and Dr. Jannette Dufour

### Jada Stevenson

- Degree: Ph.D.
- Defense Date: July 6, 2015
- Dissertation Title: Dietary Fatty Acid Effects on Hunger, Satiety and Metabolism
- Dissertation Committee: Dr. Jamie Cooper (Committee Chair), Dr. Julian Spallholz, Dr. Mallory Boylan, Dr. Chad Paton, Dr. Joaquin Gonzales and Dr. Michael Ballou

### Jia Zhang

- Degree: Ph.D.
- Defense Date: August 5, 2015
- Dissertation Title: Molecular Imaging and Prevention of Atherosclerosis Using CD36-Targeted Nanoparticles and Epigallocatechin Gallate
- Dissertation Committee: Dr. Shu Wang (Committee Chair), Dr. Naima Moustaid-Moussa, Dr. Shaikh Rahman, Dr. Chwan-Li (Leslie) Shen and Dr. Michael Ballou

# Lab Updates

## Dr. Moustaid-Moussa and Dr. Ramalingam's Lab

- Elise Coleman joined the NIOR lab in late Spring 2015 and she is an undergraduate Honors student in Nutritional Sciences. She assists a collaborative project with the College of Engineering to develop *C. elegans* as a model for nutritional studies.
- Amal Bouyanfif was a graduate assistant in the NIOR lab and she was accepted to the doctoral program in the TTU Plant & Soil Sciences Department for the Fall 2015. Amal intends to minor in Nutritional Sciences and Dr. Moustaid-Moussa will serve as her dissertation co-chair. She will work in a collaborative project involving Nutritional Sciences, Plant Sciences and Chemical Engineering that *C. elegans* is being used a model to investigate the mechanistic basis for anti-inflammatory and antioxidant properties of food and plant bioactive compounds.
- Erin Yen is a new member in the NIOR lab and is a dietetic intern registered for the MS program (thesis option). She received her Bachelor's Degree in TTU (Nutritional Sciences and Dietetics) in May 2015. Her research focuses on the effects of omega 3 fatty acids, microRNAs and gene expression related to inflammation and obesity in visceral adipose tissue.



- Monique Lemieux defended her dissertation in May and received her Ph.D. on August 8, 2015. She was offered a tenure-track Faculty position at the Texas Women's University in Denton and she will assume duties in her position in the Fall 2015.

### Upcoming University Dates

- August 24  
Classes Begin
- August 27  
Last day to add a course
- September 7  
Labor Day Holiday
- September 14  
Last day to file statement of intent to graduate
- September 25  
Last day to submit defense notification
- October 16  
Last day to defend thesis/dissertation
- November 5 - 23  
Advance registration for next term

# Students Achievements

## **Seth Selorm Klobodu, Ph.D. student**

Received the Texas Tech University Global Leadership Certificate. This is a new program created within the Office of International Affairs to expand student leadership opportunities and for the office to gain valuable perspective from students about how to improve international services.



## **Arwa Aljawadi, Ph.D. student**

Elected as an Early Career Representative for the Obesity & Cancer Section in The Obesity Society (TOS).

## **Richard Garrison, Ph.D. student**

Received the Frances E Fischer Memorial Scholarship from the Academy of Nutrition and Dietetics Foundation for the 2015-2016 school year.

## **Khalid Aldubayan, Ph.D. student**

Received the Student Research Award at the SNEN Annual Conference; 2015 July; Pittsburgh, PA. Oral presentation title: A Quantitative Study Examining Compliance to the Saudi Policy and IOM Standards in Boys' Public High Schools in Riyadh, SA.

## **Seth Selorm Klobodu, Ph.D. student**

Received the Helen DeVitt Jones Graduate Fellowship which provides funding for 3 years.

# Faculty Awards

## **Dr. Martin Binks**



Nominated as the college nominee for the President's Mid-career award.

<http://goo.gl/tvFKB>

# Funding

## **Title: Effect of Tocotrienol on Bone Health.**

Funding Source: American River Nutrition

Amount: \$25,000

Principal Investigators: **Shu Wang** and Leslie Shen

## **Title: Modulating Cancer Progression by Adipogenic Human Adenovirus Type 36.**

Funding Source: NIH 121CA178227-01

Total Amount: \$207,922 (grand transferred to TTU)

Co-Investigators: **Nikhil Dhurandhar**

## **Title: Adding Value to Switchgrass Biofuel Production by Use of the Non-Structural Compounds.**

Funding Source: USDA NIFA AFRI grant

Total Amount: \$489,954

TTU Portion: \$30,000

Lead Institutions: University of Tennessee Institute of Agriculture

Co-Institutions: North Carolina State University and Texas Tech University (**Naima Moustaid-Moussa**)

## **Title: Development of Ad36E4orf1 as an Anti-Diabetic Therapeutic Target.**

Funding Source: Vital Health Interventions

Amount: \$2,880,000

Principal Investigators: **Nikhil Dhurandhar**

## **Title: Mechanisms by which Omega 3 Fatty Acids Alleviate Obesity, Insulin Resistance and Fatty Liver Disease in Obese Subjects in South Asian Adults.**

Funding Source: COHS International Research Seed Grant

Amount: \$7,500

Principal Investigators: **Naima Moustaid-Moussa**

Co-Investigators: **Latha Ramalingam, Debra Reed, Nishan Kalupahana**

Collaborators: Thilak Jayalath, Badra Hewavithana, Manoji Pathirage

# Patents, Publications and Invited Lectures

• [Patents Obtained](#) • [Students' Posters](#) • [Journal Articles and Books](#) • [Invited Lectures by Professors](#)

## Patents Obtained

### **Nikhil Dhurandhar**

European patent application No. 11741354.2

Title: Adenovirus Ad36 E4orf1 protein for prevention and treatment of nonalcoholic fatty liver disease.



## Students' Posters

- **Taylor A, Reed DB, McCool B, Van Allen J.** Qualitative Research Identifies Intervention Needs of Military Parents to Prevent Childhood Obesity. International Society for Behavioral Nutrition and Physical Activity (ISBNPA); 2015 June; Edinburgh, Scotland.
- **Mbogori T, MdRuhul A, Murimi M.** Nutrition Education Intervention: Using Train the Trainer Approach to Reach Populations with Low Literacy in Turkana Kenya. SNEN Annual Conference; 2015 July; Pittsburgh, PA.

## Journal Articles

- **Dhurandhar NV, Thomas D.** Added Sugar Intake and Public Health-Reply. JAMA. 2015 Jul 14;314(2):187-8. <http://goo.gl/J7h50h>
- Aryana K, Greenway F, **Dhurandhar NV**, Tulley R, Finley J, Keenan M, Martin R, Pelkman C, Olson D, and Zheng J. A resistant starch enriched yogurt: fermentability, sensory characteristics, and a pilot study in children. F1000Research. 2015;4:139.
- Kusminski CM, Montejano VG, Wang ZV, **Hegde V**, Bickel PE, **Dhurandhar NV**, Scherer PE. E4orf1 induction in adipose tissue promotes insulin-independent signaling in the adipocyte. Molecular Metabolism. 2015 (available online). <http://goo.gl/1hJ2OD>
- Voss JD, Leon JC, **Dhurandhar NV** and Robb FT. Pannobiome: Manipulation of the Hologenome within One Host Generation and Beyond. Frontiers in Microbiology. 2015 (accepted).
- Sperling LS, Mechanick JJ, Neeland JJ, Herrick CJ, Després JP, Ndumele CE, Vijayaraghavan K, Handelsman Y, Puckrein GA, Araneta MRG, Blum QK, Collins KK, Cook S, **Dhurandhar NV**, Dixon DL, Egan BM, Ferdinand DP, Herman LM, Hessen SE, Jacobson TA, Pate RR, Ratner RE, Brinton EA, Forker AD, Ritzenthaler LL, Grundy SM. The CardioMetabolic Health Alliance: Working Toward a New Care Model for the Metabolic Syndrome. J Am Coll Cardiol. 2015 (accepted).
- Voss J, Atkinson RL, **Dhurandhar NV**. Role of Adenoviruses in Obesity. Rev Med Virology. 2015 (accepted).
- **Dhurandhar NV, Thomas D, Bailey D.** Interaction of Obesity and Infections. Obesity Reviews. 2015 (accepted).
- **Kahathuduwa CN, Weerasinghe VS, Dassanayake TD, Dissanayake AL, Priyadarshana R, Perera C.** Task-specific Kinetic Finger Tremor Affects the Performance of Carrom Players. Journal of Sports Sciences. 2015 (available online). <http://goo.gl/vmW1kg>

## Invited Lectures by Professors

### **Dr. Nikhil Dhurandhar**

- Canadian Obesity Summit. 'Infectobesity – Obesity of Infectious Origin.' Toronto, ON, Canada. May 2015.
- Dannon Institute Nutrition Leadership Institute. Leadership Training Program. Queenstown, MD. June 2015.

### **Drs. Martin Binks, Jamie Cooper, Nikhil Dhurandhar and Naima Moustaid-Moussa**

Invited to develop video lectures on obesity for the students of Catholic University of South Korea. June 2015.

## ***In the Media***

- [Students in the Media](#) • [Professors in Local Media](#) • [Professors in National Media](#)

### Students in the Media

#### **Michael Rogowski**, Ph.D. student

Texas Tech Today on April 28, 2015 entitled 'Graduate Research Poster Winners Announced'. <http://goo.gl/wNALON>

### Professors in Local Media

#### **Drs. Nikhil Dhurandhar, Jamie Cooper, Naima Moustaid-Moussa, Martin Binks and John Dawson**

Texas Tech Today on May 4, 2015 entitled 'Nationally Known Experts Available to Discuss Obesity, Related Conditions'. <http://goo.gl/olOFgk>

### **Drs. Nikhil Dhurandhar and Naima Moustaid-Moussa**

Featured in July/August issue of the Texas Techsan magazine for the 2015 awards from the American Society for Nutrition.



## Dr. Nikhil Dhurandhar

- Lubbock.com on July 8, 2015 entitled 'Texas Tech Professor Receives \$3 Million Grant for Diabetes Research'. <http://goo.gl/U8PVGv>
- Texas Tech Today on July 8, 2015 entitled 'Infectobesity Expert Receives Seven-Figure Grant for Diabetes Research'. <http://goo.gl/d7yl7y>
- Daily Toreador on July 16, 2015 entitle 'Professor Discovers Potential Diabetes Treatment'. <http://goo.gl/dnKOmg>
- Texas Tech Today on July 23, 2015 entitled 'Researcher Receives Grant to Study Role of Eggs in Weight Loss'. <http://goo.gl/AijaF1>

## Professors in National Media

### Dr. Nikhil Dhurandhar

- Everyday Health on July 1, 2015 entitled '10 Things Your Doctor Won't Tell You about Weight-Loss Drugs'. <http://goo.gl/5Aq1SJ>
- News India Times on July 16, 2015 entitled 'Diabetes Cure May Be on the Anvil: Indian Researcher Says'. <http://goo.gl/gtccRM>
- New York Times on July 28, 2015 entitled 'How Changing Attitudes Went Along With a Drop in Calories'. <http://goo.gl/HpHLOj>
- Pravasi Today, Hindustan Times, The Times of India, PTInews.com and Silicon India on July 28, 2015 entitle 'Indian-American Gets \$3 Million Grant for Treatment of Diabetes'. <http://goo.gl/dwde7F>, <http://goo.gl/mXXdAf>, <http://goo.gl/TPnOZ4>, <http://goo.gl/fhzfRQ>, <http://goo.gl/hfTBLS>.

### Dr. Naima Moustaid-Moussa

WebMD on July 17, 2015 entitled 'Are You Fated to Be Fat?' <http://goo.gl/r7gTBr>

## Dr. Martin Binks

Appeared in multiple news outlets in interviews regarding the role of alcohol in sensitizing the brain to food cues in the environment:

- ScienceDaily on June 30, 2015 entitled 'Alcohol sensitizes brain response to food aromas, increases food intake in women'. <http://goo.gl/4BNYPr>
- Psych Central on July 4, 2015 entitled 'Alcohol Sensitizes Brain to Food Aroma'. <http://goo.gl/8yjtQB>
- MedlinePlus on July 17, 2015 entitled 'Could That Before-Dinner Drink Make You Eat More?' <http://goo.gl/WW0ZPO>
- HealthDay on July 17, 2015 entitled 'Could That Before-Dinner Drink Make You Eat More?' <http://goo.gl/9MQGii>

## GNO Updates

• [Follow GNO on Facebook](#) • [GNO Officers](#)

## Follow GNO on Facebook

Follow the Texas Tech Graduate Nutrition Organization on Facebook to see what your Graduate student organization has been up to and to view event photos <https://goo.gl/O67EW2>.

## GNO Officers

The GNO has selected the incoming officers for the school year 2015-2016. Congratulations to the new office bearers!

- President: Dylan Bailey
- Student Representative: Seth Klobodu
- Treasurer: Rick Garrison

# ***Other Announcements and Notices***

• [Obesity Research Cluster \(ORC\)](#) • [ShortCourse](#)

## **Obesity Research Cluster (ORC)**

### **The ORC seminar series**

The ORC has weekly seminar series in the fall semester which are presentations from faculty and students at TTU and HSC and invited speakers. Visit their website <http://goo.gl/hLE3cX> to view the seminar schedule and location in the fall 2015.

### **Join the ORC Listserv**

Sign up for the email list to receive the seminar reminder and ORC events information. <http://goo.gl/RP4o8t>

## **ShortCourses**

Technology Support offers ShortCourses on computer packages every semester. The categories include adobe creative suits, Microsoft office, statistics software and web development and publishing. Visit their website for the list of [offered courses](#) during the fall 2015 and for [registration](#).

## ***Contact Us***

Tell us your comments and suggestions. Email the editor ([shao-hua.chin@ttu.edu](mailto:shao-hua.chin@ttu.edu)) whenever you receive awards or funding; appear in media; have lab updates, publications, presentations or other achievements you want to share. We are looking forward to hearing from you.