

Food Insecurity Nutrition Education Intervention

Introduction

The Food Insecurity Nutrition Education (FINE) study aims to improve the nutrition and health of TTU students and establish healthy patterns for life to lower the risk of obesity and obesity-related diseases. To achieve this goal, our team will deliver a tailored and evidence-based nutrition intervention that includes USDA MyPlate, healthy eating tips and guidelines, active lifestyle promotional experiences, and self-care activities along with financial and cooking education.

Faculty Voice

"From creating research ideas to current stage 2 (Nutrition Education Intervention), it is a whole team work with undergraduate students who are passionate to improve health and well-being of themselves, their friends and colleagues, and the TTU community. It is an exciting journey by working with our undergraduates."



-- Dr. Oak-Hee Park

Team

Faculty: Dr. Oak-Hee Park, Dr. Naima Moustaid-Moussa

Students: Kenneth Rogers, Esimisan Akra, Montserrat Arciniega, Krithika Maki, Barbara Castillo, & Hannah Byerly

Student Voice

"I hope to gain practical experience working on a community nutrition education intervention, as this relates to my desired career path as a registered dietitian. I am applying my knowledge of general nutrition, food and culture, and community nutrition to help generate and deliver the most effective education content and skill-development activities for food insecure TTU students. This is a great experience in interacting with my peers and seeing what aspects of dietetics practice I am most interested in."

--Kenneth Rogers



Achievements

Collaboration
/teamwork

Professionalism

Ethical conduct of
research

Transformative Experiences

Impacts/Results/Products/To Date Progress

- Improve diet quality, money management, self-efficacy, and cooking skills.
- Learn stress management and establish active lifestyles.
- Promote a healthy environment through sharing accessible resources to food.
- Establish community engaged scholar activities with TTU and the Lubbock community to relieve food insecurity challenges (long-term goal).

TrUE
Transformer

Top 3 Transformative Priorities

Potential for Continuation
Post-Grant

Leveraged Existing
Support

Drew in Faculty New to
Undergraduate Projects