Marilyn Magaram Center Advisory Board Meeting
Monday, November 30, 2015 – Sequoia Hall 112

Members Present: Audrey Clark, Barbara Fairchild, Bridget Harvey-Elliott, Dena Herman, Ellen Bauersfeld, Eric Sletten, Kim Henige, Steven Yannicelli, Salvador Esparza, William Haddad

Members Absent: Alyssa Bartholomew, Elizabeth Sussman, Jae-Min Mandala, James Brooks, Merav Efrat, Michelle Barrack-Gardner, Ragip (Bob) Unal, Yi Cai

Guest: Dee Larkin, John Pepitone, Tami Abourezk, Tom Chen

Dietetic Interns: Dana Sutherland, Christine Kim, Edward Castro, Gisrry Montenegro, Isabel Beas, Jeffery Moore, Lucy Khodanian, Maren Stein, Paige Handler, Tatiana Kiesewetter

MMC Research Student: Frida Herrera

Staff Present: Annette Besnilian, Karmen Ovsepyan, Arleen Candelario, Jose Serrano

1.0 Meeting Called to Order: 9:38 am

Welcome and Announcements
Annette Besnilian welcomed Dr. Tom Chen, Founding Director and Dee Larkin, previous Associate Director who came in support of the Magaram Center’s 100th Advisory Board Meeting. She also welcomed John Pepitone, Director of Development University Advancement as our guest. Dietetic Interns were also introduced.

2.0 Approval of Agenda: MSP – Dena Herman, Bridget Harvey-Elliott

3.0 Approval of Minutes: MSP – Audrey Clark, Barbara Fairchild

Approval of Consent Agenda Items: Ellen Bauersfeld, Bridget Harvey-Elliott

4.0 Director’s Report
Annette Besnilian stated that the center is well on its way to meeting the goals and objectives as on the dashboard. Annette Besnilian briefly mentioned all of the projects the center has been involved with during the Fall semester:

4.1 Movie screenings, lecture series, cooking demos and workshops, outreach to the community, educational opportunities and programs for students, staff and professionals.
Fighting For Health: An Evening of Collaboration for Actionable School Solutions, was cosponsored with the CSUN Health and Wellness GE path. Screening of “Bite Size”.

Visit to a ranch called Utopia with the Institute for Community Health and Wellbeing, wonderful research opportunities for our students and faculty.

Reached out to several schools, providing physical activity, nutrition education, gardening, and cooking classes for children, staff, and families.

Dietetic interns and MMC interns conducted supermarket tours and outreach.

Working with cash services to have the option for clients and customers to pay online. We are also currently in the process of developing several videos for nutrition expert website.

Working with university advancement to assist with Center promotional materials, the design of our website, and to help us design a new image.

Participated in the Valley Care Community Consortium (VCCC) Diabetes Expo and on-campus health fair and provided 2 Serve Safe Trainings in both English and Spanish.

Currently have a student from the Journalism department who has been assigned to help us with outreach. In addition, we have several graduate students from Department of Recreation and Tourism Management conducting focus groups on the MMC Nutrition Experts website and Farmers’ Market. MMC has collaborated with Campus Dining and co-sponsored monthly cooking demos at the farmers market with local campus chefs.

The Center has established a research lab for students. Training was conducted on November 17 with the efforts and leadership of Dr. Scott Plunkett.

Annette Besnilian presented her research project at the Academy of Nutrition Dietetics FNCE annual conference on Oct 6th called: A Taste of Good Health: School based parent healthy lifestyle classes to reduce childhood obesity. Annette Besnilian’s research article titled “Promoting Diversity within the Dietetics Profession through a Peer Mentorship Program” has been published online in the Journal of Academy of Nutrition and Dietetics (JAND).

An agreement was signed between the CSUN president and the American University in Armenia’s (AUA) president on October 30th in the Orange Grove Bistro. This collaboration will provide research and education opportunities for students and staff.
4.13  The MMC dietary analysis and recipe analysis software ESHA has been successfully updated. We have been able to conduct several analysis for students, athletes and the community.
4.14  The WIC center on campus opened its doors last month.
4.15  Conducted four MMC tours for various visitors and departments over the last few months.
4.16  The 25th anniversary planning meeting was held last month. The planning committee will continue our organizing efforts, and will keep the AB members posted on the planning and events.
4.17  The Center, in collaboration with the Kappa Omicron Nu (KON) Student Honor Society, has plans on helping a local homeless shelter.
4.18  In the spring, the MMC plans on the following events: Research night, all FCS undergraduate and graduate students and faculty will be invited to submit research presentation and posters. National Nutrition Month (an international cook off), California Academy of Nutrition and Dietetics (CAND) annual conference sponsorship and Public Policy Day.
4.19  Successfully submitted several grants to conduct Supermarket tours, gardening, and workshops to help the community in the area of obesity prevention. Request for equipment grants, Genesis Software and a New BodPod was submitted to the NIH Build Poder program.
4.20  An NIH grant was submitted by the Institute called “Field to Fork: Creating Community Partnerships to improve Food Choices and Reduce Obesity.”
4.21  The following grants are being implemented to conduct research and help aid with MMC projects and programs: AETNA Foundation Grant, Dignity Health Grant, and Kaiser Permanente Panorama City Grant, Whole Kids Foundation Grant, Campus Quality Fee, IRA grant, USDA HSI, and Choose Health LA Kids.

5.0  Committee & Task Force Program of Work

5.1 Finance Committee – Audrey Clark asked for an explanation on the investment category on the financial report. Annette Besnilian explained how HHD requested that we separate it to show the investment amounts and the actual working amount. John Pepitone mentioned that these amounts are available quarterly through Northern Trust and that he will invite Ira to the next AB meeting to give us a better explanation.
5.2 **Assessment Committee** – Steve Yannicelli discussed the updated dashboard with the members. He stated that the center is doing well and that the community section is on track. He would like to see graphs and charts that represent the dashboard. He mentioned that the viability is doing well, and that the goal should be to implement the donor event by the end of Spring 2016. John Pepitone mentioned that the MMC has the opportunity to utilize the campus call center as part of their donor event. Student assistants would make calls to past/current donors and alumni, it will be no cost to the center.

5.3 **Institute for Community Health and Wellbeing Report** - Salvador Esparza informed everyone that the first Advisory Board Meeting was scheduled for this week.

6.0 **Center Ongoing Projects/Programs**

6.1 **MMC Internship Program**

6.1c **Fit To Win (Bod Pod)** - Steve Yannicelli clarified that there were 12 BodPod appointment scheduled by community members, and 95 BodPod appointment scheduled by athletes. Karmen Ovsepyan mentioned that the centers goal moving forward is to assign MMC Interns and Volunteers certain locations to outreach MMC services, which includes the BodPod. Dee Larkin suggested that MMC should promote to gyms.

6.10 **Let’s Cook and Move in Schools** –

- **Parent Education**: Dietetic Interns, Gisrry Montenegro & Isabel Beas provided a description and an update of the parent education component. A 2 ½ hours/1 day per week during the school day, engaging parents in nutrition education and physical activities as well as cooking healthy recipes was coordinated at Anatola Elementary. There were about 15 parent participants.

- **Nutrition Musical**: Dietetic Intern, Tatiana Kiesewetter provided a description and an update of the MyPlate Musical. Participatory dance-based show that engages students school-wide in physical activity and learning about nutrition and healthy eating behaviors was coordinated at Anatola Elementary. Tatiana mentioned that the special education class participated in the musical, and they were receptive to the music. A pre/post test was implemented and is currently being analyzed.

- **Classroom Education**: Dietetic Intern, Lucy Khodanian, provided a description of the classroom education. Providing nutrition lessons to elementary school students at AGBU.
6.12 **Picky Eaters** – Dietetic Intern, Dana Sutherland, stated that the goal of the program is to address selective eating by providing children with nutrition assessment and intervention plan. In addition, the clinic will provide education and tools for families, so that they may be able to provide their children with support needed in the home to increase nutritional intake.

6.13 **Faculty Development Day—Cooking On A Budget with WIC Foods** – Dietetic Intern, Edward Castro, stated that a cooking on a budget workshop was coordinated for faculty and staff. Topics covered included tips to save money in the supermarket, how to choose the most nutritious foods for your family, and how to involve your kids in the kitchen. After informational session, staff/faculty participated in cooking demo, each item prepared was under a $1. Everyone was impressed and they had a great outcome with about 15 attendees.

6.19 **LA DPH community project** – Dietetic Intern, Christine Kim provided a brief description of the project. To begin creating a health and wellness resource guide specifically tailored for the Korean population. The information will be both in English and Korean, and will focus on culturally sensitive practices surrounding food, physical activity, and general health practices. Data is being collected regarding common nutrition-related diseases specific to Koreans, Korean traditions and customers, and information on what Koreans usually eat on special occasions, which will help create the Asian-tailored MyPlate and recipes.

**7.0 New and Upcoming programs/Projects**

**7.2 Weight Management Classes** – Dietetic Intern, Maren Stein, provided a brief description of the weight management program. It will be a 6 week workshop for anyone who wants to lose weight. A nutrition and physical activity component is part of the workshop. Each participant will be offered a BodPod service in the beginning and at the end of the program to compare results and look at the effectiveness of the program. Annette Besnilian is looking into implementing insurance policies to be part of the program. Kim Henige mentioned that the physical activity component can be a possible collaboration with the Kinesiology students. Eric Sletten mentioned that Ellen Bauersfeld has started a program called Kick Start Program, which is a collaboration with SRC for personal training, nutrition counseling, and a session with a physician. John
Pepitone stated that this could be an opportunity for Faculty, staff and Alumni.

7.3 **Gardening Program** – Student Research Assistant, Frida Herrera, mentioned that the purpose of the gardens at the schools are to get the parents involved, which will help maintain the gardens when schools are not in session, and will be part of the sustainability piece. The gardening program has been implemented at Gault Elementary School. Six lessons have been implemented and data has been collected. Will be moving towards the Canoga Park area to implement more gardens and nutrition/gardening lessons.

7.5 **25th Anniversary Planning** - John Pepitone informed the Advisory Board to mark our calendars for September 15, 2016 at 6pm, and that it will be reception and not a sit-down dinner. The committee is still working on the program details. He informed everyone that the next committee meeting is scheduled for January 2016, in which they will be working on the budget as well. Annette Besnilian informed everyone that more details will be available for our next Advisory Board meeting, and that she is hoping the remodeling will be done by/before the time of this anniversary.

7.7 **Dr. Christine Smith Endowment $300,000** - Dee Larkin would like to encourage research opportunities for students and enhance education. She mentioned that there is $12,000 a year available for students in which we need to recruit students to receive this money. She suggested that MMC should decide the criteria for the scholarships. Annette Besnilian mentioned that support to revise the application needs to be provided, guidelines need to be reviewed and feedback provided to the MMC.

7.18 **Visibility and Marketing of MMC** – Jose Serrano informed the Advisory Board that participants will be able to enter food logs via their computer instead of completing a hard copy and submitting it to the MMC. He is working on the ability for student and community to access on MMC web page. Dena Herman was concerned that the features were similar to my-plate application. Annette Besnilian explained that more details were being given compared to the information provided by my-plate. Bridget Harvey-Elliott clarified the importance of students/interns having access for educational purposes.
7.12 Public Policy Event – Annette Besnilian asked everyone to mark their calendars for the Public Policy Day which will be on April 11, 2016. The event will focus on food policy and food systems.

8.0 New Business

8.1 Annette Besnilian and Karmen Ovsepyan have submitted a grant for $3,040.00 to Cooking Matters®. The grant will help continue organizing and implementing grocery store tours around the CSUN campus area.

8.2 Annette Besnilian informed the Advisory Board that she would like to get a Food Science Coordinator, and hoping to get the position approved to hire someone soon.

9.0 Adjournment: MSP – Bridget Harvey-Elliott, Kim Henige, 11:07 am