

Marilyn Magaram Center
For Food Science, Nutrition, and Dietetics**Director's Report: Summer 2019**

"Health is a state of body. Wellness is a state of being." – J. Stanford

To further the mission of the Marilyn Magaram Center, one of our long-term goals has been to grow our capacity and offer our many community services in a one-stop location. Thanks to the generous support of our donors, that vision is finally being realized as we develop the MMC Nutrition and Wellness Clinic, which aims to provide a comprehensive suite of evidence-based nutrition and dietetic counseling and education services for individuals and groups in our surrounding community with a focus on improving health outcomes and enhancing quality of life, filling a gap in accessible programs for local residents. Locations and community partners are currently being explored, but we are excited to finally be able to offer this programming with the aim of becoming the primary destination for individual and group nutrition counseling and education for residents of the San Fernando Valley!

We are continuing with ongoing projects such as the MMC Talks education series, Eat to Be FIT online weight management program, diabetes prevention classes, Healthy Eating 360° series, cooking demonstrations at the Farmer's Market, as well as various lectures, symposia and educational opportunities. From diet and recipe analysis, to one-on-one nutrition counseling, to body fat composition testing, we offer a variety of services to meet the community's needs. Other partnerships and collaborations on campus have been with CSUN Innovation Incubator (Cii), CSUN Innovates! and Innovation Corps (I-Corps), the Center of Achievement, the Language, Speech & Hearing Center (feeding therapy clinic), the Institute for Sustainability, and the Institute for Community Health and Wellbeing, utilizing the MMC Wellness Garden and our assessment labs. In the community, we partner with more than forty organizations to provide nutrition education, gardening, physical activity and cooking classes for children and their families, made possible by generous grants from the Drown Foundation, Kaiser Permanente, Aetna Foundation, Dignity Health, Cedars-Sinai, USDA, Los Angeles County Department of Public Health, UCLA, Northeast Valley Health Corporation (NEVHC WIC), and many more.

Student success remains our priority and through the MMC Research Lab, both students and faculty have been successfully conducting their research in the community and presenting at various conferences and symposia. Several students submitted poster presentations at CSUN's Annual Research & Service Learning Symposium and CSUNposium this year, and five of our graduate students attended and presented their research at the 14th annual national conference of the American Association of Hispanics in Higher Education (AAHHE) through funding provided by the USDA. Faculty and student research opportunities continue to expand, in part through the recently established MMC Faculty and Student Research Support Program, which has been instrumental in advancing research projects by providing initial seed funding. Through the MMC Research Lab our graduate students have also been conducting research for the CSU-5 Sodium Reduction Initiative and "Eat Your Best" campaign with the Los Angeles County Department of Public Health.

There have been numerous volunteer, internship, and leadership opportunities for students in Family and Consumer Sciences, as well as other academic departments such as Business/Marketing, Engineering, Sustainability, Journalism, Art, Computer Science, and Kinesiology. We continue to expand our product lines with the addition of functional jams, sauces, and protein bars, and we have showcased our innovative projects on campus in the CSUN FastPitch and Bull Ring competitions. The trend toward more sustainable gardening systems such as hydroponics and aquaponics has also raised questions about the qualities of the produce grown through these systems, and our student researchers and faculty mentors are comparing rates of growth, antioxidant content, and differences in taste and texture in produce from the three systems using MMC research facilities, sensory lab equipment, and the Wellness Garden, where all three gardening systems are in place.

With the belief that good public policy can make health a reality for everyone, the MMC continued to advocate for eliminating health disparities at our 7th annual Public Policy Day on April 15th. This year's theme was "Advancing Health Equity" and our keynote speaker was Dr. Flojaune Cofer, Senior Director of Policy for Public Health Advocates. Earlier in the month of March, our Dietetic Interns traveled to Sacramento for the CAND Public Policy Workshop, where attendees met with legislators and discussed CAND's public policy priorities and CAND monitored bills. The MMC was also pleased to sponsor the student session at the CAND Annual Conference and sponsored students to attend the LAD Conference, providing further opportunities for students to learn and network with professionals in the field of nutrition and dietetics.

Marilyn Magaram Center For Food Science, Nutrition, and Dietetics

The MMC was honored to attend "Female Power Chefs: Cooking All the Way To The Top," a special event hosted by Visionary Women at the Beverly Hills Hotel on February 6th. Visionary Women creates a unique forum for women leaders across various fields to connect and highlight relevant issues. We gained amazing insight from inspirational chefs such as Suzanne Goin, Sally Camacho Mueller, Nancy Silverton, and Evan Kleiman. A special thank you to Angella Nazarian for extending this invitation. In partnership with the Oviatt Library, the MMC was pleased to co-sponsor another special event on April 25th featuring author, registered dietitian and accomplished CSUN alumna, Julieanna Hever, otherwise known as the "Plant-Based Dietitian." Julieanna earned her M.S. in Nutrition and completed her Dietetic Internship at CSUN in 2005 and has since authored four books, including the newly-released Plant-Based Nutrition (Idiots Guide) 2E. Our students and interns were thrilled to assist with this event and even prepared two of Julieanna's recipes for the guests in attendance. It is through opportunities like these that our students can harness the power of leadership and women can realize their full potential!

Once again in collaboration with the Jennifer Diamond Cancer Foundation, the MMC hosted a "Whole Body, Whole Health" workshop on May 17th for cancer patients and their families in the Thieriot Lab and MMC Wellness Garden. During this workshop, participants had the opportunity to take part in a meditation session and gardening, learn about the benefits of a plant-based diet, and participate in a hands-on cooking lesson to make vegetable sushi! We look forward to hosting additional workshops in the future to support cancer patients.

In an effort to create healthy and innovative recipes and videos, we are proud to announce that we released the second edition of the MMC Wellness Kitchen Cookbook! This cookbook is filled with unique recipes inspired by CSUN's very own orange groves and our Matador Marmalade, which is entirely student-produced from recipe trials to label design. By sourcing directly from the orange groves on campus, our product also supports CSUN's sustainability efforts. A few of Marilyn Magaram's recipes are included in the second edition and a third edition with even more of her recipes is currently in development, as well as video-based tutorials for healthy and low-calorie gourmet cooking.

Efforts to promote healthy eating and physical fitness for children and families continued through our educational theater program with the implementation of *MyPlate! The Musical* at Anatola, Canoga Park, and Hart elementary schools during the month of May. The MMC also recently concluded another exciting week of Culinary Camp in collaboration with the Summer Academic Enrichment Program (SAEP) at CSUN from June 10th to June 14th, where students in grades 6-9 were taught the basics of culinary skills, hands-on cooking, food science, nutrition, and the knowledge to make healthier choices for meals and snacks.

In other exciting news, the U.S. Environmental Protection Agency (EPA) presented CSUN with the 2018 Food Recovery Challenge Award as the national winner in the category for colleges and universities. This recognition is the result of the collective efforts of CSUN's Food Recovery Network (FRN), the MMC, CSUN Sustainability, CSUN Dining, Institute for Community Health & Wellbeing, and Facilities Planning. They emphasized that "CSUN is a national leader in their food recovery efforts." The MMC is proud of the dedication and hard work of our students and their recovery efforts!

The CSUN Dietetic Internship program held its annual white coat graduation ceremony this year on May 31st. This was an exciting event for the 2018-2019 interns who completed their 10-month dietetic internships as part of the process of becoming registered dietitians. We would like to acknowledge their efforts and involvement that has become an essential part of the success of the MMC. We would also like to welcome the incoming 2019-2020 cohort of dietetic interns who will begin their MNT (Medical Nutrition Therapy) boot camp and DI orientation during the month of July. We look forward to helping them on their journey and wish to thank all our previous graduates, preceptors, and clinical affiliates who provide their knowledge expertise to our interns.

As always, I would like to thank our families, staff, dedicated students, advisory board, community partners, generous donors, and my colleagues. A special thank you to Sally and Phil Magaram and the Drown Foundation for their continuous support. The dedication and hard work of our students, alumni, faculty, and staff continues to further the mission and vision of the MMC as we serve not only the CSUN community but the community at large by promoting good health and well-being through research, education, and services in food science, nutrition and dietetics.

Respectfully submitted, *Annette Besnilian*