



Welcome to Nutrition

Rasheed Perry

Jeannette Beasley

**Finish by 7/18
CCL IGNITE 2025**

Overview



01.

My story



02.

My work



03.

Activity

Warm up activity

- What is your favorite food?

Jeannette's story

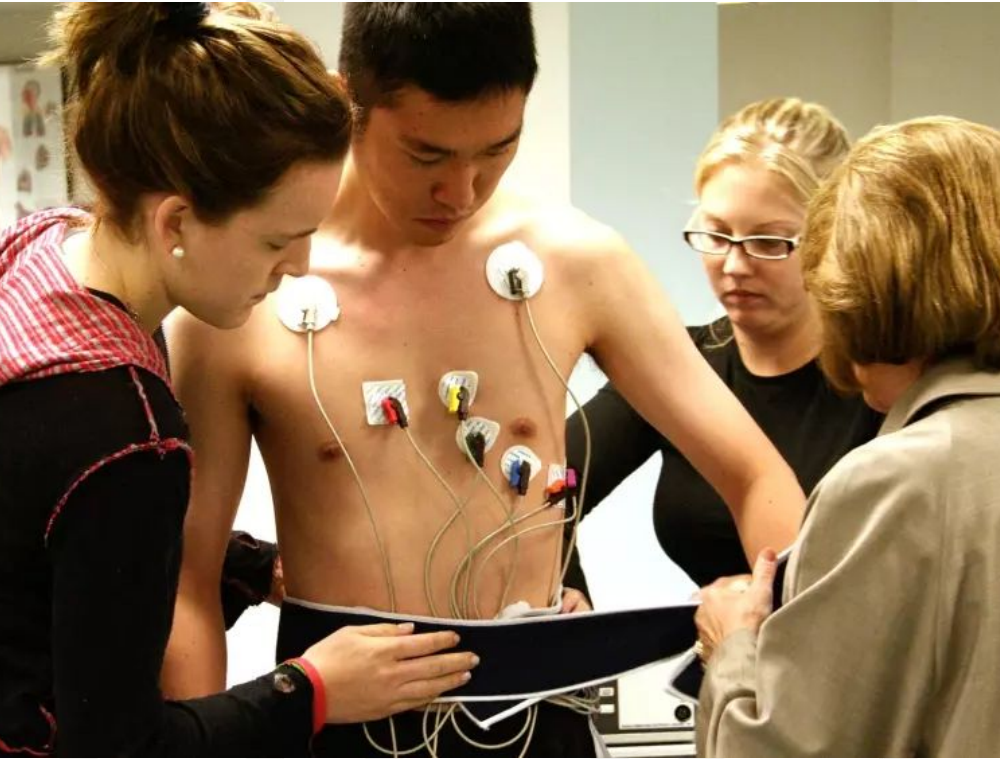
- Grade school biology teacher motivated interest in studying nutrition
- Schools: Dutch Broadway, Elmont Memorial High School, College of William and Mary, University of North Carolina at Chapel Hill, Johns Hopkins University
- A few hiccups along the way....



Rasheed's story

- Share your earliest science or career exposure story!
- Tell us where you went to school. Pictures welcome! What do your credentials stand for?
- Share a challenge!
- Tell us your current role





Rasheed: A week in my life

- Share what an average day and average week looks like





What Jeannette tells her younger self (and her son!)

- Enjoy the process
- Be true to your spirit
- Try to leave the world in a better place than you found it



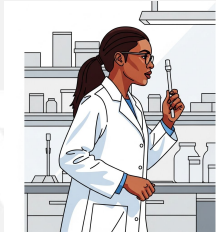
PART 02

Our work

Jeannette: Lantern

Break - lantern-related takeaway

Rasheed: UPF





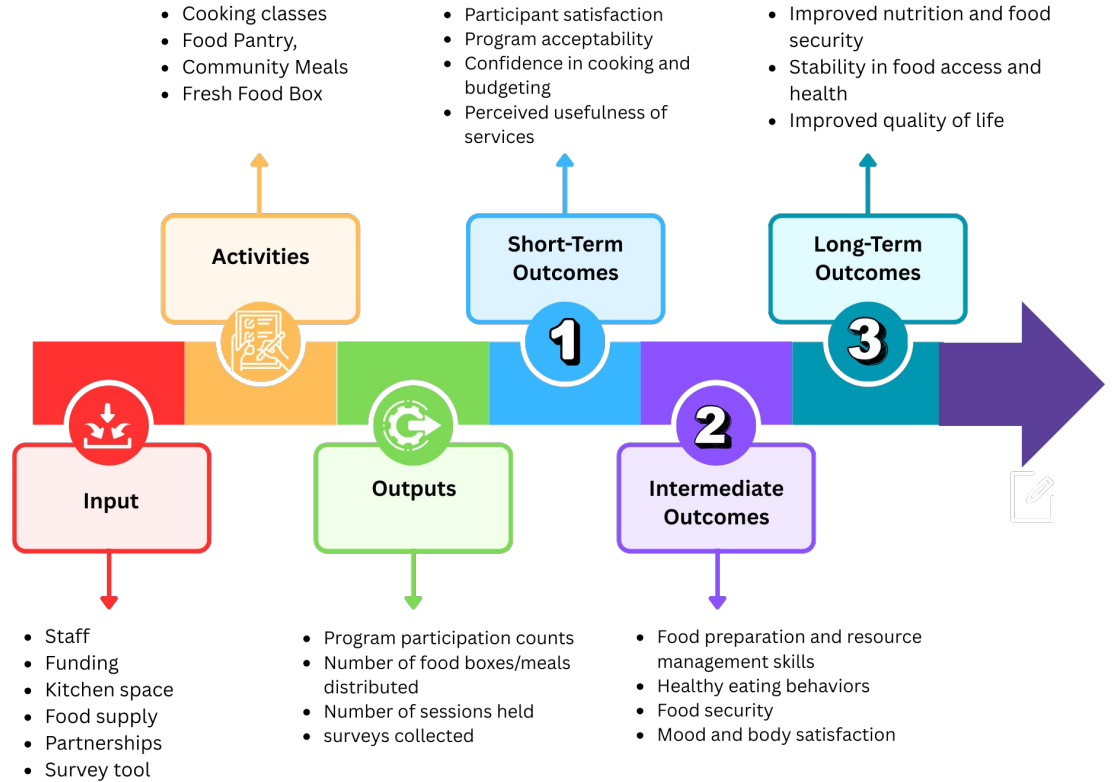
NYU | STEINHARDT

**Lantern Community Services
(LCS) Food and Nutrition
Program Evaluation Results**

**Department of Nutrition and
Food Studies
Research Applications Spring
2025 Class**



Logic Model





Migrant Shelter Survey (n=40)

Demographics (n=40)

- Mean age: 30 (SD 8) years
- Family size: 43% four; 35% three; 11% five+; 10% two
- Family structure; 85% with two parents; 15% with one
- 10% Pregnant
- Gender: 75% female, 25% male
- Race/ethnicity: 88% Hispanic, 5% Black, 3% White
- Country of Origin: 28% Venezuela, 15% Colombia, 13% Ecuador, 10% Other, 5% Honduras
- Employment: 95% Unemployed, 5% Employed
- Public Assistance: 25%

Community Meal n=40



Meal Participation

- # meals consumed per day at the shelter:
 - None: 15%
 - One: 27.5%
 - Two: 32.5%
 - Three or more: 10%



Reasons for non-participation in (n=6)

Meal
program
doesn't work
for me

Not
comfortable
participating

I don't like
the taste

Community Meal Ratings, % n=40

Table 1. Acceptability ratings (%) of meals provided at migrant shelter, n=40.

Statement	1	2	3	4	5	6
Meals give enough energy	10	25	35	18	5	8
Portion sizes are enough	10	20	30	30	5	5
Meals include good mix of foods	5	25	30	28	5	8
Meals are served at times that work for me	5	10	15	52	15	3
Don't have to worry about being hungry	18	20	25	18	3	18
Meals have enough variety	10	18	38	25	5	5
Food looks appetizing and well prepared	18	30	28	10	5	10
Meals are fresh	20	25	30	13	3	10
Meals include familiar foods	10	20	40	20	0	10

Likert scale ratings: 1=Strongly Disagree, 5=Strongly Agree, 6= Don't know/Prefer not to answer

Community Meal Ratings, % n=40

Statement	1	2	3	4	5	6
Meals fit my dietary needs.	15	30	25	13	5	13
Meals are appropriate for my family.	13	38	25	13	3	10
Meals help me eat healthier	13	15	33	28	5	8
Satisfied with overall quality of meals	10	30	35	8	8	10
Satisfied with taste and flavor	18	28	40	5	8	3
Satisfied with variety of meals offered	13	23	45	13	5	3

“What do
you like
most
about the
meals?”

- “The food the beans the rice.”
- “Sometimes the variety”
- “Rice with beans and chicken”
- “Almost everything”
- “Mostly when they give rice and protein in the afternoons”
- “chicken”
- “When they give fish fried chicken”
- “Everything”
- “Breakfasts are okay”
- “That every day they give you different menus”

“What
could this
program
do better?”

Suggestions from shelter residents to improve community meals

- The truth is that we are from another country, you have your way of eating and we have another, so I can't say that you are wrong, just that we are not of the same tastes, but thank you for the food”
- “Let them change the flavor of the spices they cook.”
- “Something sweet like dessert”
- “Change the supplier or give each family member a card to buy food.”
- “Change the food”
- “Change more variety”
- “Cook the food well and have it fresher”
- “Give more nutritious and fresh food”

Warm up activity

- UPF Show and tell

The Problem

What are you studying

- Consumers don't know what UPF are

Why is it important?

- Studies show they may impact your health



Gaps

- How UPF consumption varies in the population



Solution / Purpose

- Summarize UPF consumption
- It can help target intervention opportunities





Methods

- NHANES analysis



Check in for engagement!

- Popsicle stick!
- Teamwork / worksheet
- More ideas [here](#).



Results

- UPF high level summary



Closing the loop

What is the impact of what you found

- Details

How does it change practice?

- Details



PART 03

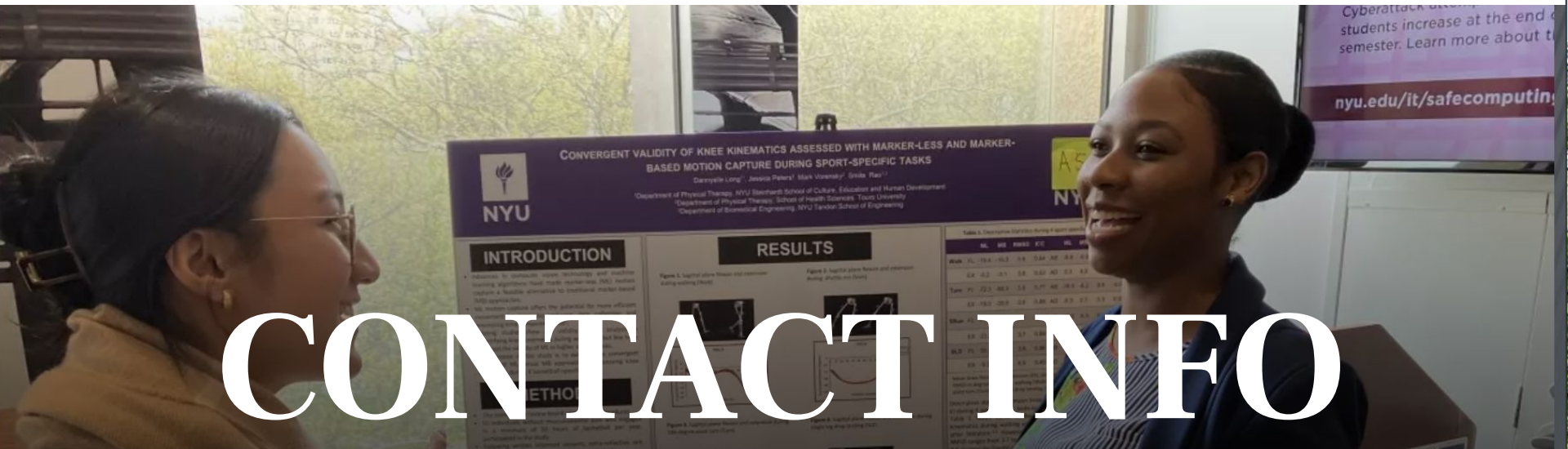
Activity



Lets apply our new knowledge in an activity

- Test for sugars
- Seek and confirm consent for any activity
- CCL participants record findings
- CCL participants come up with explanations for findings





CONTACT INFO

rop2013@nyu.edu
jbeasley@nyu.edu



NYU

Title Page

Subtitle

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PART 01

Presentation

Part One

Subtitle

Page Title Goes Here

Paragraph Subheader

Since its founding in 1831, NYU has been an innovator in higher education, reaching out to an emerging middle class, embracing an urban identity and professional focus, and promoting a global vision that informs its 19 schools.

Another Subheader

Today, that trailblazing spirit makes NYU one of the most prominent and respected research universities in the world, featuring top-ranked academic programs and accepting fewer than one-in-five undergraduates.

Click to add caption

Page Title Here

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Increase since 2010

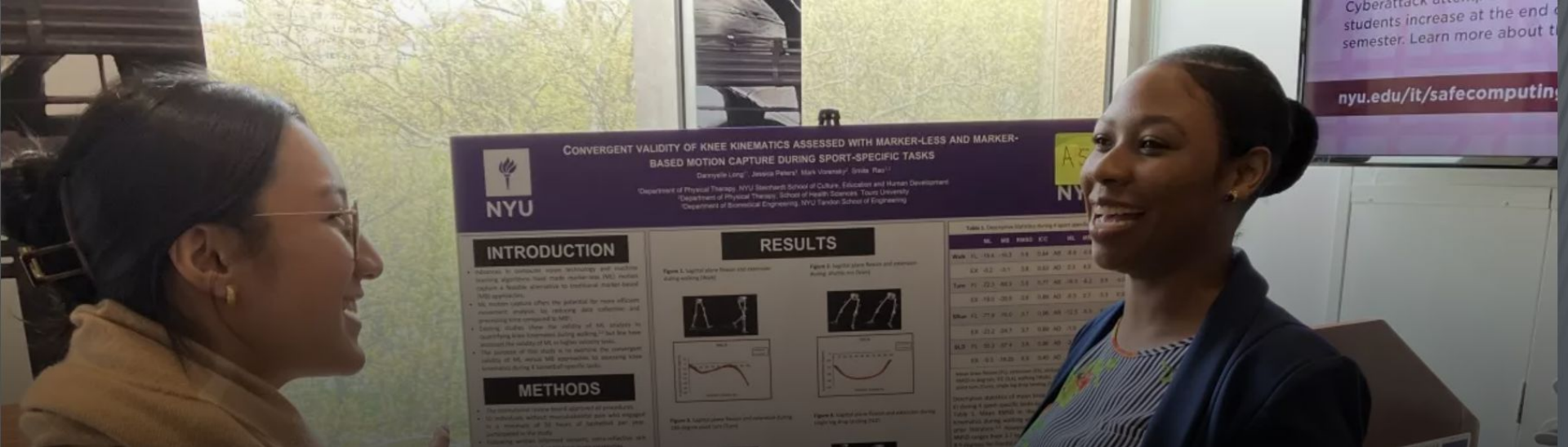
New York University has grown into one of the nation's leading institutions of higher ed.

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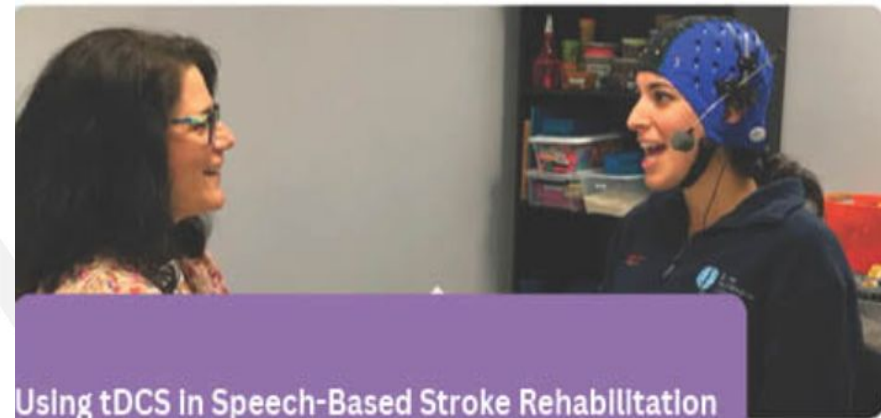
Since its founding in 1831, NYU has been an innovator in higher education, reaching out to an emerging middle class, embracing an urban identity and professional focus, and promoting a global vision that informs its 19 schools.

Main Point of the Slide

New York University has grown into one of the nation's leading institutions of higher ed.



Today, that trailblazing spirit makes NYU one of the most prominent and respected research universities in the world, featuring top-ranked academic programs and accepting fewer than one-in-five undergraduates.



Using tDCS In Speech-Based Stroke Rehabilitation

Clinical Trial
In Progress/Currently Recruiting Participants

Who can participate:

Study Information
Qualifying participants who have had a stroke and have apraxia of speech will receive up to 12 speech therapy sessions over a 4 to 6 month period, at no charge.

Title

Today, that trailblazing spirit makes NYU one of the most prominent and respected research universities in the world, featuring top-ranked academic programs and accepting fewer than one-in-five undergraduates.

Title of List Goes Here

Today, that trailblazing spirit makes NYU one of the most prominent and respected research universities in the world, featuring top-ranked academic programs and accepting fewer than one-in-five undergraduates.



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**An important
quote can go
on this page.**

John Doe, CEO

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