Lessons From the Garden (continued from page 1)

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nessee’s first and oldest charter school, with funding support from the Johnson and Johnson Community Health Care pro-
gram, implemented a school-based obesity prevention program that aimed to im-
prove nutritional intake and physical activity among their 6th grade students.

Cameron Cooley, the program coordinator, and the MASE and Johns Hopkins teams, followed the guidelines from Dr. Fonseca-
Becker’s book, Community Health Care’s O-Process for Eval-
uation, to develop a goal that supported the organization’s mission and created objectives that were focused on the chang-
es they expected in the health status of the 6th grade students. “I felt it was a logical, linear way to think about programs in general. I use this method in other areas, not just public health. It is universal. It can be applied in many dif-
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lenge was getting parents to come out consistently. So, we rethought things and brought our participation up by offering a lot of support to the families. This really worked." Throughout the year, they offered two nutritional lessons per week taught by nutrition educators and three physical activities per week all taught in the evenings. A dieti-

dian and exercise specialists from the University of Memphis were engaged to facilitate these clas-
s. "The kids really enjoyed it and one school participated for three years, even though her child had passed the age limit for the program." The evaluation plan included baseline and follow up surveys that helped assess the students’ knowledge and behav-
ior regarding screen time use, physical activity and fruit and vege-
table intake.

In the spring, they implemented the Garden Club, which became the jewel of the program. Cameron worked with the students at the school-based garden to plant a variety of vegetables, fruits and herbs based on the Nutrition to Grow On curriculum. They also learned about and kept earth worms, developed proper label-
ning habits and skills in measuring plant growth over time. One of the most exciting activities (continued on page 4)

J&J Scholars Program Alumni Highlights

2004-2006 J&J Scholar

Arpi Terzian, PhD, MPH, is an Assistant Professor at the Long Island University, School of Health Professions, with a dual appointment in the Health Sciences and MPH programs. Prior to her position at LIU she served as Assistant Director and Senior Analyst at NYC’s Department of Health and Mental Hygiene in the HIV Epidemiology and Field Services Program. Dr. Terzian graduated from Brown University with a BA in Biology. After her under-
graduate studies, she worked as a lab technician in reproductive epidemiology at Brigham and Women’s Hospital in Boston, con-
ducting epidemiological studies on ovarian and cervical cancer. She then received her MPH in Epidemiology from Emory Universi-
ty School of Public Health and her PhD in Epidemiology from The Johns Hopkins University School of Public Health. As a J&J Schol-
ar Arpi worked with the Hart School Based Health Clinic located in Hart, TX, whose goal was to improve dental care in children who attended the school system. “The John and Johnon and Johnscholars program was a transforming experience. I had limited field experience prior to this and it gave me the confidence to move forward.”

2008-2010 J&J Scholar

Terri-Ann Thompson, PhD, MPH, is the Director of the Eastern Caribbean Health Outcomes Research Network (ECHORN) Competency Center. As director, she oversees the coordination and implementation of the ECHORN curriculum and assignments in four island sites. She also holds a faculty position as Associate Research Scientist at the Yale University School of Medicine. Her research interests include gender and sexual and reproductive health in the Caribbean. Dr. Thompson graduated with a BA in Macalester College in 2002. In 2011, she received her PhD from The Johns Hopkins Bloomberg School of Public Health. After graduation, she worked as a data analyst with the International Centre for Re-
search on Women to examine the effect of educational attainment on fertility. As a J&J Scholar Terri-Ann worked with the Coastal Family Health Center located in Biloxi, MS, that aimed to reduce childhood obesity in communities located near the health center. “I have used the skills gained through the Johnson and Johnson program to contribute to the ECHORN goals and to monitor the progress of the various island sites as they implement the study and begin data collection.”

Michelle Taylor, MD, MPH was the 2010 school-based working with MASE. Michelle is cur-
rently a maternal and child physician with the Shelby County Health Department in Memphis, TN. Through her current work, Dr. Taylor continues to seek to im-
prove communication methods with families and employs preventative medicine strategies in order to care for an increasing number of overweight and obese children in her patient population. Dr. Taylor is currently a Dr.PH candidate at The Johns Hopkins Bloomberg School of Public Health, graduating in the spring of 2014. “Every day, I use the skills I learned as a scholar to make sure that the programs that I am working with at the health department have strong goals and objectives.”

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Lessons From the Garden: Preventing Childhood Obesity in Memphis, TN

Cameron Cooley and students at the Memphis Academy for Science and Engineering

MHU/J&J Scholars Program

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The Road Scholars Quarterly

The Road Scholars Quarterly is the newsletter of the Johnson & Johnson Community Health Care Scholars Program at The Johns Hopkins University

Editor & Program Director: Dr. Fannie Fonseca-Becker

Contributing Writer: Jessica Houston, M.T., Layout & Design: Mary E. Lemon

Message from the Director, Dr. Fannie Fonseca-Becker

With this issue, we mark the start of the 2013-2016 J&J CHC Grant Period and of our partnership through the Hopkins/ J&J Scholars Program. We are glad to share the accomplish-
ments and lessons learned by MASE, one of the 2010 J&J Grantees working to prevent childhood obesity in Memphis, TN, as well as to highlight three of our past Scholars and to in-
trouduce the 2013 J&J Scholars. We welcome the 2013 J&J Grantees and their Scholars and we look forward to receiving your news of achieve-
ments, challenges and lessons learned to include in future issues of the Road Scholars Quarterly.
**2013 J & J Community Health Care Scholars at Johns Hopkins**

**Megan Clarke**

Megan earned a Bachelor of Science in Behavioral Biology from The Johns Hopkins University in 2007 and a Master’s of Health Science degree in Biochemistry and Molecular Biology from the Johns Hopkins School of Public Health in 2010. Upon completion of her Master’s, she spent two years as a Cancer Research Training Fellow at the National Cancer Institute’s Division of Cancer Epidemiology and Genetics studying the natural history and molecular epidemiology of Human Papillomavirus. In 2012, Megan began a Ph.D. program in Cancer Epidemiology as an STI trainee at the Johns Hopkins Bloomberg School of Public Health. She is interested in studying early exposures to cancer risk factors among high-risk youth, particularly HIV and HPV as well as obesity. Megan will work with the *Cross Country for Youth in Charlotte, NC*.

**Jessica Houston**

Jessica earned a Bachelor of Science of Nutrition and Chemistry from Virginia Tech and a Master’s of Nutritional Education from the University of Virginia, Curry School of Education in 2008. Upon completion, she spent 4 years at the University of Miami Leonard School of Medicine studying the impact of dietary phosphate intake on cardiovascular disease in patients with renal disease, pediatric cardiomyopathy, and obesity. In 2012, Jessica began the doctoral program at The Johns Hopkins Bloomberg School of Public Health in the International Health: Human Nutrition department. In addition, she serves on the International Health Student board. Jessica is interested in effect of processed food intake on weight gain and cardiometabolic health. Jessica will work with the *Jewish Hospital St. Mary’s Healthcare in Louisville, KY*.

**Anna Kharmats**

Anna graduated with a Bachelor’s degree in Human Development and Master’s degree in Developmental Psychology from Cornell University. While at Cornell, she conducted research related to adolescents’ nutritional and physical activity decision making. Upon graduation, she served a year in the AmeriCorps VISTA program, by working to transition the William F. Ryan Community Health Center’s Mental Health Department to using an electronic medical record system. After starting the doctoral program in Social and Behavioral Interventions at The Johns Hopkins University, she joined the Global Center for Childhood Obesity research team. She is gaining expertise with multi-level intervention development, implementation, qualitative research, and statistical analysis. In addition, she serves as the chair of the B’More Healthy Communities for Kids Intervention Family Level Working Group. Anna will work with the *Shawnee Christian Healthcare Center in Louisville, KY*.

**Amanda Nguyen**

Amanda has a Bachelor of Science in Psychology from Pacific Union College in California. After earning an M.A. in Psychology from the University of Denver in 2007, Amanda spent three years as a social worker in the US before moving to Vietnam, where she worked as a university mental health counselor and student services coordinator. Working in underserved communities with limited resources, Amanda recognized both the connection between mental and physical health as well as the importance of building local capacity to implement evidence-based, culturally appropriate interventions. This brought her to the JHSPH Department of Mental Health, where she is focusing her doctoral work on service design and implementation in low-resource settings. Amanda has also led a research team studying food insecurity in rural California. Amanda will work with the *Mercy Family Health Center at Lower West Clinic in Chicago, IL*.

**Leslie Redmond**

Leslie Redmond is a second year doctoral student in International Health-Human Nutrition. Leslie received her bachelor’s degree in Food Science at Clemson University and completed her dietetic internship in Alaska. While in Alaska she had the opportunity to travel to rural villages and work closely with the Native Alaskan population, falling in love with both the land and the people. It was this experience that influenced her current research interests of obesity and diabetes prevention in American Indian and Alaska Native adolescents. Wishing to better understand the role of physical activity in addition to nutrition as a prevention method, she obtained a master’s degree in Exercise Physiology from James Madison University prior to beginning her current program at The Johns Hopkins University. Leslie will work with the *Erie Neighborhood House in Chicago, IL*.

**Julia Wolfson**

Julia is a second-year doctoral student in the Department of Health Policy and Management. Julia received her bachelor’s degree from the Gallatin School at New York University and a Masters in Public Policy from the University of Southern California. After completing her undergraduate studies, Julia enjoyed nearly a decade long career as a professional chef. Julia’s current research interests focus on investigating opportunities for policy and program interventions to shift demand away from unhealthy foods, generate greater demand for healthy food, and facilitate the American public’s ability to cook more of their own food. She is especially interested in exploring the potential of school-based interventions that educate and stimulate interest in cooking and eating well and improving the school food environment. Julia will work with the *Action for Healthy Kids, Inc. in Chicago, IL*.

**Michelle Wong**

Michelle is a second year doctoral student in the Department of Health Policy and Management. She received her Bachelor of Science in Molecular Biochemistry and Biophysics from Yale University. She has previously worked as a health care consultant at IMS Health’s Pricing and Market Access group. In addition, she worked as a research assistant at the Engelberg Center for Health Care Reform at the Brookings Institution on FDA regulatory policy. She first became interested in obesity prevention while in DC, where she was an avid volunteer at a DC-based urban farm and gardening education non-profit dedicated to promoting locally grown food and improving food security in northeast DC. Despite her fear of bugs, she became a dedicated urban gardener, who was passionate about promoting healthy behavior. Her research will focus on ways to promote healthy eating behavioral changes, particularly to take advantage of interventions that aim to improve the availability of healthy foods in low-income and minority communities. Michelle will work with the *American Heart Association in Las Vegas, NV*.

**“Building In-House Capacity in Evaluation: Increasing Sustainability” Since 1998**
2013 J & J Community Health Care Scholars at Johns Hopkins

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Lessons From the Garden (continued from page 1)

in the Garden Club was the vegetable
tasting party, similar to tasting about sustaina-
ble vegetables. The students looked for
vegetables on the internet that they had
never tasted and Cameron brought them in. He set up 8 stations with various
vegetables, gave them all a glass of water, and the students used
toothpick to taste the food as Camer-
on discussed each vegetable. “The
students were so excited!”

The summer marked harvest time for
the Garden Club and parents and students
came together to help pick the fruits
and vegetables and to take home a full
tote bag home with them. “Tomatoes stood
out as a favorite to the students. They
are attractive, because they are bright in
color. I am sure that is why they
liked them.” Near the end of the sum-
mer, Cameron and his students visited
the Memphis Botanical Gardens and
travelled to an urban farm in Milwau-
kee, Wisconsin to learn about sustai-
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