

Evidence of Success  
Data from last 5-year review report (2000-2005)

Outside source of validation:

The CSU, Chico Dietetic Internship (DI), which is an adjunct to the M.S. program, was fully accredited in 1999 by the American Dietetic Association. The Registered Dietitian (RD) credential is required in today's competitive job market. About 75% of our graduates complete a dietetic internship either here at CSU, CHICO or at another internship program and go on to become RDs; the other 25% secure nutrition-related employment or go into Ph.D. programs (two students were accepted into PhD programs during this past 5-year period). Having both the M.S. and Dietetic Internship programs is a major attraction of CSU, Chico. For those completing the CSU, CHICO Dietetic Internship since 1990, the pass rate on the national exam is 98% compared to a national average of 75% (Source: ADA pass rate on registration exam, 2003).

Presentation of research at state and national meetings. Student names in bold.

**Fox, LL**, BA Kirks, MR Neyman. Implementation and evaluation of a farmers' market nutrition program curriculum for participants of the Butte County special supplemental nutrition program for women, infants, and children. Calif. Dietetic Assoc Annual Meeting, March, 2001.

**Vaughn, D**, BA Kirks. Knowledge, attitudes and practices of nutrition professionals in Northern California regarding breastfeeding. Calif. Dietetic Assoc Annual Meeting, March 2001.

**Wright, K**, BA Kirks, K Silliman. Dietary intake and nutrition knowledge of low-income elderly congregate meal-site participants and non-participants. Calif. Dietetic Assoc Annual Meeting, March 2001.

**Kirby, J**, Nutrition knowledge, sources of information and recommendations of certified personal trainers. Calif. Dietetic Assoc Annual Meeting, March 2001.

Wolff, C, **M Perez**, K Silliman. Glycemic index, carbohydrate intake, BMI and glucose control in diabetic women. Calif. Dietetic Assoc Annual Meeting, March 2001.

Silliman, K, **J Andreoni**, B Kirks. Evaluation of the effectiveness of a calcium lesson in adolescent females. Calif. Dietetic Assoc Annual Meeting, March 2001.

**Blanche, R**, CB Wolff, SE Beattie. A survey of food safety knowledge and education practices among Northern California WIC nutrition educators. Calif. Dietetic Assoc Annual Meeting, March 2001.

Wolff C., K Silliman, **M Perez**. Glycemic index, eating patterns, and blood glucose control in women with type 2 diabetes. Am Dietetic Assoc Annual Meeting, Oct 2001.

Silliman, K, **JW Parry**, LL Kirk, RL Prior. Pycnogenol: Impact on plasma vitamin C and serum antioxidant capacity. Am Dietetic Assoc Annual Meeting, Oct. 2001.

Silliman K, **A Carota, R. Kitterman**, J Avevedo, C Wolff. The influence of fasting insulin and dietary glycemic index on blood lipids in a college population. Calif. Dietetic Assoc Annual Meeting, April 2002.

Wolff, C, **T Drobnik, M Paulissen, F Ponce**. Fruit & vegetable intake among children who consume a la carte foods vs. children who consume home lunch and NSLP meals. Calif. Dietetic Assoc Annual Meeting, April 2002.

Silliman K, **J Parry**, L Kirk. Pycnogenol: Impact on plasma vitamin C and serum antioxidant capacity. Calif. Dietetic Assoc Annual Meeting. April 2002.

**Liu, C, J Charan, J, C Hsueh, C. Wolff**. Differences in perceived fullness, taste, and purchasing preferences for two calorically different fast food milkshakes. Annual Meeting of the California Dietetic Association, Anaheim, California. April 25, 2003.

Silliman, K., **KE Rodas-Fortier**, and M.R. Neyman. A survey of dietary and exercise habits and perceived barriers to following a healthy lifestyle in a college population. Annual Meeting of the California Dietetic Association, Anaheim, California. April 25, 2003.

Wolff, C., **K Ferran, JV Gonzales, VJ Gyovai**. Family eating and activity habits associated with overweight risk among low-income preschool children. Annual Meeting of the California Dietetic Association. Anaheim, California. April 25, 2003.

**Drobnik, T, C. Wolff, M Neyman**. An investigation of pediatric overweight in a rural county in Northern California. Annual Meeting of the California Dietetic Association, Oakland, California April 24, 2004.

**Garcia, M, J Charan, J Bordin, C. Wolff**. The effectiveness of the LEAP program for a preschoolers nutrition education program in promoting the 5 a day message. Annual Meeting of the California Dietetic Association, Oakland, California April 24, 2004.

**Hetherwick, C, M Neyman, K Silliman**. Perceived knowledge, attitudes, and practices of California RDs regarding dietary supplements. Annual Meeting of the California Dietetic Association, Oakland, California April 24, 2004.

**Liu, C, K. Silliman, C. Wolff.** Effect of glycemic index on feelings of fullness, satiety, and subsequent food intake. Annual Meeting of the California Dietetic Association, Oakland, California April 24, 2004.

**Roberts, J. K Silliman, J Azevedo.** The influence of activity on dietary intake and nutrition knowledge of seniors. Annual Meeting of the California Dietetic Association, Oakland, California April 24, 2004.

**Shackelford, J, C. Wolff, K. Silliman.** Effectiveness of the lifelong eating and activity patterns (LEAP) pediatric weight management program. Annual Meeting of the California Dietetic Association, Oakland, California April 24, 2004.

Wolff, C, **E Kratz, I. Morgan.** Prevalence of overweight and acanthosis nigricans among middle school students. Annual Meeting of the California Dietetic Association, Oakland, California April 24, 2004.

**Harris, M, M Neyman, K Silliman.** Food insecurity among Northern California Elderly. Annual Meeting of the American Dietetic Association, Anaheim, CA Oct. 5, 2004.

Wolff, C, **M Garcia, J Charan.** The lifelong eating and activity patterns (LEAP) for preschoolers curriculum is effective in improving knowledge and consumption of fruits and vegetables among children and parents. Annual Meeting of the American Dietetic Association. Anaheim, CA Oct. 5, 2004.

Mahoney, JR, T. Miles, **V. Gyovai,** K. Silliman. No apparent benefit of low glycemic index meals on the postprandial lipid response in women with obesity or insulin resistance. Scientific Sessions. American Heart Association. New Orleans, LA Nov. 7-10, 2004.

Publications involving students (student names in bold):

Silliman K and **SL Wood.** Evidence of nutritional inadequacy of meals served to homeless populations in rural Northern California. *Ecol Food Nutr.* 40:285-297, 2001.

Silliman K, **JW Parry,** LL Kirk, and RL Prior. Pycnogenol does not impact the antioxidant status of healthy young adults. *J Am Diet Assoc* 103:67-72, 2003

**Gyovai V, J Gonzales, K Ferran , C Wolff.** Family dietary and activity behaviors associated with overweight risk among low-income preschool age children. *CA J Health Promotion* 1(3): 67-79, 2003.

Silliman, K, **K Rodas-Fortier,** M Neyman. A Survey of Dietary and Exercise Habits and Perceived Barriers to Following a Healthy Lifestyle in a College Population. In press CA J Health Promotion.