

CURRICULUM VITAE

MIRA MEHTA PhD

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PROFESSIONAL GOALS

Be actively involved in planning community- based intervention programs to address food insecurity, hunger and malnutrition, obesity and Type 2 diabetes in low-income populations in Maryland and among high- risk groups worldwide

Continue research and scholarship in the area of childhood obesity, food insecurity, malnutrition and diabetes in minority populations and to develop effective intervention programs/strategies to address these problems through community-based programs

Teach courses in Maternal and Child Nutrition, International Nutrition and Community Nutrition and Food and Culture.

EDUCATION

Ph.D.: Cornell University, Ithaca, N.Y.
Major: International Nutrition
Minors: Demography and Developmental Sociology
M.S.: Cornell University, Ithaca, N.Y.
Major: Human Nutritional Sciences
B.Sc.: Maharaja Sayajirao University, Baroda, India.
Major: Human Nutrition

PROFESSIONAL EXPERIENCE

March 1998 to date: **Director, Expanded Food and Nutrition Education Program (EFNEP), Maryland**

August, 1987 to 1997: **Assistant Professor, Nutrition and Food Systems; Director, Gerontology Program and Coordinator, Geriatric Nutrition Minor, Hood College, Frederick, Maryland**

Responsibilities:

1. Teaching Undergraduate and Graduate Courses in the Nutritional Sciences/Dietetics, Courses in the Honors and Core Curriculum Programs
2. Professional Development Activities: Research, Conducting Workshops, Consulting and Teaching
3. Curriculum Development
4. Providing Institutional Leadership: Service on College Committees, Task Forces etc., Student Advising
5. Providing Service to the Community

January 1984 – May 1987: **Instructor of Nutrition, California State University, Northridge, California.**

OUTREACH ACTIVITIES

Leadership to the Expanded Food and Nutrition Education Program funded by USDA/NIFA, University of Maryland Extension and Maryland Counties.

- *Needs Assessment*
- *Training and supervision of Paraprofessionals and Supervisors/Coordinators*
- *Curriculum Development*
- *Program Implementation and Management*
- *Marketing to Internal and External Stakeholders*
- *Program and Outcome Evaluation*
- *Reporting to USDA/NIFA*
- *Interagency Collaboration*
- *Managing budgets*
- *Developing Plans of Work, preparing Budget Justifications and Annual Reports/Updates for USDA/NIFA*
- *Communicating EFNEP outcomes and successes to Congressional Representatives*

Leadership for the implementation of Maryland Expanded Food and Nutrition Program in Maryland Counties. The goal of all EFNEP's community nutrition education interventions is to use theory driven, evidence-based strategies to reduce risk factors for obesity; and increase healthy eating and physical activity, reduce food insecurity and improve food safety for low income families with children and children/youth. The overarching goal is prevention of obesity and chronic disease through life style related behavior change. EFNEP delivers nutrition education through a series of evidence behaviorally focused, learner-centered lessons. Physical activity, food safety, food preparation are integrated in all nutrition lessons.

In 2011, EFNEP partnered/collaborated with 336 community based organizations/agencies/programs including, WIC, SNAP (Food Stamps), Head Start, Share our Strength, Social Services, Title I Public Schools, After School programs, Job Start Programs, Faith-based Organizations, Primary Care Coalition, Community Education Partners.

In 2011, EFNEP graduated 2486 adults and 7757 children/youth from their nutrition education workshops (mean intervention per client/participant 8.5 hours)

Leadership for the implementation of pilot program *Shopping Matters for WIC Parents* (in conjunction with EFNEP's intervention) to improve self efficacy of low income WIC mothers in making healthy food choices at the supermarket

Leadership for the pilot testing of Share Our Strength's new curriculum "*Shopping Matters* in numerous EFNEP counties

Leadership for the implementation of an integrated *nutrition education, physical activity, cooking, gardening program* in collaboration with numerous community partners (Maryland Multicultural Youth Centers, Gapbusters, Riverdale Park Community at *Community Educational Partnerships (CEP)* at Riverdale Park.

Leadership for the development of a bilingual curriculum/program, and implementation of a healthy eating and physical activity program for preventing or delaying the onset of childhood obesity (*7-3-3-1 Healthy Families Having Fu, Sean Una Familia Activa y Sana*) This curriculum was pilot tested in Montgomery

and Frederick Counties (5 pilot projects in 2005) and also in after school programs in Title I Public Schools in Prince George's County, MD. In 2007, the after school curriculum was extended county wide as part of the Prince George's County Maryland Before and After School Extended Learning Program and in Montgomery County as part of Primary Care Coalition/Care for Kids's Obesity Prevention Initiative.

Leadership for the implementation of healthy eating/childhood obesity prevention nutrition education series of workshops for high risk Latino youth and their families in collaboration with Primary Care Coalition and Community Clinics

Leadership for the implementation of numerous workshop series for low income high risk youth in collaboration with student interns from UMCP, Morgan State and other nutrition/ dietetic/public health interns.

Implementation of *Community Based Diabetes Education for the reduction of race (and ethnic) based disparities in Maryland* (funded by USDA, Food Stamp Nutrition Education Program, Spanish Catholic Center, University of Maryland Cooperative Extension Award.

Food Systems Assessment of Baltimore City using GIS (ArcView), Census data and Qualitative (ethnographic) Methodologies).

CURRENT RESEARCH ACTIVITIES

Evaluation of Community Health Programs

- Evaluation of the impact of EFNEP on fruit and vegetable consumption, food safety and physical activity
- A program to prevent or delay the onset of obesity in high risk minority children', *Sea Una Familia Activa y Sana (Healthy Families Having Fun) and 7-3-3-1*
- 'A Community Based Program of Diabetes Education' *Clases para Diabeticos Latinos: Educacion y Clases de Cocina*
- Evaluation of nutritional and behavioral outcomes of the Expanded Food and Nutrition Education program in Maryland: an analysis of the HEI index, 24 hour recall and behavior change surveys.
- Evaluation of EFNEP youth impact surveys 2010-11

Hyperleptinemia, Adiposity and Metabolic Syndrome in Older Adults

Type 2 diabetes, abdominal obesity and birth weight in African American families

Diet and Type 2 Diabetes in a high risk population: results of a focus group study.

PAPERS, POSTERS AND OTHER PRESENTATIONS AT PROFESSIONALS MEETINGS AND CONFERENCES AND TRAININGS IN 2006-11

Suruchi Mishra, Nadine Sahyoun, **Mira Mehta**, Trisha Hue, Iva Miljkovic, Suzanne Satterfield, Nathalie DeRekeneire and Tamara Harris: Hyperleptinemia, adiposity and risk of metabolic syndrome in older adults, Experimental Biology, Washington, DC 2011

Mira Mehta: EFNEP Caseload Survey, EFNEP Annual Meeting Washington DC, 2011

Mira Mehta: 2010 Dietary Guidelines, My Plate and MyPyramid; Integration into Programs for low income families, EFNEP Annual Training Workshop, September 2011

Mira Mehta: Using Qualitative Data and Stories to Market the Successes of EFNEP, EFNEP Annual Training Workshop, 2011

Mira Mehta: Sean Una Familia Activa y Sana, Workshop on Curricula on Childhood Obesity Prevention: Healthy Eating and Physical Activity developed by University of Maryland Extension, CYFAR Conference, Baltimore July 2009

Crystal Morris, Melissa Baiyewu, Denise Benoit Moctezuma and Mira Mehta: *Stretching Your Food Dollars: Eating Out vs. Cooking at Home*, **CYFAR Conference**, July 2009

Mira Mehta: *Organizing within Institutions and Across States*, EFNEP NASULGC Annual Conference, Crystal City, Virginia, March 8, 2008

Mira Mehta: *Cost Benefit Analysis*, National EFNEP Annual Conference, Washington DC, March, 2007

Mehta and Maria Triantis: *Building a Local Solution to a National Problem: 7-3-3-1 Healthy Families Having Fun*, Annual Meeting of the American Public Health Association, November 7, 2007, Washington DC

Robin Steinwand and Mira Mehta, *Leading the Way to a Healthy Maryland*, Maryland Obesity Summit, March 2007

Mira Mehta: *How to Have a Healthy Baby*. Presentation at the Annual EFNEP Meeting 2007

Mehta Mira: *Metabolic and Hormonal Aspects of Obesity*, Presentation Nutrition In-service, Maryland 2007

Benoit-Moctezuma Denise, Mehta Mira et al: *7-3-3-1, Healthy Families Having Fun: An after-school nutrition education program* Annual Meeting of the American Public Health Association (November 4-8, 2006), Boston, MA.

Mehta Mira, Miiller Diane, Benoit-Moctezuma, Denise et al: *Sean Una Familia Activa y Sana: An innovative intervention program to prevent childhood obesity through healthy eating and physical activity in high risk Latino/Hispanic populations in MD: Lessons Learned*, Annual Meeting of the Society for Nutrition Education, July 2006, San Francisco

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FELLOWSHIPS, AWARDS AND HONORS

Maryland 4-H Friend of Diversity Award, 2008

Maryland Cooperative Grant/Award (Focus Team Award) for planning a program to address “Childhood Obesity in Maryland”, 2005

National Jeanne Priester Award for Innovative Programming in Community Health, 2002

Maryland 4-H Program, Professional Partner Award, 2001

USDA Food Stamp Nutrition Education Program Grant to evaluate the impact of the Maryland Diabetes Program, 2001-2002

USDA, Food Stamp Nutrition Education Program Grant to carry out a Food System/Food Security Assessment of Baltimore City, 2001-2002

USDA, Food Stamp Nutrition Education Program Grant to Pilot Test a Diabetes Education Program for Latino and African American Populations in Montgomery County, Maryland

USDA, Food Stamp Program Grant to Train Elementary School Teachers in the City of Baltimore to Integrate Nutrition and Physical Activity in the 4th and 5th Grade curriculum

Extension Award for Implementation of Diabetes Program for Minority Populations

Extension Award for Improving Birth Outcomes for Low Income Teenage Mothers in Prince George's County, Maryland

Extension Award for Creating a Workbook/Resource book for Use by Welfare to Work/ EFNEP/Food Stamp Clients

Extension Award for Pilot Testing a Program to Increase Food Security through the Super Pantry Program

Member, Scientific Advisory Board for Annual Editions: Nutrition 1996, 1997, 1998

Nominated for the Excellence in Teaching Award, Hood College Mortar Board, 1994.

Nominated for the Advisor of the Year Award, 1993.

Associates Professional Development Grant/ Award for Investigation of Hypercholesterolemia in a Pediatric Population in Frederick, MD, 1993

Summer Grant for developing a course for the Society, Science and Technology section of the Core Curriculum, Summer 1992

Cited by Mortar Board for Outstanding Service as Chapter Advisor at Hood College, 1992.

Summer Grant for developing a course for the Society, Science and Technology section of the Core Curriculum, Summer 1991

Meritorious Performance and Professional Promise Award for investigating the nutrition and health status of children enrolled in the Headstart Program in Ventura County, California, 1986-1987.

Division of Nutritional Sciences, Cornell University, **Special Research Grant** for field study in India, 1977-1978.

Cornell University Fellowship for investigation of Income-Nutrition Relationships in India, 1977-1978.

Government of India/M.S. University Merit Scholarships for undergraduate study, 1969-1973.

The Kelwani Trust Fellowship for undergraduate study, Baroda, India 1969-1971.

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

International Women in Development

Community Food Security Coalition

Society for Nutrition Education

Member, Maryland Food Stamp Advisory Board, 2005-8

Member, Governor's Advisory Council on Hunger, 2001-7

Member, Steering Committee for the REACH Grant (A CDC Grant to plan a strategy for providing community based diabetes education in Montgomery and Prince George's Counties as part of the National Initiative to Reduce Racial and Ethnic disparities in Health) 2000-2003

***Member*, Maryland Healthy Eating and Physical Activity Coalition, 1998-**

Member, Montgomery Community Action Team to Reduce Low Birth Weight (Montgomery County (DHHS). 2010

Member, Maryland WIC Advisory Council, 1998-2002

COURSES TAUGHT AT THE UNIVERSITY OF MARYLAND

International Nutrition

Lifecycle Nutrition

Community Nutrition

COURSE DEVELOPMENT for AGNR/NFSC

Developed a new course (interdisciplinary) which will be offered in Fall 2012

From Famine to Fast Foods: Food and Culture in a Globalizing World

COURSES TAUGHT AT HOOD COLLEGE AND CALIFORNIA STATE UNIVERSITY, NORTRIDGE

Interdisciplinary Courses with a Global Perspective:

Hunger, Population and the Environment (Science, Society and Technology, Core Curriculum)

Food, Culture and Society (Honors and Core Curriculum)

Malnutrition

Maternal and Child Nutrition

Community Nutrition

Seminar in Clinical Nutrition

Clinical Nutrition (Graduate)

Nutrition for the Aging (Graduate)

Nutrition and Chronic Disorders (Graduate)

Advanced Nutrition

Other teaching responsibilities at University of Maryland, Graduate Program in Nutrition:

Reviewer, Journal of Nutrition Education and Behavior, 2008, 2009, 2010, 2011

Reviewer Journal of Ecology and Nutrition

Chair, PhD Dissertation Committees for two graduate student Suruchi Mishra (Completed 2009-10),

Michelle Harris (Completed)

Member PhD dissertation Committee for Graduate Students (Yang Pan, Chun Ling Wang, Ucheoma

Akobundu, Binetou Seck (Completed various years)
Chair MS Thesis Committee Amisha Pandya, Patricia Carrera (Completed)
Member, MS Thesis Committee: Afnan Al-Ibrahim, Katherine Sanchez, Jasbir Sangha, Katie Shirey (Completed), Valencia Latting (completed)
Member MS Special Projects Advisor (Department of Anthropology : Mathew Hora (completed), Tamar Antin, (Completed)
Guide, Graduate Internships for one student from Johns Hopkins Bloomberg School of Public Health Jill Goldberg (completed), Guided one student from George Washington School of Public Health and Health Services
Science Advisor for Gifted and Talented High School Students in Prince George's County (Melanie Morales, Saloni Dalal, Chimey Sonam) and one student in Howard County.
Mentored undergraduate students (School of Journalism, UMCP) on special projects
Science Fair Mentor, Eleanor Roosevelt High School, Melanie Morales, Sapna Gopalasubramanian
Guided three Johns Hopkins, Bloomberg School of Public Health students regarding healthy foods/food system assessment research/surveys

INSTITUTIONAL LEADERSHIP (SERVICE)

Member, Advisory Committee for EFNEP Web- based Evaluation System (Clemson University/NIFA 2010-11)
Member Clemson/NIFA Web Advisory Subcommittee on EFNEP Behavior Change Survey Questions 2010-11
Member, EFNEP Annual Conference Planning Committee, 2010-11
Member, USDA/AFRI Conference Grant (Parental Feeding Practices, Core Nutrition Messages, and the Prevention of Obesity among Preschool Children) Planning Committee, 2010-11
Search Committee for Chair, Department of Nutrition and Food Science 2004-5 and 2010, 2011
Member, UME/FCS Nutrition Education Task Force, 2010-11
Affiliate Member, Food Smart Impact Team 2010-
Affiliate Health Smart Impact Team 2009-10
Panel Member, USDA Hispanic Serving Institutions Grant Awards 2008
Panel Member, Pilot Program, Center for Environmental and Rural Health, Texas A and M, 2003
Coordinator, EFNEP Interactive Exhibit, "Preventing Childhood Obesity" MDDay/AGDay 2006,2007,2008,2009,2010
Reviewer, Journal of Nutrition Education and Behavior, 2008, 2009, 2010, 2011
Reviewer, Journal of Ecology of Food and Nutrition
Chair, EFNEP Supervisor's Committee 1998-
Chair, Search Committee for EFNEP Coordinator, EFNEP 2004, 2006, 2011
Member FCS Executive Committee 2007-9
Member Focus Team Group, MCE 2008
Member Search Committee, Assistant Director, Family and Consumer Sciences 2007-8
Coordinator, Graduate Program in Nutrition, Annual Poster Day 2007, 2008, 2009, 2010
Chair, Department Human Subject Review Committee 2002-2007
Member, Nutrition Science Curriculum Committee 2007-8, 2010-12
Chair, NFSC Merit Pay Committee 2004-2006
Chair, NFSC Graduate Admissions Committee 2001-4
Member AGNR Web Advisory Committee 2001-2003
Member, FCS Leadership Committee 1999-2004

Department Advisory Committee 1998-2004, 2009-12

Member UME/FCS Nutrition Education and Accountability Workgroup 2011

Member UME/FCS Community Nutrition Network Team 2011

Member, Human Nutrition NFSC Search Committee 2011