

Becoming Akamai about Food

Reliable information about and experts trained in diet and nutrition are urgently needed.

Who hasn't seen the headlines lately? *Time* features a cover story on the newest fad diet. Obesity has reached epidemic proportions in the United States. Native Hawaiians suffer from diabetes at one of the nation's highest levels in proportion to their numbers. CTAHR faculty clearly see that reliable information about and experts trained in diet and nutrition are urgently needed. Two related programs in CTAHR's Department of Food Science and Human Nutrition are meeting both those needs for Hawaii. Over the past five years, nearly 5000 students have taken FSHN-185, "The Science of Human Nutrition," a course that provides a science-based nutrition background to help students make informed choices from the vast array of foods available today. Instructors Dian Dooley, Karen Hastings, Patti Lee-Robinson, and C. Alan Titchenal have made the course one of the most popular at UH-Manoa. Each year, 10 to 20 FSHN-185 students decide to pursue studies in dietetics and move on to CTAHR's dietetics program, the only such program in Hawaii. Under the leadership of program director Anne Shovic, the dietetics program has grown 300% in nine years. Many dietetics graduates pursue their careers in Hawaii—more than 50% of the graduates of the program since 1991 are working within Hawaii's health care system. The impact of CTAHR's Department of Food Science and Human Nutrition is far-reaching, indeed.



Anne Shovic, director of CTAHR's dietetics program, and Dian Dooley, lead instructor of FSHN-185.



Dian Dooley delivering a lecture in FSHN-185, which has been the choice of nearly 5,000 students over the past five years.



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