Research Completed in 2011:

- Characteristics of Dietetic Preceptors in the Clinical Setting, Alissa Burge and Kathryn Olinski (supervisor: J. Moreschi)
- Cross-Cultural Comparison of Dietary Habits and Anthropometric Measurements in College Students, Denise Albina, Elizabeth Chlopek, Melinda Hamilton-Smith, Rachel Hudes, Kimberly McDonough and Sehba Nasir (supervisors: C. Arnold and D. Handu)
- Content Analysis of Prime-Time Food Advertisements: A Comparison of the African American Market to the Hispanic Market, Molly Elizabeth Grube (supervisor: D. Handu)
- Critical Thinking, Self-Efficacy and Self-Regulated Learning in University Students, Cheryl Reining and Sarah Thelen (supervisor: C. Arnold)
- Effects of an After-School Nutrition Intervention on Middle-School Age Children, Claudia Elizalde and Emily Moots (supervisor: J. Moreschi)
- Effect of a Nutrition and Health Fair, Amanda Fox and Kelly Knopf (supervisor: C. Arnold)
- Efficacy of the National Survey of Children's Health (NSCH) in Assessing the Childhood Obesity Risk of Children Ages 10-17 years, Danielle DeGroot and Heather Plizga (supervisors: D. Handu and J. Moreschi)

Research Completed in 2010:

- Association Between BMI, Beverage Intake and Dental Health in Third Grade Students, Jessica Begy (supervisor: J. Moreschi)
- Comparison of Body Mass Index and Waist Circumference in Preschool Children, Sara Trefil (supervisor: J. Moreschi)
- Cross-Cultural Comparison of the Physical Measures, Dietary and Health Behaviors in College Students, Mary Guenther, Jessica Miller, Kelly Niemaszyk, Filomena Parmigiani and Samantha Raetzman (supervisors: C. Arnold and D. Handu)
- Cross-Sectional Study of the Relationship of Energy Density to Cost Per Serving of Fruits and Vegetables, Susan Palczynski, Janet Whitsitt and Becky Williamson (supervisor: D. Handu)
- Effect of Nutrition Education on Nutrition Knowledge, Nutrition Behavior, Self-Efficacy and Anthropometrics in Adolescents, Anne Pacetti (supervisor: D. Handu)
- Effect of Nutrition Education on Behavior, Self-Efficacy and Anthropometrics in Children, Katie Kunkel (supervisor: D. Handu)
- Evaluating Intakes of Participants At A Community Health and Nutrition Fair, Susannah H. Baldock and Elizabeth McGinty (supervisor: C. Arnold)
- Impact of an Email Based Employee Weight Maintenance Program, Laura Hornell and Tara Oliva (supervisor: C. Arnold)
- Malnutrition And Quality of Life in Continuous Peritoneal Dialysis Patients, Lesley A. Wujastyk (supervisor: D. Handu)
• Relationship Between Social Support, Participation Status and Health Parameters in a University Wellness Program, Ann Haydu (supervisor: C. Arnold)

**Research Completed in 2009:**

• An Assessment of Elementary School Students’ Acceptability of School Lunch Changes, Eric Sharer (supervisor: D. Handu)
• Assessment of Middle School Students’ Acceptability of School Lunch Changes, Lisa Eaton-Wright (supervisor: D. Handu)
• Associations Between Fruit and Vegetable Intake and BMI Status Among School-Aged Children, Amanda L. Nila (supervisor: J. Moreschi)
• Comparison of Body Mass Index and Waist Circumference in Hispanic Elementary and Middle School Students, Aimee R. Estella (supervisor: J. Moreschi)
• Elementary School Student Health Beliefs and Perceptions of a School Based Nutrition Intervention, Kristina Davis (supervisor: D. Handu)
• Impact of an Employee Wellness Program on Exercise Self-Efficacy, Emily Kathryn Jacobs (supervisor: C. Arnold)
• Impact of an Employee Wellness Program on Metabolic Syndrome, Ashley L. Wiles (supervisor: C. Arnold)
• Impact of an Employee Wellness Program on Nutrition Self-Efficacy and Dietary Fat Consumption, Antonia Marie Phillips (supervisor: C. Arnold)
• Impact of an Intensive Exercise-Based Weight Loss Challenge and Predictors of Change in Percent Body Fat, Dana M. Petersen (supervisor: C. Arnold)
• Impact of Change in School Menu on Plate Waste Study, Nirali Tushar Patel (supervisor: D. Handu)
• Perceived Susceptibility and Severity of the Health Belief Model in Relation to Coronary Heart Disease, Sarah Marie Tefft (supervisor: C. Arnold)
• Recognition of Name and Concepts: WeCan! Program Implementation in a Chicagoland Suburban School District, Anne Polacheck (supervisor: J. Moreschi)
• Relationship Between Dietary Protein Intake and BMI Status Among School Aged Children, Erica Leigh Timmermann (supervisor: J. Moreschi)
• Teacher participant perception of the Organic School Project – A qualitative analysis of school-based nutrition intervention, Michelle Coyle (supervisor: D. Handu)
• The Association between BMI, Dental Health, and Beverage Intake in 3rd Grade Children, Allison Balocca (supervisor: J. Moreschi)
• The Effect of a University Employee Wellness Program on Stage of Change for Fruit and Vegetable Consumption, Ross Michael Kennedy (supervisor: C. Arnold)
• The Effect of Carbohydrate Intake on BMI Status on Grade School Children, Sree Raji Ranganathen (supervisor: J. Moreschi)
• The Evaluation of Overweight Status among Children: Self-Efficacy, Eating Behavior, and Physical Activity, Margaret M. Gryko (supervisor: D. Handu)

**Research Completed in 2008:**

• Accuracy of Two Home-Use BIA Tools Compared to a Clinical Use BIA Tool in Collegiate Athletes and General Population, Adina Gubbels, E. Hanson (supervisor: D. Handu) [FNCE of ADA conference presentation]
• A Comparison of Student Engagement in Nutrition Courses, Megan Kochanek (supervisor: C. Arnold)
• Content Analysis of Prime-Time Food Advertisements: A Comparison of African American TV vs. A General Market, Michael Salmela (supervisor: D. Handu) [FNCE of ADA conference presentation]
• Content Analysis of Prime-Time Food Advertisements: Comparison Across Four Decades of Prime Time Food Advertisements, Stacy Ederle (supervisor: D. Handu) [FNCE of ADA conference presentation]
• Content Analysis of Television Advertisements Aired During Saturday Morning Children Programming, Jamie Kuo (supervisor: D. Handu) [FNCE of ADA conference presentation]
• Comparison Between Measured and Predicted Resting Metabolic Rate in Healthy College Students, Nazia Sadat (supervisor: D. Handu) [FNCE of ADA conference presentation]
• Determining Desired Attributes of University Nutrition Programs Using Conjoint Analysis, Nicole Nelson (supervisor: C. Arnold) [FNCE of ADA conference presentation]
• Factors Affecting Obesity in Children and Adolescents, Jackie Castellanet & Colleen Mooney (supervisor: J. Moreschi)
• Factors Affecting Obesity in Preschool Students, Nicole Bakota & Lindsay Moesch (supervisor: J. Moreschi)
• Nutrition Education Improves University Student Self-Efficacy and Stage of Change for Low-Fat Eating, Nadine Giordano (supervisor: C. Arnold)
• Nutrition Intervention and its Impact on Behavior in Elementary School Children, Angela Oh (supervisor: C. Arnold)
• Self-Efficacy and Overcoming Barriers in Exercise: A Study of Two Groups, Jennifer Klotz (supervisor: C. Arnold)
• Trends in Overweight Classification and Associated Factors in a Subset of Midwestern Elementary School Children, Efthemia Maria Siomos (Supervisor: J. Moreschi) [FNCE of ADA conference presentation]

Research Completed in 2007:
• Content Analysis of Physical Education Curriculum Allotments in a Suburban School System, Sarah McNicolas (Supervisor: J. Moreschi) [FNCE of ADA conference presentation]
• Effect of a University Nutrition Course on Stages of Change for Nutrition Behaviors, Shameka Jones (Supervisor: C. Arnold)
• Factors Associated with Overweight Status in Middle School Children, Traci Beierwaltes (supervisors: J. Moreschi & D. Handu) [FNCE of ADA conference presentation]
• Factors Influence Risk for Overweight in Children, Heather Bukowy (Supervisor: J. Moreschi)
• Gastrointestinal Disorder/Diseases Survey: Registered Dietitians Utilizing Medical Nutrition Therapy or Alternative Medicine, Natalie Echeverria (Supervisor: J. Moreschi)
• Nutrition Education Increases Self-Efficacy for Low-Fat Eating, Lauren Brett (supervisor: C. Arnold) – results presented at national conference (ADA FNCE)
• Nutrition Education Intervention Among Children Decreased BMI and Increased Test Scores in Nutrition Knowledge, Behavior, and Intention, Claire Monty (Supervisor: D. Handu) [FNCE of ADA conference presentation]
• Predictors of Health and Nutrition Instruction in Preservice Training of Elementary Teachers, Kelly Long (Supervisor: C. Arnold) [FNCE of ADA conference presentation]
• The Impact of Nutrition Education on the Consumption of Fruits and Vegetables in Children, Jessica Colletta (supervisor: J. Moreschi)
• The Effect of Nutrition Handouts on Food Behavior and Consumption within Families, Amy Walsh (Supervisors: J. Moreschi & C. Arnold)
• The Effect of School-Based Intervention Among Adolescents in Chicago Public Schools, Lauren Chmel (Supervisor: D. Handu) [FNCE of ADA conference presentation]
• The Effect of a University Nutrition Course on Stage of Change of Dietary Fat Consumption, Shameka Jones (Supervisor: C. Arnold)

Research Completed in 2006:

• Association Between Anthropometric Measurements and Dietary Intake in Elementary School Children, Peggy Pui Sze Yip (Supervisor: C. Arnold) [FNCE of ADA conference presentation]
• The Effect of Nutrition Education on Eating Behaviors of Elementary School Teachers, Theresa Lambert (Supervisor: C. Arnold)
• Nutrition Education Increases Self-Efficacy for Low-Fat Eating, Elizabeth Ryen Panther (Supervisor: C. Arnold)
• Predictors of Nutrition Education in Schools, Monica Thoms (Supervisor: C. Arnold) [FNCE of ADA conference presentation]

Research Completed in 2005:

• A Child Learning: Comparing Active Learning to Traditional Learning Methodologies on Nutrition Topics, Angela Douge (Supervisor: J. Moreschi)
• Assessing Educational Interests in Long Term Care Facilities, Meghan Elizabeth Giel (Supervisor: J. Moreschi)
• Evaluation of Cognitive and Behavioral Changes in Children, Brianne Feeley (Supervisor: C. Arnold)
• Impact of Nutrition Education on Teacher Self-Efficacy, Perceived Competence, and Learning Standard Coverage in Illinois teachers, Lindsay Michalek and Megan Russell (Supervisors: C. Arnold & J. Moreschi)
• Impact of Nutrition Education on Teacher Self-Efficacy, Perceived Competence, and Learning Standard Coverage following intervention, Justine Pascual (Supervisor: C. Arnold)
• of Nutrition Education on the Fruit and Vegetable Consumption of Children, Elizabeth Kalina (Supervisor: C. Arnold) [FNCE of ADA conference presentation]
• Relationship Between Newsletter Content and Household Eating Behaviors, Kate Finn (Supervisor: C. Arnold)
• School Nutrition Skills and Competencies in Dietetic Internships and Entry Level Registered Dietitians, Stacy Roth (Supervisor: J. Moreschi)
• The Effect of Breakfast Consumption on Resting Metabolic Rate, Anthropometric Measurements, and Nutrient Intake, Leslie Eichner (Supervisor: J. Davis)
Research Completed in 2004:

- Association Between Anthropometric Measurements and Dietary Intake in Elementary School Children, Deepa Deshmukh (Supervisors: C. Arnold & J. Moreschi)
- Development of a Valid and Reliable MNT Exam for Dietetic Interns, Catherine Gavin (Supervisor: J. Moreschi)
- Evaluation of Cognitive and Behavioral Changes in Children, Karen Behnke [FNCE of ADA conference presentation]
- Impact of Health Fair Interventions on the Stage of Change and Self-Efficacy of Senior Citizens, Julie Behluli (Supervisor: C. Arnold)
- Relationship Between Newsletter Content and Household Eating Behaviors, Nancy Moran (Supervisors: C. Arnold & J. Moreschi)

Research Completed in 2003:

- A 30-Minute Lesson Increases 2nd Graders’ Nutrition Knowledge and Retention, Christine Curry (Supervisors: C. Arnold & J. Moreschi) [FNCE of ADA conference presentation]
- Content Analysis of Nutrition Department Newsletters, Erin Brownley (Supervisor: C. Arnold)
- Correlating Undergraduate Satisfaction with Alumni Loyalty and Professional Success, Marisa Bobbe (Supervisors: C. Arnold & J. Moreschi)
- Determining Membership Service Preferences and Use Via a Satisfaction Survey, Paula Milas (Supervisor: C. Arnold)
- Nutritional Risks of Congregate Meal Program Participants, Using DETERMINE Your Health Checklist, Annie Neuendorf (Supervisors: C. Arnold & J. Moreschi)
- The Food Guide Pyramid Nutrition Educational Too Kit, Jennifer Albans (Supervisor: J. Davis)
- The Relationship Between Food Habits and Nutritional Risk in the Elderly, Kate Merkle (Supervisors: C. Arnold & J. Davis)
- To Evaluate the Effectiveness of Nutritional-Biochemistry Computer-Based Education Program and the Effectiveness it Has Provided for Dietetic Interns, Nicole O’Connor (Supervisor: Julie Davis)

Research Completed in 2002:

- Characteristics of Clients that Utilize Free Clinics, Jennifer Jordan (Supervisor: J. Moreschi)
- Conjoint Analysis Approach to Assessing Desirable Characteristics of an Outpatient Nutrition Clinic, Sandra Miklautsch (Supervisor: C. Arnold)
- Effect of Educational Intervention on Motivation of Adolescents to Use Dietary Supplements, Monica Elliott (Supervisor: J. Davis)
- Impact of a Nutrition Fair on Stage of Change in Fat Intake of Adults, Erin Walker (Supervisor: C. Arnold)
- Impact of a Nutrition Fair on Stage of Change in Calcium Intake of Adults, Julia Richards (Supervisor: C. Arnold)
- Nutrition Activity Book: Is a Nutrition Activity Book an Effective Method of Teaching Nutrition and Fitness to Early Elementary Students? Lesli Biediger (Supervisor: J. Moreschi)
• Nutrition Service Provision at Free Clinics, Meuychoy Saephan (Supervisors: C. Arnold & J. Moreschi) [FNCE of ADA conference presentation]
• Use, Advantages, and Barriers of the Case Study Method in Dietetics, Jennifer Meyers (Supervisor: C. Arnold) [FNCE of ADA conference presentation]

Research Completed in 2001:

• Comparison of Two Tools for Nutrition Status Assessment of Home Delivered Meals Clients, Heather Brixius (Supervisor: C. Arnold)
• Creating Success on the Web, Deb Tool (Supervisor: C. Arnold) [FNCE of ADA conference presentation]
• Dot.com, Laura Burk (Supervisor: C. Arnold) [FNCE of ADA conference presentation]
• Implementing a Cardiac Risk Screening Event, Angela Principe (Supervisor: J. Moreschi)
• Marketing Web Sites, Jen Gorski (Supervisor: C. Arnold) [FNCE of ADA conference presentation]
• Needs Assessment of Undergraduate Students at Benedictine University Reveals Need for Nutrition Education Center, Karen Cumpata (Supervisor: J. Davis)
• Nutrition and Depression in the Elderly, Becky Karchmar (Supervisors: C. Arnold & J. Moreschi) [FNCE of ADA conference presentation]
• Nutrition Risk Among Congregate Meals Participants, Kim Hill (Supervisor: C. Arnold)
• The Relationship Between Functional Abilities and Nutritional Status in Home Delivered Meals Clients, Jan Pietrzak (Supervisors: C. Arnold & J. Moreschi)
• The Power of Health Fairs in Promoting Positive Lifestyle Changes, Alice Kraft (Supervisor: J. Moreschi)
• The Relationship Between Knowledge and Referrals to the Elderly Nutrition Program, Susie Murray (Supervisor: C. Arnold)
• Wellness Survey Reveals Needs of College Students, Stephanie Ellis (Supervisor: J. Moreschi)

Research Completed in 2000:

• Attitudes About Congregate Meals Program, Joanna Vozenilek (Supervisor: C. Arnold) [FNCE of ADA conference presentation]
• Interactive Museum Exhibit and Evaluation (for children), Tricia Skowron (Supervisor: C. Arnold) [FNCE of ADA conference presentation]
• Development and Evaluation of a Leader Guide, Mary Fleming (Supervisor: C. Arnold) [FNCE of ADA conference presentation]
• Development and Evaluation of a Nutrition Counseling Video, Michelle Lagatuz (Supervisors: J. Moreschi & C. Arnold) [FNCE of ADA conference presentation]
• Evaluation of Community Nutrition Fair, Amie Karch (Supervisor: J. Moreschi)
• Profile of Congregate Meals Participants, Michelle DiRenzo Sobieck (Supervisor: C. Arnold) [FNCE of ADA conference presentation]
• Web Page Development and Evaluation, Becky Jilek (Supervisors: C. Arnold & J. Moreschi) [FNCE of ADA conference presentation]

Projects Completed in 1999:

• Policies for Healthy Table Nutrition Education Center, Amy Daum and Keirsten Sparrow (Supervisor: J. Moreschi)
Curriculum Evaluation, Kelly Kurhajec (Supervisor: J. Moreschi)

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