

**CASE WESTERN RESERVE UNIVERSITY
EAST CLEVELAND PUBLIC SCHOOL DISTRICT
PROVOST SCHOLARS
Intensive University Seminar
Session Six – Fall 2015
Thursday, November 5, 2015, 2:30pm-5:00pm
Guilford House, 11112 Bellflower Road, Cleveland, OH 44106**

Purpose

The Provost Scholars will learn from Ms. Tamara Randall, a registered dietician and instructor at Case Western Reserve University, about healthy eating, nutrition and how to prevent type 2 Diabetes, as well as other cardiovascular diseases and illnesses related to overweight and obesity.

Presenter Biography



Ms. Tamara Randall is an instructor in the Department of Nutrition and Director of the MS in Public Health Nutrition Dietetic Internship for current graduate students enrolled in the master's nutrition program at Case Western Reserve University. Previously she was an inpatient diabetes educator at the Cleveland Clinic and director of education at the Diabetes Partnership of Cleveland. Her other teaching appointments have included teaching instructor at Ursuline College and extension educator at Ohio State University Extension. Ms. Randall represents Ohio in the Academy's House of Delegates and has received the President's Award and the Recognized Young Dietician of the Year Award from the Ohio Academy of Nutrition and Dietetics. Randall is also a certified diabetes educator and earned specialty certificates in adult weight management, child weight management, and leadership. She earned her bachelor's degree in nutrition and master's degree in public health nutrition. Both degrees were earned at Case Western Reserve University in Cleveland, Ohio.

Objectives

The Provost Scholars will...

- (1) Identify Diabetes related prevention behaviors that are effective for youth who might be at risk for the development of Diabetes
- (2) Discuss the relationships between weight management, cardiovascular disease, and Diabetes prevention

Agenda

2:30 p.m. – 2:40 p.m.: Hors d'oeuvres will be served
2:40 p.m. – 3:30 p.m.: Provost Scholars will receive one hour of tutoring with undergraduate students
3:30 p.m. – 3:45 p.m.: Brief Intermission
3:45 p.m. – 4:45 p.m.: Seminar speaker, Ms. Tamara Randall
4:45 p.m. – 5:00 p.m.: Wrap up and Questions

Faculty & Staff

- Dr. Faye Gary
- CWRU Step Up and Undergraduate Tutors

Guest

- Ms. Tamara Randall

Word of the Week: Dietetics. What does it mean? Dietetics is the health field that focuses on the interaction between nutrition and health. Registered dietitians design nutrition pathways for their clients which help the body fight against diseases and illnesses caused by poor eating habits or insufficient consumption of nutrients.

Concierge and Matre'D

- Provost Scholars Camario Malone and Jiara Sanders