

*Spring 2021*



# TU TÍTULO

Toca dos veces **AQUÍ** para agregar un subtítulo.  
Usa una descripción breve para describir tu  
historia.

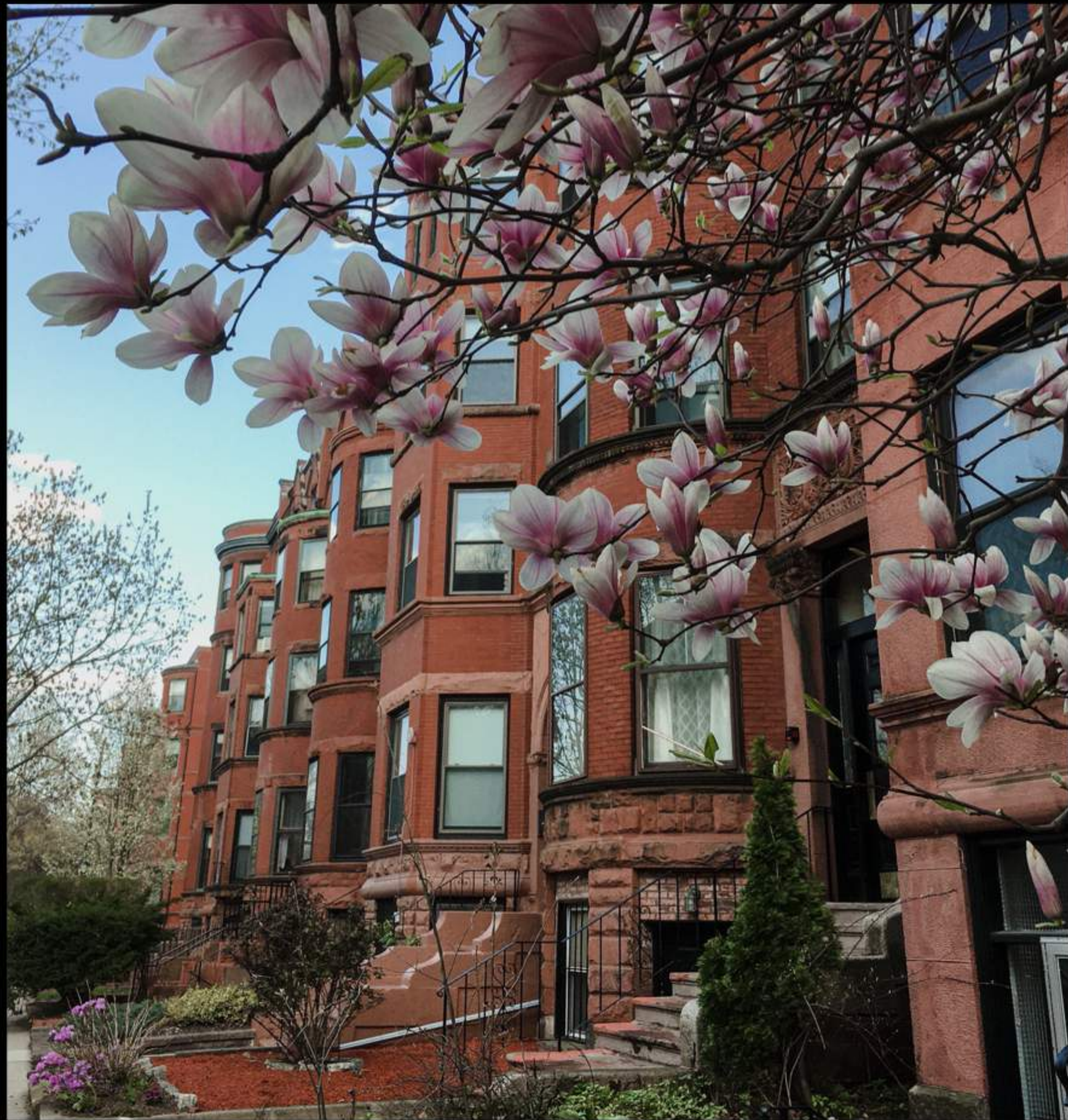
UNFOLD 2010TX

▶ 20



▶ 11

▶ 21



UNFOLD 2010TX

▶ 12



UNFOLD 6086 FF1

▶ 92

UNFOLD 6086 FF1

UNFOLD 92ES

64



▶ NP400PR

UNFOLD 92ES



▶ 6

AAEAAF





UNFOLD 2010TX

64

UNFOLD 2010TX



UNFOLD 2010TX

91

UNFOLD 2010TX



UNFOLD 2010TX

65

UNFOLD 2010TX



UNFOLD 2010TX

92

UNFOLD 2010TX



UNFOLD 6086 FF1

▶ 92

UNFOLD 6086 FF1



UNFOLD 6086 FF1

▶ 92

UNFOLD 6086 FF1









▶ 54

UNFOLD 40 C-3

▶ 55



00A MIIWWWIIB



UNFOLD 6086 FF1

92

UNFOLD 6086 FF1





UNFOLD 2010TX

91

UNFOLD 2010TX

▶ 23

UNFOLD 2010TX

64

UNFOLD 2010TX



UNFOLD 2010TX

92

UNFOLD 2010TX

▶ 24

UNFOLD 2010TX

65

UNFOLD 2010TX



▶ 12

▶



▶ 13

▶

UNFOLD 92ES

64

UNFOLD 92ES



▶ NP400PR

▶ 6

▶▶▶▶▶▶



=

😊 (I promise) + 🌍 (easy way to clean out the fridge before traveling)









UNFOLD 92ES

64



▶ NP400PR

UNFOLD 92ES



▶ 6

AAEAAF



UNFOLD 6086 FF1

▶ 92

UNFOLD 6086 FF1

UNFOLD 92ES

64



▶ NP400PR

UNFOLD 92ES



▶ 6

AAEAAF



UNFOLD 6086 FF1

▶ 92

UNFOLD 6086 FF1





UNFOLD 2010TX

▶ 23

64

UNFOLD 2010TX



UNFOLD 2010TX

91

UNFOLD 2010TX



UNFOLD 2010TX

▶ 24

65

UNFOLD 2010TX



UNFOLD 2010TX

92

UNFOLD 2010TX







UNFOLD 6086 FF1

92

UNFOLD 6086 FF1

 Boston, MA



 New York City, NY



Gerald J. and Dorothy R.  
Friedman School of  
Nutrition Science and Policy

MARIANNE LOUISE MOCK DALLAS  
MEMORIAL FUND AWARD

**Hannah Claudia Cai**



Gerald J. and Dorothy R.  
Friedman School of  
Nutrition Science and Policy

REBECCA ROUBENOFF AWARD  
FOR EXCELLENCE IN CLINICAL  
NUTRITION AND DIETETICS

**Hannah Claudia Cai**



## 2021 Honos Civicus Honorees

---

🕒 Updated Monday, April 26,  
2021



Gerald J. and Dorothy R.  
Friedman School of  
Nutrition Science and Policy





# Congrats To Our 2021 Honos Civicus Honorees

---

🕒 Updated Monday, April 26,  
2021



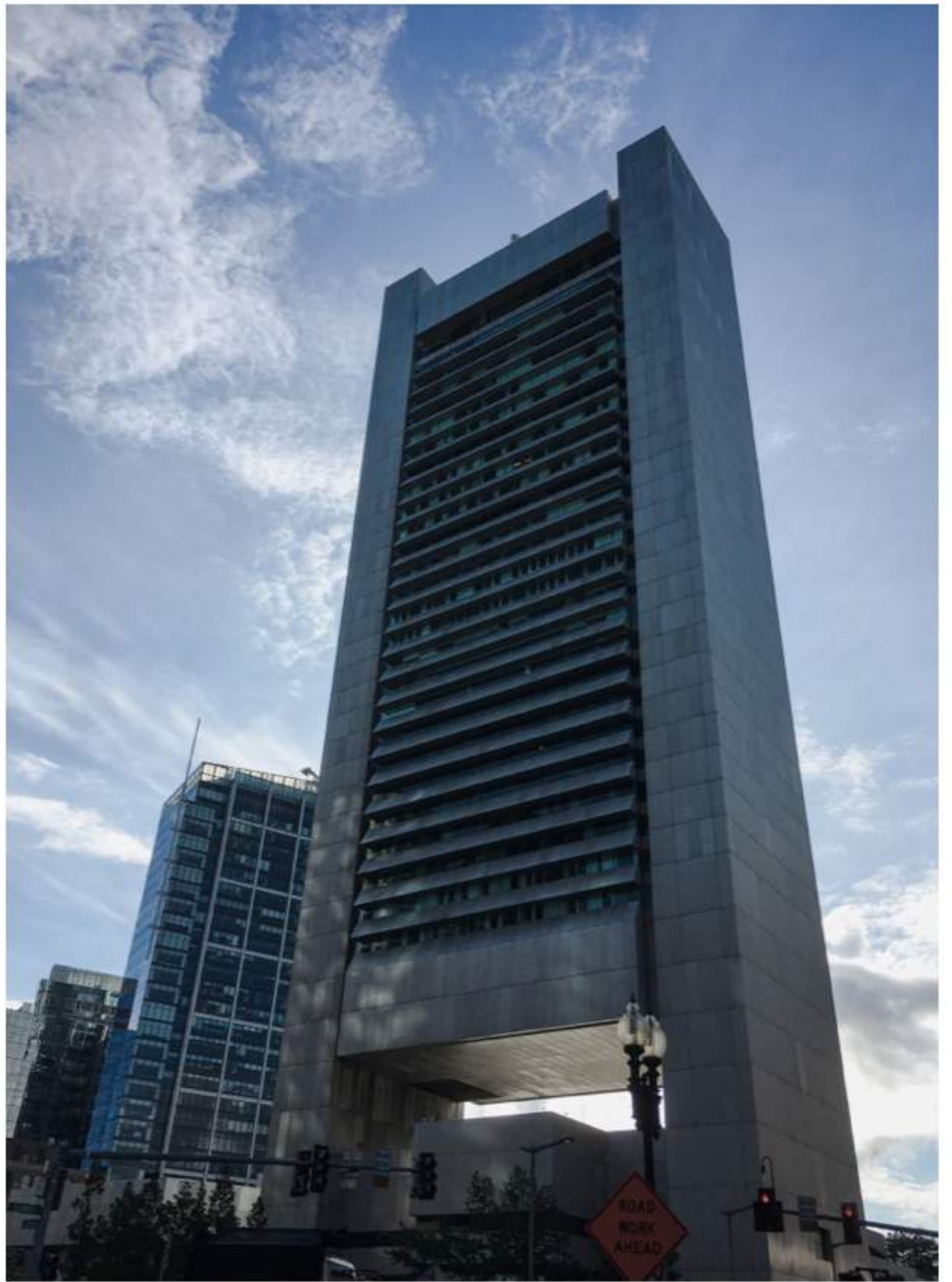


## Hannah Cai, NDI

Hannah's involvement in programs focused on immigrant disparities and inclusivity have fueled her studies during her time as a student and dietetic intern at the Friedman School and Tufts Medical Center. As a volunteer for Brookline Food Pantry, which now

supports four times the number of families it did prior to COVID-19, she serves 40-80 clients every month in four languages. Hannah was a teaching assistant for Brookline Housing Authority's adult English class and leveraged the power of images by capturing class events for advocacy. She actively seeks to promote diversity and inclusion within the dietetics profession through Boston Alliance for Diversity in Dietetics' mentorship and outreach team, and successfully established their biannual sports nutrition seminar for urban youth. After graduation,

Hannah plans to go into pediatric nutrition and develop photojournalism experience to tell compelling stories that promote a healthier, more equitable food system.



I felt homesick the second I got to South Station.





 *Hartford, Connecticut*



📍 New York City, New York



UNFOLD 92ES

64



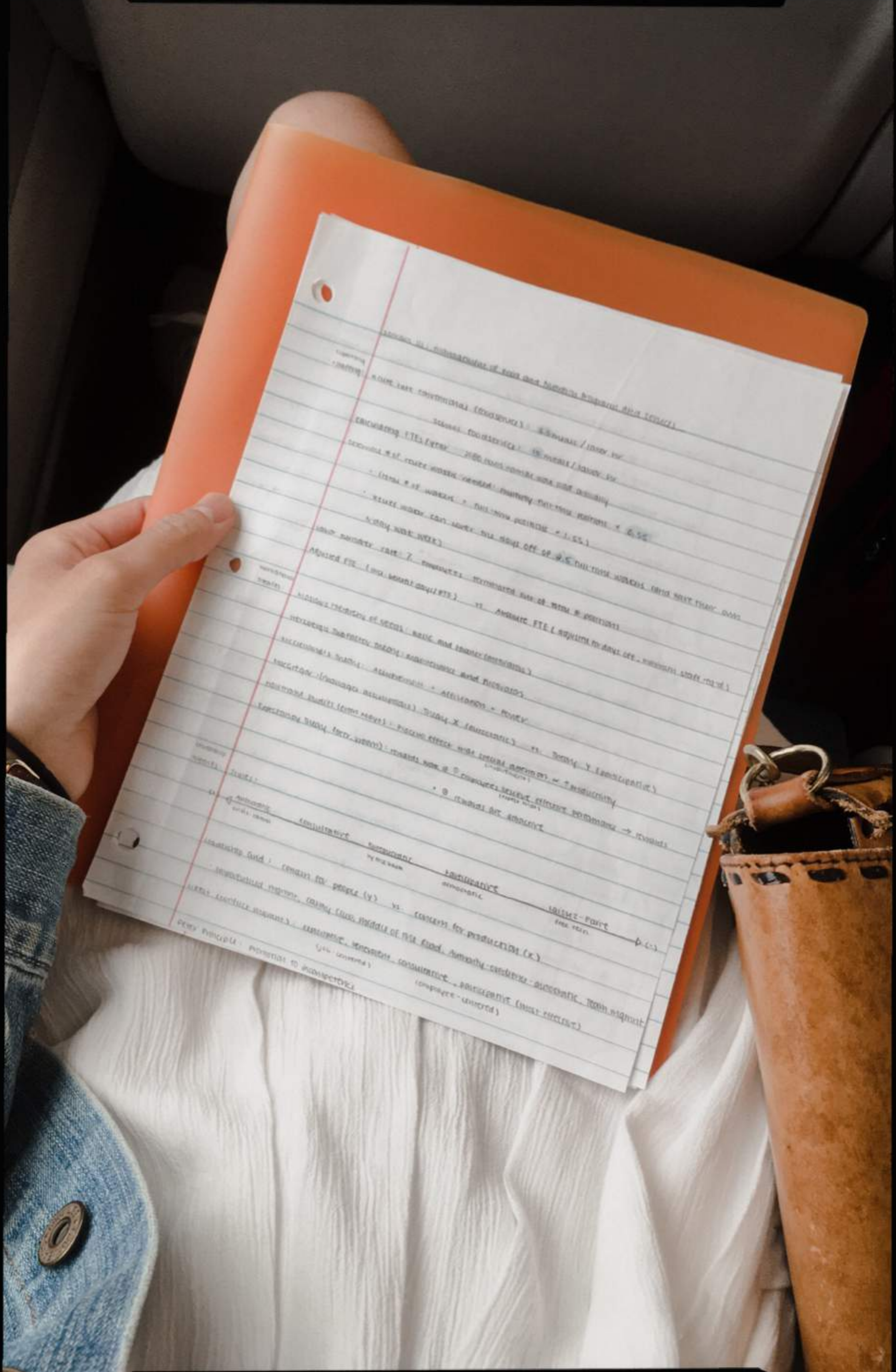
▶ NP400PR

UNFOLD 92ES

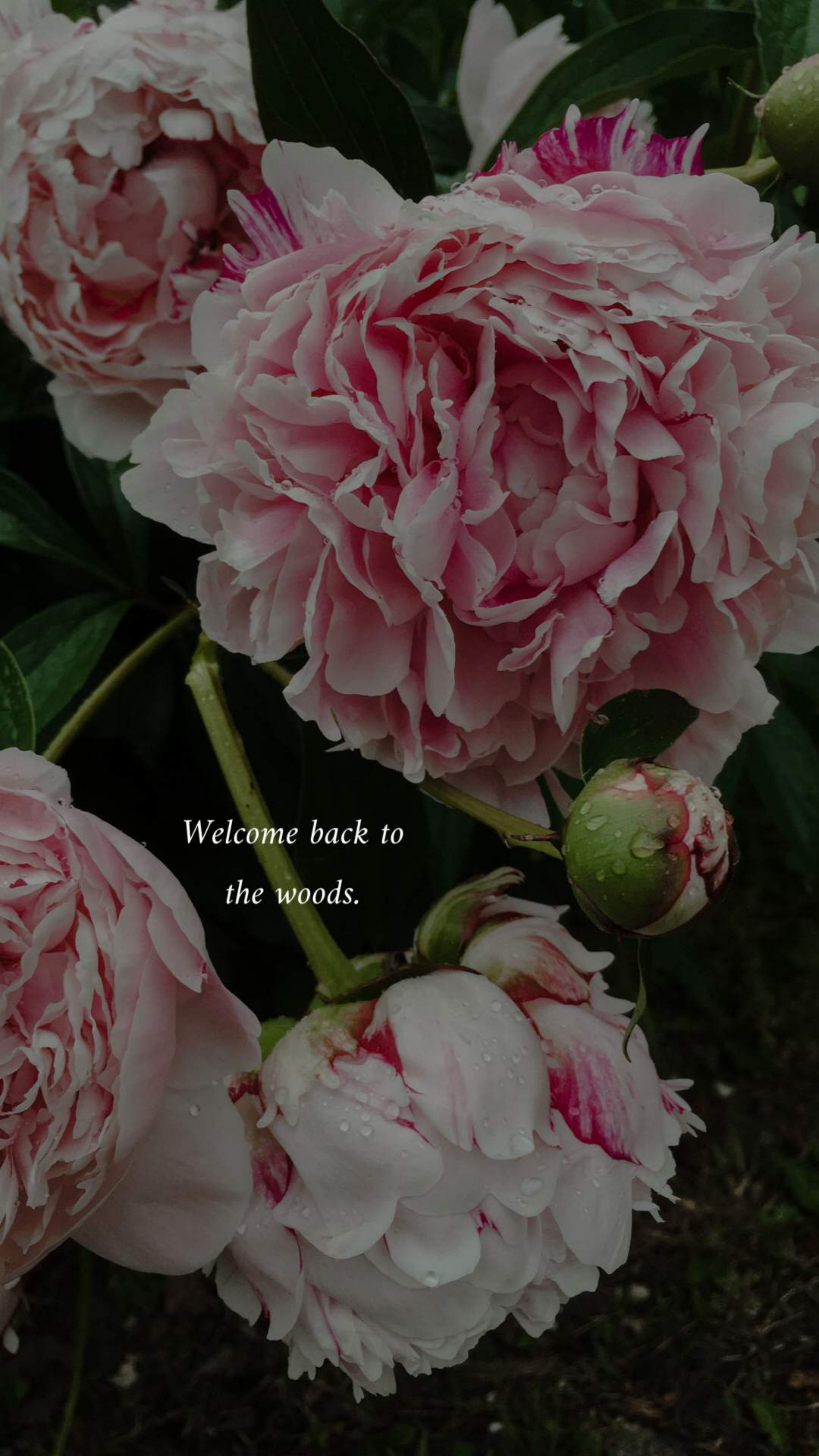


▶ 6

RAEAAF

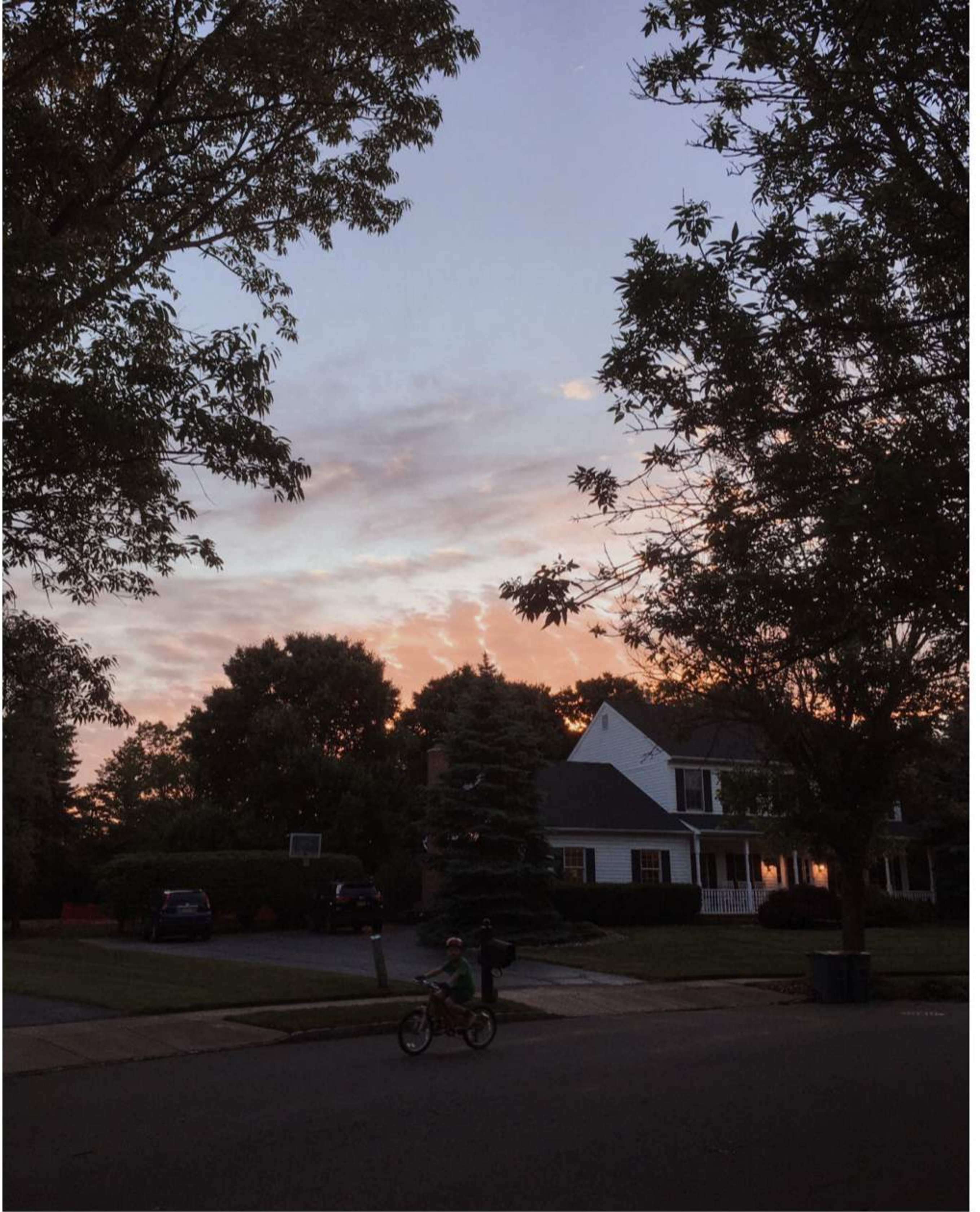


*NJ Transit, it's been too long.*



*Welcome back to  
the woods.*





summer's around  
the corner



UNFOLD 6086 FF1

▶ 92

UNFOLD 6086 FF1



UNFOLD

nds, uses Ht/Wt - Mcr/Hgb/serum chol-  
ding, dx, tx)

nting - reduce pregnancy-related  
risks  
an help to identify/prioritize  
-risk populations and topics for  
practiced health promotion efforts

Implement, Evaluate outcomes (• eval e every step)  
Review Assessment data e every step) (I = planning • implementing intervention)  
Identify positives  
Identify negatives

Tool	Population	Criteria
Global Assessment	-	Hx, NPE, env, capacity, (no labs)
Nutritional Assessment	65+	Independence, Intake, Feeding Intake
Malnutrition Screening Initiative	65+	Determine chest, Level I, Level II (w/RO) (19,16)
Chronic Nutritional Risk Index	Acute adult inpt	Serum Alb, Wt, Sk
Malnutrition Screening Tool	Acute	Recent wt loss, recent poor intake
Malnutrition Universal Screening Tool	Acute med/surg	Unintentional wt loss, BMI, acute decline in intake for 5 days
Nutrition Risk Screening	Acute med/surg	Wt loss, BMI, intake, 70+ yrs?

Small Fracture	Medium	Large
↓ 10%	100 (11-5') ± 6 (perin. > < 5')	↑ 10%
	100 (11-5') ± 5 (perin. > < 5')	

Amputations: Adjusted lbw =  $\frac{100 - \% \text{ amputations}}{100}$  → 18% for height

where forearm + hand = 2.5%  
entire arm = 5%  
entire leg = 14%

Spinal cord injury: Paraplegic = ↓ 5-10%  
Quadriplegic = ↓ 10-15%

Composition: TSP ∝ body fat  
BMI: normal = 18.5 - 24.9  
WC: M = ≤ 40 cm healthy  
F = ≤ 35 cm healthy

AMA (arm muscle area = TSP and MUA) = LBM in children (adults)  
WHR: M = < 1.0  
F = < 0.8

MCHC (mean corpuscular hemoglobin conc) low < 31  
normal > 31  
HG/HCT 32-36%

5. foods high in iron: liver, kidney, beef, dried leafy green vegetables, fortified whole grains
  6. typical American diet contains 6 mg iron
- I. Allergies  
 1. Ag-Ab reaction: when antigen enters body reacts (ex: pollen)  
 2. Immunoglobulin E (IgE) mediated  
 a. common allergens - eggs, milk, soy, wheat, shellfish  
 b. cow's milk protein is most common single allergen for infants





*Joel Salatin remark about knowing more about someone by seeing what's sitting on their bookshelf left impressions a few years ago... My brother's 10x smarter than I'll ever be.*