

PRANDIAL Lab

Jay Sutcliffe, PhD, RD and Julia Scheid, BS, CHES
Health Sciences, Northern Arizona University, Flagstaff, AZ

Mission



We are a diverse team of educators, clinicians, researchers, and students who seek to better understand the mechanisms and dynamics involved in the relationship among nutrition, behaviors, cultural influences and sustainable lifestyle practices.

Nutritarian Women's Health Study

A nation-wide online study to address the effects of a plant-rich, nutrient-dense diet on a variety of women's health issues and more specifically, the occurrence/recurrence of certain cancers. A collaborative investigation between Northern Arizona University and the Nutritional Research Foundation.

Inclusionary criteria:

- ✓ Female
- ✓ 18 years and older
- ✓ United States resident
- ✓ Online Access



Participants are expected to complete periodic questionnaires to assess dietary habits, food intake and overall health.

Mean Values	
Participants	1,271
Age	50.69
Waist-Hip Ratio	0.86
BMI	27.03
Pregnancy	71.8%
Breast Cancer Diagnosis	6.8%

This project is supported through funding from the Nutritional Research Foundation, Inc.

For more information or to enroll in the study visit nau.edu/nwhs



Community Chronic Disease Prevention

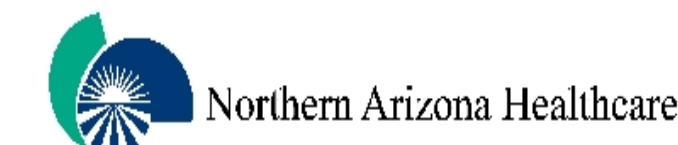
Collaborative effort between Northern Arizona University and Northern Arizona Healthcare to improve the health of employees by adopting a Nutrient Dense Plant Rich (NDPR) diet. Also investigating the feasibility and effectiveness of a NDPR dietary intervention for worksites to lower Cardiometabolic risk factors at varying time-lengths of interventions: 6-week, 9-week, 12-week, and 6-month.

Primary objectives are to assess the effect of a NDPR diet on:

- ✓ Weight management
- ✓ Serum-lipids
- ✓ Mental health
- ✓ GERD
- ✓ Pain
- ✓ Body Composition
- ✓ Healthcare Expenditures
- ✓ Wellbeing Factors: Sleep, Quality of Life



Average Improvements	6-Week	9-Week	12-Week
Participants	35	41	73
Weight Loss	10.75 lbs	9.9 lbs	12.27 lbs
Mean Waist Loss	1.85 inches	2.07 inches	2.64 inches
Total Cholesterol Reduction	10.5%	No Labs	18.10 mg/dL 8.61 %
LDL Reduction	11.2%	No Labs	12.81 mg/dL 10.11%
GERD Reduction	Not Measured	1.57 Points 39%	2.63 Points 39.7%
Sleep Quality	36.5%	34%	5.4%
Quality of Life	13%	19%	17.7%
Depression	51.5%	62.2%	58%



This project was supported through funding from Northern Arizona Healthcare Evidence Based Practice, Blue Cross Blue Shield of Arizona, Eric M. Lehrman 2015 Trust, and the Nutritional Research Foundation.

Lumberjack Performance Nutrition

Addressing the effects of nutrition-focused education on athletic performance. Physical and emotional health evaluation to compare athletes who consume high nutrient-dense diets with those that consume less nutrient-dense diets. Determine the health and wellbeing parameters in association with athletic performance patterns of student-athletes attempting to increase lean body mass throughout their athletic career.

Primary objectives are to assess the effect of nutrition education on:

- ✓ Body composition using SECA
- ✓ Gut Microbiome
- ✓ Airway Microbiome
- ✓ Diet Quality
- ✓ GERD
- ✓ Sleep Quality
- ✓ Stress
- ✓ Serum-lipids



In addition to receiving nutrition education, student athletes also participate in cooking demonstrations and are loaned blenders so they may make the recipes at home.

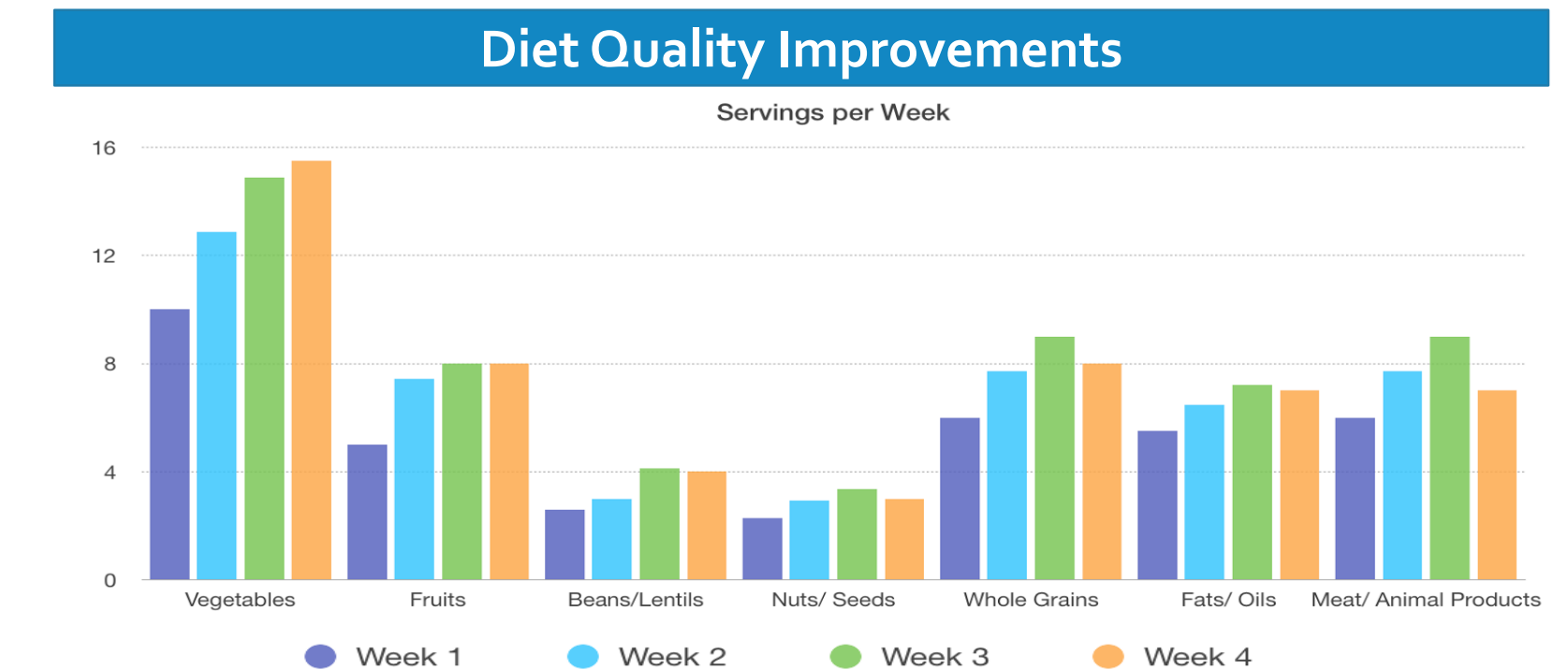
This project is supported through funding from the Eric M. Lehrman 2015 Trust.

Western and Alternative Medicine (WAM)

We examined whether a college course that focuses on the connection between lifestyle and health would have an impact on students' self-efficacy to make diet related changes. The span of the study was 5-weeks, that included an initial 1 1/2 hours of immersion into the benefits of a NDPR diet.

Primary objectives were to assess the effect of nutrition education on:

- ✓ Diet Quality
- ✓ GERD
- ✓ Depression and Mood
- ✓ Stress



This project was supported through funding from North Country Healthcare.



Contact

Julia Scheid, BS, CHES
Northern Arizona University, PO Box 15095 Flagstaff, AZ, 86011
Email: prandiallab@nau.edu or Julia.Scheid@nau.edu
Website: prandiallab.com
Phone: 928-523-7596

Upcoming Projects

- ❑ Randomized control trial of a supplemental beverage for treating opioid dependence, to determine the effectiveness of the liquid supplement for improving mood and withdrawal symptoms for opioid recovery.
- ❑ Comparing the effectiveness of Community Chronic Disease Prevention at reducing Cardiometabolic risk factors compared with the Diabetes Prevention Program.

Community Outreach

- ❑ Nutrition Coalition – Monthly meetings providing education on nutrient dense diets
- ❑ Lumberjack Performance Nutrition team education classes offered to various NAU sports teams and other student athletes.
- ❑ Cook Well Flagstaff – Plant based cooking demonstrations. Offered throughout the year.