Dear Alumni and Friends,

Greetings from the Faculty and Staff in the Department of Nutrition and Health Science! It is hard to believe that our Department, as well as the College of Health, is almost a year old. At our Department Honors and Awards Reception, we celebrated the accomplishments of our current and former students, faculty and staff, and community partners. This newsletter provides an opportunity to share, with our alumni and friends, all of the good work that we have accomplished this year. I am extremely proud of our faculty and staff. Working together, we have formed a strong, collaborative, cohesive department, focused on strong academic programs, student success, and faculty accomplishments.

The interest and excitement surrounding our new Department and College continues to grow, evidenced by the warm reception and demonstration of support during Dean Mitch Whaley's presentation to the Ball State University Board of Trustees during their March 31 meeting. Dean Whaley outlined the College of Health Strategic Planning Themes - Interprofessional Education and Practice, Faculty/Student Scholarship, Academic Offerings, Outreach, and Integrated Clinical Experiences. You, our alumni and friends, are valued partners as our Department and College to work together to achieve the goals outlined in the Strategic Plan.

We appreciate your continued support of our Department and our students. We consider our Alumni and Friends an important part of our Department community. Your involvement choice – serving as a resource for our students, making a campus visit, checking out our Facebook page, making a monetary donation, or sharing your Ball State experience – is welcome and greatly appreciated!
Alumni Spotlight: Betsy Opyt

Betsy Opyt is a 1999 graduate of Ball State with a degree in Dietetics, and a certified diabetes educator. Ball State was an easy choice for Opyt, “Being that I am a born and raised Hoosier I knew I would always go to college in Indiana. I choose Ball State based on the quality of the dietetics program, the size of the campus and the fact that I could join the gymnastics team. Ball State had it all! Plus my mom and sister both attended Ball State so we have an ongoing legacy.” Opyt was awarded the Bill Bock Outstanding Alumni Award in 2017, as a capstone to her contributions to the field of Nutrition and Dietetics. Currently Opyt is the President/CEO of Betsy’s Best, Inc. a company she founded using her background as a dietician and personal trainer. “I plan to use this national exposure as a platform to help me vocalize and advocate for healthier lifestyles. I am passionate about becoming a spokesperson at a national level and creating a brand behind a dietitian focusing on food, fitness, and well-being,” she said.

Faculty Award Winners

The department of Nutrition and Health Science is very proud to announce several of our faculty have been honored with prestigious external awards in their respective fields for outstanding work.

Lydia Ballenger
• Indiana Academy of Nutrition and Dietetics Outstanding Dietetic Educator Award

Dr. Carol Friesen
• Indiana Academy of Nutrition and Dietetics Outstanding Dietitian of the Year Award

Dr. Christina Jones
• National Communication Association Golden Anniversary Monograph Award

Dr. Jagdish Khubchandani
• Society for Public Health Education Dorothy Nyswander Award
• Office of Institutional Diversity at Ball State Outstanding Diversity Researcher Award

Become a Fan on Facebook

The department Facebook page features first access to departmental news releases and info. It is a great way to contact us and network with alumni! www.facebook.com/BSUnutritionHSC.

Dietetics Majors in the Field

A group of four senior dietetics majors travelled to Anderson High School on February 7th, 2017 to discuss potential nutrition job opportunities to a Family and Consumer Science class. The group was asked to present by a fellow Ball State student who is conducting their student teaching at the high school. The class had been learning about basic nutrition and their student teacher thought it would be a fun idea to show them different ways they could work within this area in the future! The dietetic students had a blast sharing with them their own job interests including community, clinical, sports, and foodservice dietetics. The class took particular interest in the sports component and asked great questions on foods they should be eating before and after practice. The teacher loved the presentation and plans on creating smoothies and other healthy snacks for the class.
First NHS Honors and Awards Reception

On April 13th, the Indiana Academy of Nutrition and Dietetics (IAND) held an awards ceremony during its Annual Meeting. Three of our students were honored with scholarships.

Abbi Sampson received the Mary Hebenstreit Memorial Scholarship. McKenzie Evans received the Lute Troutt Fellowship. Meredith (Taylor) Simpson received the Outstanding Dietetic Students Award.

HSC 388 Students Attend InSophe Conference

HSC 388 students traveled to the Indiana Statehouse to participate in the Indiana Society of Public Health Educator’s Public Health Advocacy Summit, Wednesday, February 15, 2017. They were able to meet with Senator Tim Lanane and discuss issues important to public health.
Sherri Hittson Memorial Scholarship
The scholarship is given each year by Sherri Hittson’s parents in memory of their daughter who was a health science major at Ball State University at the time of her death. The recipient must be a first quarter junior or higher undergraduate. The recipient must have a 2.7 or better GPA and be a health science major in either teaching or community health.

If you are interested in establishing a new fund or scholarship, please contact Derek Berger 765-285-4054 or djberger@bsu.edu.

GIVING INFORMATION
ONLINE: www.bsu.edu/give
PHONE: 765-285-8312
MAIL: Ball State University Foundation
P.O. Box 672
Muncie, IN 47308

FUND + SCHOLARSHIPS

DEPARTMENT FUNDS:
Nutr&HthSc Dept. General Fund (6901)
Nutr&HthSc General Sch. (6950)
Nutr&HthSc Research Fund (6916)

SCHOLARSHIPS:
Charles R. Carroll Health Education Sch. (6955)
Health Science Faculty Scholarship For Academic Excellence (6952)
Herb Jones Health Education Sch. (6956)
McKenzie-Walkup Sch. (6958)
Sherri Hittson Memorial Sch. (30080)
Warren E. Schaller Sch. (6960)
Zeberl Family Sch. (6959)
Dr. William Bock Scholarship (6962)
Ann B. Westerlund Sch. for Non Traditional Students in honor of James F. McKenzie (6963)
Judith Roepke Scholarship for Dietetics (3970)
Chelsea M. Butler Graduate Internship Scholarship (3972)