The nutritional concerns of women, infants, and children and developing effective interventions to address these concerns are the focus of my scholarly work. Our research group is using electronic communications technology to help pregnant and postpartum women develop and maintain behaviors that promote healthy body weights. This project involves faculty and students in the Communications Department, as well as, the Division of Nutritional Sciences at Cornell and faculty collaborators at the University of Rochester Medical Center. The integrated mobile phone and interactive web site interventions are currently being evaluated in a randomized controlled trial in Rochester, NY.

Our group recently completed a major extension-outreach project (the Healthy Start Partnership) focused on building the capacity of community-based, rural health and nutrition professionals to design and implement environmental interventions promoting healthy weights in women and their infants. We just published an evaluation of the impact of the Healthy Start Partnership on women's weights and their infants' rates of growth in the first 6 months of life this year. We also recently published an article on the relationship between the rural food environments in which the women live, their diets, and body weights.

Department Website Summary

The nutritional concerns of pregnant and postpartum women and their infants are the focus of my scholarly work. Our research group is using electronic communications technology to help pregnant and postpartum women develop and maintain dietary and physical activity behaviors that promote healthy body weights.

Teaching

Professional

Current Professional Activities

Cornell University Graduate Field Membership: Nutrition

Research
Current Research Activities

Our research groups is currently conducting the following studies:

A randomized controlled trial on the effects of electronically-mediated educational and behavior change programs for pregnant and postpartum women; and

A process evaluation of the use of various features of a web-based nutrition and weight management intervention for pregnant and postpartum women.

Extension

Current Extension Activities

The Cornell NutritionWorks Course: Preventing Childhood Obesity: An Ecological Approach.

Education

Courses

Websites

Related Websites

DNS Home Page
EMomsRochester

Administration

Publications

Selected Publications


Lytle LA, Svetkey LP, Patrick K, Belle SH, Fernandez ID, Jakicic JM, Johnson KC,


Olson CM, Graham ML. The Eat Well, Eat Local, Eat together (Eat3) nutrition education campaign. Journal of Hunger & Environmental Nutrition 8:1-10, 2013.

Hanson KL, Olson CM. School meals participation and weekday dietary quality were associated after controlling for weekend eating among U.S. school children aged 6 to 17 years. Journal of Nutrition 143(5):714-21, 2013. PMID: 23486981.


Olson CM, Strawderman MS, Dennison BA. Maternal weight gain during pregnancy...


Olson CM, Strawderman MS, Reed RG. Efficacy of an intervention to prevent