Sonya Islam

Web Bio

Information

Biography

Biographical Statement

As an extension associate with the Cornell Cooperative Extension (CCE), my mission is to enable and support education and positive behavior change among participants in the Supplemental Nutrition Assistance Program and the Expanded Food and Nutrition Education Program. Strategies to facilitate this accomplishment include:

- conducting staff training that promotes use of Norris's dialogue approach
- technical assistance provided during formal site visits to county associations
- leading development and implementation of trainings (e.g. training on diabetes for paraprofessionals and their supervisors)
- review/development of curricula and other resources used during participant contacts
- design of policies that support effective action within the scope of practice of paraprofessionals

As a member of the Food and Nutrition Education in Communities team within the Division of Nutritional Sciences, I am honored to work with and for diverse, innovative people in support of improved nutrition for limited-resource audiences.

Professional

Current Professional Activities

Board of Directors (Chair) - Foodnet of Tompkins County

Dietitian- Ithaca Free Clinic

Member- Academy of Nutrition and Dietetics

Advisory member- New York State YMCA Diabetes Prevention Program

Research

Extension

Current Extension Activities

Quality assurance of nutrition programs in New York State Cooperative Extension offices.

Development of leadership/management skills for local association managers.

Creation and implementation of trainings utilizing the Norris dialogue approach to learning.

Policy development to guide paraprofessional action in local associations.

Curriclum development to support needs of Cooperative Extension staff.

Review of nutrition resources for New York State Cooperative Extension offices.

Education

Education

RD, 2007
MPH, 2006 University of North Carolina at Chapel Hill
BS, 2002 College of William and Mary

Courses

Websites

Administration

Publications