

Charlotte Marie Young

August 19, 1910 — July 2, 1979

Charlotte Young began her career at Cornell in 1942 as a member of the newly organized School of Nutrition. From that time onwards until her retirement in 1974, she carried a triple appointment in the Graduate School of Nutrition, the New York State College of Home Economics (now Human Ecology), and in the University Health Services. We are indebted to her for the development of a strong program in human nutrition at Cornell. She also provided a nutrition counseling service for students which was a pioneer achievement at the University.

Professor Young obtained her bachelor's degree with high distinction from the University of Minnesota in 1935. Following graduation from a program that provided training in nutrition, she became a dietetic intern at the Indiana University Medical Center. She then proceeded to carry out her graduate work and obtained the Master of Science and Doctor of Philosophy degrees from Iowa State University, receiving her doctoral degree in 1940. From 1940-42 she taught nutrition at Michigan State University. She very soon became recognized for her studies in human nutrition, and it was this early recognition that encouraged the late Professor Leonard A. Maynard to bring her to Cornell.

Her research was in four major areas: dietary methodology, food habit determinants, obesity, and body composition studies. Data from her studies on the body composition of girls and young women have provided national and international standards for normative values. At Cornell she will also be much remembered for her teaching program in public health nutrition, in which she trained future public health nutritionists in a program which, unlike others in the United States, functioned independently of a school of public health. She was also instrumental in obtaining wide national recognition for the Master of Nutritional Sciences (M.N.S.) degree at Cornell.

Charlotte's administrative duties at the University included being the secretary of the Graduate School of Nutrition and secretary of the Graduate Faculty.

She also developed nutrition training programs outside of Cornell and outside of the United States. In 1956 she was invited by the World Health Organization to serve on the technical advisory committee of the Institute of Nutrition of Central America and Panama (INCAP). As a result, she developed the plans for a university-based school of nutrition to be built in Guatemala. In 1966 the first graduating class from that program honored her for her work there. She also served as an Agency for International Development consultant to the Agrarian University,

La Molina, Peru, in 1963 and was successful in the establishment of a department of home economics at that university.

She is particularly well known for the national guidance she provided in the training of dietitians and in the development of their professional society, the American Dietetic Association (ADA). She joined the Executive Board of the ADA in 1962, and subsequently was speaker and delegate-at-large of that organization.

Her public appointments were to the board of directors of the American Board of Nutrition (1962); membership of the Advisory Board of the National Heart and Lung Institute from 1973 onward; and her membership of the United States national committee of the International Union of Nutritional Science (IUNS). She also served as consultant to the United States Department of Agriculture and served on a panel of experts for the Federal Trade Commission.

She was multiply honored for her academic and public service achievements. In 1958 she obtained the Centennial Award from Iowa State University; she also received the Borden Award for research from the American Home Economics Association in 1963; the distinguished achievement citation from Iowa State Alumni Association in 1971; and the Marjorie Hulsizer Copher Award from the American Dietetic Association in 1972. She was the ninth Lena F. Cooper Memorial Lecturer of the American Dietetic Association in 1971, and the seventh Lydia J. Roberts Memorial Lecturer in 1972. In 1973 she was awarded an honorary Doctor of Science degree by Syracuse University.

She was particularly interested in the national honor society Omicron Nu, and served as its president.

Both in Ithaca, and after her retirement, in Minneapolis, she was a prominent lay member of the Protestant Episcopal Church.

Charlotte will be remembered for her many contributions to nutrition and dietetics, but particularly at Cornell for her part in creating a center of excellence in nutrition.

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